

If you would like further information on drug and alcohol services in Midlothian and East Lothian, or would like to provide feed back to MELDAP, please visit

www.meldap.co.uk.

Alternatively the team can be contacted on

[0131 653 5162](tel:01316535162).

Brunton Hall
Ladywell Way
Musselburgh
EH21 6AF

T: 0131 653 5162
E: meldap@eastlothian.gov.uk
W: www.meldap.co.uk
F: www.facebook.com/MELDAP01



Midlothian and East Lothian Drug and Alcohol Partnership

- Service Directory

October 2015





Starfish Recovery is East Lothian's first Recovery Cafe. The cafe is run by people in recovery, carers and volunteers, they offer a safe place that is drug and alcohol free where people can socialise and share their aspirations—but also a centre for the whole community to enjoy.

The cafe opens at 10am offering a host of tasty food for all to enjoy.

Hope church, Bridge Street, Musselburgh Wednesdays 10am until 2pm

You can contact the group on starfishrecovery@yahoo.com or Tel 07756850913



Horizons Cafe is Midlothian's first Recovery Cafe. We provide a safe, clean, sober and recovery focussed environment that all people of a similar mind are welcome to come. The Cafe is run and operated by people in recovery or affected by addiction.

A programme of upcoming events is listed below:

- 12-3pm - cafe open for hot food
- 10-11.30am - SMART Recovery Meeting
- 12.45pm - Accupuncture
- 10am -12noon - Cafe open for cuppas and rolls
- 1.15pm - Craft Group

Children are very welcome and can even participate in craft activities!

So if you need a chat, some nice food or just a place to be safe around people who understand you, then please come along to:

Welfare Hall, St Andrews Street, Dalkeith

Mondays 10am until 2pm

Dalkeith Baptist Church, North Wynd, Dalkeith

(car park behind WH Smith)

Fridays 10am until 3pm

Social Nights @ Dalkeith Baptist Church, North Wynd, Dalkeith

(car park behind WH Smith)

3rd Monday of the month 7pm until 9pm,

You can also call Kenny or Katrina on 0131 6606822

Disclaimer

All information included in this booklet is correct at the time of publication, but can be subject to change. Please contact agencies directly for the latest information.

Useful Numbers

⇒ Breathing Space	0800 83 85 87
⇒ Carersline	0808 808 777
⇒ Chalmers Sexual Health Centre	0131 536 1070
⇒ Cocaine Anonymous Scotland	0141 959 6363
⇒ Cruse Bereavement Care	0845 600 2227
⇒ Domestic Abuse	0800 027 1234
⇒ Drinkline (freephone)	0800 7 314 314
⇒ Drink Aware	020 7307 7450
⇒ Know the Score	0800 587 587 9 (24hr)
⇒ National Debt Line	0808 808 4000
⇒ NHS 24	08454 24 24 24
⇒ ParentLine	08000 28 22 33
⇒ Re-Solv	0808 800 2345
⇒ Saneline	08457 67 80 00
⇒ Samaritans	08457 90 90 90
⇒ Scottish Families Affected by Alcohol and Drugs	08080 10 10 11
⇒ Scottish Drugs Forum	0131 221 9300
⇒ Talk to Frank	0800 776 600
⇒ UK National Drugs Helpline	0800 77 66 00
⇒ Welfare Rights Team (for benefits help)	0131 653 4303
⇒ Social Work	
⇒ Midlothian	0131 271 3860/3900
⇒ East Lothian	01620 827 827
⇒ Out of hours	0800 731 6969
⇒ Lothian & Borders Police	
⇒ Dalkeith	0131 663 2855
⇒ Musselburgh	0131 665 9696

MELDAP—Who are we?

Midlothian and East Lothian Drugs and Alcohol Partnership (MELDAP) was formed in November 2008. This brought Midlothian and East Lothian's two drug and alcohol action teams (DAATs) together to form a new partnership with high-level representation from East Lothian and Midlothian Councils, NHS Lothian, the voluntary sector and Lothian and Borders Police.

MELDAP's primary aim is to coordinate the design, delivery and evaluation of drug and alcohol services across East Lothian and Midlothian. This will ensure that services are needs-led, based on evidence of what makes a difference, and delivered in an effective and efficient way which provides value for money. A key component of this approach is that services are designed around the needs and aspirations of service users, who are given the opportunity to play a role in services design, delivery and evaluation. Such an approach is not without its challenges. If successful, it will ensure that service delivery provides what service users say they need, rather than what it might be assumed that they need.

The partnership is committed to the principle of recovery. This has the objective of moving people on from where they find themselves when they first engage with services, to the high level of recovery which is appropriate to them. Recovery can mean a move towards abstinence, stability, self-development or employment.

