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.co.uk.

Alternatively the team can be contacted on 01875 818 270.
Useful Numbers

- Breathing Space 0800 83 85 87
- Carersline 0808 808 777
- Chalmers Sexual Health Centre 0131 536 1070
- Cocaine Anonymous Scotland 0141 959 6363
- Cruse Bereavement Care 0845 600 2227
- Domestic Abuse 0800 027 1234
- Drinkline 0800 7 314 314 (freephone)
- Drink Aware 020 7307 7450
- Know the Score 0800 587 587 9 (24hr)
- National Debt Line 0808 808 4000
- Narcotics Anonymous 0845 373 3366
- NHS 24 08454 24 24 24
- Re-Solv 0808 800 2345
- Saneline 08457 67 80 00
- Samaritans 08457 90 90 90
- Scottish Families Affected by Drugs 08080 10 10 11
- Scottish Drugs Forum 0131 221 9300
- Talk to Frank 0800 776 600
- UK National Drugs Helpline 0800 77 66 00
- Welfare Rights Team (for benefits help) 0131 653 4303
- Social Work
  - Midlothian 0131 271 3860/3900
  - East Lothian 01620 827 827
  - Out of hours 0800 731 6969
- Lothian & Borders Police
  - Dalkeith 0131 663 2855
  - Musselburgh 0131 665 9696
Injecting Equipment Providers

**NEON/MELD Mobile Service**

East Lothian
- Olive Bank Road
  - Tuesday 12noon—2.30pm
- Musselburgh

Midlothian
- Newbyres Medical Group Car Park
  - Tuesday 4pm—5.30pm
- 15a Hunterfield Road
- Gorebridge

**Pharmacies**

East Lothian
- B Ferguson
  - 66 High Street, North Berwick
    - 9am—5.30pm
    - 9am—5.30pm
- Bankton Pharmacy
  - 9am—1pm
- Hawthorn Road, Prestonpans
  - & 2—6pm
  - 9am—1pm
- Robert Aitken Pharmacy
  - 67 High Street, Dunbar
    - 9am—5.30pm
    - 9am—1pm
- Lloyds 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

**Midlothian and East Lothian Drugs (MELD)**

- 6a Newmills Road
- Dalkeith
- EH22 1DU

**Needle Exchange Drop In**

- Monday – 2.30pm to 4.30pm
- Friday – 2.30pm to 4.30pm

Please note there will be no drop in service out with these hours.

**Needle Exchange Pre Order Service Pick Up Times**

- Wednesday—12pm to 2pm
- Thursday—4.30pm to 6.30pm

Order by phone on: 0131 660 3566 or by text on: 079288182369

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**MELDAP—Who are we?**

Midlothian and East Lothian Drugs and Alcohol Partnership (MELDAP) was formed in November 2008. This brought Midlothian and East Lothian’s two drug and alcohol action teams (DAATs) together to form a new partnership with high-level representation from East Lothian and Midlothian Councils, NHS Lothian, the voluntary sector and Lothian and Borders Police.

MELDAP’s primary aim is to coordinate the design, delivery and evaluation of drug and alcohol services across East Lothian and Midlothian. This will ensure that services are needs-led, based on evidence of what makes a difference, and delivered in an effective and efficient way which provides value for money. A key component of this approach is that services are designed around the needs and aspirations of service users, who are given the opportunity to play a role in services design, delivery and evaluation. Such an approach is not without its challenges. If successful, it will ensure that service delivery provides what service users say they need, rather than what it might be assumed that they need.

The partnership is committed to the principle of recovery. This has the objective of moving people on from where they find themselves when they first engage with services, to the high level of recovery which is appropriate to them. Recovery can mean a move towards abstinence, stability, self-development or employment.

**About this booklet**

There are a number of drug and alcohol services available to people in Midlothian and East Lothian. They provide treatment and support to people with substance misuse problems and to those affected by the substance use of others. These services are provided by a range of statutory and voluntary agencies. This booklet outlines what services are available for people in Midlothian and East Lothian, and how they can be accessed. Some of the services listed can only be accessed by referral from a GP.
Voluntary 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

This service 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. This service is also for residents who are serving a sentence of less than 4 years who have a substance dependency. Throughcare offer 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, family members and social work.

