

Contact Us

The CHIMES Team is made up of CAPSM Link Workers, Outreach Practitioners and Outreach Workers.

If you would like more information, to contact your local Practitioner or Worker, to make a referral, or discuss the process relating to young carers statements and referral please contact us at:

Scottish Borders CHIMES Service
Action for Children
Ground Floor, Enterprise House,
12a Galabank Business Park,
Galashiels, TD1 1PR

Telephone: 01896 750173
Email: CHIMES@actionforchildren.org.uk

 @SB_CHIMES

 Scottish Borders CHIMES



Scottish Borders CHIMES service

Support for:-

- Young carers
- Children affected by parental substance use (CAPSM)
- Parents / carers using substances
- Other affected / concerned family members



Who do we support?



Young Carers age 7-18 who are providing care and support to parents, siblings, or another family member who has a physical or mental health illness/disability, or substance use issue.

Since April 2018 all Local Authorities have a legal duty to offer a Young Carers Statement (YCS) which is an assessment of the needs of a young carer and if that YCS shows the level of care provided to be at a critical or substantial level* a referral can be made to the CHIMES Service. Our work includes;

- 1:1 support to explore feelings, worries and emotions and help develop coping skills
- Support with family and peer relationships
- Peer group sessions and activities
- Safety and emergency planning
- First Aid Training
- Access to a Health Authorisation Card

*Exception – Referrals for young people caring for someone with a terminal illness can be made directly to the CHIMES Services with or without a YCS.



CAPSM (Children Affected by Parental Substance [mis]Use) Young people under 18 who are impacted by parental or carer alcohol or drug use. Our work includes:

- 1:1 Support to explore and understand what substance use may mean for their family
- Emotional support
- Work to develop support networks and identify trusted adults
- Safety/emergency planning/First Aid training
- Support with family and peer relationships



Parents/carers whose current or historic alcohol or drug use is impacting on their children/unborn baby. Our work includes;

- Information and advice on alcohol and drug use and how this can impact upon the family
- Support to make changes with regard to alcohol and drug use to reduce harm
- Relapse prevention and cravings
- Emotional support
- Support with family relationships
- Signposting to other services



Whole Family Approach The service has dedicated CAPSM Link Workers working with and supporting children and their other family members. They will work directly with adult addiction services, Social Work and other services to foster stronger links between those agencies improving outcomes for the whole family.