

BOROUGHLOCH MEDICAL PRACTICE

MEDICS ON THE MEADOWS

Social prescribing - linking patients to non-medical support in their community.

Alcohol and Drugs

Edinburgh Drug and Alcohol Recovery Hub Drop ins

The Recovery Hubs are one – stop shops which offer a full range of drug and alcohol treatment and support services. Each is run by a team of staff of voluntary sector, NHS and social work staff. The easiest way for most people to get support from their local Recovery Hub team is to come to a drop-in session. At the Drop-in, the worker will listen, give advice and options, agree a plan and organise the next steps.

All Drop-ins operate a “no wrong door” approach so people can come to any of them regardless of where they live in the city. People who cannot come to a Drop-in for any reason, or who want more information should contact the hub by phone (see numbers overleaf). They are keen to make it as easy as possible for people to meet them. Hub services are confidential and the teams will only share information where they are very concerned that a vulnerable person is being harmed. They offer a choice of male or female workers wherever possible.

For up to date info on all recovery options in Edinburgh, visit www.edinburghadp.co.uk / Or download the Addiction Recovery Companion – Edinburgh app (www.arcapp.co.uk).

Area	Drop in	Location	Monday	Tuesday	Wednesday	Thursday	Friday
North East Edinburgh (0131 554 7516)	Leith	North East Recovery Hub, 5 Links Place, EH6 7EZ	12pm – 4pm	12am – 7pm (EVENING)	12pm – 4pm	10am – 4pm	12pm – 3pm
		East Neighbourhood Centre, 101 Niddrie Mains Rd, EH16 4DS	12pm – 4pm		12pm – 4pm		
	Craigmillar	Craigmillar Pharmacy, 58-60 Niddrie Mains Road, EH16 4BG					9.30am -12.30pm
North West Edinburgh (0131 469 5044)	Muirhouse	North West Recovery hub, North Neighbourhood office, 8 West Pilton Gardens, EH4 4DP	1 pm - 4pm	1 pm - 4pm		1 pm - 4pm	
	Clermiston	Rannoch Centre, 6 Rannoch Terrace, Edinburgh EH4 7ES			1pm-4pm		
	South Queensferry	South Queensferry Medical Practice, 41 The Loan, EH30 9HA					9am -1pm
South West Edinburgh (0131 453 9406)	Gorgie/ Dalry	ELS House, 555 Gorgie Road, EH11 3LE	1pm-4pm				1pm - 4pm
	Westerhailes	Westerhailes Healthy Living Centre, 32 Harvesters Way, EH14 3JF		1pm-4pm	1pm-4pm	1pm-4pm	
South East Edinburgh (0131 661 5294)	Spittal Street	Spittal Street Centre, 22 - 24 Spittal Street, EH3 9DU	1pm-4pm		9am-12pm		
	Liberton/ Gilmerton	South Neighbourhood office, 40, Captain's road, EH17 8QF		1pm-4pm		1pm- 4pm	
Evening drop-ins for North West, South West, and South East areas							
City Centre (0131 557 5273)	City Centre	Change, grow, live office. 62 Broughton Street, Edinburgh EH1 3SA	4pm -7pm (EVENING)			4pm -7pm (EVENING)	

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Alcohol

Edinburgh & Lothian Council on Alcohol – www.elcaalcohol.co.uk

Are you worried about your own or someone else's drinking?

Do you live in Edinburgh or the Lothians?

ELCA offers a range of free services for people over the age of 18 living in the Lothians:

- Advice & Information
- Drop-In Services
- One to One counseling
- ELCA for Women
- Women's Alcohol Recovery Group
- Polish Alcohol Counseling Service

www.alcoholics-anonymous.org.uk

If you think you have a problem with drinking, we're here to help.

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LEAP PROGRAMME

CONTACT

Woodlands House, 74 Canaan Lane Edinburgh EH9 2TB **Tel.** 0131 446 4400 **Fax.** 0131 446 4403

Email

leap.programme@nhslothian.scot.nhs.uk **What is LEAP?**

LEAP is a programme for people dependent on drugs and/or alcohol who want to achieve drug and alcohol free recovery (abstinence).



What is the programme?

It's a three month day programme based at Woodlands House in central Edinburgh. The programme includes group work, workshops, presentations and education, training, recreation and relaxation. Where appropriate we'll try and involve family members and partners. It's a busy programme and you'll need a lot of motivation and energy to take part.

Who is it for?

It's for patients living in Edinburgh and the Lothians whose alcohol or other drug use is causing problems or who want to move on from maintenance treatments.

As the Public Information Committee of Cocaine Anonymous in Edinburgh & Lothians and as former drug users ourselves, we understand the devastating effects drugs have on our families, our friends and the community at large. We would like to introduce ourselves to you so that you may better understand addicts and help direct those who may need help into our program of recovery.

The first meeting of Cocaine Anonymous in Scotland was held on May 8th 2001 and we are now approaching the milestone of 75 weekly meetings spread throughout Scotland's central belt. There are currently 21 C.A. meetings in Edinburgh & Lothians including a women's meeting.

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Cocaine Anonymous

In our community there are thousands of men and women who have been caught in the trap of addiction. We offer hope and help for those who want to help themselves. Our Members have demonstrated continuous abstinence from all mind-altering substances, and are willing to share how it works for those interested in recovery from drug and alcohol problems. Cocaine anonymous is not a drug specific fellowship: it does not matter to us what drugs or drink people have used. We welcome anyone with a desire to stop.

Cocaine Anonymous is comprised of men and women from teens to seniors who come from both urban and rural areas and from all socio-economic backgrounds. We believe that only through wider-spread recognition and our combined cooperation, will people suffering drug and alcohol addiction be able to find the free help and support our organisation offers. Cocaine Anonymous (C.A.) is a program of recovery that is open to everyone; it is free of charge and it also protects the individual's anonymity.

Our website www.cascotland.org.uk has a list of meetings in your local area. The Public Information Committee is available to give presentations to your staff at your convenience.

Please don't hesitate to contact us with any queries. Edinburgh & Lothians Helpline between 10am and 10pm – 07526943554 or by email at

ca.lothiansinfo@gmail.com

If someone wants to stop using drugs, contact us - we are here to help.

As recovering addicts, we would like you to know that "we're here and we're free".



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Other Useful Contact Details;

Narcotics Anonymous Helpline

07071 22344 or 0300 999 1212 www.ukna.org

Cocaine Anonymous Helpline

0141 959 6363 or 0800 612 0225 www.cascotland.org.uk

Alcoholics Anonymous Helpline

0845 769 7555 www.alcoholics-anonymous.org.uk

Transition

0131 226 3006 www.accesstoindustry.co.uk/transition

Serenity Café

www.serenitycafe.co.uk

Scottish Recovery Consortium

www.sdrconsortium.org

Smart Recovery UK

<http://www.smartrecovery.org.uk>