About this booklet

There are a number of drug and alcohol services available to people in Midlothian and East Lothian. They provide treatment and support to people with substance misuse problems and to those affected by the substance use of others. These services are provided by a range of statutory and voluntary agencies

This booklet outlines what services are available for people in Midlothian and East Lothian, and how they can be accessed. Some of the services listed can only be accessed by referral from a GP.

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Injecting Equipment Providers

NEON/MELD Mobile Service

East Lothian	Olive Bank Road	Musselburgh	Tuesday 12noon—3pm
Pharmacies			
East Lothian			
Bankton Pharmacy			Mon-Fri 9am—1pm
Hawthorn Road, Prestonpans			& 2—6pm
Right Medicine Pharmacy			
20 High Street, Haddington			9am—5.30pm
Midlothian			
Rowlands Pharmacy			
55 Clerk Street, Loanhead			9.30am—5.30pm
Rowlands Pharmacy			
22 Edinburgh Road, Penicuik			9.30am—5.30pm
Midlothian and East Lothian Drugs (MELD)			
6a Newmills Road			
Dalkeith			
EH22 1DU			
Needle Exchange Drop In			
Monday – 1pm to 4.30pm			
Friday – 1pm to 4.30pm			

MELD also provides training in the use of Take Home Naloxone and Dry Blood Spot Testing for Blood Borne Viruses.

Please note there will be no drop in service out with these hours.

VOCAL Midlothian

30/1 Hardengreen Estate
Dalhousie Road
Dalkeith, EH22 3NX

Tel: 0131 663 6869
Email: midlothian@vocal.org.uk
Monday—Friday: 9am to 5pm

VOCAL is the Voice of Carers Across Lothian and is an organisation run by carers for carers. Many carers are unaware of the support available to them or what they may be entitled to. VOCAL's Carer Support Team works with carers on a one-to-one basis to help identify the issues affecting them and achieve the best possible outcome.

Voluntary Throughcare Service & Throughcare Addictions Service

Brunton Hall
Ladywell Way
Musselburgh
EH21 6AF

Tel: 0131 665 2240
Emergencies & Out of Hours: 01620 827 763
Email: cjsw@eastlothian.gov.uk

This service is for all East Lothian residents who are serving a sentence of less than 4 years or who are in the community having been released for up to 12 months. This service is also for residents who are serving a sentence of less than 4 years who have a substance dependency. Throughcare offer one to one support, identifying appropriate services for ongoing support/information, signposting and referrals, advocacy, harm reduction advice and recovery coaching. The service also liaises with agencies such as homeless/housing departments, drug treatment agencies, lawyers, family members and social work

Waverley Care Milestone House

133 Oxbgangs Road North
Edinburgh
EH14 1EB

Tel: 0131 441 6989
Email: milestone@waverleycare.org
24 Hours a day—7 days a week

Waverley Care provides short-term residential support. Waverley Care offers support to people living with HIV and Hepatitis C and to their parents, families and carers. They also strive to raise awareness of those conditions and their prevention. Milestone House is a residential project providing respite for people living with HIV and Hep C.

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GATEWAY TO RECOVERY

Midlothian and East Lothian Drug and Alcohol Service

Since February 2012, people seeking help for their substance misuse problems across Midlothian and East Lothian have been able to self-refer to alcohol and drug services through the new Gateway to Recovery drop-in clinics.

The Gateway to Recovery clinics bring together NHS and voluntary sector services to provide a comprehensive assessment for people trying to regain control of their lives and overcome problems caused or affected by alcohol and drugs.

Service users benefit from a single point of access, a standardised assessment and triage process for all alcohol and drug services in the areas.

The Gateway's services can be accessed at the locations and times shown below;

Monday

Roodlands Hospital
Out Patients Dept
Hospital Road
Haddington,

1 pm to 4 pm

Tuesday

Midlothian Substance Misuse Service
Glensk Centre,
1/5 Duke Street,
Dalkeith

11 am to 4 pm

Substance Misuse Support Workers—Children and Young People

ELC Children's Services

Randall House
Macmerry Business Park
Macmerry, EH33 1RW
Tel: 01875 824 323
Monday—Friday 9am to 5pm

The Support Workers offer support to school age children and young people living in East Lothian, whose lives have been impacted with their own substance misuse problems or that of their parents or carers. They offer support at school, home and in the community on a 1:1 basis and through group work. You can get more information by calling us or speaking directly to a guidance teacher or supportive adult.

Transition

156 Cowgate
Edinburgh
EH1 1RP
Tel: 0131 260 9721
Email: admin@accessindustry.co.uk
Website: www.accessindustry.co.uk
Monday—Friday 9am to 5pm

Transition is an Access to Industry project that provides a daily programme of accredited learning on an ongoing basis. Through its 'mini college' for recovering substance users, Transition offers SQA qualifications in specific job training and core skills, increasing opportunities for progression into further education and employment.

