

# Foundation66 Community Alcohol Support Service

**CASS** is a support service for Hammersmith & Fulham residents affected by their use of alcohol.

Because you don't have to be an alcoholic to experience harm from alcohol.....

## What We Do

The Community Alcohol Support Service (CASS) provides information, support and services to increase awareness of safer drinking habits in Hammersmith & Fulham.

We also offer services for those for whom drinking has started to become a problem. This includes carers and family members affected by others' drinking.

## Who we help

**CASS offers a service to people who are:**

- Adults aged 18 or over
- Resident in the London Borough of Hammersmith and Fulham or registered with a GP based in the borough.
- Concerned about their drinking or the drinking of someone close to them.

## How we work

We have walk in service at CASS which is open six days a week. This gives you an opportunity to talk to a member of our experienced team in complete confidence.

At the walk in service, you can get advice and information, look at options for reducing your drinking and receive guidance on treatment options available within the borough.

We also offer:

- Brief Cognitive Behavioural Therapy (CBT) around alcohol problems
- Individual and group support
- Mindfulness meditation - management of lapses
- Complementary therapies

CASS is part of the alcohol and drug treatment system in the borough and we are able to refer people into a range of services depending on need.

## Accessing CASS

You can access CASS through your GP, or through other services in Hammersmith and Fulham. You can also contact us yourself and make an appointment in one of our walk in surgeries.

# FOUNDATION66

Foundation66 works creatively with individuals, communities and policy makers to achieve positive change and reduce the harm caused by problem alcohol and drug use.

Foundation66 was formed from the 2009 merger of ARP and Rugby House, bringing together 66 years' experience delivering quality alcohol and drug services.

[www.foundation66.org.uk](http://www.foundation66.org.uk)



## Hammersmith and Fulham

NHS Hammersmith and Fulham is committed to:

- Supporting health independence and wellbeing
- Giving people control over their own health
- Timely access to quality cost-effective care
- Tackling health inequalities with compassion, respect and dignity

## Contact us

### Community Alcohol Support Service

Basement 282 North End Road  
London SW6 1NH

T: 020 7381 0436 F: 020 7610 3876  
cass@foundation66.org.uk  
www.foundation66.org.uk



## Our opening hours

### Office Hours

Mon - Fri: 9:00am - 5:00pm

### Our walk in service

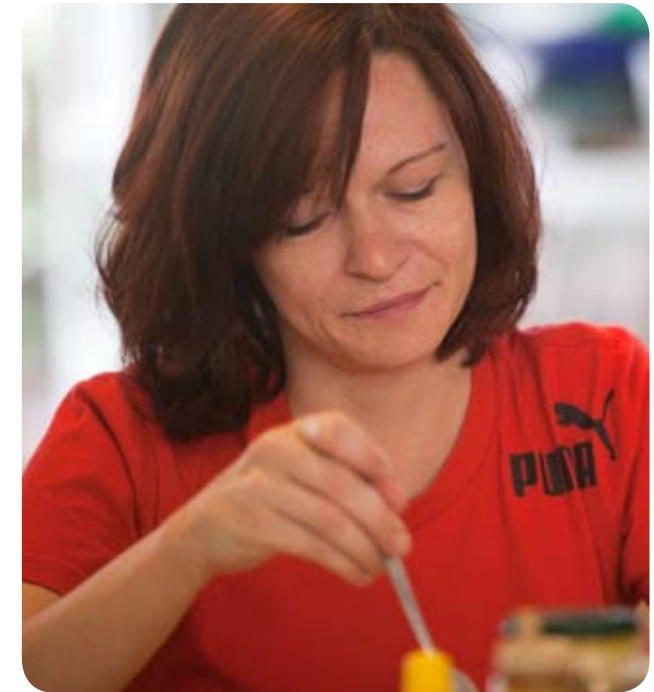
Mon - Wed & Fri - Sat:  
9:30am - 12:00 noon

### Women only walk in

Thurs 1:30pm - 4:00pm

### Evening walk in

Wednesday: 4:00pm - 7:00pm



# CASS

## Community Alcohol Support Service

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