

Recovery Focus

East Dunbartonshire Alcohol and Drug Services









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What is 'Recovery Focus'?

'Recovery Focus' is a booklet that provides information on the Alcohol and Drug Services and recovery support available in East Dunbartonshire. This information includes opening days/hours and contact details of these services. Copies are available to download on the East Dunbartonshire Health and Social Care Alcohol and Drug Recovery Service page <a href="https://www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service-or printed copies are available on request by emailing EastDunbartonshireADP@ eastdunbarton.gov.uk.

Alcohol and Drugs Recovery Service

ADRS aims to improve the lives of people with alcohol and drugs problems in East Dunbartonshire. You can contact ADRS on

0141 232 8211 (within office hours).

https://www.eastdunbarton.gov.uk/webform/alcohol-and-drugs-recovery-service-adrs-referral-form

East Dunbartonshire
Health & Social Care
Partnership

We offer assessment, support and treatment for alcohol and drugs issues by offering person-centred, recovery-focused care and treatment. We may refer you to other recovery services when appropriate. Once we receive a referral, we will offer you an appointment within three weeks to assess your needs and agree a recovery plan. You are welcome to bring a friend or family member to your assessment appointment.

Opening days/hours Mon-Fri 9-5pm
Contact name Seonaid McCorry

Contact address KHCC, 10 Saramago Street,

Kirkintilloch, G66 3BF

Contact number Tel: 0141 232 8211

Website: <u>www.eastdunbarton.gov.uk/health-and-social-care/ser-vices-adults-and-older-people/alcohol-and-drugs-recovery-service</u>





Ceartas

Ceartas provides independent advocacy across East Dunbartonshire for adults over the age of 16.

Independent Advocacy helps you make your voice stronger and seeks to ensure you have as much control over your life as possible. It is called independent because advocacy is separate from services such as social work, health and other support services.

An Advocacy Worker will:

- Always try to find out what you want
- Help you find out information about your options
- Ensure you have time to think about your choices
- Help you tell other people what you want to happen
- Always listen to you without judging you

Opening days/hours
Contact names

Contact address

Contact email
Contact number
Website

Mon-Fri 9-5
Sharon Bairden – Chief Officer
Muleya Mundemba –
Advocacy Lead
Suites 5-7, McGregor House,
10 Donaldson Crescent,
Kirkintilloch, G66 IXF
info@ceartas.org.uk
0141 775 0433

www.ceartas.org.uk







Group Recovery Aftercare Community Enterprise (GRACE)

People Supporting People Auchinairn

A local peer lead membership organisation and local charity serving the whole of East Dunbartonshire.

GRACE provides recovery after-care for people who have experienced life traumas such as ill health, loneliness and isolation, mental health issues and homelessness problems and also those who are settled in recovery from addiction to alcohol, drugs or gambling.

The group provides learning, training, health and well-being activities, personal development, and physical pursuits for those in need of support, enabling them to become a positive, useful member of the family and community. We encourage all members to engage in peer support and volunteering, which may lead to better life opportunities through increased confidence and enhanced skills.

GRACE supports individuals through a recovery peer-led aftercare model, which aims to support individuals that have experienced life trauma into a brighter future. Grace offers a pathway between recovery and social inclusion, by assisting members in building confidence to overcome trauma and avoid relapsing.

Opening days/hours

Contact name
Contact address

Contact email
Contact number
Website

Auchinairn Community Centre
Monday till Friday I 0am till 2pm
and Tuesdays 4.45pm till 5.45pm
Robert Smith CEO/Founder
Auchinairn Community Centre,
Beech Road, Bishopbriggs G64 INE
contact@graceaftercare.org
07401797876

www.graceaftercare.org





Group Recovery Aftercare Community Enterprise (GRACE)

People Supporting People Hillhead

A local peer lead membership organisation and local charity serving the whole of Fast Dunbartonshire.

GRACE provides recovery after-care for people who have experienced life traumas such as ill health, loneliness and isolation, mental health issues and homelessness problems and also those who are settled in recovery from addiction to alcohol, drugs or gambling.

The group provides learning, training, health and well-being activities, personal development, and physical pursuits for those in need of support, enabling them to become a positive, useful member of the family and community. We encourage all members to engage in peer support and volunteering, which may lead to better life opportunities through increased confidence and enhanced skills.

