



# Scottish Borders Drug and Alcohol Treatment and Recovery Information Leaflet (Liberation Pack)

April 2024

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

Telephone: 01835 825900

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

Website: [nhsborders.scot.nhs.uk/badp](https://nhsborders.scot.nhs.uk/badp)

## DRUG AND ALCOHOL SERVICES

There are three direct drug and alcohol services in the Scottish Borders. Individuals can request a key worker of the same sex if they prefer, and services will aim to meet this requirement where possible.



### WithYou 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.
WithYou	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 WithYou. 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)	12pm – 2pm
Wednesday	Dovecote Street, Hawick TD9 9QP	Evergreen Hall	11:30am – 2pm
	The Knowes, Kelso TD5 7BJ	Abbey Row Community Centre	11am – 1pm
Thursday	Victoria Road, Eyemouth TD14 5JD	Parish Church	11am – 2pm

## RECOVERY COMMUNITIES

### Borders In Recovery



Borders In Recovery is a Lived Experience Recovery Community and a member of the Scottish Recovery Consortium. The group run weekly Recovery Cafés in Galashiels, Eyemouth, Hawick and Peebles and are open to anyone over 16 years and is run by people with lived experience of recovery. The café offers recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities.

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, Victoria Road, Eyemouth	11am -1pm
	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
Wednesday	Women's SMART Recovery Meeting	Focus Centre Galashiels	11am -1pm
	SMART Recovery Meeting	Evergreen Hall, Dovecote Street, Hawick	2.15pm – 3.15pm
	Recovery Café	Evergreen Hall, Dovecote Street, Hawick	3.30pm – 5.30pm
Friday	SMART Recovery Meeting	Focus Centre, Galashiels	3 - 4.30pm
	Recovery Café and Self Care & Wellbeing Hub	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	<a href="mailto:info@berwickshirehousing.org.uk">info@berwickshirehousing.org.uk</a>
Eildon Housing Association:	03000 200217	<a href="mailto:housing@eildon.org.uk">housing@eildon.org.uk</a>
Scottish Borders Housing Association:	01750 724444	<a href="mailto:enquiries@sbha.org.uk">enquiries@sbha.org.uk</a>
Waverley Housing:	01450 364200	<a href="mailto:info@waverley-housing.org.uk">info@waverley-housing.org.uk</a>

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)



Drug and Alcohol Dependency Advocacy Service

BIAS can provide 1-1 advocacy support to people in the Scottish Borders, 16 and over, who have current or historic issues around treatment and access to services.

An advocacy worker can:

- Discuss your rights and opinions with you to make an informed choice
- Support you at meetings and communicating with staff to ensure that your voice and views are heard

Scottish Government have developed a set of standards to support people with substance use issues.

We work within the MAT 8 standards

Standard 8 says "All people have access to independent advocacy support for housing, welfare and income needs"

If you think BIAS can be of help, please download our referral form via the link on our website [BIAS](#)

Telephone: 01896 752200

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

Low Buckholmside, Galashiels TD1 1RT

## CAREERS & LEARNING – SCOTTISH BORDERS

### Skills Development Scotland – Scottish Borders



Skills Development Scotland (SDS) is your career service, and SDS advisers can help you plan for your future after your release. SDS advisers are experts in helping people develop plans for their future careers and learning. SDS works in all communities and can help you connect with other relevant services. All SDS services are free.

Online Help - Go to [myworldofwork.co.uk](https://myworldofwork.co.uk) to find out more and get started.

**SDS Galashiels**, New Reiver House, High Street, Galashiels, TD1 1TD

Opening Hours: Monday, Wednesday- 09:00-17:00, closed Tuesdays & Thursdays (Closes at 16:00 on Fridays)

Local SDS phone number: 01896 754884

**SDS Hawick**, 12 Howegate, Hawick, TD9 0AB

Opening Hours: Tuesday & Thursday-09:30-17:00 (Closed Monday, Wednesday, Friday)

Local SDS phone number: 01450 372724

If you would like to request a free callback from an SDS adviser, please scan this QR code and fill in some contact details and an adviser will be in touch.



Alternatively [click on this link to receive a callback](#), or go to: [ow.ly/GL5H50QRWJs](https://ow.ly/GL5H50QRWJs)

## EMPLOYABILITY SERVICE, SCOTTISH BORDERS COUNCIL



Scottish Borders Council offers support to individuals to find and sustain paid employment. We are committed to supporting people of all ages, with barriers, into employment, in their personal and professional development, and confidence building.

Our support is tailored to each person's needs and goals, and we can assist with:

- CVs
- Job searching and applications
- Interview skills
- Qualifications and new skills
- Income optimisation
- Work experience opportunities
- In-work support

Our dedicated teams offer specialised support in the following areas:

- Support for families
- Pre-employability support for those with limited/no work experience
- Training and development support
- Specialist support for individuals facing long term health conditions and disabilities
- Support for care experienced individuals
- Support for those who have criminal convictions

Contact us

Telephone – 01835 824000

Email – [employability@scotborders.gov.uk](mailto:employability@scotborders.gov.uk)

Website Referral – [Employability Service | Scottish Borders Council](#)