

action on  
**drugs+alcohol**  
BORDERS

# Scottish Borders Drug and Alcohol Treatment and Recovery Information Leaflet

December 2023

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**For more information: Scottish Borders Alcohol & Drugs Partnership**

Telephone: 07789273001

Email: [ADP.Borders@borders.scot.nhs.uk](mailto:ADP.Borders@borders.scot.nhs.uk)

## Drug and Alcohol Services

There are three direct drug and alcohol services in the Scottish Borders



### **We Are With You in Borders**

Support to anyone 16yrs and over concerned about their own drug or alcohol use or someone else's.

- One to one and group support to help you cut down, stop or maintain abstinence
- Employment support
- Injecting Equipment/Blood Borne Virus Tests
- Take Home Naloxone Kits
- Support for adult family members affected
- Referral and assessment for Residential Rehabilitation

Telephone: 0800 028 6664 (Freephone)



### **NHS Borders Addictions Service (BAS)**

Support to anyone 16yrs and over with drug/alcohol dependency and physical/mental health needs.

- Psychological therapies
- Substitute prescribing
- Access to in-patient and community detoxification
- Referral and assessment for Residential Rehabilitation
- Injecting Equipment/Blood Borne Virus Tests
- Take Home Naloxone Kits

If you are receiving opiate substitute treatment at time of liberation, please contact BAS as soon as possible after release in order to get your treatment sorted in a timely manner.

Telephone: 01896 664430

### **Action for Children - CHIMES Service**

The service provides support to

- Young carers
- Children and young people (all ages) impacted by a family member's alcohol and/or drug use (parent, grandparent, older sibling etc)
- Concerned others.
- Parents with concerns about their drug/alcohol use including expectant parents.
- Referral and assessment for Residential Rehabilitation

Telephone: 01896 750173

Email: [CHIMES@actionforchildren.org.uk](mailto:CHIMES@actionforchildren.org.uk)



## Injecting Equipment Provision and Take-Home Naloxone kits

Injecting Equipment and take-home naloxone kits are available from:

Venue	Town	Telephone No.
We Are With You	Borders wide	01896 757843
Borders Addiction Service	Borders wide	01896 664430
Lindsay & Gilmour Pharmacy	Hawick	01450 372757
Lindsay & Gilmour Pharmacy	Selkirk	01750 21723
Eyemouth Pharmacy	Eyemouth	01890 750374
Right Medicine Pharmacy	Peebles	01721 720729
Rowlands Pharmacy	Kelso	01573 224613
Gala Pharmacy	Galashiels	01896 755948
Jedburgh Pharmacy	Jedburgh	01835 863489
GLM Romanes Pharmacy	Duns	01361 883753

## Drop -Ins

Drop -ins are provided by Borders Addiction Service and We Are With You. Anyone can attend the drop-ins for advice and support:

Day	Town	Venue	Time
Monday	Peebles 17 Rosetta Road, EH45 8JU	St Joseph's Neighbourhood Centre	12pm – 2pm
Tuesday	Galashiels Tweed Road, TD1 3EB	Hume (BAS)	11am – 2pm
Wednesday	Hawick Dovecote Street, TD9 9QP	Evergreen Hall	11am – 2pm
Wednesday	Kelso The Knowes TD5 7BJ	Abbey Row Centre	11am – 1pm
Thursday	Eyemouth Victoria Road, TD14 5JD	Parish Church	10am – 2pm

## Recovery Communities

### Borders In Recovery



Borders In Recovery is a Lived Experience Recovery Community and a member of the Scottish Recovery Consortium. Recovery communities offer recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities for their participants and volunteers.

Borders Recovery can arrange gate pickups from HMP Edinburgh, Glen Ochil, Shotts, Stirling and Perth.

[www.bordersinrecovery.org](http://www.bordersinrecovery.org)

Twitter: @BordersRecovers

Instagram: Borders\_in\_Recovery

Facebook: Borders\_Recovery (@bordersrecoverycommunity)

Email: [rod@recoverycoachingscot.org](mailto:rod@recoverycoachingscot.org)

Mobile: 07536455898

Day	Activity	Venue	Time
Monday	Recovery Café	Parish Church, High Street, Peebles	2pm – 4pm
Tuesday	Music Group	TD1 Youth Hub, Galashiels	11am – 1pm
	Recovery Cafe	Community Centre, Abbey Row, Kelso	3.30p – 5.30pm
Wednesday	Recovery Café	Evergreen Hall, Dovecote Street, Hawick	3.30pm – 5.30pm
Thursday	Recovery Café	Parish Church, Victoria Rd, Eyemouth	2pm - 4pm
Friday	Peer Support	Focus Centre, Galashiels	3.30pm – 4.30pm
	Recovery Café		5pm – 7pm
Friday	SMART Meeting	Focus Centre, Galashiels	3.30pm – 5.00pm
Saturday	Breakfast Club (Family Friendly)	Focus Centre, Galashiels	10am -12 noon
Saturday	SMART & Social (alcohol free)	Focus Centre, Galashiels	3.30pm – 7.30pm

## Recovery Communities cont.

### **Serendipity**

Serendipity is a Lived Experience Recovery Community Network in the Scottish Borders that brings the community together to create a recovery network by exploring resilience and recovery of substance use and mental health.

The Network has various meetings and activities each week and meet at Live Well No. 46 it is a Health and Wellness Recovery Hub, 46 High Street, Galashiels TD1 1SE.

[Serendipity Recovery Community Network \(@BordersRecovery\) / Twitter](#)

[Serendipity Recovery Community Network | Facebook](#) Resource Group

[Serendipity Recovery Community Network | Galashiels | Facebook](#) Resource Page

<https://instagram.com/serendipity.rcn?igshid=YmMyMTA2M2Y=>

Telephone: 07394506251

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

## Housing

If you are a current tenant with one of the following organisations, please contact them to let them know about your circumstances.

Contacting your landlord will ensure that you are given advice to help you maintain your tenancy.

Berwickshire Housing Association: 0800 652 8104 [info@berwickshirehousing.org.uk](mailto:info@berwickshirehousing.org.uk)

Eildon Housing Association: 03000 200217 [housing@eildon.org.uk](mailto:housing@eildon.org.uk)

Scottish Borders Housing Association: 01750 724444 [enquiries@sbha.org.uk](mailto:enquiries@sbha.org.uk)

Waverley Housing: 01450 364200 [info@waverley-housing.org.uk](mailto:info@waverley-housing.org.uk)

If you are likely to be homeless on release or would like general housing advice, you should contact Homelessness Services prior to your release on 01896 661385,

[Homelessnessservices@scotborders.gov.uk](mailto:Homelessnessservices@scotborders.gov.uk)

## Advocacy

### **Borders Independent Advocacy Service (BIAS)**

Independent advocacy is a way to help people have a stronger voice and to have as much control as possible over their lives.

Telephone: 01896 752200

Email: [info@bordersadvocacy.org.uk](mailto:info@bordersadvocacy.org.uk)

Borders Independent Advocacy Service

Low Buckholmside, Galashiels TD1 1RT