Throughcare and Aftercare Health Practitioner

Randall House
Macmerry Business Park
Macmerry, EH33 1RW
Tel: 01875 842 090
Mobile: 07768900689
Monday—Thursday: 9am to 5pm

The service provides support to young people aged 15-21yrs who are currently or have been previously looked after and/or accommodated by East Lothian Council. The main aim is to support young people throughout the transition into independent living, enabling them to identify any health issues, to empower them to take responsibility for their own health and in accessing appropriate services. The worker provides key worker service on an individual basis to young people as well as a range of groups (ie young homeless people) and also facilitates a parenting group for young mums, who are either currently or were previously looked after.

An initial referral for this service can be made by a range of professionals ie social work practitioners, health professionals, voluntary agencies etc and young people themselves.

Substance Misuse Service

East Lothian

The Esk Centre
Ladywell Way
Musselburgh
EH21 6AB

Tel: 0131 446 4853
Monday—Thursday 9am to 5pm
Friday 9am to 4.30pm

East Lothian Substance Misuse Service (ELSMS) provides a range of services for adults who wish to regain control over their alcohol or drug use. ELSMS offers substitute prescribing, advice and works with other services to help people make positive changes to their substance misuse and improve their lives. ELSMS works in partnership with NHS Lothian, MELD and ELCA.

ELSMS runs various groups, including SMART Recovery and Coping Skills, these are run in partnership with NHS staff and MELD. We have Gateway Clinics where you can 'drop in' on a Monday at Roodlands Outpatient department between 1pm to 4pm and on a Thursday between 11am to 4pm at The Esk Centre.

Midlothian

Glenesk Centre
1/5 Duke Street
Dalkeith
EH22 1BG

Tel: 0131 660 6822
Monday—Thursday 9am to 5pm
Friday 9am to 4.30pm

Midlothian Substance Misuse Service brings together nurses, doctors, social workers, and psychologists. The service specialises in the assessment, care and treatment of people who have problems related to alcohol and/or drug misuse. The Midlothian Substance Misuse Service supports people to make positive changes to their lives.

Support is provided in many ways and in varying venues, such as, the Glenesk Centre, other NHS departments, GP's surgeries and if appropriate at home. We can offer one to one appointments with clients, provide sign-posting to additional services that might be helpful such as Mental Health teams, Blood Borne Virus service, Sexual Health Clinics, Take Home Naloxone programmes, SMART Recovery groups, Coping Skills Groups, information and introduction to the recently opened recovery café called Horizons, the dental programme of 'Wide-smile'. We are currently looking at starting another group to support Trauma through a skills programme and we also have 'Keep-Well' starting soon too to review baseline health issues.

Our Gateway clinics which offer self-referral to assessment continue and written information about these clinics can be obtained on request on the number above or from a variety of local venues such as libraries, chemists, Police and GP's to name a few.

GATEWAY TO RECOVERY

Midlothian and East Lothian Drug and Alcohol Service [Cont./](#)

Thursday

East Lothian Substance Misuse Service

The Esk Centre
Ladywell Way
Musselburgh 11 am to 4 pm

Friday

Eastfield Health Centre

Logan Lea Centre
Eastfield Farm Road
Penicuik 9.30 am to 12.30 pm

The Gateway staff are drawn from NHS Lothian's Substance Misuse Directorate and Mid and East Lothian Drugs (MELD).

Professionals working in the substance misuse field in East and Midlothian can direct service users to any of the Gateway to Recovery clinics.

To find out more about the Gateway to Recovery clinics get in touch with one of the contacts below;

Midlothian: Bernadette Hare on 0131 660 6822

East Lothian: Pauline Fox on 0131 446 4853

Mid and East Lothian Drugs (MELD): Dave Gasparini on 0131 660 3566

Adolescent Substance Misuse Service (ASUS)

The Spittal Street Centre
22-24 Spittal Street
Edinburgh, EH3 9DU
Tel: 0131 537 8300
Email: ASUS@nhslothian.scot.nhs.uk

ASUS is an adolescent service offered by NHS Lothian offering treatment and support to young people (up to the person's 19th Birthday) living in East Lothian who are experiencing difficulties related to their substance use (drugs, alcohol and/or new psychoactive substances). ASUS works with the concept of recovery, support young people through a process of moving on from their problem substance use, towards a drug-free life as an active member of their community. ASUS accepts self and formal referrals.

AL-ANON

Unit 6 Mansfield Park Building
22 Mansfield Street
Partick, Glasgow, G11 5QP
Tel: 0141 339 8884
Email: alanonuk@aol.com
Monday—Friday 10am to 4pm

Al-Anon Provides group support to people affected by someone else's drinking. Members share their experiences, strengths and hopes at meetings to help each other cope. Please contact the number above for details on local groups.

