

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.

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

September 2016





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.

St Michael's Church Hall, Dalrymple Loan, Musselburgh, EH 21 7DH Fridays 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
⇒ 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.

A to Z of Services:

Name	Page no.
Gateway to recovery	6-7
Adolescent Substance Misuse Service	8
Al-Anon	8
Alcoholics Anonymous	8
Alive and Kicking	8
Bridges Project	9
Children 1st	9-10
Circle East Lothian and Midlothian	10
Cocaine Anonymous	11
Community Drug Problem Service	11
CLEAR—Community Lived Experience For Alcohol & Drugs Recovery	11
Crew 2000	12
Cross Reach	12
Dads Work	13
East Lothian Young Carers (ELYC)	13
Edinburgh & Lothian Council on Alcohol (ELCA)	13
First Step Community Project	14
Friday Friends	14
Harm Reduction Team (HRT)	14
Health In Mind	15
Injecting Equipment Providers	25
Lothian's & Edinburgh Abstinence Programme (LEAP)	15
Mid & East Lothian Drugs (MELD)	16

Injecting Equipment Providers

NEON/MELD Mobile Service

East Lothian	Olive Bank Road	Musselburgh	Tuesday 12noon—3pm
Midlothian	Newbyres Medical Group Car Park	15a Hunterfield Road	Tuesday 4pm—6pm
Pharmacies	Bankton Pharmacy	Hawthorn Road, Prestonpans	Mon-Fri 9am—1pm Sat 9am—1pm
East Lothian	Right Medicine Pharmacy	20 High Street, Haddington	9am—5.30pm
Midlothian	Rowlands Pharmacy	55 Clerk Street, Loanhead	9.30am—5.30pm 9.30am—4.30pm
Rowlands Pharmacy	Rowlands Pharmacy	22 Edinburgh Road, Penicuik	9.30am—5.30pm 9.30am—4.30pm
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 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.

A to Z of Services cont/:

Name	Page no.
Midlothian Sure Start	16
Midlothian Training Services for Adults	17
Midlothian Young People's Advice Service (MYPAS)	17
Narcotics Anonymous	18
NEON	18
OASIS	18
Pink Ladies	19
Phoenix Futures	19
Prestonpans Family Support Group	19
Recovery College	20
Royal Edinburgh Hospital	20
SACRO	20
Scottish Families Against Alcohol and Drugs (SFAAD)	20
Serenity Café	21
The Sorted Project	21
Spring	21
Substance Misuse Service	22
Substance Misuse Support Officers—Children & Young People	23
Transition	23
Throughcare and Aftercare Health Practitioner	23
VOCAL Midlothian	24
Prison Throughcare and Aftercare Service	24
Waverley Care	24
Useful Numbers	26

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,

10 am to 1 pm

Tuesday

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

11 am to 4 pm

Substance Misuse Support Workers—Children

ELC Children's Services

Randall House

Macmerry Business Park

Macmerry, EH33 1RW

Tel: 01875 824 309

Out of hours emergency: 08007316969

Monday—Friday 9am to 5pm

The Support Workers offer support to school aged 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 your midwife, health visitor, a guidance teacher or a supportive adult.

Transition

156 Cowgate

Edinburgh

EH1 1RP

Tel: 0131 260 9721

Email: admin@accessstoindustry.co.uk

Website: www.accessstoindustry.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 10am to 1pm 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: 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

Adolescent Substance Misuse Service (ASUS)

The Esk Centre

Ladywell Way

Musselburgh, EH21 6AB

Tel: 0131 446 4853

Mobile: 07969200984

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: 0207403 0888

Email: enquiries@al-anonuk.org.uk

Web: www.al-anonuk.org.uk

Monday—Friday 10am to 4pm

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 Lothians.

Alcoholics Anonymous

Northern Service Office

Baltic Chambers

50 Wellington Street

Glasgow, G2 6HL

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 guest 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

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

Dalkeith

Tel: 07710919403

Email: spring@midlothian.gov.uk

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 are at risk of offending. We offer one to one support throughout the week and group programmes on a Tuesday. Spring offers opportunities to learn new skills to cope with difficult and stressful situations and manage complex emotions, build self esteem and reduce isolation, improve your health, wellbeing and access a range of supports. Spring offers a safe space to try new things, thing about changes you want to make and find out about other services in your area.

