

## Client Quotes

“ There is no such thing as a free buzz. Everything that goes up must come down. If you don't want to come down, don't go up. ”

“ People take drugs to get away from themselves ”

“ Drugs are a laugh at the beginning, but in the end you just carry on a constant nightmare. ”

“ If you're feeling low, drugs can end up making you feel worse, not better. The only thing that really helps is talking to someone about your worries. ”

## POW CAN HELP

We have real experiences & are aware of issues & problems surrounding drugs & prostitution. If you don't take drugs & are not involved in prostitution but are affected by these issues in anyway, speak to a POW worker for advice.

*We don't judge anyone...*

*We don't patronise anyone...*

*We don't criticise.*

It's your life...  
Choose how you want to live it!!!

**IF WE CAN'T SUPPORT  
YOU WE WILL FIND  
SOMEONE WHO CAN**

### DROP-IN OPENING TIMES

Monday 11am-4.00pm

Tuesday 11am-6.00pm

Wednesday 11am-4.00pm

Thursday 11am-6.00pm

Friday 1pm-4pm  
(CONDOMS ONLY)

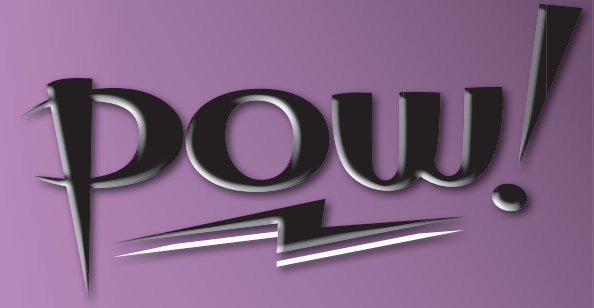
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More information on website:

[www.pow-advice.co.uk](http://www.pow-advice.co.uk)

E-mail: [tracey@pow-advice.co.uk](mailto:tracey@pow-advice.co.uk)



# ALL YOU NEED TO KNOW...

POW workers have their own experiences of prostitution, drugs or prison.



**CONFIDENTIAL  
NON-JUDGEMENTAL  
JUST FACTS!**

# IF WE CAN'T SUPPORT YOU WE WILL FIND SOMEONE WHO CAN

## POW's In-house Services

### 1-2-1– Support

Our friendly & experienced staff are here to help & support you make lifestyle changes, if you want to.

### Safe Sex Advice

Our staff can tell or show you how to use condoms correctly & about keeping yourself free from STI's.

### Safety Whilst Working

POW can offer you advice on keeping yourself safe whilst working, we can provide you with alarms & up to date dodgy punter information.

### Outreach

Outreach is a service provided by POW, where our staff go out on the beat, visit flats & saunas or a home visit can be arranged. Our staff provide free condoms & information on the services POW offers.

### Counsellor

POW's In-house Counsellor is available during the week on an appointment basis. She can also be contacted by phone, ask staff for more information.

### Drug Support Worker

POW's In-house drug support worker is available during the week and works with service users on a 1-2-1 basis to help with substance misuse.

### Clothes Bank

There is a clothes bank at POW providing clothes, shoes & jackets.

### Hot Food & Drinks

We regularly provide hot drinks, biscuits, sandwiches & hot food in our comfortable lounge area. Staff are always on hand if you fancy a chat.

### Gym & Shower

POW offers a fully equipped gym for our service users & a member of staff is available for you to talk to concerning issues of health & exercise. A private shower room is available for you to freshen up.

### Pen Pal Service

We offer a pen pal service to clients in prison, rehab & for those clients that have moved away.

### Rehabs

POW can help with rehab placements as well as visits, support, information & aftercare.

## Satellite Services

### POW's Drug Treatment Clinic

If your not on a script, this session may be able to sort one out for you, as well as 1-2-1 support providing information & advice on drugs/alcohol, prevention & rehabs. Clinics take place on Tuesdays & Thursdays.

### Sexual Health Clinic

You can access this service for STI's, HIV, hepatitis screening, contraception, smear & pregnancy tests. Trained nurses give advice & information if required. Clinics take place Tuesdays & Thursdays. Or you can request a screening at your place of work i.e. sauna or working flat.

### Compass

Trained female drug workers, provide advice & information as well as acupuncture & needle exchange. They attend POW weekly.

### Benefits Advisor

The benefits advisor attends POW once a week & gives service users information on benefits, welfare & debt.

### YWCA

Attend POW on Thursdays for some time out for creative activities & self development. These include arts, crafts & accredited courses such as nail art.

**If you need any support, advice or guidance, come in & have a confidential chat at POW**