



MIDLOTHIAN & EAST LOTHIAN DRUG AND ALCOHOL PARTNERSHIP

Service Directory



This booklet will help you find the services you need.

The services are listed under these headings

Treatment for Adults (Pages 3-8)

Support for Families (Pages 9-11)

Young People (Pages 12-14)

Recovery (Pages 15-19)

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Useful Information (Pages 21-23)

Information is also available on the MELDAP website.

www.meldap-recovery.co.uk

Treatment for Adults

A good place to start is the Contact Service. Simply phone to speak with someone who will explain how to get the support you need either for yourself or a loved one.

18+ and looking for support with drug or alcohol issues?

Making an enquiry for yourself or someone you care for?

Do you live in Midlothian or East Lothian?

THE CONTACT SERVICE

07843 339 958

Open from 9am-9pm Monday-Friday
FROM JANUARY 2024

CALL OR TEXT ANYTIME (24hr answering machine)

Go to www.meldap-recovery.co.uk for further information on where to get help for young people, families and adults.

If you are looking to engage with support services, we can help you make the first step, to access the support you need.

You will engage in a brief conversation designed to offer confidential support to help you decide what is best for you, or give you the information you need to make an informed decision.

MELD
Promoting Recovery from Drug and Alcohol Use

Midlothian Health & Social Care Partnership

East Lothian Health & Social Care Partnership

MEL DAP
MIDLOTHIAN & EAST LoTHIAN Health & Social Care Partnership

Substance Use Service NHS

East Lothian Recovery Hub

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 Use Service (ELSUS) provides a range of services for adults who wish to regain control over their alcohol or drugs use. ELSUS offers substitute medications, advice and works with other services to help people make positive changes to their substance use and improve their lives. ELSUS works in partnership with NHS Lothian, MELD and ELCA.

ELSUS runs various groups, including SMART Recovery and Coping Skills, these are run in partnership with NHS staff and MELD.

Midlothian Recovery Hub

No 11,
St Andrew Street
Dalkeith
EH22 1AL

Tel: 0131 285 9600
Monday – Thursday 9am to 5pm
Friday 9am to 4.30pm

Midlothian Substance Use 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 Use Service supports people to make positive changes to their lives.

Support is provided in many ways and in varying venues, such as, 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 Bourne Virus service, Sexual Health clinics, Take Home Naloxone programmes, SMART Recovery groups, Coping Skills Groups, information and introduction to the 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.

Mid and East Lothian Drugs (MELD)

Number 11, St Andrew Street
Dalkeith, EH22 1AL

The Esk Centre, Ladywell Way
Musselburgh, EH21 6AB

Tel: 0131 446 6833 / 0131 285 9553
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 use by providing free and confidential services for individuals whose lives are affected by drugs/ or alcohol. Provided in a variety of settings across Midlothian 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 use. Support includes a one to one counselling approach, drugs education, complementary therapies and stress management and a group work programme that takes place across Midlothian and East Lothian.

MELD delivers SMART recovery groups across Midlothian and East Lothian with clear focus on an individual's recovery using the SMART model.

MELD operates a Peer Support Service. 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.

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

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 as well as its main base in Edinburgh. We can offer either f2f counselling or if more suitable telephone/online counselling.

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 12 noon. Currently this is being delivered online.

Royal Edinburgh Hospital
Morningside Place
Edinburgh
EH10 5HF

Tel: 0131 537 6000
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 issues.

Change, Grow, Live (CGL)

Edinburgh and Midlothian Offender Recovery Services (EMORSS)

62 Broughton Street
Edinburgh
EH1 3SA

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

EMORSS 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. EMORSS 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 285 9600
Mobile: 07741163207
Monday – Thursday: 9am to 5pm
Friday: 9am to 3.30pm

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 and harm reduction advice. Fresh Start offers free and confidential drug and alcohol, arrest referral and 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.

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

SACRO

29 Albany Street
Edinburgh
EH1 3QN

Tel: 0131 624 7270
Web: www.sacro.org.uk
Monday – Friday 9am to 5pm

Sacro is a Scottish community justice organisation which works to deliver life-changing services that empower people, give hope and protection, and help build safe communities. Sacro provides a wide range of direct, innovative services in Community Justice, Public Protection, Care and Housing. All our services are designed to help build safe communities by reducing conflict and offending. The organisation works with a broad range of people, including those harmed by crime and those responsible for that harm.