VOCAL Midlothian
Grannies Park
Edinburgh Road
Dalkeith
EH22 1JY

Tel: 0131 663 6869
Email: midlothian@vocal.org.uk
Monday—Friday: 9am to 5pm

VOCAL is the Voice of Carers Across Lothian and is an organisation run by carers for carers. Many carers are unaware of the support available to them or what they may be entitled to. VOCAL’s Carer Support Team works with carers on a one-to-one basis to help identify the issues affecting them and achieve the best possible outcome.

Monday Group
St Andrew’s Church Hall
High Street
Musselburgh

Tel: 0131 665 0848
Monday: 12noon to 2pm

The Monday Group is for people who have issues around substance misuse, you are welcome to drop in for lunch and some company. Support is provided by MELD, St Andrew’s Church and First Step with lunch being provided by church volunteers.

Waverley Care Milestone House
133 Oxgangs Road North
Edinburgh
EH14 1EB

Tel: 0131 441 6989
Email: milestone@waverleycare.org
24 Hours a day—7 days a week

Waverley Care provides short-term residential support. Waverley Care offers support to people living with HIV and Hepatitis C and to their parents, families and carers. They also strive to raise awareness of those conditions and their prevention. Milestone House is a residential project providing respite for people living with HIV and Hep C.

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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.

Transition is an Access to Industry project that provides a daily programme of accredited learning on an ongoing basis. Through its ‘mini college’ for recovering substance users, Transition offers SQA qualifications in specific job training and core skills, increasing opportunities for progression into further education and employment.

The Throughcare & Aftercare Health Practitioner is based within the East Lothian Council’s Education and Children’s Services Throughcare and Aftercare Team (TAC). TAC team provides support to young people aged 15-21yrs who are currently or have been previously looked after and/or accommodated by East Lothian Council. The Throughcare & Aftercare Health Practitioner’s aim is to support clients with all aspect of their health. 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.

The Health Practitioner provides key worker service on an individual basis to young people. The worker also delivers a service to 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. 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 and in accessing appropriate services.
ELSMS is a substance misuse service provided by consultant psychiatrists, GP (with special interest), psychologists, senior psychiatric nurses, substance misuse workers and occupational therapists. ELSMS offers substitute prescribing, advice and liaison with other services. ELSMS is a partnership between CDPS, MELD and NHS.

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

Children and Young People’s Substance Misuse Support Workers
ELC Children’s Services
Integration Team
Randall House
Macmerry Business Park
Macmerry
EH33 1RW

The Support Workers offer support to school age children and young people living in East Lothian, whose lives have been impacted with their own substance misuse problems or that of their parents or carers. They offer support at school, home and in the community on a 1:1 basis and through group work. You can get more information by calling us or speaking directly to a guidance teacher or supportive adult.

GATEWAY TO RECOVERY
Midlothian and East Lothian Drug and Alcohol Service

From 6th February 2012, people with substance misuse problems across Midlothian and East Lothian will be able to self-refer to alcohol and drug services through the new Gateway to Recovery clinics.

The Gateway to Recovery clinics will bring together NHS and voluntary sector services to provide a comprehensive assessment for people trying to cope with and overcome problems caused or affected by alcohol or drugs.

Service users will benefit from a single point of access and standardised assessment and triage process for all alcohol and drug services in the areas.

All services provided at the Gateway will be accessed through a drop in at the below locations and times.