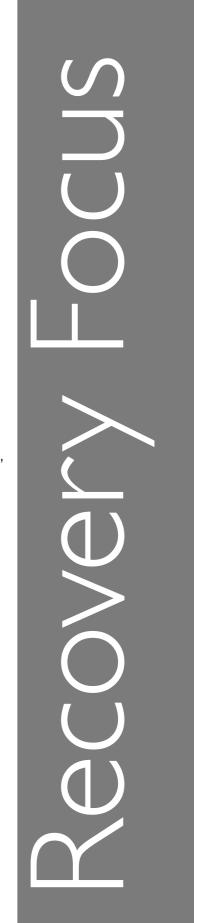
GRACE supports individuals through a recovery peer-led aftercare model, which aims to support individuals that have experienced life trauma into a brighter future. Grace offers a pathway between recovery and social inclusion, by assisting members in building confidence to overcome trauma and avoid relapsing.

Opening days/hours

Contact name Contact address

Contact email Contact number Website

Hillhead Community Centre Monday to Friday 10am till 2pm and Saturday I lam till I 2 noon **Robert Smith CEO/Founder** Hillhead Community Centre, 169 Meiklehill Road, Kirkintilloch G66 2JT contact@graceaftercare.org 07401797876 www.graceaftercare.org









Alcohol Counselling and Brief Intervention Service (GCA)

GCA offers individual, free and confidential counselling for people experiencing alcohol-related difficulties and those affected by someone else's alcohol issue. The service is provided by trained staff and volunteers either in East Dunbartonshire or in the evenings and weekends at our Head Office base in Glasgow.

GCA staff host alcohol information stalls and provide alcohol brief interventions (ABIs) in community settings as well as delivering ABI skills training.

Opening days/hours Mon – Thurs 9am – 9pm

Sat 9am – Ipm
Contact name
Susan Philp

Contact address 14 North Claremont Street,

Glasgow, G3 7LE

Contact email support@glasgowcouncilonalco

Fri 9am – 6pm

Contact number hol.org

0808 802 9000

Website <u>www.glasgowcouncil</u>onalcohol.

org





Scottish Drugs Forum (SDF)

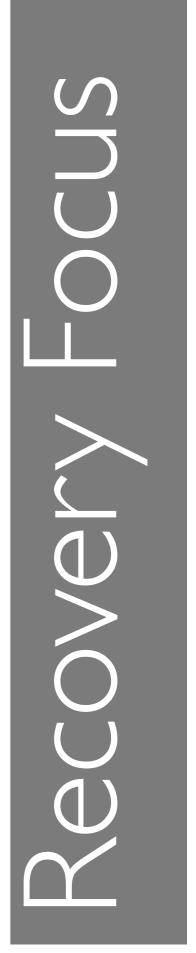
Research and Peer Engagement

We recruit volunteers who have living or lived experience to be peer researchers with SDF. They receive extensive training and support from our team and will be involved in evaluation/research projects in East Dunbartonshire. These projects focus on experience of individuals' using local services and peer researchers encourage people to feel comfortable in sharing these openly and honestly without judgement. Peer research volunteers receive access to other opportunities within SDF and beyond and will be supported to access these as they wish to.

Opening days/hours
Contact name
Contact address

Contact email
Contact number
Website

Mon-Friday 9am-5pm Samantha Stewart 1/1 91 Mitchell Street Glasgow, G1 3LN samanthas@sdf.org.uk 07747481305 www.sdf.org.uk







SAMH

The Foundry - Community Rehabilitation

The Foundry is a Community based Rehabilitation Service, commissioned by East Dunbartonshire Council to provide support to individuals who have experienced alcohol and drug misuse within the East Dunbartonshire.

We will support individuals though their own recovery and promote understanding and choice. At the Foundry we encourage all forms of recovery. We work will individuals to identify their needs. Within the Foundry we work with the SMART recovery programme Selfmanagement and recovery training. Which supports individuals to look at thoughts feelings and behaviours. Smart recovery helps individuals recover from addictive behaviour and leads them to live a more satisfying lives.

SAMH has their own devised program called Tools For Living which is a personal development program. This program looks at other areas of individual's lives. This entails physical health and wellbeing, mental health and wellbeing, emotional awareness communication, confidence and self-esteem. Personal resilience, assertiveness, anxiety and stress. Within the Foundry staff experience supporting individuals though homelessness mental health, crisis interventions.

At the Foundry we will support individuals to understand the Medication Assisted Treatment standards (MAT) Scotland. Which then supports them to make an informed choice in their own support.

