

Some Useful Numbers

Carers Drug & Alcohol Project
CLASP The Carers Centre 0116 2510999

The Leicester Community Projects Trust
Alcohol helpline 0116 2229545

The Leicester Community Projects Trust
Drugs helpline 0116 2229555

LAMP Carers Advocacy Service
0116 2556286

LINKS
07843 005553

Savera Resource Centre
0116 2612837

Adfam
020 75537640

Al Anon
020 74030888

Talk to Frank
0800 776600

Drinkline
0800 9178282

Families Anonymous
0845 1200660

**CLASP is a registered charity,
helping unpaid carers across
Leicester, Leicestershire and
Rutland.**

CLASP offers

Information and Advice

Advocacy

Counselling

Training

Befriending

Support Groups

If you would like to come along to a
group or you think we can help you
then please contact Jenny at

CLASP The Carers Centre

Matrix House

7 Constitution Hill

Leicester

LE1 1PL

Tel: 0116 2510999

Email:

enquiries@claspthecarerscentre.org.uk

Web:

claspthecarerscentre.org.uk

Registered Charity No. 1043956



**Do you look after
someone with a
drug or alcohol
problem?**



**Do you need
advice or support?**



**Call The Carers
Centre on
0116 2510999**

CLASP The Carers Centre

is now running a number of support groups around Leicester for carers of people with drug or alcohol problems.

The groups aim to give carers the opportunity to

Meet with other people in a similar situation

Get Advice & Information

Receive Support

Receive Training



The meetings are FREE and are run monthly at various locations around Leicester

You can attend the ones you want

Day time and evening groups are available

Hear speakers from Statutory and Voluntary Services

Light refreshments are provided

In addition to this if you are interested there is also the opportunity to

Take part in Carers Forums

Represent Carers at Key Strategic Planning Meetings

Be part of the City Council Consultation Process

