

action on
drugs+alcohol
BORDERS

Scottish
Borders Drug
and Alcohol
Treatment and
Recovery
Information
Leaflet

April 2024

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For more information: Scottish Borders Alcohol & Drugs Partnership

Telephone: 01835 825900

Email: ADP.Borders@borders.scot.nhs.uk

Website: nhsborders.scot.nhs.uk/badp

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

| 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 |
| 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 |
| GLM Romanes Pharmacy | Eyemouth | 01890 750374 |

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 | 17 Rosetta Road, Peebles EH45 8JU | St Joseph's Neighbourhood Centre | 12pm – 2pm |
| Tuesday | Tweed Road, Galashiels TD1 3EB | Hume (BAS) | 11am – 2pm |
| Wednesday | Dovecote Street, Hawick TD9 9QP | Evergreen Hall | 11:30am – 2pm |
| | The Knowes, Kelso TD5 7BJ | Abbey Row Centre | 11am – 1pm |
| Thursday | Victoria Road, Eyemouth 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. If you are interested in coming along but would like support to attend your first café or group, volunteers from Borders in Recovery can support you to do this. Volunteers can also support you to attend the Lived Experience Forum

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

www.bordersinrecovery.org

Twitter: @BordersRecovers

Instagram: Borders_in_Recovery

Facebook: Borders_Recovery (@bordersrecoverycommunity)

Email: rod@recoverycoachingscot.org

Mobile: 07536455898

| Day | Activity | Venue | Time |
|-----------|----------------------------------|---|-----------------|
| Monday | SMART Recovery Meeting | Parish Church, High Street, Peebles | 12.30 - 1.45pm |
| | Recovery Café | Parish Church, High Street, Peebles | 2pm – 4pm |
| Tuesday | Music Group | TD1 Youth Hub, Galashiels | 11am – 1pm |
| | Family Group | Focus Centre, Galashiels | 1 – 2.30pm |
| Wednesday | Recovery Café | Evergreen Hall, Dovecote Street, Hawick | 3.30pm – 5.30pm |
| | Family Group | Burnfoot Hub, Hawick | 4 – 5.30pm |
| Thursday | Women's SMART Recovery Meeting | Focus Centre, Galashiels | 11am - 1pm |
| | Recovery Café | Parish Church, Victoria Road, Eyemouth | 11am -2pm |
| Friday | SMART Recovery Meeting | Focus Centre, Galashiels | 3 - 4.30pm |
| | Recovery Café | Focus Centre, Galashiels | 5pm – 7pm |
| Saturday | Breakfast Club (Family Friendly) | Focus Centre, Galashiels | 10am -12pm |

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 |
| Eildon Housing Association: | 03000 200217 | housing@eildon.org.uk |
| Scottish Borders Housing Association: | 01750 724444 | enquiries@sbha.org.uk |
| Waverley Housing: | 01450 364200 | 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

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

Borders Independent Advocacy Service
Low Buckholmside, Galashiels TD1 1RT