Opening days/hours

Contact name
Contact address

Contact email

Contact number Website

the times can be adapted to the needs of the participants.
Suzanne Lavery.
21 Broadcroft, Kirkintilloch,
Glasgow G66 1HP, UK
Suzanne.Lavery@samh.org.uk
Lisa.reynolds@samh.org.uk
Foundry@samh.org.uk
0141 530 3576

www.samh.org.uk/

Monday to Friday 9am to 5pm,



Scottish families Affected by Drugs & Alcohol (SFAD)

SFAD Adult Services East Dunbartonshire local service

Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone concerned about someone else's alcohol or drug use in Scotland. We give listening support and information to many people and help them with confidence, communication, general wellbeing, and we link them into local support. We also help people recognise and understand the importance of looking after themselves.

Support comes in a range of different sizes. In East Dunbartonshire, we offer:

- One-to-One Support
- Group Support
- CRAFT (Community Reinforcement Approach & Family Training)
- Support to access Bereavement Counselling
- Access to Naloxone

Opening days/hours
Contact name
Contact address
Contact email
Contact number
Helpline

Website Local Service

National Service

Monday to Friday 9 till 5 Colin McIntosh

colin@sfad.org.uk 07487675621 08080 10 10 11

www.sfad.org.uk/support-servic es/local-support-services/ east-dunbartonshire-familysupport-service www.sfad.org.uk/









Scottish Families Affected By Alcohol & Drugs

Routes (young person's service)

Support for 12-26 year olds affected by someone else's alcohol or drug use.

Opening days/hours

Contact name Pam Burns

Contact address Suite I Enterprise House,

Kirkintilloch

Week days

Contact email pam@sfad.org.uk

Contact number 07887 555857

Website <u>www.sfad.org.uk/</u>

Turning Point Scotland

Contact email

Website

Contact number



Greater Glasgow and Clyde Overdose Response Team

Assertive outreach service dedicated to short focus harm reduction intervention for people experiencing Near Fatal Overdose IEP Naloxone kits available for delivery.

Active in: East and West Dunbartonshire, Inverclyde, Renfrewshire, and East Renfrewshire

Opening days/hours 10 am to 10 pm 7 days a week

Contact name Including bank holidays

Graeme Doig 01475 866

Contact name Graeme Doig 01475 866210 Fran Piccoletti 07597 582 937

Contact address 13 William Street

Greenock, PA15 IBT

ggcortreferrals@turning

pointscotland.com

08088008011

www.turningpointscotland.com/

We Are With You

withyou

Families Plus

Support around parental substance misuse for families with children 11 and under. Harm reduction, parenting, anxiety management, mental health and emotional well-being as well as practical support.

Opening days/hours

Monday to Friday 8.30am to 5pm. Evenings/weekends if required.

We Are With You



Trauma Counselling Service

Support for individuals who have experienced childhood abuse and have used alcohol and/or drugs as coping strategies. One to one sessions in office, online, telephone. Meditation and peer support groups.

Opening days/hours

Monday to Friday 8.30am to 5pm. Evenings/weekends if required.

We Are With You



Young Person's Service

Support for 11-25 year olds who are struggling with problematic substance misuse. One to one support in office, home or community, accompany to Social Work meetings, court, housing etc. groupwork, five a side football and drop in sessions in our offices.

Opening days/hours

Monday to Friday 8.30am to 5pm. Evenings/weekends if required.

We Are With You

withyou

ARBD Service

Support available

Contact address

Contact name

Contact email

Website

Contact number

Support for individuals who have been diagnosed with ARBD. Weekly lunch club, home visits, advice and information.

Opening days/hours Lunch Club

Thursdays 12pm – 2.30pm

Hillhead Community Centre

Monday to Friday 8.30am to 5pm

Christine McCauley

McGregor House, 10 Donaldson

Crescent, Kirkintilloch, G66 IXF

Christine.mccauley@wear

withyou.org.uk

07760755735

Wearewithyou.org.uk

Useful contact numbers

Breathing Space: 0800 83 85 87

Samaritans: 08457 90 90 90

NHS24: 111

Scottish Families: 08080 101011

Families Outside: 0500 83 93 83

Drinkline: 0800 7 314 314

AA: 08457697555

Know the Score: 0800 587 5879

LGBT Scotland: 0300 123 2523

Combat Stress: 0800 138 1619

Carers Direct Helpline: 0300 123 1053



























Notes



Other formats

This document can be provided in large print, Braille or on CD and can be translated into other community languages. Please contact the Council's Communications Team at:

East Dunbartonshire Council, 12 Strathkelvin Place, Southbank, Kirkintilloch, G66 1TJ Tel: 0300 123 4510