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 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.

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 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
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.

Circle East Lothian

East Lothian –Tel: 01620 827554

Pregnancy Support Service – 07903 822062

Circle provides a Pregnancy Support Service, which offers support to mothers with substance use issues during pregnancy (and up to 12 months post birth). We work with the whole family as we recognise the wider impact. Circle works with children and families affected by their parental substance use offering direct support and one to one peer based support to children aged 8 to 12. This support is based on interests of the children themselves, is fun and is a safe space for them to identify feelings, views and strategies for coping. In partnership with Cyrenians, Circle seek to help prevent homelessness by supporting parents, children and wider family, in particular where there are mental health needs.

Referrals are accepted from individuals and loved one, as well as professionals.

Support for Families

Midlothian Family Support Group

Number 11,
St Andrew Street
Dalkeith, EH22 1AL

Mobile: 07845557503
Email: S27and@hotmail.com

The group meets every 2nd Monday at 6.30pm and is run by family members. The group supports family members/friends who's loved ones have struggled with alcohol and/or drug use.

MELD Open Service

Number 11, St Andrew Street
Dalkeith, EH22 1AL

The Esk Centre, Ladywell Way
Musselburgh, EH21 6AB

Tel: 0131 446 6833 / 0131 285 9553
Email: office@meld-drugs.org.uk
Web: www.meld-drugs.org.uk
Monday – Friday 9am to 5pm

When someone is misusing substances it does not only affect them, it also has a huge impact on the lives of those close to them. This can put a strain on your own lives, your relationships, finances and wellbeing. If you have been affected by or are worried about someone else's substance misuse, then you can refer yourself directly.

Children 1st Midlothian Family Wellbeing Hub (based in Dalkeith but offer support across Midlothian)

40/9 Hardengreen Business Park
Dalhousie Road
Dalkeith
EH22 3NU

Tel: 0131 654 9540
Email: midlothian@children1st.org.uk
Web: www.children1st.org.uk

We provide support for children, parents and whole families who are impacted by problematic parental substance use. We offer 1:1 and systemic whole family support with the aim of supporting a better understanding of the impact of substance use, supporting children's voices to be heard, supporting parent's stability in their recovery and promoting stronger family relationships through provision of fun activities. We take an ACES and trauma recovery approach to address the historic and intergenerational impacts of substance use, poverty, poor mental health and trauma on families.

We offer group based support for parents via our "Moving On Together" parents peer support group, meeting weekly on a Wednesday morning from 9.30 until 1pm. Please contact the team for further info.

We have a Money Advice and Support worker based in the Food Facts and Friends Community Hub in Penicuik, offering advice, income maximisation and debt advice to families and young people under the age of 26 across Midlothian.

The service core hours are 9-5 however we aim to work flexibly and can offer support during the evening and weekends where needed. We welcome informal enquires for a support discussion in the first instance. This can be arranged by phoning 0131 6549540 or emailing midlothian@children1st.org.uk

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. Dads Work offers counselling and mental health support.

Dads Work also provides volunteering opportunities within our Community Garden and Men's Shed Projects.

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.

Midlothian Sure Start

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

Tel: 0131 654 0489
Web: 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.

Scottish Families Affected by Alcohol & Drugs (SFAD)

Edward House
199 Sauchiehall Street,
Glasgow, G2 3EX

Text: 07908 667551
Helpline: 08080 10 10 11 (free and confidential)
Email: help@sfad.org.uk
Web: www.sfad.org.uk

Family Support – Scottish Families support anyone resident in Scotland over the age of 16 that has a concern about their loved one alcohol and/or drug use. They offer you time and space to explore the issues affecting you, let you express your thoughts and feelings, and to help you come up with ideas and solutions to move forward. You will have a support session each week (or a time frame that suits you) of around an hour. They focus on the CRAFT (Community Reinforcement and Family Training) approach to family support. Their trained practitioners will explain and go through different topics each week such as boundaries, communication skills and self-care. If you feel CRAFT is not for you, they can look at other ways of supporting you. For more info on the support service – <https://bit.ly/3rlxqY2>