Alcoholics Anonymous

Northern Service Office
Baltic Chambers
50 Wellington Street
Glasgow, G2 6HJ
Tel: 0141 226 2214 or 0845 76 97 555 (24hr)
Email: help@alcoholics-anonymous.org.uk
Web: www.alcoholics-anonymous.org.uk
Monday—Friday: 9am to 4.30pm

Alcoholics Anonymous is a group of people whose main purpose is to stay sober and help other alcoholics achieve sobriety. The only requirement for membership is a desire to stop drinking. All members have had a problem with alcohol during their lives and are trying to recover. For details on local groups please contact the number/email above or log on to the website.

Alive and Kicking

Ninian Cassidy: (mobile) 07957845969

Alive and Kicking offer support to men who are experiencing mental health issues including alcohol or substance dependency. The aim is to improve fitness and well being through football. In addition to the football coaching session there will be a peer support group, where you will meet others facing similar issues. The group will meet on a weekly basis and will take part in football leagues as well as receiving inspiration from guess football players and gain life skills to help manage your condition.

Serenity Café

8 Jackson's Entry, The Tun
111 Hoyrood Road
Edinburgh, EH8 8PJ

Tel: 0131 556 8765
Email: Ruth@comas.org.uk
Web: www.serenitycafe.org.uk
Monday—Friday 9am to 5pm
Saturday—Sunday 10am to 5pm

Serenity Café is for individuals who want to recover from drugs, alcohol and mental health issues who are looking for support and local activities. The Café offers a women's Wednesday, arts groups, walking and other interest groups. It is a focal point for information on recovery in Edinburgh. People in recovery may volunteer to help run the café. There is also peer support through recovery coaching and training for people in longer term recovery to become recovery coaches to help others. Activities are available in the evening, please check website.

Simpson House Counselling Service

52 Queen Street
Edinburgh EH2 3NS
Tel: 0131 225 6028 or 1054
Email: simpsonhousecounselling@crossreach.org.uk
Web: www.simpson-house.org
Monday—Friday: 9am to 5pm

Simpson House provides a counselling service for people affected by their own or another's drug use, working with individuals, couples and families. The service is available to people aged 16 years old and above. This service is available at Simpson House and HMP Edinburgh. Make it Happen supports children and young people at risk of getting involved in anti-social behaviour.

The Sorted Project

5 Rose Street
Edinburgh, EH2 2PR
Tel: 0131 243 2657
Email: karen@sortedproject.co.uk
Website: www.sortedproject.co.uk

The Sorted Project is an established charity helping people in Edinburgh and the Lothians who are recovering from drug or alcohol problems. Sorted offers an outreach service which is delivered within communities across Edinburgh and the Lothians. They are part of a network of support agencies including voluntary groups, GP surgeries, alternative-to-custody agencies, youth groups and a range of employers.

Spring

Enquiries: swcjenquiries@midlothian.gov.uk (subject line "Spring Programme")

The service is for women aged 18 or over, living in Midlothian or East Lothian who are involved in or at risk of offending or have no history of offending but could benefit from support with mental health, substance use or domestic abuse issues.

Please ask your health professional, support worker or social workers to refer you

Recovery College

Adele Hill: 0131 260 9721

Transition in partnership with MELDAP have developed a Recovery College that will operate within Midlothian and East Lothian to provide people of working age, who are in recovery or are carers of people with addiction, the opportunity to participate in a free educational programme which will enable you to learn new skills, gain qualifications and further your training.

Please speak to your worker who can refer you or call direct to self refer.

Royal Edinburgh Hospital

Morningside Place
Edinburgh
EH10 5HF

Tel: 0131 537 6000
Web: www.nhsllothian.scot.nhs.uk

The Royal Edinburgh Hospital provides acute psychiatric and mental health services, including treatment for learning disabilities and dementia. Specialist services include centres for the treatment of eating disorders, alcohol problems and people with mental health problems.

SACRO

23 Dalmeny Street
Edinburgh
EH6 8PG

Tel: 0131 622 7500
Web: www.sacro.org.uk
Monday—Friday 9am to 5pm

SACRO aims to promote community safety by working with individuals involved in the criminal justice system across Scotland by providing services to reduce conflict and offending. SACRO provides services in criminal justice, conflict resolution and restorative justice and reparation. These services are based on the values of mutual respect, recognising and valuing diversity, personal responsibility, society's responsibility to all its members, capacity for change and working together to reduce conflict and repair harm.

Scottish Families Affected by Alcohol and Drugs (SFAAD)

21 Elmbank Street
Glasgow,
G2 4PB

Tel: 0141 221 0544
Helpline: 08080 10 10 11 (free and confidential)
Email: info@sfad.org.uk
Web: www.sfad.org.uk

Scottish Families Affected by Alcohol and Drugs is a national organisation. We provide support to family members and friends who have been affected by the drugs and/or alcohol misuse of a relative or loved one and raise awareness of the issues affecting them. Our two main areas of work are: supporting and facilitating family support groups and sharing information and learning between the groups; providing information and support to individuals through a helpline, email service and website.

