



Looking Over the Horizon Newsletter

*A Quarterly Newsletter about the Transformation of the
Drugs and Alcohol Services in Midlothian and East
Lothian*

Issue 2

September 2013

Following on from our first newsletter we promised to keep people updated quarterly, so here is Issue 2!

We have now completed all our public consultation events, the last of these being Tranent. Attendance varied according to area, but overall we had around 50 service users and carers attending the events. In addition to this we also had an online consultation provided through the East Lothian Council's Consultation Hub, where 12 people submitted their views. We are also holding a stakeholder's event in September.

Out of the 50 people that attended the consultation event a total of 12 people expressed an interest in participating in the proposed SUCRG. I am pleased to say that the SUCRG has now had its first meeting and 8 people attended. The themes that emerged from the consultation events and that the group discussed were;

- Information about Services
- Starting Services
- Attitudes, Skills and Knowledge of Staff
- How well did Services meet their needs?
- Ongoing and Aftercare Support
- Service User Participation

The above topics will be used to form future agendas for the SURG. A date for the next meeting has been set and we will let you know how that went in the next newsletter.

Another big area of work, and this ties in with topic "starting services" from the SURG is HEAT A11 Waiting Times Target. In March 2013 services in East and Midlothian had achieved a 97% level of performance against the HEAT A11 target of, '90% of clients will wait no longer than 3 weeks from referral to starting appropriate treatment'. The task now for MELDAP Services is to sustain and improve on this level of performance. So far for quarter1 (April—June 2013) the MELDAP area has achieved 98.5% and for July 2013 the MELDAP area has achieved 100%, so it looks like we are on our way to sustaining and even improving on this performance achieved so far. We would like to take this opportunity to thank our services for all their hard work and their continuing hard work.

One of the services we fund is Pink Ladies that run courses for women affected by their own or someone else's substance misuse. The courses aim to develop women's confidence and self esteem, the following poem is written by one of the ladies that has completed the Pink Ladies courses.

The Woman in the Mirror

*Look in the mirror, who do you see, what does the image show?
Who is the woman looking back, is she someone you'd like to know?
Who has she cared for, how does she feel, does she look happy or sad?
She's cared for the children, the mother, the brother, the granny, the dog and the dad.
She's given her love to all of the above, but there's one she's forgotten for years,
The one looking back, the one gone off track, amidst the confusion and tears.
So go look again in the mirror, look at the woman anew,
Look in those eyes and then realise there's something we all need to do.
Tell her she's kind and she's pretty, tell her she's good through and through,
The one looking back, the one gone off track, for the one in the mirror is you.*

If you would like to have a say or contribute an article to the newsletter then please contact Joanne Armstrong (jarmstrong@eastlothian.gov.uk)

Information on MELDAP services can be found by visiting our website; www.meldap.co.uk

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