If you would like further information on drug and alcohol services in Midlothian and East Lothian, or would like to provide feedback to MELDAP, please visit www.meldap.co.uk.

Alternatively the team can be contacted on 0131 653 5162.
Disclaimers:
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.

Updated January 2016
MELDAP Service Directory

Horizons Café is Midlothian’s first Recovery Cafe. We provide a safe, clean, sober and recovery focused environment where people can socialise and share their aspirations. The cafe is run by people in recovery and is open for all to enjoy.

10am - 11.30am - SMART Recovery Meeting
11am - 12noon - Cafe open for cups, coffee, and rolls
12.30pm - Cafe open for hot food
1.15pm - Craft Group
2pm - Acupuncture
3pm - Cafe open for cups, coffee, and rolls

A programme of upcoming events is listed below:

1st Tuesday of the month: 7pm
(Highgate Centre, 10 Highgate Road, Edinburgh, EH7 5LG)

1st Thursday of the month: 7pm
(Northlodge Community Hall, 37 High Street, Ingliston, Edinburgh, EH7 5SR)

3rd Thursday of the month: 7pm
(Thistle Park, 29 High Street, Ingliston, Edinburgh, EH7 5SR)

Scottish Recovery is East Lothians’ first Recovery Cafe. We provide a safe, sober and recovery focused environment where people can socialise and share their aspirations. The cafe is run by people in recovery and is open for all to enjoy.

Starfish Recovery is East Lothian’s first Recovery Cafe. We provide a safe, sober and recovery focused environment where people can socialise and share their aspirations. The cafe is run by people in recovery and is open for all to enjoy.

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

Fridays 10am until 1pm
St Michael’s Church Hall, Dalrymple Loan, Musselburgh, EH21 7DH

The cafe is open 10am offering a host of tasty food for all to enjoy.

You can also call Kenny or Katrina on 0131 6606822
3rd Monday of the month: 7pm until 9pm
(car park behind WH Smith)
Social Night @ Dalkeith Baptist Church North Wynd, Dalkeith
Fridays 10am until 3pm
(car park behind WH Smith)
Dalkeith Baptist Church North Wynd, Dalkeith
Mondays 10am until 2pm
Weefields Hall St Andrews Street, Dalkeith

Children are very welcome and can even participate in certain activities.

If you need a chat, some nice food or just a place to be safe around people who un-
Understand you, then please come along to:
Welfare Hall, St Andrews Street, Dalkeith
Mondays 10am until 2pm
Dalkeith Baptist Church, North Wynd, Dalkeith
Fridays 10am until 3pm
(car park behind WH Smith)
Weefields Hall St Andrews Street, Dalkeith
Mondays 10am until 2pm
The cafe is run and operated by people in recovery or affected by addiction.

The cafe is a safe and sober place where people can socialise and share their aspirations—also a centre for the whole community to enjoy.

Starfish Recovery
Scottish Recovery
Horizons Recovery
Midlothian Recovery Group

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Useful Numbers

- Breathing Space 0800 83 85 87
- Carersline 0808 808 777
- Chalmers Sexual Health Centre 0131 536 1070
- 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 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.
### Injecting Equipment Providers

**NEON/MELD Mobile Service**

- **East Lothian**
  - Olive Bank Road, Musselburgh
  - NEON Mobile Service
  - Tuesday 12noon—3pm

- **Midlothian**
  - Newbyres Medical Group Car Park, Gorebridge
  - Monday 12noon—3pm
  - Tuesday 4pm—6pm
  - Wednesday 12noon—3pm
  - Thursday 4pm—6pm
  - Friday 12noon—3pm

### Pharmacies

- **East Lothian**
  - Bankton Pharmacy, 20 High Street, Haddington
  - Monday 9am—1pm & 2—6pm
  - Tuesday 9am—1pm

- **Midlothian**
  - Rowlands Pharmacy, 55 Clerk Street, Loanhead
  - Monday 9.30am—5.30pm
  - Tuesday 9am—5.30pm

### 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 of these hours.

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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 Midlothian supports all un-paid carers in all family and relationship settings. They have a dedicated Family Support Addictions Worker in place to support family members and friends affected by someone else’s alcohol or drug misuse. This service provides free, confidential, one-to-one and group support, as well as workshops and training.

Prison 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
Tuesday—Thursday

Prison Throughcare is designed to reduce reoffending by offering timely support in making the transition back to the community. It 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. Relationships are built up by prison visits and continued for up to 12 months after liberation.