Bereavement Support – Scottish Families will arrange counselling for anyone living in Scotland age 16+ who has lost a loved one and that loved one used alcohol and/or drugs problematically prior to their death. It does not have to be the cause of their death. The counselling sessions will last around 50 minutes. They usually offer up to six sessions but if you need less or more this can be arranged by your allocated counsellor. For more info about the service - <https://bit.ly.3uJ8otM>

To access family support or bereavement support contact our national helpline. Helpline operates Mon-Fri 0900-2300hrs and offers a callback service at weekends.

Click & Deliver Naloxone – Naloxone is a drug that temporarily reverses the effects of an opioid overdose. You do not have to be a health professional to carry/administer this drug. Scottish Families offers a postal service for anyone in Scotland who wishes to carry a kit. They offer a choice of two kits. Prenoxad pre filled injection (must be 16+) and Nyxoid nasal spray (must be 14+). For training, more info and request form see their webpage – <https://bit.ly.3HM50lv>

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 support all unpaid 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 use. This service provides free, confidential, one-to-one and group support, as well as workshops, activities and breaks from caring.

Find us on Facebook/VOCALMidlothian and Twitter @VOCALMidlothian

Young People

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 12 and 25 years in East and Midlothian to help them manage the transition from adolescence to adulthood and life beyond School. Our one-to-one and groupwork services are flexible and tailored to meet the needs and ambitions of young people. They are offered on a voluntary basis and are free and confidential. Three practice teams deliver our work and objectives; Transitions, Skills for Life and Employability. Bridges Project is committed to playing its part within the local and national network of organisations to assist young people to become successful learners, confident individuals, responsible citizens and effective contributors. Bridges Project provides bespoke, person-centred support that enables young people to fulfil their potential and lead successful lives.

Find us on Facebook – [facebook/bridgespro1](https://www.facebook.com/bridgespro1), Twitter [@BridgesPro1](https://twitter.com/BridgesPro1) and Instagram [bridgespro1](https://www.instagram.com/bridgespro1)

Crew 2000

32 Cockburn Street
Edinburgh,
EH1 1PB

Tel: 0131 220 3404
Email: admin@crew2000.org.uk
Web: www.crew2000.org.uk

Crew provides a range of integrated services for people asking about their own or another's stimulant and other drug taking. This includes a city centre drop in providing drug and sexual health information, advice and support for young people aged 12+, in person, via a free text app and online. Email dropin@crew2000.org.uk, free text 07860047501, direct message (DM) on Instagram [@crew_2000](https://www.instagram.com/crew_2000)

We provide a counselling service for people aged 18+ who are concerned about their stimulant drug use, as well as short term counselling for people affected by another's drug use. Please get in touch via referrals@crew2000.org.uk or visit [Counselling services \(crew.scot\)](http://Counselling_services(crew.scot))

In addition, we provide education and harm reduction through Nightlife Harm Reduction at clubs, events and festivals, our online resources ([Crew Harm Reduction Resources](http://Crew_Harm_Reduction_Resources)) and a range of training courses delivered online and around Scotland as well as volunteering opportunities. We provide Expert Witness service for Scottish Courts.

Midlothian Young People's Advice Service (MYPAS)

Midlothian - Tolbooth Hall, 176 High Street, Dalkeith
EH22 1AY

East Lothian – The Fraser Centre, 3 Winton Place,
Tranent, EH33 1AF

Tel: 0131 454 0757

Email: enquiries@mypas.co.uk

Web: www.mypas.co.uk

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 and East Lothian. 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.

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 substance use social workers support children and young people who are affected by problematic substance use, this could be as a result of their own drug or alcohol use or that of a parent or carers. The social workers work with children at risk of harm from pre-birth through to 16 years of age. It is their role to work with all relevant family members as well as any other services involved in the child's, life to ensure that they are safe, healthy, happy and have positive life chances. If you are worried about a child who may be affected by substance use or if you are under 16 years of age and worried about your own use; referrals can be made by phoning East Lothian Children's services contact centre on 01875 824 309.

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.

