

# Update on alcohol and drugs services in Borders September 2020

All drug and alcohol services in Borders are open and are able to see new and current clients via telephone or face to face where appropriate. Services are observing social distancing measures and minimising face to face contact for the safety of our staff and people in receipt of services.

## **LOCAL SUPPORT SERVICES**

Borders Addiction Service, Chimes and We Are With You continue to take new referrals.

### **We Are With You** (formerly Addaction)

WAWY has launched a click and collect service and premises in Galashiels are open from 11 – 3pm daily for collection of IEP and Naloxone. The service is also delivering IEP and naloxone to those who can't access equipment, where it's safe to do so.

WAWY continues to offer a range of online groups 3 times a week as well as a WhatsApp recovery group and responding to the needs of clients daily with some walk and talk, door step visits as well as drop in using PPE and social distancing guidelines.

The service is using a combination of telephone, online and face to face for those at high risk with appropriate safety measures in place.

- Webchat : Everyday 10am – 4pm
- MAP Groups - The online MAP is the same as the physical MAP but has expanded to include impact of lockdown on recovery, drug and alcohol related discussion and wider recovery activities for example quizzes and relaxation sessions. Online groups for Mutual Aid Partnerships takes place on Mon, Wed and Friday 12pm – 2pm.

For more information on how to join online

[www.wearewithyou.org.uk/borders](http://www.wearewithyou.org.uk/borders)

Freephone: 0800 0286664

All face to face support groups have ceased for the time being.

### **Borders Addiction Service**

BAS are operating in a flexible way according to need: home (using PPE), door step and clinic visits are available. Staff in both BAS and We are With you have also offered face to face 'therapeutic' meetings e.g. walks, meeting in socially distanced public spaces which has been helpful for particularly isolated people.

BAS are able to manage and assess people on to OST and have been able to re-introduce daily supervision for those that require this.

BAS: 01896 664430

[www.nhsborders.scot.nhs.uk/borders-addiction-service](http://www.nhsborders.scot.nhs.uk/borders-addiction-service)

### **Chimes, Action for Children 01896 750173**

Chimes are increasing direct contact to children, young people and parents; some schools are allowing staff to see young people and the service are offering home visits and socially distanced walks. All other consultations are by telephone, text, email and video calls via Skype and Microsoft Teams. Families in crisis can apply to Action for Children funds for immediate support for food and essentials, gas/electricity and fuel for vehicles.

[www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

### **Serendipity 07526 970022**

All groups have now stopped but people can contact the above number or email

[serendipity.rcn@gmail.com](mailto:serendipity.rcn@gmail.com)

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## **Injecting Equipment Provision (needle exchange)**

### **Click and Collect** - Order needle and syringe equipment

We Are With You provides a free, confidential service for anyone who injects drugs. You can use this tool to pre-order equipment (works) and choose a time to pick it up. One of the team will be there to help if you need any advice. [borders-nx.wearewithyou.org.uk](http://borders-nx.wearewithyou.org.uk)

You can also collect your equipment from six community pharmacies. Please see ADP website for more details: <http://www.nhsborders.scot.nhs.uk/badp>

### **Take Home Naloxone**

Take Home Naloxone kits are available from Borders Addiction Service, We Are With You and Pharmacies supplying IEP.

## **NATIONAL SUPPORT**

### **Mutual aid supports groups online (National)**

- UK SMART Recovery  
<https://smartrecovery.org.uk/online-meetings/>
- UK Narcotics Anonymous  
<https://online.ukna.org/>
- UK Alcoholics Anonymous  
<https://alcoholics-anonymous.eu/online-meetings/>

### **Scottish Families Affected by Alcohol and Drugs 08080 101011**

Help and advice is also available by phoning the Scottish Families Affected by Drugs and Alcohol helpline.

SFAD can also issue Take Home Naloxone by post (apply online)

<https://www.sfad.org.uk/support-services/helpline>

### **Know the Score Drugs Helpline on 0333 230 9468.**

For free, confidential drugs information and advice  
Monday – Friday 9am – 9pm, Saturday – Sunday 10am-4pm

### **Scottish Recovery Consortium**

SRC hosts an online directory of online recovery and support activities.

<https://scottishrecoveryconsortium.org/>

### **Other Sources of information**

Resources containing information specific to people who use drugs and COVID-19 can be found at [sdf.org.uk/covid-19](http://sdf.org.uk/covid-19)

Professional guidance on COVID-19 is available at:

[www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/](http://www.hps.scot.nhs.uk/a-to-z-of-topics/covid-19/)

General public information on COVID-19 is available at:

[www.nhsinform.scot/coronavirus](http://www.nhsinform.scot/coronavirus)

Information for carers

[www.carersuk.org/coronavirus-covid-19](http://www.carersuk.org/coronavirus-covid-19)