Prison Throughcare offers one to one support, identifying appropriate service 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 and family members.

Waverley Care
3 Mansfield Place
Edinburgh
EH3 6NB

Tel: 0131 558 1425
Email: info@waverleycare.org
Monday—Friday: 9am to 5pm

Waverley Care the leading Scottish charity providing care and support to people living with HIV or Hepatitis C. We offer a range of services which include testing, peer support, information and advice, befriending and prevention and education. We’re here to support anyone in Scotland affected by HIV or Hepatitis C, as well as providing specialist services to those living in African Communities, gay and bisexual men, children and young people, and people affected by drug misuse.
Substance Misuse Support Workers—Children

ELC Children's Services
Randall House
Macmerry Business Park
Macmerry, EH33 1RW

The Support Workers offer support to school-aged children whose lives have been impacted by substance misuse problems or that of their parents or carers. They offer support at school, home and in the community, on a one-to-one basis.

You can get more information by calling us or speaking directly to your midwife, health visitor, a guidance teacher or a supportive adult.

Transition

156 Cowgate
Edinburgh
EH1 1RP

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

The service provides support to young people aged 15-25 years who are currently or have been previously looked after or accommodated by East Lothian Council. The main aim is to support young people throughout the transition into independent living. The worker provides a key worker service on an individual basis to young people with specific needs and also works with peer groups and their families.

The service can be accessed at the locations and times shown below:

Monday—Thursday 9am to 5pm

EH1 1RP

Edinburgh

Tel: 0131 260 9721

Out of hours emergency: 08007316969

www.accesstoindustry.co.uk

Midlothian Substance Misuse Service

Monday: 11 am to 4 pm

Darlehing
1/5 Duke Street
Glenesk Centre

Tuesday: 10 am to 1 pm

Haddington
Hospital Road
Our Patients Dept
Roaddens Hospital

The Gateway to Recovery

Midlothian and East Lothian Drug and Alcohol Service

Since February 2012, people seeking help for their substance misuse problems or those of their friends or family can 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. The service is a single point of access, a standardised assessment and triage process for all alcohol and drug services in the area.

The Gateway to Recovery clinics are located at:

- Monday: Roodlands Hospital
  Out Patients Dept
  Hospital Road
  Haddington, 10 am to 1 pm

- Tuesday: Midlothian Substance Misuse Service
  Glenesk Centre
  1/5 Duke Street, Dalkeith
  11 am to 4 pm

- Wednesday: East Lothian Children’s Services
  Midlothian and East Lothian Drug and Alcohol Service

Since February 2012, people seeking help for their substance misuse problems can self-refer to alcohol and drug services through the new Gateway to Recovery drop-in clinics.
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 10am to 1pm and on a Thursday between 11am to 4pm at The Esk Centre.

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: Tracey Cochrane on 0131 660 6822
East Lothian: Pauline Fox on 0131 446 4853
Mid and East Lothian Drugs (MELD): Dave Gasparini on 0131 660 3566
Serenity Café

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

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.

The Sorted Project

5 Rose Street
Edinburgh, EH2 2PR

The Sorted Project is an established charity helping people in Edinburgh and the Lothian’s who are recovering from drug or alcohol problems. Sorted offers an outreach service which is delivered within communities across Edinburgh and the Lothian’s. 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

E-mail: spring@midlothian.gov.uk
Tel: 07710919403

Spring is a joint NHS and Midlothian Council service for women in Midlothian aged over 18 who could benefit from support with mental health, substance use and experiences of trauma and/or abuse and may be involved in or at risk of offending. We offer one to one support including intensive support with mental health, substance use and experiences of trauma and/or abuse. We also offer group support with mental health, substance use and experiences of trauma and/or abuse.

AL-Anon

Unit 6 Mansfield Park Building
22 Mansfield Street
Partick, Glasgow, G11 5QP

AL-Anon provides support for anyone whose life is, or has been affected by someone else’s drinking. Families and friends of people with alcohol problems share their experience in groups. A number of AL-Anon group meetings are held across Edinburgh and the Lothian’s.

Adolescent Substance Misuse Service (ASUS)

The Esk Centre
Ladywell Way
Musselburgh, EH21 6AB

ASUS is an adolescent service offered by NHS Lothian. It offers 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, supporting young people in their journey towards a drug-free life as an active member of their community. ASUS accepts self and formal referrals.