Referrals can be made through your health professional, support worker or Social Worker.

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 6444

Web: www.nhslothian.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

29 Albany Street

Edinburgh

EH1 3QN

Tel: 0131 624 7270

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)

Stirling House

226 St. Vincent Street

Glasgow, G2 5RQ

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 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, CRAFT(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

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

Tel: 0131 654 9540
Web: www.children1st.org.uk
Monday—Friday: 9am to 5pm

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 Parentline.

In partnership with Surestart offer a service to families in difficulties that are affecting parenting of children between 0-8years. This service will work 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 **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
Pregnancy Support Service—07903 822062

Circle provides two services across East and Midlothian, our first service, the Pregnancy Support Service, offers support to mothers with substance misuse issues during pregnancy (and up to 6 months post birth). We work with the whole family as we recognise the wider impact. The project can respond to a diverse set of needs. The service works across East Lothian and Midlothian. The second project, Circle East Lothian works with children and families affected by their parental substance misuse.

Both services support parents during recovery to greater acknowledged the impact on family life as well as offering direct support to children and young people. Both services adopt a strengths based/solution focussed approach. Referrers are encouraged to talk to project staff in the first instance—referrals from service users and professionals are accepted.

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 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: prestonpansfsrg@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 / 0300 999 1212

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

Tuesday 12 Noon to 3.30 pm

Car park opposite Tesco beside bandstand

Midlothian

New Byres Medical Group Car Park

Tuesday 4.30 pm to 6 pm

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

Tel: 0141 959 63 63

info@cascotland.org.uk

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

Tel: 0131 537 8345

Edinburgh, EH3 9DU

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

Tel: 0131 663 1616

The Orchard Centre

Monday—Friday 9am to 5pm

1 Douglas Crescent

Email: clear@orchardcentreservices.org.uk

Bonnyrigg, 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.

Crew 2000

32 Cockburn Street
Edinburgh
EH1 1PB

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
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 setting 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, complimentary 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.

MELD operates a Peer Support Service in partnership with the CLEAR Project. The service offers motivational interventions and support for clients wishing to attend appointments or groups for the first time from a Peer Support Worker with lived experience.

For more information on injecting equipment please see page 25.

Midlothian Sure Start

Colliery Court, McSense Business Park
32 Sycamore Road
Mayfield, EH22 5TA

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 in to 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
Email: dadswork@hotmail.co.uk
Web: www.dadswork.co.uk

DadsWork is a community project working with fathers and male care givers. It provides support groups, 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)

Unit 1
Cheviot House, Mill Wynd
Haddington
EH41 4EX

Tel: 01620 826 558
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)

91 Rose Street
Edinburgh
EH2 3DT

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. 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)

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 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: info@firststepmusselburgh.co.uk

First Step is a community project for families with young children which is based in the Musselburgh East housing estate. We provide a safe place for local parents to meet and their children can play. Our aim is to provide opportunities for local families with young children to make positive choices in their lives by providing supportive centre-based and outreach activities which encourage parents and children to develop their self-esteem, confidence and skills.

Friday Friends
 Nungate Community Centre
 Kirkcaldy
 Haddington, EH41 4AP
 Email: info@fridayfriends.org.uk
 Web: www.fridayfriends.org.uk
 Tuesdays 1 to 3pm & Fridays 12.30 to 2.30pm

Friday Friends is an outreach programme for 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. Family members are also welcome to come along for support. They meet on Tuesdays 1-3pm and Fridays 12.30-2.30pm serving a lovely lunch of home-made soup, salad, meats, cheeses, puddings and more. Counselling is available at both sessions with craft sessions on Tuesdays. Find out more by checking out their website or dropping them an email.

Harm Reduction Team (HRT)
 22-24 Spittal Street
 Edinburgh
 EH3 9DU
 Tel: 0131 537 8300
 Monday, Tuesday, Thursday & 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.