Monday
Roodlands Hospital
Out Patients Dept
Hospital Road
Haddington, EH21 9LL
1 pm to 4 pm

Tuesday
Midlothian Substance Misuse Service
Glenesk Centre,
1/5 Duke Street,
Dalkeith, EH22 1BG
11 am to 4 pm

Tuesday
NEON BUS
Olive Bank Road, Musselburgh
Car park opposite Tesco beside bandstand
12 noon to 2.30 pm

Tuesday
NEON BUS
New byres Medical Group Car Park
15a Hunterfield Road,
Gorebridge, EH33 1RW
4 pm to 5.30 pm
**Scottish Families Affected by Drugs (SFAD)**
Suite 2E, Ingram House
227 Ingram House
Glasgow, G1 1AD
Tel: 0141 221 0544
Email: info@sfad.org.uk
Web: www.sfad.org.uk
Scottish Families Affected by Drugs is a national organisation. We provide support to family members and friends who have been affected by the drugs misuse of a relative or loved one and raise awareness of the issues affecting them. Our two main areas of work are: supporting and facilitating family support groups and sharing information and learning between the groups; providing information and support to individuals through a helpline, email service and website.

**Serenity Café**
8 Jackson’s Entry, The Tun
111 Hoyrood Road
Edinburgh, EH8 8PJ
Tel: 0131 556 8765
Email: Ruth@comas.org.uk
Web: www.serenitycafe.org.uk
Serenity Café is for individuals who want to recover from drugs, alcohol and mental health issues who are looking for support and local activities. The Café offers a women’s Wednesday, arts groups, walking and other interest groups. It is a focal point for information on recovery in Edinburgh. People in recovery may volunteer to help run the café. There is also peer support through recovery coaching and training for people in longer term recovery to become recovery coaches to help others.

**Simpson House Counselling Service**
52 Queen Street
Edinburgh
EH2 3NS
Tel: 0131 225 6028 or 1054
Email: simpsonhousecounselling@crossreach.org.uk
Web: www.simpson-house.org
Monday—Friday: 9am to 5pm
Simpson House provides a counselling service for people affected by their own or another’s drug use, working with individuals, couples and families. The service is available to people aged 16 years old and above. This service is available at Simpson House and HMP Edinburgh. Make it Happen supports children and young people at risk of getting involved in anti-social behaviour.

**The Sorted Project**
5 Rose Street
Edinburgh, EH2 2PR
Tel: 0131 243 2657
Email: Karen@sortedproject.co.uk
Website: www.sortedproject.co.uk
The Sorted Project is an established charity helping people in Edinburgh and the Lothian’s who are recovering from drug or alcohol problems. Sorted offers an outreach service which is delivered within communities across Edinburgh and the Lothian’s. They are part of a network of support agencies including voluntary groups, GP surgeries, alternative-to-custody agencies, youth groups and a range of employers.

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**GATEWAY TO RECOVERY**
Midlothian and East Lothian Drug and Alcohol Service  Cont./

**Thursday**  East Lothian Substance Misuse Service
Edenhall Hospital
Pinkieburn
Edenhall Road
Musselburgh  11 am to 4 pm

**Friday**  Eastfield Health Centre
Logan Lea Centre
Eastfield Farm Road
Penicuik  10 am to 1 pm

The Gateway staff are drawn from NHS Lothian’s Substance Misuse Directorate and Mid and East Lothian Drugs (MELD).

Professionals working in the substance misuse field in East and Midlothian can direct service users to any of the Gateway to Recovery clinics. Leaflets for professionals and service users will be circulated within the coming weeks.

To find out more about the Gateway to Recovery clinics get in touch with one of the contacts below.

Midlothian: Bernadette Hare on 0131 660 6822
East Lothian: Christine Dodd on 0131 536 8074
Mid and East Lothian Drugs (MELD): Dave Gasparini on 0131 660 3566
Phoenix Futures work in partnership with Her Majesty’s Prison service and the Scottish Prison Service. Their staff work across the full range of establishments from high security estate to category D open estate, community prisons, youth offender’s institutes and specialist institutes with high risk and sex offenders. They also provide continuity of care and support beyond the prison gates back into communities.

Phoenix Futures provide residential detoxification, rehabilitation programme, drug and alcohol day programmes, individual and group support programmes. They recognise that an individual’s journey will involve addressing their substance misuse, their overall health and wellbeing and their active participation within the wider community.

