

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 for people affected by their own or someone else's drug and/or alcohol use.

The services also offer weekly drop-ins and Mutual Aid Partnership (MAP) meetings across the Borders in Peebles, Eyemouth, Hawick, Galashiels and Kelso. People can come along to the drop ins and 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](#)

Residential Rehabilitation is available and information on how to access a placement is available [here](#).

What's On New

For more information about Drop-In's/ MAP online contact us on;

borders@wearewithyou.org.uk

01896 757843 or free phone 0800 028 6664

16+

**we are
withyou**
in Borders

MONDAY

- WithYou/BAS Drop In
- PEEBLES
- St Joseph's Neighbourhood Centre
- 12pm-2pm

Ask us about
the Recovery
Borders
WhatsApp
Group

TUESDAY

- WithYou/BAS Drop In
- Galashiels Hume (BAS)
- 11am-2pm
- **MAP**
- We Are With You Office
- Galashiels
- 2pm-3.30pm

WEDNESDAY

- WithYou/BAS Drop In
- KELSO
- Abbey Row Centre
- 11am-1pm
- WithYou/BAS Drop In
- HAWICK
- Evergreen Hall
- 11.30am-2pm
- **MAP**
- HAWICK
- Evergreen Hall
- 2pm-3.30pm
- **ONLINE MAP**
- 5pm-6pm

THURSDAY

- WithYou/BAS Drop In
- EYEMOUTH
- Parish Church
- 10am-2pm
- First Steps/Harm Reduction
- WithYou/BAS
- GALASHIELS
- We Are With You Office
- 11am-1pm

FRIDAY

- Borders Recovery Peer Support Group
- GALASHIELS
- Focus Centre
- 3pm-5pm

Connection - Acceptance - Peer Support - Hope - Recovery



BORDERS IN RECOVERY

Borders in Recovery offer activities six days a week with recovery cafés in Peebles, Kelso, Hawick and Galashiels. The group also run a music group, Saturday breakfast club, family support group and and can provide 1 to 1 support. Several of their members have now become SMART facilitators and currently they offer a weekly SMART group for women and an open SMART meeting in Galashiels.

Please see information below for various groups.

You can reach the group here.



What's on guide

16+

Free weekly groups run by people with lived experience of recovery (substances, poor mental health) for people who are in recovery and their family & friends.

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SMART Recovery meeting.
Parish Church
High Street
Peebles
12.30-1.45pm

Recovery Cafe
Parish Church
Peebles
2-4pm

Music group
TD1 Youth Hub
Ladhope Vale
Galashiels
11-1pm

Recovery Cafe
Community Centre
Abbey Row
Kelso
4-6pm

Recovery Cafe
Evergreen Hall
Dovecote Street
Hawick
3.30-5.30pm

Family group
Burnfoot Hub
Hawick
4-5.30pm

Ask about the Whats App group chat!

With You webchat is open 9am-9pm Monday-Friday and 10am-4pm at weekends.
wearewithyou.org.uk

Women's SMART Recovery meeting.
Focus Centre
Galashiels
11-1pm

SMART Recovery meeting.
Focus Centre
Galashiels
3.30-4.30pm

Recovery Cafe
Focus Centre
Galashiels
5-7pm

SATURDAYS @ Focus Centre, Galashiels
Breakfast Club (family friendly) 10-12noon

SMART Recovery.
Life beyond addiction

Supported by:



www.bordersinrecovery.org



www.nhsborders.scot.nhs.uk/badp



ADP.borders@borders.scot.nhs.uk

MEDICATION ASSISTED TREATMENT (MAT) STANDARDS

Medication Assisted Treatment (MAT) continues to be implemented across the Borders.

There are 10 standards for MAT which aim to improve access, choice and care and to ensure that MAT is safe and effective. See [here](#) to find out more about MAT standards 1 - 5 progress across Scotland.



If you or a family member have accessed drug treatment in the previous 12 months and would like to be involved in helping improve services, we want to hear from you.

We have trained peer interviewers who will meet you at a time and place that suits you to discuss your experience. These conversations are confidential and you will not be named in any of the paperwork or reports.

For more information contact Avril from We Are With You on:
0800 028 6664

BORDERS INDEPENDENT ADVOCACY



BIAS can provide 1:1 advocacy support to people in the Scottish Borders identifying as in recovery, accessing services, or who still are still actively using alcohol or drugs.

For more information on what an advocacy worker can do and how to access the service click [here](#)

Case Study from Lorraine Crawford, Advocacy Worker: BIAS

I started working alongside a client who, from an early age, started taking substances and who was desperate to go into residential rehab, in order to give their family a better life than they had growing up.

My client found multi agency meetings difficult and described angry outbursts as a result of not feeling listened to.

I worked alongside We Are With You and attended a multi disciplinary meeting where my clients assessment for residential rehab was considered. I listened to what my client wanted to say and I read out a statement on their behalf, which proved to be powerful.

This provided an insight into the trauma experienced by my client who had grown up in the care system and had experience of sitting in front of professionals as a child to hear decisions being made about them without being listened to or asking what would help them.

It proved to be a pivotal meeting and helped services come to a positive agreement to fund a residential rehab place for them.



My client did go into residential rehab and although they didn't stay for the recommended time, they are still substance free. One of the positive outcomes for them is that they have since been introduced to various support networks and have been able to advocate for themselves at meetings relating to family matters.

NATIONAL MISSION - REDUCING DRUG RELATED DEATHS

There has been a national focus over the previous three years to respond to Scotland's Public Health Emergency of drug related deaths which has led to service improvement.

This includes:

- Fast and appropriate access to treatment
- Increased access to residential rehabilitation placements
- Increased capacity of front-line organisations
- A more joined up approach between Scottish Ambulance Service, Police Scotland and drug services to provide proactive support to someone experiencing a near-fatal overdose
- Continued widespread availability of take home naloxone kits.

[Click here for access to Scottish Drugs Forum new resource on recognising an overdose](#)



BORDERS ENGAGEMENT GROUP - LIVING EXPERIENCE GROUP

The Borders Engagement Group is an independent group of people with living experience who meet weekly at the Focus Centre, Galashiels. This meeting is a safe space for people to share their experiences both positive and negative. Experiences are then discussed with alcohol and drug services, the ADP Support Team and wider services in order that we can address concerns.



Themes provided this year have included:

- Stigma: people report experiencing stigma when accessing wider services. We have shared this directly with services identified.
- Housing: a variety of individual experiences about their housing situation were shared. We have successfully identified named contacts within each provider and have welcomed housing providers joining our local management group to respond to concerns
- Information about how services work: a variety of individual experiences about it not being clear how services work, for example, accessing residential rehabilitation. In response to these queries there have been amendments to existing and new information leaflets developed

If you are actively using substances or on Medication Assisted Treatment and would like to be involved in the Borders Engagement Group please see more information [here](https://www.nhs.uk/borders-engagement-group)



LIVED EXPERIENCE FORUM

The Borders Lived Experience Forum meets quarterly in the Focus Centre and aims to give people who have previous experience of using alcohol and drug services a voice so that they have the opportunity to help inform the work of the ADP and the alcohol and drug services. A representative from the group attends the ADP. [For more information](#)

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](#)



SERENDIPITY RECOVERY COMMUNITY NETWORK REBRAND

Serendipity management team have had a structural change and because of this they have chosen a new name 'Live Well' to reflect the changes. Further information will be available soon along with dates of a relaunch.