Bridges Project

Unit 1, Bogpark Road
Musselburgh,
EH21 6RT

Tel: 0131 665 1621
Email: mail@bridgesproject.org.uk
Web: www.bridgesproject.org.uk
Monday—Friday 9am to 5pm

Bridges Project is an independent, local charity which offers a range of services to young people aged between 14 and 21 years to help them manage the transition from adolescence to adult life and responsibilities. Operating across East Lothian and Midlothian, the services include: employability support and work practice placements; personal tutoring; transitions support from school; personal development; group activities and support with independent living. Services are delivered on a bespoke casework and groupwork basis, based on need and personal aspiration. Participation is voluntary and the services are free and confidential. The work is undertaken in partnership with a wide range of statutory, voluntary and private sector partners, including schools. Referrals can be made by any organisation and self-referrals are welcome. Find us on Facebook—Facebook/bridgesproject and twitter @bridgesproject1

Children 1st

East Lothian

Randall House
Macmerry Business Park
Macmerry, EH33 1RW

Tel: 01875 824 000
Monday—Thursday: 9am to 4.45pm
Friday: 9am to 3.30pm

Family Group Meetings are a way of helping families find their own solutions to difficulties, with the family being placed at the heart of the decision making process. Our priorities are to work with families where a child is looked after and accommodated; at risk of accommodation; where permanency planning is taking place; and where children have additional support needs.

With partners provide support to families involved in child protection services. Staff will work with the wider family members as well as parents and children to help families get the most from the services to help improve the families situation and the outcomes for the children.

There is a small team of family support workers who work with families across East Lothian with a focus on families with children between 0-8 years. This team will try to work alongside families at the earliest possible point, in a 4 staged approach offering intensive support in parenting and coping skills for a 12 week period to help families build on their strengths and coping skills and prevent them falling into crisis.

Children 1st has a family support worker based in Olivebank Children's Centre. The family support worker works with families of very young children and the nursery staff to provide a more intensive level of support.

Children 1st Cont:

Midlothian

Units 9-10

40 Hardengreen Business Park

Dalhousie Road

Dalkeith, EH22 3NU

The **Midlothian Young Carers Service** provides support and advice tailored to meet the individual needs of young people across Midlothian who find themselves caring for a dependent relative at home. Their staff provides both individual and group activities aimed at helping the young people enjoy their lives.

The **Family Support: Direct Action and Support Service (DASS)** provides an intensive family support programme for families who are experiencing stress and difficulties, where parents have substance misuse issues. The team work across Midlothian with wider family group providing a 4 staged, flexible 12 week programme of support. There is also additional support to families outwith business hours by the team and Paren-

tline.

In partnership with SureStart offer a service to families in difficulties that are affecting parenting of children between 0-8years. This service will work along side the whole family group to reach solutions that will be child centred, that will work for the family and keep children safe, nurtured and in their family group when this is safe to do so. The **Transitions** team provide a therapeutic service to children who have been affected by domestic violence and work with school staff and deliver information in a way that children can learn from. The focus is enabling children to be aware that domestic abuse is harmful and something they can get support with.

Circle East Lothian and Midlothian

East Lothian—01620 827 554

Midlothian—0131 663 3683

Circle East and Midlothian projects work with children and families affected by their parents' drug and/or alcohol use. The service helps support parents to manage their child's behaviour, setting routines and supporting parents with accessing other services. The project will talk to children about their worries, help the child to access groups/activities and support the child to improve school attendance. The project will talk to the family with regards to the type of support they require and will work with the family until they no longer need the service. The project accepts self referrals as well as referrals from other agencies e.g. social work, health and addic-tions services.

Pink Ladies

Maria Martin: (Mobile) 07977 279 848

Sheila Peaston: (Mobile) 07752 795 626

Email: pinkladies1st@hotmail.co.uk

www.pinkladies1st.org

Website:

The Pink Ladies offer support to women who have experienced stress, depression or anxiety and who may also have misused alcohol or drugs. The aim is to work with women in a group setting to help build their confidence and self esteem. The Pink Ladies run two courses of either 6 or 10 weeks and also have on going groups held in a variety of community settings.

Phoenix Futures

33 Stenhouse Road

Edinburgh

EH11 3LN

Phoenix Futures work in partnership with Her Majesty's Prison service and the Scottish Prison Service. Their staff work across the full range of establishments from high security estate to category D open estate, community prisons, youth offenders institutes and specialist institutes with high risk and sex offenders. They also provide continuity of care and support beyond the prison gates back into communities.

