

How to ask for our help

Here are the main ways that people can ask for help or learn more about our work. We can offer a free and confidential alcohol and drug service for people aged 18 and over.

① Online:

Visit us: www.nottinghamrecoverynetwork.com

Email us at: info@nottinghamrecoverynetwork.com

Visitors to our website can either ask directly for support in confidence, and will also find links to a range of useful resources.

② Face-to-face:

Nottingham Recovery Network Assessments:

Monday, Tuesday, Thursday and Friday: 9.30am - 4.30pm

Wednesday: 9.30am - 5.30pm and Saturday: 9.30am - 12.00pm



We are based at the Nottingham Wellbeing Hub, 73 Hounds Gate, Nottingham NG1 6BB.

③ On the phone:

FREEPHONE: 0800 028 5598

 Nottingham Recovery Network

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January 2019



Clean Slate
Criminal Justice Substance
Misuse Service

Drugs and Driving



IN PARTNERSHIP WITH



What are your responsibilities?

It is illegal to drive if either:

- You're unfit to do so because you are on legal or illegal drugs.
- You have certain levels of illegal drugs in your blood (even if they haven't affected your driving).

What do I need to know?

The Road Traffic Act requires you to inform the DVLA of any disability that is likely to affect safe driving. Drug misuse is considered a disability.

You must inform the DVLA about any form of illicit drug use. You must stop driving until the DVLA tells you otherwise. If you don't, you are breaking the law.

What if I don't feel that my drug use is a problem?

You can seek a second opinion, however currently, consultant supervised oral Methadone or oral Buprenorphine are the only drug treatments under which a patient may keep their license, subject to conditions.

What will happen if I still drive?

If you continue to drive against advice and evidence is found of this the DVLA will be told, this can be done without your consent. You will be informed of this in writing.

Will my GP be informed?

Your GP will receive a letter from Nottingham Recovery Network (NRN). This will include any advice given to you in reference to driving.

How long am I likely to be unable to drive for?

- Illicit drugs: Your license will be stopped for up to one year.
- Methadone/Buprenorphine: The DVLA must be told if you take either of these medications. You will have an independent medical examination, which includes a urine screen for illicit drugs.

If you take prescribed oral Methadone or Buprenorphine and no other illicit drugs are found through urine screen and other investigations, you will normally be issued with a one year license.



Our Advice

Do not drive after taking medicines until you know how they affect you.

Do not drive if your driving may be impaired, such as:

- Feeling drowsy or experiencing double vision
- Poor coordination
- Making poor decisions
- Having a lack of concentration
- Feeling dizzy.

You should also follow these guidelines:

- Report sedation or impairment to your prescriber who may reduce your dose
- Do not change medication without your prescriber's agreement
- Do not drive after a medication increase, decrease or five days after starting medication
- Avoid driving if you are taking other medication, taking over the counter medication, develop a medical condition or if your age becomes an issue
- Be aware of alcohol increasing impairment.

How do I inform the DVLA?

You can return your documents and contact the DVLA in the following ways:

Post to: Drivers Medical Group, DVLA, Swansea SA99 1TU

Website: www.dvla.gov.uk

Email: eftd@dvla.gov.uk

Tel: 0870 600 0301

Fax: 0845 850 0095

Other support is available from:

Narcotics Anonymous: 020 7251 4007

FRANK: 0800 776 600 (24hr helpline for advice/support)

NHS Direct: 0115 934 3200 (For confidential health advice)

Explore Family: 0115 978 7161