

Welcome to the Alcohol & Drugs Partnership E-Bulletin

This edition provides you with key information about treatment and recovery support services; programme updates, and training.

As we approach the festive season, we also want to share some tips for enjoying the holidays safely and healthily.

Festive Safety Tips

Before Going Out:

- Eat beforehand to slow down alcohol absorption.
- Avoid pre-drinks at home to prevent overconsumption.
- Monitor your units: A large glass of wine can contain 3 units. Stick to no more than 14 units per week. Avoid rounds; drink at your own pace.
- Watch your drinks: Don't leave them unattended.
- Stop if unwell: Seek help if you feel sick or dizzy.
- Plan your journey home: Stick with friends to stay safe.

Drugs Harm Reduction Advice:

- Carry naloxone: Always have a take-home naloxone kit with you.
- Avoid using alone: Have a sober friend nearby.
- Communicate: Tell someone what you've taken.
- Source carefully: Avoid buying from unknown people.
- Start small: Purity varies, so dose cautiously.
- Don't mix substances: Especially avoid combining drugs with alcohol or medications.
- Stay hydrated: Drink small sips of water regularly.
- Seek help if unwell: Don't delay due to fear of consequences.
- Sterile equipment: Ensure you have enough sterile injecting equipment to cover public holiday closures.

Coping with Loneliness

Christmas can be tough for many. If you're feeling lonely, visit the [NHS website](#) for help. For mental health and wellbeing support, visit [NHS Borders_Creating Hope Information Hub](#)

Stay safe and enjoy the festive season!



DRUG & ALCOHOL SERVICES IN BORDERS

There are three drug and alcohol services that work across the Borders to support people in their community: NHS Borders Addiction Service; We Are With You and CHIMES. These services provide a range of support for people affected by their own or someone else's drug and/or alcohol use.

The services also offer weekly drop-in clinics and Mutual Aid Partnership (MAP) meetings across the Borders in Peebles, Eyemouth, Hawick, Galashiels and Kelso. People can come along to the drop ins and talk to the drug and alcohol services, access injecting equipment or simply have a cup of tea with a member of staff.

[FIND OUT MORE](#)

Residential Rehabilitation is available and information on how to access a placement is available [here](#).



WHAT'S ON



For ages 16+

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
WithYou/NHS Borders Addiction Service Drop In PEEBLES St Joseph's Neighbourhood Centre 12pm-2pm <i>Access to free BBV testing and woundcare at any of our drop ins</i>	WithYou/NHS Borders Addiction Service Drop In GALASHIELS Hume (BAS) 12-2pm Mutual Aid Partnership (peer support meetings) Galashiels WithYou Office 2pm-3.30pm (call 0800 028 6664)	WithYou/NHS Borders Addiction Service Drop In KELSO Abbey Row Community Centre 11am-1pm WithYou/BAS Drop In HAWICK Evergreen Hall 11.30am-2pm Contact James on 0800 028 6664 to register for ONLINE MAP 3.45pm-4.45pm	WithYou/NHS Borders Addiction Service Drop In EYEMOUTH Parish Church 11am-2pm Mutual Aid Partnership - HAWICK Community Hospital 3-4.30pm

Our joint WithYou and NHS Borders Addiction Service drop ins are available for anyone looking for assessment into treatment, harm reduction advice and information around drugs and alcohol
Signposting to other local services for extra information and support
Access to IEP and Naloxone



BORDERS IN RECOVERY

Borders in Recovery offers activities six days a week with recovery cafés in Peebles, Hawick, Eyemouth and Galashiels. They also run a music group, Saturday breakfast club, family support group and and can provide 1 to 1 support. Several of their members have now become SMART facilitators and currently they offer a weekly SMART group for women and an open SMART meeting in Galashiels.

Please see information below for various groups.

You can reach the group [here](#).

What's on guide

16+

Free weekly groups run by people with lived experience of recovery (substances, mental ill health) for people who are in recovery and their family & friends.