Phoenix Futures provide residential detoxification, rehabilitation programme, drug and alcohol day programmes, individual and group support programmes. They recognise that an individual's journey will involve addressing their substance misuse, their overall health and wellbeing and their active participation within the wider community.

Enhanced Addiction Casework Service

Phoenix Futures runs innovative Enhanced Addiction Casework Service (EACS) in 13 Scottish prisons, providing support for those in prison who wish to address their alcohol and drug use.

Prestonpans Family Support Group

Pennypt Pagoda

North Grange Avenue

Prestonpans

Tel: 01875 815 221

Email: prestonpansfsfg@hotmail.com

Mondays 6.30pm – 9pm

The group meeting fortnightly on a Monday evening and new members are always warmly welcomed.

Narcotics Anonymous (NA)

Telephone: 07071446337
Email: elna111@ymail.com
Web: www.na.org

NA is a non for profit fellowship or society of men and women for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. We have 19 meetings in Edinburgh and Lothian's, meetings throughout Scotland and the UK, so if you would like to come to a meeting and see what we have to offer, then contact us on our helpline numbers or on our email address provided.

NEON (Needle Exchange Outreach Network)

East Lothian

Olive Bank Road, Musselburgh
Car park opposite Tesco beside bandstand Tuesday 12 Noon to 3 pm

Midlothian

New Byres Medical Group Car Park
15a Hunterfield Road, Gorebridge Tuesday 4 pm to 6 pm

OASIS

St Andrew Blackadder Church
St Andrew Street
North Berwick
East Lothian

Tel: 01620 890 056 (Office hours)
Group Meeting Tuesday 12pm to 2pm

Oasis is a friendly and informal social and learning group for adults with a history of substance misuse. A light lunch of soup and sandwiches is available at each session followed by coffee, a chat, social and learning activities.

Community Drug Problem Service (CDPS)

22-24 Spittal Street
Edinburgh, EH3 9DU

Tel: 0131 537 8345
Web: www.nhslothian.nhs.uk

The CDPS offers treatment for patients aged 18 and over with problematic drug use. Following assessment, clients usually receive substitute medication with specialist support from the CDPS, including education, tolerance testing, community detoxification, relapse prevention, cognitive behavioural therapy, counselling and referral to other agencies in the community.

Community Lived Experience for Alcohol & Drugs Recovery (C.L.E.A.R)

Health in Mind
The Orchard Centre
14 Lothian Street
Bonnyrigg, EH19 3AB

Tel: 0131 663 1616
Monday—Friday 9am to 5pm
Email: Joe@orchardcentreservices.org.uk

CLEAR is a Midlothian project that uses the lived experience of people who have had substance misuse and mental health difficulties to support adults who are still experiencing these challenges. CLEAR has several services that run alongside each other;

The **Peer Support Service** offers one-to-one support from trained volunteers who have lived experience of addictions and mental health difficulties. This could be meeting for a coffee in a café, going for a walk together or taking part in an activity. Peer support is usually weekly and last for up to 8 months.

The **CLEAR Drop-In** is a friendly weekly drop-in in Bonnyrigg focusing on activities and socialising. We have a wide variety of activities available, such as games, dominoes, cards and quizzes. We also offer a space for people to share and discuss substance misuse issues in a group.

The **Lost Gardeners** is a new gardening/conservation group helping to restore the Penicuik Lost Gardens. It gives people the opportunity to get outdoors, give something back to the community and have a good time!

CLEAR Football is a weekly five-a-side group that meets on Monday evening, all welcome.

Self referrals or agency referrals are welcome.

C-Plus Mainliners

22 Laurie Street
Edinburgh
EH6 7AB

Tel: 0131 478 7929
Monday—Friday 9.30am to 5pm
Email: cpus@hepccentre.org.uk
Web: www.hepccentre.org.uk

C Plus is a confidential information, advice and support service for people living with or affected by Hepatitis C. C Plus services are available to anyone living in Edinburgh and the Lothian's. Their goal is to help people live positively with hepatitis C and to ensure that individuals and communities have better access to advice, support and treatment.

Crew 2000

32 Cockburn Street
Edinburgh
EH1 1PB

Tel: 0131 220 3404
Email: admin@crew2000.org.uk
Web: www.crew2000.org.uk

Monday—Wednesday 1pm to 5pm
Tuesday 3pm—to 7pm
Friday—Saturday 9am to 5pm

Crew 2000 provides a range of integrated services for recreational and stimulant drug users. This includes a counselling service for people aged 16 year and over, information and advice shop, complementary therapies, outreach service and a number of training courses. Most of Crew 2000's services are targeted at younger people aged 12 to 25 years old, however its acupuncture and drug counselling services have no upper age limit.