AL-Anon

Northern Service Office
Baltic Chambers
50 Wellington Street
Glasgow, G2 6HJ

AL-Anon is a group of people whose main purpose is to stay sober and help others achieve sobriety. The only requirement for membership is a desire to stop drinking. All members have had a problem with alcohol during their lives. They provide support for anyone whose life is, or has been affected by someone else’s drinking. Families and friends of people with alcohol problems share their experience in groups. A number of AL-Anon group meetings are held across Edinburgh and the Lothian’s.

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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

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
29 Albany Street
Edinburgh
EH1 3QN

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)
Stirling House
226 St. Vincent Street
Glasgow, G2 5RQ

Scottish Families Affected by Alcohol and Drugs is a national organisation raising awareness and providing support to family members, friends and communities who have been affected by a relative or loved ones alcohol or drug use. We offer a range of services which include: online learning and support, workforce development and training, bereavement counselling, telephone and online counselling on our Telehealth platform, a platform for families voices to be heard through policy input to the Scottish Government, family support groups, 1:1 support, CRAFFT (Community Reinforcement and Family Training) programmes, advocacy and development work through our Family Support Development Officers.

Bridges Project
Unit 1, Bogpark Road
Musselburgh,
EH21 6RT

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

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.
Pink Ladies
Director of Development, Maria Martin: (Mobile) 07977 279 848
Course Director, Sheila Peaston: (Mobile) 07752 795 626
Email: pinkladies1st@hotmail.co.uk
Website: www.pinkladies1st.org

Pink Ladies 1st is a very successful Scottish Charity which provides Self Management Programmes for women experiencing stress, anxiety or depression. Our service brings a fresh, unique approach to mental health. Through providing coping strategies, we empower, motivate and inspire women to take control, increase their confidence and self esteem and enable them to make long term positive changes to their lives. Our simple techniques are delivered with humour, in a safe, relaxed, easy to understand manner, putting women firmly back in the driving seat. For future programmes, please visit our website.

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 offender’s 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.

Phoenix Futures run 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
Pennypit Pagoda
North Grange Avenue
Prestonpans
The group meet fortnightly on a Monday evening and new members are always warmly welcomed.

The group meets for the following evening and new members are always welcome.

Wednesdays 6.30pm – 8pm
Tel: 01875 815 221
Email: prestonpansfsg@hotmail.com
Website: www.children1st.org.uk

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 needs of young people aged 11-18 who spend their free time caring for a relative.

The Family Support: Direct Action and Support Service (DASS) provides an intensive family support programme for families who are experiencing stress and difficulties.

The Transition 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 understand. The team work with families to create a positive environment for children to live in. The service also provides support to families outwith business hours by the team and ParentLine.

In partnership with SureStart, your service to families in difficulties that are affecting parenting of children between 0 - 8 years. This service works alongside 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 service works alongside 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.

Services are available to children who are affected by domestic violence and other traumatic events. The service works alongside 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.

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**Narcotics Anonymous (NA)**

Telephone: 07071446337 / 0300 999 1212  
Email: elna111@ymail.com  
Web: www.na.org

NA is a non 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*

**Midlothian**  
New Byres Medical Group Car Park  
15a Hunterfield Road, Gorebridge

**OASIS**

St Andrew Blackadder Church  
Tel: 01620 890 056 (Office hours)  
St Andrew Street  
Group Meeting Tuesday 12pm to 2pm  
North Berwick  
East Lothian

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.

**Cocaine Anonymous**

Cocaine Anonymous is a fellowship of men and women who share their experience, strength and hope with each other, so that they may solve their common problem and help others to recover from their addiction.

A meeting will be held every Wednesday 8pm to 9pm at the MELD Office, 6a Newmills Road, Dalkeith, contact MELD for more details 0131 660 3566, and Thursday 7.30pm to 8.30pm at the Community Hub in Bogwood court, Mayfield.

**Community Drug Problem Service (CDPS)**

22-24 Spittal Street  
Edinburgh, EH3 9DU

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  
1 Douglas Crescent  
Bonnryrigg, EH19 2DF

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. People can access the service by referral or just picking up the phone themselves.

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 cafe, going for a walk together or taking part in an activity. Peer Support is usually weekly and last for up to 8 months.

CLEAR also offers 3 support based groups: a Monday drop-in; a 6 week wellbeing course; and a outdoors bush-craft and conservations skills group called Wild Woods. These groups are friendly and informal, and co-facilitated by peer supporters and staff.

Peer Support Training is also offered by CLEAR. We run a 5 day training programme every 3 months to build up the skills and knowledge of peer supporters to be able to support individuals in a safe and confidential way.
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 and is aimed at job seeker allowance claimants aged 16-25 years old.

