

# Midlothian and East Lothian Drug and Alcohol Partnership

## - Service Directory

November 2018





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

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  
Monday 10am until 2pm**

**Dalkeith Baptist church, North Wynd, Dalkeith  
(Car park behind WH Smith)  
Fridays 10am until 3pm**

**You can also call Katrina on 0131 6606822**



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 11am offering a host of tasty food for all to enjoy.

**Loretto Community Hall, Newbigging, Musselburgh  
Fridays 11am until 2pm**

You can contact the group on [starfishrecovery@yahoo.com](mailto:starfishrecovery@yahoo.com)

## **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 needed, 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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## **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 clinics 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 or 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 through the locations and times shown below;

<b>Monday</b>	<b>Roodlands Hospital</b> Out Patients Dept Hospital Road Haddington	10 am to 1 pm
<b>Tuesday</b>	<b>Midlothian Substance Misuse Service</b> Glenesk Centre, 1/5 Duke Street, Dalkeith	11 am to 4 pm
<b>Thursday</b>	<b>East Lothian Substance Misuse Service</b> The Esk Centre Ladywell Way Musselburgh	11 am to 4 pm
<b>Friday</b>	<b>Eastfield Health Centre</b> Logan Lea Centre Eastfield Farm Road Penicuik	9.30 am to 12.30 pm

## **GATEWAY TO RECOVERY**

### **Midlothian and East Lothian Drug and Alcohol Service Cont./**

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: 0131 660 6822

East Lothian: 0131 446 4853

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

### **Adolescent Substance Use Service (ASUS)**

The Esk Centre  
Ladywell way  
Musselburgh, EH21 6AB

Tel: 0131 446 4853  
Mobile: 07969200984  
Email: [ASUS@nhslothian.scot.nhs.uk](mailto: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 19<sup>th</sup> birthday) living in East Lothian, who are experiencing difficulties related to their substance use (drugs, alcohol and/or psychoactive substances). ASUS works with the concept of recovery, supporting 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](mailto:enquiries@al-anonuk.org.uk)  
Web: [www.al-anonuk.org.uk](http://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 Lothian's. There is a meeting on Mondays at 8pm in Herdmanflat Hospital, Haddington.

### **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](mailto:help@alcoholics-anonymous.org.uk)  
Web: [www.alcoholics-anonymous.org.uk](http://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.



## **Anamcara**

Director of development, Maria Martin: (Mobile) 07977 279 848  
Fiona: 07551774089  
Email: [info@anamcara.scot](mailto:info@anamcara.scot)

Anamcara is a 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.

## **Bridges Project**

Unit 1, Bogpark Road  
Musselburgh, EH21 6RT

Tel: 0131 665 1621  
Email: [mail@bridgesproject.org.uk](mailto:mail@bridgesproject.org.uk)  
Web: [www.bridgesproject.org.uk](http://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](https://www.facebook.com/bridgesproject) and Twitter @BridgesProject1

## **Change, Grow, Live (CGL)**

### **Edinburgh and Midlothian Offender Recovery Services (EMORS)**

62 Broughton Street  
Edinburgh  
EH1 3SA

Tel: 0131 557 5273  
Drop In Monday – Friday: 2 to 4pm 9am to 5pm  
SMART Recovery Monday: 1pm to 2.30pm

EMORS is a free and confidential drug and alcohol, arrest referral and throughcare service for adults and young people. We work across prison, court and the community. EMORS work with clients experience substance misuse issues and attend Edinburgh Sheriff Court most mornings.

The Throughcare service provides support to prisoners returning to Edinburgh and Midlothian to help them reintegrate back in to the community and link clients with appropriate agencies.

**Change, Grow, Live (CGL)**  
**Fresh Start – Midlothian Recovery Services**  
11 St Andrews Street  
Dalkeith, EH22 1AL

Tel: 0131 270 8893  
Mobile: 07741163207

Fresh Start supports those that live in Midlothian to make positive life changes, based in Dalkeith the service helps with pre-liberation planning, support in custody and the community, 1:1 intensive support, harm reduction advice.

