

action on  
**drugs+alcohol**  
BORDERS

Scottish  
Borders Drug  
and Alcohol  
Treatment and  
Recovery  
Information  
Leaflet

April 2024

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**For more information: Scottish Borders Alcohol & Drugs Partnership**

Telephone: 01835 825900

Email: [ADP.Borders@borders.scot.nhs.uk](mailto:ADP.Borders@borders.scot.nhs.uk)

Website: [nhsborders.scot.nhs.uk/badp](https://nhsborders.scot.nhs.uk/badp)

## DRUG AND ALCOHOL SERVICES

There are three direct drug and alcohol services in the Scottish Borders. Individuals can request a key worker of the same sex if they prefer, and services will aim to meet this requirement where possible.

**withyou**

### We Are With You in Borders

Support to anyone 16yrs and over concerned about their own drug or alcohol use or someone else's.

- One to one and group support to help you cut down, stop or maintain abstinence
- Employment support
- Injecting Equipment/Blood Borne Virus Tests
- Take Home Naloxone Kits
- Support for adult family members affected
- Referral and assessment for Residential Rehabilitation

Telephone: 0800 028 6664 (Freephone)

### NHS Borders Addictions Service (BAS)



Support to anyone 16yrs and over with drug/alcohol dependency and physical/mental health needs.

- Psychological therapies
- Substitute prescribing
- Access to in-patient and community detoxification
- Referral and assessment for Residential Rehabilitation
- Injecting Equipment/Blood Borne Virus Tests
- Take Home Naloxone Kits

If you are receiving opiate substitute treatment at time of liberation, please contact BAS as soon as possible after release in order to get your treatment sorted in a timely manner. Telephone: 01896 664430

### Action for Children - CHIMES Service



The service provides support to

- Young carers
- Children and young people (all ages) impacted by a family member's alcohol and/or drug use (parent, grandparent, older sibling etc)
- Concerned others.
- Parents with concerns about their drug/alcohol use including expectant parents.
- Referral and assessment for Residential Rehabilitation

Telephone: 01896 750173

Email: [CHIMES@actionforchildren.org.uk](mailto:CHIMES@actionforchildren.org.uk)

Venue	Town	Telephone No.
We Are With You	Borders wide	01896 757843
Borders Addiction Service	Borders wide	01896 664430
Lindsay & Gilmour Pharmacy	Hawick	01450 372757
Lindsay & Gilmour Pharmacy	Selkirk	01750 21723
Right Medicine Pharmacy	Peebles	01721 720729
Rowlands Pharmacy	Kelso	01573 224613
Gala Pharmacy	Galashiels	01896 755948
Jedburgh Pharmacy	Jedburgh	01835 863489
GLM Romanes Pharmacy	Duns	01361 883753
GLM Romanes Pharmacy	Eyemouth	01890 750374

### DROP -INS

Drop -ins are provided by Borders Addiction Service and We Are With You. Anyone can attend the drop-ins for advice and support:

Day	Town	Venue	Time
Monday	17 Rosetta Road, Peebles EH45 8JU	St Joseph's Neighbourhood Centre	12pm – 2pm
Tuesday	Tweed Road, Galashiels TD1 3EB	Hume (BAS)	12pm – 2pm
Wednesday	Dovecote Street, Hawick TD9 9QP	Evergreen Hall	11:30am – 2pm
	The Knowes, Kelso TD5 7BJ	Abbey Row Community Centre	11am – 1pm
Thursday	Victoria Road, Eyemouth TD14 5JD	Parish Church	11am – 2pm

## RECOVERY COMMUNITIES

### Borders In Recovery



Borders In Recovery is a Lived Experience Recovery Community and a member of the Scottish Recovery Consortium. Recovery communities offer recovery support, meaningful activities, socialisation opportunities and health and wellbeing activities as well as many other leisure and personal development opportunities for their participants and volunteers. If you are interested in coming along but would like support to attend your first café or group, volunteers from Borders in Recovery can support you to do this. Volunteers can also support you to attend the Lived Experience Forum

Borders Recovery can arrange gate pickups from HMP Edinburgh, Glen Ochil, Shotts, Stirling and Perth.

[www.bordersinrecovery.org](http://www.bordersinrecovery.org)

Twitter: @BordersRecovers

Instagram: Borders\_in\_Recovery

Facebook: Borders\_Recovery (@bordersrecoverycommunity)

Email: [rod@recoverycoachingscot.org](mailto:rod@recoverycoachingscot.org)

Mobile: 07536455898

Day	Activity	Venue	Time
Monday	Recovery Café	Parish Church, Victoria Road, Eyemouth	11am -1pm
	SMART Recovery Meeting	Parish Church, High Street, Peebles	12.30 - 1.45pm
	Recovery Café	Parish Church, High Street, Peebles	2pm – 4pm
Tuesday	Music Group	TD1 Youth Hub, Galashiels	11am – 1pm
Wednesday	Recovery Café	Evergreen Hall, Dovecote Street, Hawick	3.30pm – 5.30pm
Thursday	Women's SMART Recovery Meeting	Focus Centre, Galashiels	11am - 1pm
Friday	SMART Recovery Meeting	Focus Centre, Galashiels	3 - 4.30pm
	Recovery Café and Self Care & Wellbeing Hub	Focus Centre, Galashiels	5pm – 7pm
Saturday	Breakfast Club (Family Friendly)	Focus Centre, Galashiels	10am -12pm

## HOUSING

If you are a current tenant with one of the following organisations, please contact them to let them know about your circumstances.

Contacting your landlord will ensure that you are given advice to help you maintain your tenancy.

Berwickshire Housing Association:	0800 652 8104	<a href="mailto:info@berwickshirehousing.org.uk">info@berwickshirehousing.org.uk</a>
Eildon Housing Association:	03000 200217	<a href="mailto:housing@eildon.org.uk">housing@eildon.org.uk</a>
Scottish Borders Housing Association:	01750 724444	<a href="mailto:enquiries@sbha.org.uk">enquiries@sbha.org.uk</a>
Waverley Housing:	01450 364200	<a href="mailto:info@waverley-housing.org.uk">info@waverley-housing.org.uk</a>

If you are likely to be homeless on release or would like general housing advice, you should contact Homelessness Services prior to your release on 01896 661385, [Homelessnessservices@scotborders.gov.uk](mailto:Homelessnessservices@scotborders.gov.uk)

## ADVOCACY

### **Borders Independent Advocacy Service (BIAS)**

Independent advocacy is a way to help people have a stronger voice and to have as much control as possible over their lives.

Telephone: 01896 752200

Email: [info@bordersadvocacy.org.uk](mailto:info@bordersadvocacy.org.uk)

Borders Independent Advocacy Service  
Low Buckholmside, Galashiels TD1 1RT