



Dr Clare Fleming and Dr Emma Mastrocola set up a Wet Clinic model in Bristol. Based at two homeless drop-in day centres, The Compass Centre and the Wild Goose Café, the clinic allows patients to drink alcohol in attempts to engage the most estranged members of society. The clinic is based around the idea that there must be a shift in attitudes before a change in behaviour. Therefore, providing a safe environment and allowing time for relationship building is key to engaging patients.



Medical services are provided within the clinic in the form of 2 GPs, nurses and a Specialist Mental Health Professional. This includes detox planning, vitamin injections, prescriptions etc. 35 patients were referred to Alcohol and Drug Specialist Services, and of those 52% started detox and 42% completed the detox. The clinic received extremely positive feedback from patients with all saying they felt welcomed and listened to. Working in collaboration with other services such as St Mungo's Broadway and Pathways 2 Employment, the clinic also provides food and non-alcoholic drinks, housing, benefit help and sign posting to other services. One patient said it helped 'knowing you're not alone and that there are other people with similar problems and being able to discuss situations.'

The project evolved in conjunction with Streetwise, the Anti-social Behaviour Team for Bristol. Street drinking in Bristol had become a significant problem, and so local authorities were very interested in coming up with potential solutions. Fortunately the health services were working from the same building as Streetwise and so were invited to hold a clinic at the day centre while the wet session was running. Dr Fleming also works closely with the Alcohol Strategy Lead at the Local Council and says this interaction has been important in maintaining enthusiasm and commissioner support for the clinic.

Want to Pilot a Wet Clinic Model?

- Local authorities and the police may be more interested in funding a wet clinic in areas where anti-social behaviour due to drinking is a problem.
- Approach housing services which may already have a day centre set up, in which a clinic could run from.
- Try running a one year pilot with funding from a third sector organisation to collect evidence for commissioners to try to secure longer term funding.

Further Resources:

Contact – clare.fleming2@nhs.net
<http://www.compasshealthbristol.co.uk>