

DRUG & ALCOHOL SERVICES IN BORDERS

There are three drug and alcohol services that work across the Borders to support people in their community: NHS Borders Addiction Service; We Are With You and CHIMES. These services provide a range of support.

The services also offer weekly drop-ins across the Borders in Peebles, Eyemouth, Hawick, Galashiels and Kelso. People can come along to talk to the drug and alcohol services, access injecting equipment or simply have a cup of tea with a member of staff.

[FIND OUT MORE](#)

Information on Borders Residential Rehab pathway and patient information leaflet is available [here](#).

**What's On
NEW**

For more info or to make a referral contact
borders@wearewithyou.org.uk

01896 757843 or freephone 0800 028 6664

16+

**we are
withyou**
in Borders

MONDAY

With You/
BAS Drop In

PEEBLES
ST Josephs
Neighbourhood
Centre
12-2pm

**TUESDAY**

With you/
BAS Drop In

GALASHIELS
Hume (BAS)
11am-2pm

MAP

We Are With You
office
GALASHIELS
2-3.30pm

WEDNESDAY

With You/BAS Drop
in
KELSO
Abbey Row Centre
11am-1pm

With You/BAS Drop
in
HAWICK
Teviot Church
11am-2pm

MAP
Teviot Church
Hawick
2.30-4pm

ONLINE MAP
5-6pm

THURSDAY

With You/BAS Drop
in
EYEMOUTH
Parish Church
10-2pm

FIRST STEPS –
harm reduction
with With You/BAS
WAWY Office
11.30-1.30pm

MAP
Abbey Row centre
KELSO
2-3.30pm

FRIDAY

Lived experience Forum
Focus centre
Galashiels
First Friday of each
month

CRAFT – Concerned
other training and
support offered by
WAWY and CHIMES

WAWY office
9.30-1.30pm



Borders recovery group
Fridays
Music Group
Focus Centre Galashiels
3-4.30pm
Recovery Café
Focus Centre, Galashiels
5-7pm

Connection - Acceptance - Peer support - Hope - Recovery



SUPPORT FOR FAMILY MEMBERS

Support for family members affected by someone else's drug and /or alcohol use is available in the Borders. We Are With You have a dedicated Family Support Worker and you can find out more about the service by contacting them on 01896 757843.

Scottish Families affected by Alcohol & Drugs offer a range of support and advice including a helpline and bereavement support services. Their website also includes information sheets including understanding substance use and coping skills.



MUTUAL AID PARTNERSHIP GROUPS (MAP)

MAP meetings are peer led where people come together and share support, advice and experiences of drug and alcohol use. MAP uses a cognitive behavioural approach (CBA) framework in the form of “tools” which are discussed during the meeting. These tools are used to address any themes which come up at the start of the meeting with the aim of giving individuals coping strategies they can use in the community. MAP lasts for no more than 2 hours.

[CALL 01896 757843](tel:01896757843)



BORDERS RECOVERY GROUP

Borders Recovery Group have recently increased the availability of Recovery Cafés and these are now available in Galashiels, Duns, Peebles and Hawick every week. There is also a weekly music group in Gala. These groups are open to anyone over the age of 16 yrs with lived experience including family members.



what's on guide

www.bordersinrecovery.org

Facebook Instagram Twitter

Ask about our Whats App group!

16+

Supported by:

Recovery Coaching Scotland
Recovery, Resilience and Trauma Coaching

Youth Wellbeing Coaching CIC

we are withyou
in Borders

COMMUNITY FUND

Scottish Borders COUNCIL

Monday	Wednesday
Recovery Café Parish Church High Street Peebles 2-4pm	Recovery Café Burnfoot Community Hub Hawick 4-6pm
Thursday	Friday
Recovery Café Parish Church Church Square Duns 5-7pm	• Peer Support 3-5pm • Recovery Café 5-7pm Focus Centre Galashiels

Weekly groups run by people with lived experience of recovery

RECOVERY COACHING SCOTLAND

Recovery Coaching Scotland (RCS) is a Community Interest Company run by people with lived experience of recovery and has successfully gained funding to deliver Recovery Coaching courses from the national Mental Health and Wellbeing Fund. RCS accept referrals from We Are With You, BAS, Community Justice and Health in Mind/Local Mental Health services. For more information contact Rod Anderson at rod@recoverycoachingscot.org.