**Children 1st**  
**East Lothian**  
Randall House  
Macmerry Business Park  
Macmerry, EH33 1RW

Tel: 01875 824 000  
Monday –Thursday 9am to 5pm  
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 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 and prevent them falling into crisis. Children 1<sup>st</sup> has a family support worker based at 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 1<sup>st</sup>

### Midlothian

Units 9-10, 40 Hardengreen Business Park  
Dalhousie Road  
Dalkeith, EH22 3NU

Tel: 0131 654 9540  
Web: [www.children1st.org.uk](http://www.children1st.org.uk)  
Monday –Friday 9am to 5pm

**Family Support:** In the **Direct Action and Support Service (DASS)** we provide intensive, flexible family based support for families impacted by problematic parental substance use. We offer support based on each family's individual needs over a period of approx. 16 weeks- providing practical and emotional support to help parents identify changes they would like to make in their lives and working alongside them to help achieve their goals and make positive changes. Our support is based on an understanding that substance use is often linked to childhood trauma and ACES – in supporting parents and families to help their children, we recognise it is also important to help them address their own needs. We work alongside the Children 1<sup>st</sup> ParentLine Service to offer additional out of hours support.

**Peer Support:** we offer 1:1 support for parents impacted by their own problematic substance use. This is provided by our Parental Peer Support Worker, offering practical and emotional based support, using their own lived experience to help parents on their own recovery journey.

The **Children 1<sup>st</sup> Midlothian Young Carers Service** provides support and advice tailored to meet the individual needs of young people who are caring for a dependant relative at home. This recognises both the emotional and physical impacts of their caring role, with support offered through individual and group based activities.

## Circle East Lothian and Midlothian

**East Lothian** –Tel: 01620 827554

**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. This 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 acknowledge 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.

## Cocaine Anonymous

Tel: 0141 959 6363  
Email: [info@cascotland.org.uk](mailto:info@cascotland.org.uk)  
Web: [www.cascotland.org.uk](http://www.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.

Meetings are held on:

Mondays at Glenesk, 11.30am; Tuesdays at Gorebridge Church, 8pm; Wednesdays St Martin's Church Hall Tranent, 8pm; Friday's at Horizons Café Dalkeith, 1pm & Riverside Practice Musselburgh 4.30pm and Saturdays at Cowden Park Pavilion Dalkeith, 6pm.

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

Health in Mind  
The Orchard Centre  
1 Douglas Crescent  
Bonnyrigg, EH19 3AB

Tel: 0131 663 1616  
Email: [clear@orchardcentreservices.org.uk](mailto:clear@orchardcentreservices.org.uk)  
Monday –Friday 9am to 5pm

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 self-refer or by referral.

CLEAR offers a Peer Support Service in partnership with MELD. 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. The service also offer one-to-one support from trained volunteers who have lived experience of addiction 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.

CLEAR also offers support groups as well as a drop-in on a Monday. These groups are friendly and informal and co-facilitated by peer supporters and staff. Please call the service for current groups.

CLEAR offer 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

Tel: 0131 220 3404  
Email: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)  
Web: [www.crew2000.org.uk](http://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](http://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.

### **Dads Work**

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

Tel: 0131 665 0848  
Mobile: 07833741768  
Email: [dadswork@hotmail.co.uk](mailto:dadswork@hotmail.co.uk)  
Web: [www.dadswork.co.uk](http://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](mailto:eastlothianYC@aol.com)  
Flexible: Monday –Friday

Opening hours are flexible and all clubs and individual time takes 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.

ELCA run a Women's Alcohol Recovery group on a Tuesday at 1pm.

### **First Step Community Project**

37 Galt Avenue  
Musselburgh  
EH21 8HU

Tel: 0131 665 0848  
Email: [info@firststepmusselburgh.co.uk](mailto: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  
Kirkview  
Haddington, EH41 4AP

Email: [info@fridayfriends.org.uk](mailto:info@fridayfriends.org.uk)  
Web: [www.fridayfriends.org.uk](http://www.fridayfriends.org.uk)  
Tuesdays & Fridays 1pm-3pm

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 Fridays 1pm-3pm 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 dropping the service an email or giving them a call on 01620 826 938.

### **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, 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 24.

## Health In Mind

40 Shandwick Place  
Edinburgh, EH2 4RT

Tel: 0131 225 8508

Email: [contactus@health-in-mind.org.uk](mailto:contactus@health-in-mind.org.uk)

Web: [www.health-in-mind.org.uk](http://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 mobile phones.
- **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](mailto: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](mailto:lisahodkinson@health-in-mind.org.uk) or phone 077607 53020.