STEM - Services in Training and Employment in Midlothian. The STEM team provide support for adults 16 years and over in receipt of disability living allowance.

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

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) promotes the health and wellbeing of young people aged 12-25 years in Midlothian. MYPAS provides drug and alcohol services, street work, art therapy, counselling and youth work at youth projects. MYPAS provides one to one support for young people (aged 12-21 years) who want to reduce their alcohol and drug use. The alcohol and drug team also provide preventative group programmes and diversionary activities.

Crew provides a range of integrated services for recreational and stimulant drug users. This includes a counselling service for people aged 16 years and over, information and advice shop, complementary therapies and a number of training courses. Most of Crew 2000’s services are targeted at younger people aged 16 to 25 years old. However its acupuncture and drugs counselling services have no upper age limits. Crew 2000 provides a range of integrated services for recreational and stimulant drug users.
Mid and East Lothian Drugs (MELD)
6a Newmills Road
Dalkeith
EH22 1DU

Tel: 0131 660 3566
Email: office@meld-drugs.org.uk
Web: www.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 auriculcular 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
Colliery Court, McSense Business Park
32 Sycamore Road
Mayfield, EH22 STA

Tel: 0131 654 0489
Email: Midlothiansurestart.org.uk
Web: www.midlothiansurestart.org.uk
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)
91 Rose Street
Edinburgh
EH2 3DT

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 counseling. ELCA accepts self and formal referrals, all referrals are administered through its main office in Edinburgh.
Health in Mind is an organisation that works with people experiencing issues around their mental health and wellbeing. Services include:

**TRAUMA Service** offers support and counselling for people who have experienced trauma and working with adult survivors of childhood sexual abuse (CSA).

**Trauma Counselling Line Scotland** is a Scotland-wide confidential telephone counselling service for adult survivors of childhood abuse including survivors from BME communities, offering free counselling, advice and information. For more information please contact Eileen Hone 08088 020 406. Calls are free from landlines and mobiles.

**The Orchard Centre** is based in Bonnyrigg and offers services throughout Midlothian, delivering preventative, community based recovery focused models for support and care.

**Equal Access Midlothian/East Lothian**—Health in Mind promotes equal access to mental health and wellbeing services and provides a range of mental wellbeing support for people from minority ethnic communities including: 1:1 befriending with trained volunteers, information provision and signposting and 6 weekly sessions of group work. Self or third-party referrals can be made to the service. Contact Anika at anika@health-in-mind.org.uk or phone 0131 225 8508.

**Re:discover Midlothian** offers 1:1 volunteer support to enable people to make connections, build friendships and rediscover who they are. The service offers 6 month matches and is available to anyone feeling isolated due to mental ill health. Referrals are assessed on an ongoing basis. Contact the service directly or the joint mental health team. Contact Lisa at lisahodkinson@health-in-mind.org.uk or phone 077607 53020.

**Lothian & Edinburgh Abstinence Programme (LEAP)** is a programme for people dependent 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 programme based on support and advice to help people stop drinking and working with people who have experienced issues around drug misuse.

Referrals to LEAP are welcome from your GP, voluntary sector, a specialist service or any professional involved in your care.

Referrals are accepted on an ongoing basis. Contact the service director at the joint mental health team for more information. Referrals are assessed to ensure that services are appropriate and that the person is ready to start treatment. Services are based in central Edinburgh with access to a range of support and advice to help people stop drinking.

**First Step Community Project** is a community project for families with young children which is based in the First Step Community Project for families with young children which is based in the

For more information on injective equipment please see page 25.

**Harm Reduction Team (HRT)** provides a range of health and advice services for drug users, homeless people, women and men who have sex with other men and women working in the sex industry. HRT offers a range of services including advice, information, direct support and referral to other services. Food and drink is provided, and drop in counselling is available.

For more information please contact the service director at the joint mental health team. Contact the service directly or the joint mental health team. Contact Lisa at lisahodkinson@health-in-mind.org.uk or phone 077607 53020.

**Harm Reduction Team (HRT)**

22-24 Spittal Street
EH3 9DU
Edinburgh

Tel: 0131 665 0848
Email: info@firststepmusselburgh.co.uk
Web: www.firststepmusselburgh.co.uk

First Step Community Project

37 Gill Avenue
EH2 4RT
Edinburgh

Tel: 0131 225 8508
Email: contactus@health-in-mind.org.uk
Web: www.health-in-mind.org.uk

Tel: 0131 225 8508

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