RECOVERY WALK SCOTLAND 2023 - DATE TO BE CONFIRMED

We are looking forward to this year's Recovery Walk in Inverclyde but the date is not yet confirmed. Please keep an eye on social media to find out more.



MEDICATION ASSISTED TREATMENT (MAT) STANDARDS

Medication Assisted treatment (MAT) is used to refer to the use of medication, such as opioids, together with psychological and social support, in the treatment and care of individuals who experience problems with their drug use.

There are 10 standards which aim to improve access, choice and care and to ensure that MAT is safe and effective.

A new website has been developed to provide information and resources on medication assisted treatment (MAT); MAT Standards and implementation of these across Scotland.

A recent report published here shows substantial progress with implementation of the MAT standards throughout Scotland, but notes there is work still required for full, consistent and sustained implementation of the standards across Scotland.

Borders has managed to achieved a Red, Amber, Green, Blue (RAGB) status as follows:

MAT 1 – 5 (Provisional Green)

MAT 6, 7, 9 & 10 (Provisional Amber)

MAT 8 (Amber)



International Overdose Awareness Day

31st August 2023 - Recognising those people who go unseen

Overdose touches people and communities in many ways.

The theme for 2023 is “Recognising those people who go unseen,” and honouring the people whose lives have been altered by overdose. They are the family and friends grieving the loss of a loved one; workers in healthcare and support services extending strength and compassion; or spontaneous first responders who selflessly assume the role of lifesaver.

Theirs are the voices we should amplify, and their strength and experience should be held up as examples to us all. Too often, however, they are left to bear the burden of this crisis alone and in silence.

The campaign this year will use the strapline #weseeyou. There are various ways to support the campaign and for more information on the promotional materials click [here](#)

#END OVERDOSE



LIVED EXPERIENCE FORUM

The Lived Experience Forum provides input to the ADP on its overall strategy, evaluation of local services and in doing so helps to improve our services and the outcomes of people who use them.

The Forum meets quarterly and has a standing item on the ADP Board Meeting agendas. The Forum has recently contributed to the ADP Strategic Plan for 2023 - 2026 and Scottish Government's alcohol marketing consultation.

Members of the Forum recently took part in training delivered by Scottish Recovery Consortium to support members in their role on the Forum.

For information on how to join the Lived Experience Forum contact We Are With You on 01896 757843.



LIVING EXPERIENCE FORUM - BORDERS ENGAGEMENT GROUP

The Borders Engagement Group is facilitated by Scottish Drugs Forum and meets weekly offering people who are currently in services to provide feedback to the ADP. This information has been listened to and acted upon and the ADP Support Team provide a You Said, We Did.

WORKFORCE DEVELOPMENT TRAINING DIRECTORY

Borders ADP publish Workforce Development Training Directory every year. All our courses are free and are delivered online via Microsoft Teams. These sessions are proving to be very popular and booking is essential.

Scottish Drugs Forum has also switched to a virtual platform and these courses are viewable on their [training page](#). They are free for anyone working or living in Scotland.



[ADP TRAINING
DIRECTORY](#)

MINIMUM UNIT PRICING: THE STORY SO FAR JUNE 2023 (ALCOHOL FOCUS SCOTLAND)

Minimum unit pricing for alcohol (MUP) was implemented in May 2018 at a rate of 50p per unit. The policy is subject to a sunset clause, which means it will lapse unless renewed by the Scottish Parliament by end of April 2024.

Evaluation so far from Public Health Scotland shows that by reducing alcohol consumption, MUP has delivered its overall purpose of reducing alcohol-related harm.

- It is estimated that MUP has saved 268 lives and averted 899 hospital admissions each year, on average.
- This is because MUP reduced alcohol consumption in Scotland by 3%, and targeted consumption by those drinking at higher levels.
- MUP is reducing inequalities in alcohol harm as most of the lives saved are among the 40% of people living in Scotland's most deprived areas.
- MUP may have mitigated some of the pandemic's negative effects, as the rise in deaths since the pandemic in Scotland was not as sharp as in England.