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

SMART Recovery meeting
Parish Church
High Street
Peebles
12.30-1.45pm

Recovery Cafe
Parish Church
Peebles
2-4pm

Music group
TD1 Youth Hub
Ladhope Vale
Galashiels
11-1pm

Recovery Cafe
Evergreen Hall
Hawick
3.30-5.30pm

Family group
Burnfoot Hub
Hawick
4-5.30pm

Women's SMART Recovery meeting
Focus Centre
Galashiels
11-1pm

Recovery Cafe
Parish Church
Victoria Road
Eyemouth
11-2pm

SMART Recovery meeting
Focus Centre
Galashiels
3-4.30pm

Recovery Cafe
Focus Centre
Galashiels
5-7pm

SATURDAYS @ Focus Centre, Galashiels
Breakfast Club (family friendly) 10-12noon



www.bordersinrecovery.org

Supported by:



PLEASE GET INVOLVED AND SHARE YOUR EXPERIENCE

JOIN THE BORDERS ENGAGEMENT GROUP

The Borders Engagement Group is an independent community of individuals with living experience who meet every Wednesday from 2pm - 4pm at the Langlee Community Centre, Marigold Drive, Galashiels TD1 2LP. Tea, coffee, and lunch will be provided. This gathering offers a safe space for sharing both positive and negative experiences. These insights are then discussed with alcohol and drug services, the ADP Support Team, and other relevant services to address any concerns. If you are actively using substances or on Medication Assisted Treatment and would like to participate in the Borders Engagement Group, please find more information [here](#).

LIVED EXPERIENCE FORUM

The Borders Lived Experience Forum meets quarterly at the Focus Centre, providing a platform for individuals with past experience of using alcohol and drug services to share their insights.

This forum ensures that their voices help shape the work of the ADP and alcohol and drug services. A representative from the group also attends ADP meetings. For more information, please contact us. [For more information](#)

NATIONAL MISSION EVALUATION

Scottish Government colleagues are undertaking an evaluation of the overall work related to the National Mission. This is for people who have experience of using drugs and who have needed support in the last 12 months. There is a survey you can complete online or contact Avril Kindo-Jermison at With You on 0800 028 6664 for more information. (Please note this is a separate process to that on page 5.



MEDICATION ASSISTED TREATMENT (MAT) STANDARDS - IMPROVEMENT IDEAS

The ADP Support Team, in collaboration with drug and alcohol services, has been meeting to discuss improvement ideas gathered from interviews with people who use services, their families, and staff members.

We received an overwhelming number of suggestions, and our team is currently reviewing 45 of these ideas to determine the best ways to implement them. Stay tuned for more updates in our next bulletin.

See [here](#) to find out more about MAT standards 1 - 10 progress across Scotland.



We want to hear from you and your experiences

If you or a family member have accessed drug treatment in the previous 12 months and would like to be involved in helping improve services, we want to hear from you.

We have trained peer interviewers who will meet you at a time and place that suits you to discuss your experience. These conversations are confidential and you will not be named in any of the paperwork or reports.

For more information contact Avril Kindo-Jermieson from With You on: 0800 028 6664



SPOTLIGHT ON.....SUBSTANCE USE LIAISON NURSE



Lana Ker

What is the service?

The substance use liaison service is part of Borders Addiction Service and assists acute service delivery and care to people who use substances and who may be at risk of harm. The service provides a key link between acute and community, ensuring continuity of care and seamless transition to primary care.

What does it do?

The substance use liaison service assesses patients who have dependent, unpredictable or hazardous drug or alcohol use, regardless of whether they have recent or past involvement with community treatment services. Key objectives include early access to opiate substitute treatment, alcohol detoxification, retention in treatment to avoid early or self-discharge and signpost or refer to community services.

Our goal is to enhance the hospital experience for this patient group, who may have had negative experiences in the past. Stigma within healthcare services continues to be a challenge, and we are committed to addressing this issue.

Intervention

Hospital admission provides an opportunity for diagnosis, intervention, treatment and care for patients who may have complex, unrecognised or untreated health conditions. We provide a range of interventions, with our primary focus on patient safety, ensuring they are comfortable and not experiencing withdrawal symptoms.