## Lifelong Learning and Employability Service – Midlothian

Fairfield House  
8 Lothian Road  
Dalkeith  
EH22 3AA

Tel: 0131 271 3708

Email: [lleadultfamilies@midlothian.go.uk](mailto:lleadultfamilies@midlothian.go.uk)

[www.facebook.com/llemidlothian](http://www.facebook.com/llemidlothian)

Lifelong Learning and Employability Service supports adults and families living in Midlothian to improve their life chances through the development of skills for learning, life and work. The service works with people aged 16 years upwards who are resident in Midlothian.

Referrals are welcome from all agencies as well as self-referrals.



### **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](mailto:leap.programme@nhslothian.scot.nhs.uk)  
Web: [www.nhslothian.scot.nhs.uk/Services/A-Z/LEAP](http://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 every day. 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.

### **Mid and East Lothian Drugs (MELD)**

6a Newmills Road  
Dalkeith  
EH22 1DU

Tel: 0131 660 3566  
Email: [office@meld-drugs.org.uk](mailto:office@meld-drugs.org.uk)  
Web: [www.meld-drugs.org.uk](http://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/ or alcohol. Provided in a variety of settings across Mid and East Lothian services include information, advice, support, client work with a counselling approach, needle exchange, family support groups, 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. 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 delivers SMART recovery groups across Mid and East Lothian with 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 24.

### **Midlothian Family Support Group**

Glenesk Centre  
1-5 Duke Street  
Dalkeith, EH22 1BG

Mobile: 07549510387  
Email: [midlothianfsg@gmail.com](mailto:midlothianfsg@gmail.com)

The group meets every 2<sup>nd</sup> Monday at 6pm and is run by family members. The group supports family members/friends who's loved ones have struggled with alcohol and/or drug use.

### **Midlothian Sure Start**

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

Tel: 0131 654 0489  
Web: [www.midlothiansurestart.org.uk](http://www.midlothiansurestart.org.uk)

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.

### **Midlothian Young People's Advice Service (MYPAS)**

Tolbooth Hall  
176 High Street  
Dalkeith  
EH22 1AY

Tel: 0131 454 0757  
Email: [enquires@mypas.co.uk](mailto:enquires@mypas.co.uk)  
Web: [www.mypas.co.uk](http://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 12-21 years) in Midlothian. MYPAS provides drug and alcohol services, art therapy, counselling, and family counselling 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](http://www.mypas.co.uk)) for more information.

### **Narcotics Anonymous (NA)**

Telephone: 07071446337 / 0300 999 1212  
Email: [elna111@ymail.com](mailto:elna111@ymail.com)  
Web: [www.ukna.org](http://www.ukna.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. There is a meeting held on Thursdays, St Nicholas Church in Dalkeith at 7.30pm. 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  
(In car park with Bandstand, opposite Tesco)

Tuesday 12 Noon to 3.30 pm

### Midlothian

Newbattle Medical Practice  
(off Blackcot Drive, in the car park)

Tuesday 4.30 pm to 6 pm

## **Prestonpans Family Support Group**

Pennypitt Pagoda  
North Grange Avenue  
Prestonpans

Tel: 01875 815 221  
Mobile: 07795602572  
Mondays 6.45pm to 9pm

The group offers support and information to families and friends of anyone who is affected by others substance misuse. The group meet fortnightly on a Monday and is service user led and provides a safe and confidential space to share thoughts and feelings.

## **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.

Monday: 9am to 3pm in Dalkeith  
Thursday: 9am to 3pm Musselburgh

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](http://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](http://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 & Drugs (SFAD)**

Edward House  
199 Sauchiehall Street,  
Glasgow, G2 3EX

Tel: 0141 465 7523  
Helpline: 08080 10 10 11 (free and confidential)  
Email: [info@sfad.org.uk](mailto:info@sfad.org.uk)  
Web: [www.sfad.org.uk](http://www.sfad.org.uk)

Scottish Families Affected by Alcohol and Drugs supports parents, families, friends and carers of people with drug or alcohol problems wherever they are in Scotland. All our support services are free, which include: our helpline, bereavement counselling, family support groups and over the phone support.