Crew Drop in shop: Monday—Wednesday, Friday—Saturday 1pm to 5pm

Thursday 5pm to 7pm

Crew Psycho-stimulant Drug Counselling Services: Monday—Friday 9.30am—5pm

Cross Reach

1 Gorgie Park Close
Edinburgh
EH14 1NQ

Tel: 0131 443 6844
Web: www.crossreach.org.uk

Cross Reach is a Christian faith based organisation offering support and counselling to individuals and families. A wide range of issues such as substance misuse, mental health, homelessness and criminal justice work are covered by the service.

Midlothian Training Services for Adults

1 Eskdail Court
Dalkeith, EH22 1AG

Tel: 0131 270 5720

MITech – training for work provides a package of training, employment opportunities and local support services. It is a 13-week programme which provides ICT and personal development for job seeker allowance claimants.

STEM – Services in Training and Employment in Midlothian. The STEM team provide support for adults 16 years upwards who have a sensory, physical, learning and or mental health disability and who are in receipt of disability living allowance.

Step forward Scotland—Step forward Scotland is a new initiative from the Scottish Government the European social fund and skills development Scotland that is committed to helping Scottish businesses and young people aged between 16 and 19.

Midlothian Working for Families (WWF) - Working for Families aims to help parents move along the pathway to employment and will work with clients who need to build their confidence, or need help finding suitable childcare, want to try some volunteering or are having difficulties maintaining their job due to stresses in the household.

Midlothian Young People's Advice Service (MYPAS)

Telephone: 0131 454 0757
Email: enquiries@mypas.co.uk
Website: www.mypas.co.uk
Monday—Friday 9am to 5pm (evening support appointments and group programmes are available)

MYPAS promotes the health and well being of young people (aged 12-25 years) in Midlothian. MYPAS provides drug and alcohol services, street work, art therapy, counselling, and sexual health drop-ins for young people in Midlothian. MYPAS' Alcohol and Drug service offers one to one support for young people (12 to 21 year olds) who want information, advice and/or on-going support for their drug and/or alcohol use. The alcohol and drug team also provide preventative group programmes and diversionary activities.

Please see the MYPAS website (www.mypas.co.uk) for more information on our sexual health drop-in opening times and venues.

Mid and East Lothian Drugs (MELD)

6a Newmills Road
Dalkeith
EH22 1DU

Tel: 0131 660 3566
Email: office@meld-drugs.org.uk
Monday—Friday 9am to 5pm

MELD aims to reduce the harm associated with substance misuse by providing free and confidential services for individuals whose lives are affected by drugs and alcohol. Provided in a variety of settings across Mid and East Lothian services include information, advice, support, client work with a counseling approach, needle exchange, family support, working with offenders, group work and auricular acupuncture.

The Family Support service will work with any adult affected by a loved one's substance misuse. This support includes a one to one counselling approach, drugs education, complementary therapies and stress management and a group work programme that takes place across Mid and East Lothian.

MELD offer Auricular Acupuncture sessions from our offices in Dalkeith. Auricular Acupuncture is a recognised and effective treatment within the substance misuse field. Attendance is by referral only and MELD also plan to reintroduce another group in East Lothian.

MELD deliver SMART Recovery groups across Mid and East Lothian with a clear focus on an individual's recovery using the SMART model.

MELD offer other short term groups and previous courses have included well-being, activities, educational and computer groups. For further information on any of the above or to enquire about our current group work programme please contact MELD direct.

For more information on injecting equipment please see page 25.

Midlothian Sure Start

14-15 Bogwood Court
Mayfield
EH22 5DG

Tel: 0131 654 0489
Web: www.midlothiansurestart.org.uk

Midlothian Sure Start has a number of centres throughout Midlothian offering a range of services geared towards meeting the needs of service users.

Project users (families with young children, including dads) are provided with holistic support. There is an awareness that project users are affected by issues such as poverty, inequalities, environment, housing etc so we have developed a range of services and entered into a number of strategic partnerships to provide project users with choices that can help them take control of their lives and improve their health, (mental and physical) and economic prospects.

Dads Work

Co/First Step Community Project
37 Galt Avenue
Musselburgh
EH21 8HU

Tel: 0131 665 0848
Mobile: 07833741768
Web: www.dadswork.co.uk

Is a community project working with fathers. It provides support groups, one to one support, positive parenting classes, workshops on the role of fathers, home visits, trips and outings for fathers and their children.

It provides a place for dads to meet other dads and talk about their experiences.

East Lothian Young Carers (ELYC)

Suites M1/Suite 14
Cockenzie Business Park
Cockenzie
EH32 0XL

Tel: 01875 818 600
Email: EastlothianYC@aol.com
Flexible: Monday—Friday

Opening hours are flexible and all clubs and individual time take place after school hours. ELYC provides respite and support to young people aged 5-18 years old whose lives are affected by parental substance misuse. ELYC offers respite by running club nights which run 3 nights out of 4 and also individual support and support to families with a wide range of issues. The services offered to young carers and families are free and confidential.