Young Carers – East Lothian Council

John Muir House
Haddington,
EH41 3HA

Tel: 01875 827 827
Monday – Friday 9am to 5pm
E: youngcarers@eastlothian.gov.uk
W: www.eastlothiancouncil.gov.uk/youngcarers

A Young Carer is someone under 18 or is 18 years but still at school, who provides unpaid help and support to a relative, friend or neighbour who due to illness or disability cannot manage to live independently without their help. The person you care for may have an illness, a disability, a mental health condition or a drug and/or alcohol dependency. Young Carer Youth Workers can be contacted in school or contact the service direct.

Recovery

Recovery Cafes



Dalkeith Baptist Church, North Wynd, Dalkeith
(Car park behind WH Smith)
Mondays 10am - 2pm & Fridays 10am - 3pm

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.

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 Dalkeith Baptist Church.

[Facebook.com/horizonsrecoverycafe](https://www.facebook.com/horizonsrecoverycafe)



Loretto Community Hall, Newbigging, Musselburgh
Wednesdays 9am until 3pm
Tel: 0784339963

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 9am offering a host of tasty food for all to enjoy.

[Facebook.com/starfishrecovery](https://www.facebook.com/starfishrecovery)

Connection Cafe - Get the Support You Need

Food Fact Friends, 42 John Street, Penicuik
Every Tuesday 1pm – 3pm
You can also call 01968 675417 for more information.

The Connection Café is based in Penicuik at Food Fact Friends. The café provides a safe space for people to have a chat with our peer support workers over a cuppa and a bite to eat.



The Light House Café, West Loan, Prestonpans, EH32 9NT
Every Thursday 1pm – 3pm
Tel: 0784339963

Starfish @ the Light House Café in Prestonpans provides a safe space for people to have a chat with our peer support workers over a cuppa and a bite to eat.

Friday Friends

Nungate & Haddington Community Centre, Haddington
Every Tuesday 1pm – 3pm
E: info@fridayfriends.org.uk

Friday Friends is an outreach programme for those in Haddington or surrounding towns, providing support and friendship to those who are experiencing some degree of exclusion associated with alcohol and/or drug misuse issues and/or related mental health issues. People who come will find a very warm welcome and be able to enjoy a free lunch. Also on offer are crafts/activities, pool, Xbox; and 1:1 counselling if requested.

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 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.

Health In Mind

Unit 40/4
Hardengreen Business Park 1
Dalhousie Road, Eskbank
EH22 3NX

Tel: 0131 225 8508
Email: contactus@health-in-mind.org.uk
Web: www.health-in-mind.org.uk

· Recovery and Justice Support

Peer support for people aged 18 and over with substance use, mental health, or criminal justice problems and want to work towards positive mental wellbeing.

It's an informal approach to support and lasts up to eight months.

The service provides peer workers who themselves have lived experience and work to support people in the community.

The service also offers:

- a weekly drop-in focusing on activities, socialising and informal discussions around addiction and mental wellbeing.
- a dedicated women's peer support worker, who can offer support, information, and guidance to women with substance use problems, criminal justice and/ or mental health difficulties in Midlothian.
- Peer support training – 5-day peer work course – How to use your own lived experience to support others.

- **Professional Development Award in Mental Health Peer Support -**

Following on from our 5-day Peer Work Course, you can now complete a Professional Development Award (PDA) in Mental Health Peer Support. The PDA recognises, develops, and celebrates the skills of those currently working and volunteering in peer support roles and those wishing to get their first peer support role.

The course and PDA are both free to attend/ complete and equips students with the knowledge, skills and values which are necessary to carry out this role with confidence.

Support is offered throughout the course and evidence of learning and its application to your practice is offered through written evidence.

- **Online drop-in**

A weekly drop-in on Mondays between 1pm—2.30pm on Zoom to assist people in recovery with self-management tips and offer peer support.

How to access recovery and justice support:

You can self-refer or be referred by someone else. Once we hear from you, we will be in touch to let you know more about the service.