## **The Sorted Project**

5 Rose Street  
Edinburgh, EH2 2PR

Tel: 0131 243 2657  
Email: [karen@sortedproject.co.uk](mailto:karen@sortedproject.co.uk)  
Web: [www.sortedproject.co.uk](http://www.sortedproject.co.uk)

The Sorted Project is an established charity helping people in Edinburgh and the Lothian's who are recovering from drug and 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**

Dalkeith

Tel: 07710919403  
Email: [spring@midlothian.gov.uk](mailto: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 safety and access a range supports. Spring offers a safe place to try new things, think 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.

### **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 drugs 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 Outpatients Department between 10am to 1pm and on a Thursday between 11am to 4pm at the Esk Centre.

### **Substance Misuse Service 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.

### **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: 0800 7316969  
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, guidance teacher or supportive adult.

### **Transition**

156 Cowgate  
Edinburgh  
EH1 1RP

Tel: 0131 260 9721  
Email: [admin@accesstoindustry.co.uk](mailto:admin@accesstoindustry.co.uk)  
Web: [www.accesstoindustry.co.uk](http://www.accesstoindustry.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  
Monday – Friday 9am to 5pm

The service provides support to young people aged 15-21 years 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 in accessing appropriate services. The worker provides key worker service on 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.

### **VOCAL Midlothian**

30/1 Hardengreen Estate  
Dalhousie Road  
Dalkeith  
EH22 3NX

Tel: 0131 663 6869  
Email: [midlothian@vocal.org.uk](mailto: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 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](mailto: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 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 and family members.

### **Waverley Care**

3 Mansfield Place  
Edinburgh  
EH3 6NB

Tel: 0131 558 1425  
Email: [info@waverleycare.org](mailto:info@waverleycare.org)  
Monday – Friday: 9am to 5pm

Waverley Care is 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.

## Injecting Equipment Providers

### NEON/MELD Mobile Service

#### East Lothian

(in Car park with bandstand, opposite  
TESCO's off Olive Bank Road  
Musselburgh)

Tuesday 12noon—3.30pm

#### Midlothian

(in the car park of Newbattle  
Medical Practice off Blackcot Drive)

Tuesday 4pm—6pm

### Pharmacies

#### East Lothian

Bankton Pharmacy  
Hawthorn Road, Prestonpans

Mon-Fri  
9am—1pm  
& 2—6pm

Sat  
9am—1pm

Right Medicine Pharmacy  
20 High Street, Haddington

9am—5.30pm

9am—5.30pm

#### Midlothian

Rowlands Pharmacy  
55 Clerk Street, Loanhead

9.30am—5.30pm

9.30am—4.30pm

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.



## Useful Numbers

⇒ Breathing Space	0800 83 85 87
⇒ Carers Scotland	0808 808 777
⇒ Chalmers Sexual Health Centre	0131 536 1070
⇒ Cruse Bereavement Care	0845 600 2227
⇒ Domestic Abuse	0800 027 1234
⇒ Drinkline	0800 7 314 314 (freephone)
⇒ Know the Score	0800 587 587 9 (24hr)
⇒ National Debt Line	0808 808 4000
⇒ Narcotics Anonymous	0300 999 1212
⇒ NHS 24	111
⇒ ParentLine	08000 28 22 33
⇒ Re-Solv	01785 810 762
⇒ Saneline	0300 304 7000
⇒ Samaritans	116 123
⇒ Scottish Families Affected by Drugs	08080 10 10 11
⇒ Scottish Drugs Forum	0131 221 9300
⇒ Talk to Frank	0300 123 6600
⇒ Welfare Rights Team (for benefits help)	
⇒ Midlothian	0131 270 8922
⇒ East Lothian	0131 653 5230
⇒ Social Work	
⇒ Midlothian	0131 271 3900/3414
⇒ East Lothian	01620 827 827
⇒ Out of hours	0800 731 6969
⇒ Police Scotland	101

MELDAP Service Directory  
Updated November 2018

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

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](http://www.meldap.co.uk)

Alternatively the team can be contacted on  
0131 653 5162

Brunton Hall  
Ladywell Way  
Musselburgh  
EH22 6AF

Tel: 0131 653 5162  
Email: [meldap@eastlothian.gov.uk](mailto:meldap@eastlothian.gov.uk)  
Web: [www.meldap.co.uk](http://www.meldap.co.uk)  
F: [www.facebook.com/MEDLAP01](http://www.facebook.com/MEDLAP01)

