

# **Information for people accessing injecting equipment in the Scottish Borders**

**We can also give you this information in other languages and formats (such as large print, audio and Braille). Please contact Alcohol & Drugs Partnership on 01835 825900**

## Accessing equipment for injection

Injecting equipment is available from:

Venue	Town	Telephone No.
WithYou	Galashiels	01896 757843
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

When you attend for the first time you should be asked some questions to make sure the service is able to provide you with the right equipment, and you leave with enough supplies to have one set of equipment for every time you inject.

Questions will include:

- How often you inject?
- Where you inject?
- How often do you usually visit the injecting equipment provision service?
- Whether you are collecting supplies for anyone else

You should also receive information about how to inject safely.

## **Disposing of your used equipment**

It is extremely important that you use the sharps bin provided to safely dispose of your needles and other drug related litter. These services are in place to help keep you safe, but also the wider community. Sharps bins should be returned to your injecting equipment provider when collecting clean equipment.

Unsafe disposal of needles can pose real hazards to people, increase stigma towards people who use drugs.

## **Damage to veins**

Good injecting techniques help to prevent infection and damage to veins. If you are concerned about your technique or want advice on how to protect your veins, speak to a member of staff from We Are With You 01896 757843 who can provide you with information.

## **Blood Borne Viruses (BBV)**

To protect against the spread of blood borne viruses (HIV, Hepatitis A, B or C), it is very important not to share any of your injecting equipment (including filters, spoons, cookers etc).

To reduce the risks, you can access information, advice, and testing for BBV on request at the following services:

- WithYou, 01896 757843
- NHS Borders Addiction Service, 01896 664430
- Local Sexual health Clinic or GP

Vaccination against Hepatitis A and B can be arranged also through these services.

## **Keeping children safe**

Medicines, illicit drugs, and injecting equipment are all hazardous and pose potential risks to children.

All of these items should be kept safely out of reach and wherever possible in a locked cabinet.

## **Overdose prevention training and access to Naloxone**

Opiates (e.g. heroin, buprenorphine and methadone) use can lead to accidental overdose, particularly if injected. Additional risk factors can include mixing drugs and alcohol when tolerance is low (it only takes a few days for your tolerance to heroin to drop).

Naloxone is a medicine that can temporarily reverse the effects of an opiate overdose and is available free of charge to anyone at risk of opiate overdose. You can access information, training and supply of naloxone at one of the drop in clinics held across the Borders by calling NHS

Borders Addiction Service on 01896 664430 or WithYou on 01896 757843.

## **Specialist drug services**

There are three drug and alcohol services in the Scottish Borders: NHS Borders Addiction Service; WithYou and CHIMES.

### **NHS Borders Addictions Service**

Telephone: 01896 664430

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
- Assessment for Residential Rehabilitation
- Take Home Naloxone Kits
- Blood Borne Virus Tests

Injecting equipment is also available for people receiving support from the service at appointments, as arranged or at drop in.

### **WithYou in Borders**

Telephone: 0800 028 6664 (Freephone)

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
- Assessment for Residential Rehabilitation
- Support for adult family members affected

### **Action for Children / CHIMES Service**

Telephone: 01896 750173

- Support to children and young people (all ages) impacted by a family member's alcohol and/or drug use (parent, grandparent, older sibling etc)
- Assessment for Residential Rehabilitation
- Concerned Others
- Parents with concerns about their drug/alcohol use including expectant parent

Version 1: 11th November 2022

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