Other Health in Mind services in Midlothian include:

- **Midlothian Access Point** Is open to people aged 18 to 65 who are registered with a GP in Midlothian and who are looking to improve their mental health and wellbeing. The service is currently being offered by phone on various days and times. To arrange an appointment, please call 07779565607 and leave your name and contact number. A members of the team will call you within two working days to arrange an appointment.
- **Peer connecting BAME** 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 peer connecting with trained volunteers, peer support and group work. Self or third-party referrals can be made to the service. For further information or to sign up to a group, please contact Monika Dyczko by email at monica.dyczko@health-in-mind.org.uk
- **Community Mental Health and Wellbeing services** include one to one and group support across community venues in Midlothian and online, peer support from workers with lived experience, peer connecting with trained volunteers, Art Psychotherapy. Please contact Jill Robinson by email at jill.robinson@health-in-mind.org.uk

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

Julie: Julie@anamcara.scot

07551 406942

Fiona: Fiona@anamcara.scot

07551 774089

Email:

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.

Access to Industry

156 Cowgate
Edinburgh
EH1 1RP

Tel: 0131 260 9721

Email: admin@accesstoindustry.co.uk

Website: www.accesstoindustry.co.uk

Monday – Friday 9am to 5pm

Access to industry provides Education, Training, and Employability Support for people living across Midlothian and East Lothian who are in recovery from substance use. Caseworkers provide one to one support to people on an outreach basis to work holistically with them, working to support barrier removal that will enable them to progress into their positive destination. We work in partnership with Edinburgh College to provide SQA accredited courses and deliver a weekly community college in Midlothian and East Lothian. Our Advocacy Project offers advocacy support to people with addiction issues or who are in different stages of their recovery, the opportunity to access report. This support is offered in their local area, in a space that is safe to them. We offer independent confidential support that enables people to know their rights, build confidence and resilience and live safely integrated into their communities. Across Midlothian and East Lothian, we offer additional employability support to people involved within the justice system. For further information, please contact clairdickson@accesstoindustry.co.uk

Midlothian Council Lifelong Learning and Employability Service

Fairfield House
8 Lothian Road
Dalkeith
EH22 3AA

Tel: 0131 271 3708
Email: lleadultfamilies@midlothian.gov.uk

Lifelong Learning and Employability (LLE) supports children, young people, adults and families to improve their life chances through the development of skills for learning, life and work. The service works with all age groups through activities such as youth and children's work, youth learning pathways, alternative educational programmes for young people not engaging with school or who have left school without a positive destination, adult learning, parenting and family support programmes, family learning, employability programmes including the opportunity to gain qualifications and skills, employability support for those with barriers to employment through Activity Agreements for young people and the Focus Team for adults. Further information available on www.midlothian.gov.uk

East Lothian Works

9 -11 Lodge Street
Haddington
EH41 3DX

Tel: 01620 827 262
Monday – Thursday 9am to 5pm, Friday 9am to 12noon
[Facebook.com/eastlothianworks](https://www.facebook.com/eastlothianworks)

If your employment has been affected by challenging times, the East Lothian Works Team are here to help. The team supports and inspires people to fulfil their career goals, develop new and existing skills. We can also support you in preparing a CV or getting interview ready as well as applying for roles.

Online Support

There are lots of sites and communities made by and for people in recovery, but it is difficult to know what good online resources are. MELDAP have done the hard work for you and provided good links for help and support below:

- www.peopleknowhow.org
T: 0131 569 0525 E: reconnect@peopleknowhow.org
People Know How – Reconnect
Reconnect offers support to adults and families in Edinburgh and the Lothians to help them improve wellbeing by increasing digital and social inclusion. We believe that digital inclusion and social inclusion are linked and together contribute to enhanced wellbeing. We provide a supportive environment to reduce social inclusion through building digital skills and maintaining connections, helping people to stay connected, improve financial health, increase employability, access resources and more. We also help adults recovering from substance use to become digitally included. Scotland has the highest drug-death rate in Europe. Increase digital inclusion creates opportunities including finding recovery groups, discovering useful tools and apps, tracking housing applications, applying for Universal Credit, keeping in touch with family or rediscovering hobbies online.
- www.knowthescore.info
- www.drinkaware.co.uk
- www.sdf.org.uk
- www.talktofrank.com
- www.nhs24.scot
- www.crusescotland.org.uk
- www.re-solv.org
- www.breathingspace.scot
- www.smartrecovery.org.uk

