The Role of Wet Centres in meeting the health needs of long term drinkers

Jane Gray
Director & Consultant Nurse
Inclusion Healthcare Social Enterprise CIC Ltd.

Wet Centres

- The first UK wet centre was established in Dundee, Scotland in 1978
- The first wet centre opened in Nottingham, England in 1991
- Several subsequently opened, some have since closed, all operate differently, funding remains an issue

Anchor Centre

- First opened on Dover Street Leicester 30 years ago as a day centre
- 2000 opened a “wet room” ahead of the by laws banning street drinking
- A “wet room” is a defined area (room or garden) where drinkers can consume alcohol

ANCHOR CLUB
Tel 2551608
Registered Charity No. 236275

Anchor Centre Funding

- Several stakeholders fund the service:~

- DAAT
- LCC (Housing)
- Police and Crime Commissioner
- Public Health

Service Users

- Chaotic
- Homeless , ex-homeless, vulnerably housed
- Physical health issues
- Mental health issues
- Drug misuse
- Street drinkers
- Entrenched drinkers
- Behaviour can be an issue ~ criminal, ASB

Anchor Centre

- Male & Female
- Age range 24-65 years
- Indigenous population – white, asian, afro - caribbean
- EU nationals
- Average attendees daily = 20
- Current caseload 40

LiFT

- Collaboration between Inclusion Healthcare Social Enterprise & Leicestershire & Rutland Probation Trust

- Secured 3year contract to run the Anchor Centre from 1st November 2013

- Aim is to enable the Anchor Centre to achieve it's potential as a treatment and recovery centre for drinkers

Staffing

- Transformation Manager (LRPT secondee November to June)
- Operational Manager
- Senior Recovery Practitioner
- Recovery Practitioner
- Specialist Alcohol Practitioner
- Sessional worker (0.5 wte)
- Health Trainers (0.5 wte)

Additional / Visiting staff

- Chaplain
- Mental Health Nurses
- Primary Care Nurses
- Housing Support Workers
- Outreach Team
- Peer Mentors
- D&A Foundation Degree student (placement)

Provision of Healthcare

- Initially daily GP/Nurse clinics held at the Anchor Centre 2000 to 2006
- 2006 to 2013 – nurse visits as required
- 2014 – nurse visits as required but the Health Trainers & Peer Mentors now support service users to attend appointments at our well equipped GP surgery

Provision of Healthcare

- Full range of primary healthcare available
- Drinking Plans / diaries
- Pabrinex injections(contains vitamins B1, B2, B6, nicotinamide, vitamin C and glucose)
- Health promotion / education – general
- Harm reduction
- Recovery focus

Services In Progress

- Individual assessment
- Allocated to named worker for case management
- Individual drinking plans
- Managed consumption (to ensure ability to be “fit to participate”)
- Life skills
- Range of activities (including a women’s group)

Any Questions?