



# 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 <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>



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.

<b>Opening days/hours</b>	<b>Mon-Fri 9-5pm</b>
<b>Contact name</b>	<b>Seonaid McCorry</b>
<b>Contact address</b>	<b>KHCC, 10 Saramago Street, Kirkintilloch, G66 3BF</b>
<b>Contact number</b>	<b>Tel: 0141 232 8211</b>
<b>Website:</b>	<b><a href="https://www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service">www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol-and-drugs-recovery-service</a></b>



## 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**

**Mon-Fri 9-5**

**Contact names**

**Sharon Bairden – Chief Officer  
Muleya Mundemba –  
Advocacy Lead**

**Contact address**

**Suites 5-7, McGregor House,  
10 Donaldson Crescent,  
Kirkintilloch, G66 1XF**

**Contact email**

**info@ceartas.org.uk**

**Contact number**

**0141 775 0433**

**Website**

**[www.ceartas.org.uk](http://www.ceartas.org.uk)**

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## 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.

<b>Opening days/hours</b>	<b>Auchinairn Community Centre Monday till Friday 10am till 2pm and Tuesdays 4.45pm till 5.45pm</b>
<b>Contact name</b>	<b>Robert Smith CEO/Founder</b>
<b>Contact address</b>	<b>Auchinairn Community Centre, Beech Road, Bishopbriggs G64 1NE</b>
<b>Contact email</b>	<b><a href="mailto:contact@graceaftercare.org">contact@graceaftercare.org</a></b>
<b>Contact number</b>	<b>07401797876</b>
<b>Website</b>	<b><a href="http://www.graceaftercare.org">www.graceaftercare.org</a></b>



## Group Recovery Aftercare Community Enterprise (GRACE)

### People Supporting People Hillhead

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

**Hillhead Community Centre  
Monday to Friday 10am till 2pm  
and Saturday 11am till 12noon**

#### Contact name

**Robert Smith CEO/Founder**

#### Contact address

**Hillhead Community Centre,  
169 Meiklehill Road,  
Kirkintilloch G66 2JT**

#### Contact email

**[contact@graceaftercare.org](mailto:contact@graceaftercare.org)**

#### Contact number

**07401797876**

#### Website

**[www.graceaftercare.org](http://www.graceaftercare.org)**

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## 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.

<b>Opening days/hours</b>	<b>Mon – Thurs 9am – 9pm</b> <b>Fri 9am – 6pm</b> <b>Sat 9am – 1pm</b>
<b>Contact name</b>	<b>Susan Philp</b>
<b>Contact address</b>	<b>14 North Claremont Street, Glasgow, G3 7LE</b>
<b>Contact email</b>	<b>support@glasgowcouncilalcohol.org</b>
<b>Contact number</b>	<b>0141 353 1800</b> <b>0808 802 9000</b>
<b>Website</b>	<b><a href="http://www.glasgowcouncilalcohol.org">www.glasgowcouncilalcohol.org</a></b>



## 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](mailto:samanthas@sdf.org.uk)****07747481305****[www.sdf.org.uk](http://www.sdf.org.uk)**

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## 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 through their own recovery and promote understanding and choice. At the Foundry we encourage all forms of recovery. We work with individuals to identify their needs. Within the Foundry we work with the SMART recovery programme Self-management 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 through 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**

**Monday to Friday 9am to 5pm,  
the times can be adapted to the  
needs of the participants.**

#### **Contact name**

**Suzanne Lavery.**

#### **Contact address**

**21 Broadcroft, Kirkintilloch,  
Glasgow G66 1HP, UK**

#### **Contact email**

**Suzanne.Lavery@samh.org.uk**

**Lisa.reynolds@samh.org.uk**

**Foundry@samh.org.uk**

#### **Contact number**

**0141 530 3576**

#### **Website**

**[www.samh.org.uk/](http://www.samh.org.uk/)**



# 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

**Monday to Friday 9 till 5**

### Contact name

**Colin McIntosh**

### Contact address

### Contact email

**[colin@sfad.org.uk](mailto:colin@sfad.org.uk)**

### Contact number

**07487675621**

### Helpline

**08080 10 10 11**

### Website Local Service

**[www.sfad.org.uk/support-services/local-support-services/east-dunbartonshire-family-support-service](http://www.sfad.org.uk/support-services/local-support-services/east-dunbartonshire-family-support-service)**

### National Service

**[www.sfad.org.uk/](http://www.sfad.org.uk/)**

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## 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**

**Contact address**

**Contact email**

**Contact number**

**Website**

**Week days**

**Pam Burns**

**Suite 1 Enterprise House,  
Kirkintilloch**

**pam@sfad.org.uk**

**07887 555857**

**[www.sfad.org.uk/](http://www.sfad.org.uk/)**

## Turning Point Scotland



### 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**

**Contact name**

**Contact address**

**Contact email**

**Contact number**

**Website**

**10 am to 10 pm 7 days a week  
Including bank holidays**

**Graeme Doig 01475 866210**

**Fran Piccoletti 07597 582 937**

**13 William Street  
Greenock, PA15 1BT**

**ggcortreferrals@turning  
pointscotland.com**

**08088008011**

**[www.turningpointscotland.com/](http://www.turningpointscotland.com/)**

## We Are With You

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### 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

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### 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.**

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### 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.**

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### ARBD Service

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**

#### Support available

**Monday to Friday 8.30am to 5pm**

#### Contact name

**Christine McCauley**

#### Contact address

**McGregor House, 10 Donaldson  
Crescent, Kirkintilloch, G66 1XF**

#### Contact email

**Christine.mccauley@weare  
withyou.org.uk**

#### Contact number

**07760755735**

#### Website

**[Wearewithyou.org.uk](http://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







### 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

- Large print: 0300 123 4510
- Braille: 0300 123 4510
- Audio: 0300 123 4510
- Translation: 0300 123 4510