Mutual Aid Group

Addictions and Recovery – www.addictionsandrecovery.org

Alcoholics Anonymous – www.alcoholics-anonymous.org.uk

Narcotics Anonymous – www.ukna.org

Cocaine Anonymous – www.cascotland.org.uk

Gamblers Anonymous – www.ga-scotland.org

SMART Recovery – www.smartrecovery.org.uk

Useful Information

Naloxone

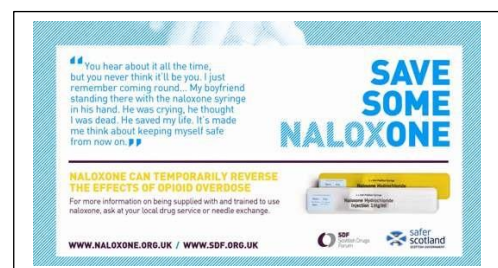
#stopthedeaths

Naloxone can reverse the effects of an opioid-related overdose for a short time. It buys the person time until an ambulance arrives, or they can be seen by a medical professional.

Anyone in Scotland who is likely to find someone experiencing an overdose in their family, their community, their workplace or in a public place can request a naloxone kit and training in its use.

How you can save a life:

1. Recognise the signs of an overdose
2. Call 999
3. Carry naloxone



For more information www.sfad.org.uk/support-service/take-home-naloxone

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

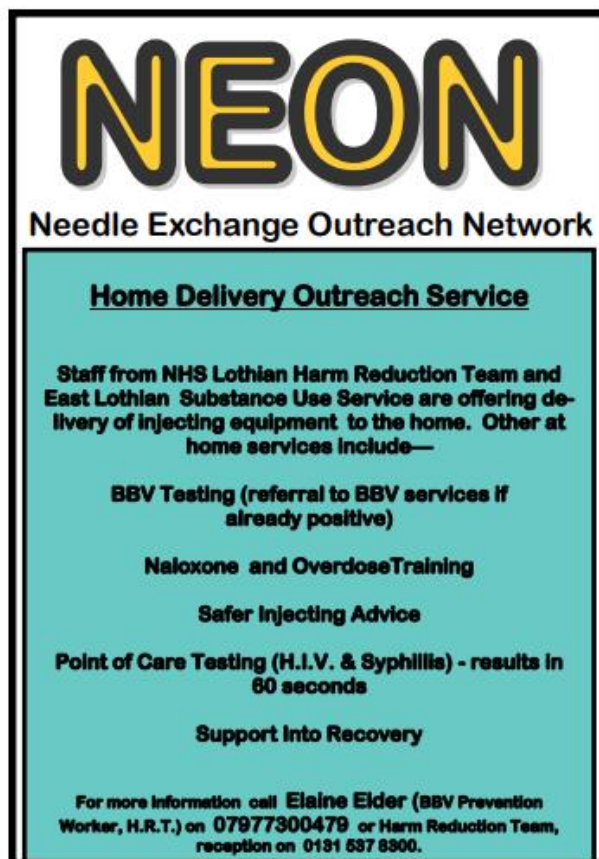
9.30am—4.30pm

Rowlands Pharmacy

22 Edinburgh Road, Penicuik

9.30am—5.30pm

9.30am—4.30pm



NEON
Needle Exchange Outreach Network

Home Delivery Outreach Service

Staff from NHS Lothian Harm Reduction Team and East Lothian Substance Use Service are offering delivery of injecting equipment to the home. Other at home services include—

- BBV Testing (referral to BBV services if already positive)
- Naloxone and Overdose Training
- Safer Injecting Advice
- Point of Care Testing (H.I.V. & Syphilis) - results in 60 seconds
- Support Into Recovery

For more information call Elaine Elder (BBV Prevention Worker, H.R.T.) on 07977300479 or Harm Reduction Team, reception on 0131 537 8900.

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
DRAFT

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-recovery.co.uk

Alternatively the team can be contacted on 0131 653 5162

Email: meldap@eastlothian.go.uk

Web: www.meldap-recovery.co.uk

F: www.facebook.com/meldap01

T: @meldaprecovery