Club Nights

Monday 7pm to 9pm for S3 & S4 (3 times per month)
Tuesday 6.30pm to 8.15pm Primary School Ages (3 times per month)
Tuesday 7pm to 9pm for S5 & S6 and older (Fortnightly)
Thursday 6.45pm to 8.45pm for S1 & S2 (3 times per month)

Edinburgh & Lothian Council on Alcohol (ELCA)

6 Clifton Terrace
Edinburgh
EH12 5DR

Tel: 0131 337 8188
Monday—Thursday 9am to 9pm
Friday: 9am to 4pm
Saturday: 9am to 2pm

East Lothian residents can access ELCA services at the Esk Centre, Dunbar Medical Centre and the Musselburgh Primary Care Centre, while Midlothian residents can access ELCA services at Bonnyrigg, Dalkeith or Penicuik as well as its base in Edinburgh.

ELCA services are open to anyone over the age of 18 who is worried about their own or someone else's drinking. Trained counsellors provide advice, information, and counselling. ELCA accepts self and formal referrals, all referrals are administered through its main office in Edinburgh.

Health in Mind
40 Shandwick Place
Edinburgh, EH2 4RT
Tel: 0131 225 8508
Email: contactus@health-in-mind.org.uk
Web: www.health-in-mind.org.uk

Health in Mind is an organisation that works with people experiencing issues around their mental health and wellbeing. The Health in Mind website provides information on their services that include the following:

- **TRAUMA Service**

Their support and counselling services are designed specifically for people who have experienced trauma in their life. In particular providing expertise in working with adult survivors of childhood sexual abuse (CSA).

- **Trauma Counselling Line Scotland**

We provide confidential telephone counselling service for adult survivors of childhood abuse including survivors from BME communities. This service offers free counselling, advice and information to callers from within Scotland. For more information please contact Eileen Hone 08088 020 406. Calls are free from landlines and mobile phones.

- **Orchard Centre**

Orchard centre services are based in Bonnyrigg and offer services throughout Midlothian, delivering preventative, community based recovery focused model for support and care.

Lothian & Edinburgh Abstinence Programme (LEAP)

Woodlands House
Astley Ainsley Hospital
74 Canaan Lane
Edinburgh
EH9 2TB
Tel: 0131 446 4400
Email: leap.programme@nhslothian.scot.nhs.uk
Web: www.nhslothian.scot.nhs.uk/Services/A-Z/LEAP
Monday—Friday 9am to 5pm

LEAP is a programme for people dependant on drugs and/or alcohol who want to achieve drug and alcohol free recovery (abstinence). If alcohol is part of a wider drugs problem LEAP will also offer treatment. LEAP is a day programme based at Woodlands House in central Edinburgh which lasts three months and involves structured activities everyday. It is for people living in Edinburgh and the Lothian's and is a programme based on abstinence from all drugs, including alcohol.

Referrals welcomed from your GP, voluntary sector, a specialist service or any professional involved in your care.

First Step Community Project
37 Galt Avenue
Musselburgh
EH21 8HU
Tel: 0131 665 0848
Email: firststep1@btconnect.com

First Step is a community managed project that offers a range of support services for local families including nursery education for children aged 1-4 years, groups and courses for parents, a sleep clinic, support groups for grandparents, young parents, parents with additions and an outreach service. These groups are open to anyone living in the Musselburgh area.

Friday Friends & Tuesday Chums

Nungate Community Centre
Kirkcaldy
Haddington, EH41 4AP
Email: info@fridayfriends.org.uk
Web: www.fridayfriends.org.uk
Tuesdays & Fridays: 1pm to 3pm

Friday Friends is an outreach programme, with a Christian Ethos, to those in the community who are experiencing some degree of exclusion associated with alcohol and/or drug misuse issues and/or related mental health issues. We provide a drop-in service where those who come along will receive a warm welcome, a lovely free lunch, acceptance, unconditional love, friendship and an opportunity to talk. We also hold various group sessions and counselling is available.

Harm Reduction Team (HRT)

22-24 Spittal Street
Edinburgh
EH3 9DU
Tel: 0131 537 8300
Monday, Tuesday & Friday 12.30pm to 4.30pm

The Harm Reduction Team offers a range of health and advice services for drug users, homeless people, women and men who have sex with other men. Services offered by HRT included needle exchange, methadone programme, a women's clinic, outreach service for men who have sex with other men and men working in the sex industry.

Drop in dental and wound clinics are also provided.
Wound care clinic every Thursday 10am—1pm
Women's Clinic every Thursday 2pm—7.30pm
Dental Drop in, Monday, Wednesday and Fridays 12.30pm—3pm

For more information on injecting equipment please see page 25.