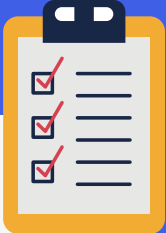
Interventions available

- Alcohol screening and brief intervention
- Advice on managing withdrawals
- Support inpatient detoxification
- Opiate substitute treatment
- Testing for blood borne viruses
- Naloxone training and take dispensing of kits
- Harm reduction advice and Injecting equipment
- Liaison with community addiction teams
- Facilitate early follow up post discharge

For referrals to Substance Use Liaison Nurse

Liaison inbox: LiaisonPsychiatry.TeamReferrals@borders.scot.nhs.uk

Telephone number: 01896 827320



CALL FOR URGENT ACTION ON ALCOHOL - RECENT REPORTS

On 31st October 2024, Audit Scotland published a report on alcohol and drug services, highlighting the need for the Scottish Government to increase focus and funding for tackling alcohol-related harm.

While progress has been made in expanding residential rehabilitation and implementing medication assisted treatment standards, the emphasis on drug harm has shifted attention away from alcohol-related issues.

The report calls for urgent action to address workforce challenges, improve accountability, and develop more preventative approaches. Key recommendations include increasing focus and funding for alcohol-related harm, creating a sustainable funding plan post National Mission 2026, and enhancing the autonomy and capacity of ADPs to coordinate local services effectively.

To find out more read the report [here](#).

On 29th October 2024, Public Health Scotland released a report reviewing the Alcohol Brief Intervention (ABI) programme, recommending a dynamic, evidence-based approach to integrate ABIs into routine practice and address societal factors to reduce alcohol-related harms. The report highlights the need for increased focus and sustainable funding, improved workforce support, and enhanced preventative measures.

Despite progress, significant barriers remain, and the report calls for urgent action from the Scottish Government to reaffirm commitment, develop a strategic vision, and engage leadership to normalise alcohol conversations, aiming to reduce Scotland's high rates of alcohol-specific deaths.

To find out more read the report [here](#).



ADP CALLS FOR COMPASSION AND KINDNESS

We are excited to share the Alcohol and Drugs Partnership Strategic Plan (2024-2027). This plan, shaped by our staff, those with lived experience, and key partners, outlines our priorities for the next three years.

A key focus this year is addressing the stigma around drug and alcohol use, which often prevents people from seeking help. Stigma can make individuals feel judged or undeserving, affecting not only them but also their families and support providers. Women and LGBTQ+ individuals face unique challenges and higher risks of stigmatisation.

Substance use issues are health conditions, and treating people with compassion rather than judgment can encourage them to seek help. Language matters—how we talk about substance use can either contribute to or reduce stigma.

Dr. Sohail Bhatti, NHS Borders Director of Public Health and Chair of the Scottish Borders ADP, urges everyone to challenge stigma and support those affected by substance use. “Together, we can create a kinder, more understanding approach,” he says.

For more information on drug and alcohol stigma and support, click [here](#).



WORKFORCE DEVELOPMENT TRAINING DIRECTORY

Borders ADP publish Workforce Development Training Directory every year. All our courses are free and are delivered online via Microsoft Teams. These sessions are proving to be very popular and booking is essential.

Scottish Drugs Forum has also switched to a virtual platform and these courses are viewable on their [training page](#). They are free for anyone working or living in Scotland.

[ADP TRAINING
DIRECTORY](#)

Upcoming Training for 2024/25

Date	Provider	Course	Time
18.11.24	Borders ADP	CPD Session Drug Trend Monitoring Group	10-10.30am
20.11.24	CHIMES/ WithYou	Children Affected by Parental Substance Use	2 - 4pm
15.01.24	CHIMES, With You, Borders Addiction Service & Borders in Recovery	Meet the Drug & Alcohol Serves & Recovery Community	9.30-10.15am
25/26th Feb 25	Scottish Drugs Forum	Alcohol and Older People 1 course over 2 x 1/2 days	9.15am-1.30pm
6/12th Mar 25	Reach Advocacy	Advocacy Workshop 1 course over 2 x 1/2 days	9am -12pm
12.03.25	CHIMES, With You, Borders Addiction Service & Borders in Recovery	Meet the Drug & Alcohol Serves & Recovery Community	9.30-10.15am