Enhanced Addiction Casework Service

Phoenix Futures runs innovative Enhanced Addiction Casework Service (EACS) in 13 Scottish prisons, providing support for those in prison who wish to address their alcohol and drug use.

Royal Edinburgh Hospital

Morningside Place
Edinburgh
EH10 5HF

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 problems.

SACRO

23 Dalmeny Street
Edinburgh
EH6 8PG

SACRO aims to promote community safety by working with individuals involved in the criminal justice system across Scotland by providing services to reduce conflict and offending. SACRO provides services in criminal justice, conflict resolution and restorative justice and reparation. These services are based on the values of mutual respect, recognising and valuing diversity, personal responsibility, society’s responsibility to all its members, capacity for change and working together to reduce conflict and repair harm.

ADAPT (Assisting Drug Addicted Parent Team)

Randall House
Macmerry Business Park,
Macmerry, EH33 1RW

The aim is to help improve the lives of children whose parent(s) have substance misuse issues. The team of family support workers work alongside the parents and other support providers to help parents cease, reduce or stabilise their substance misuse, they also help parents improve their parenting skills through establishing boundaries and routines by ensuring their children attend nursery or school regularly and providing a safe home environment.

AL-ANON

Unit 6 Mansfield Park Building
22 Mansfield Street
Partick, Glasgow, G11 5QP

Al-Anon provides group support to people affected by someone else’s drinking. Members share their experiences, strengths and hopes at meetings to help each other cope.

Alcoholics Anonymous

Northern Service Office
Baltic Chambers
50 Wellington Street
Glasgow, G2 6HJ

Alcoholics Anonymous is a group of people whose main purpose is to stay sober and help other alcoholics achieve sobriety. The only requirement for membership is a desire to stop drinking. All members have had a problem with alcohol during their lives and are trying to recover.

Bridges Project

Unit 1, Bogpark Road
Musselburgh, EH21 6RT

Bridges Project is a charity which provides a number of services to assist young people to manage transitions into adulthood and life beyond school. The project operates across East Lothian. Bridges Project offers a group work programme, personal tutor, way2work and personal development workers. The service is offered on a voluntary basis and is free and confidential.

The Way2Work service is available to young people in both Midlothian and East Lothian. The aim of this service is to help young people to acquire the employability skills which are so valued by employers. Young people will be assisted to prepare for a work practice placement, support them and the employer involved in the placement and ensure that young people have every chance to understand the realities of work.
NEON (Needle Exchange Outreach Network)
East Lothian
Olive Bank Road, Musselburgh
12 Noon to 2.30 pm

Car park opposite Tesco beside bandstand

Midlothian
New Byres Medical Group Car Park
15a Hunterfield Road, Gorebridge
4 pm to 5.30 pm

OASIS
St Andrew Blackadder Church
North Berwick
East Lothian

Oasis is a friendly and informal social group for adults experiencing difficulties with their substance misuse. A light lunch of soup and sandwiches is available at each session followed by coffee, a chat and social activities.

PETE (Pathways to Education, Training & Employment)
46 Millhill
Musselburgh
EH21 7RN

The PETE Project works with individuals recovering from substance misuse to set realistic goals for the future that could help progress towards further education, training or employment. The PETE Project offers a flexible programme with agreed goals built around individual needs. If childcare or training costs prove to be a barrier the PETE Project may offer financial support.

Pink Ladies
Maria Martin: (Mobile) 07977 279 848
Sheila Peaston: (Mobile) 07752 795 626

Email: pinkladiesscotland@hotmail.com
Website: www.pinkladiesscotland.com

The Pink Ladies offer support to women who have experienced stress, depression or anxiety. The aim is to work with women in a group setting to help build their confidence and self-esteem. The Pink Ladies run two courses of either 6 or 10 weeks and also have on going groups held in a variety of community settings.

Children 1st
East Lothian
Randall House
Macmerry Business Park
Macmerry, EH33 1RW

Tel: 01875 824 000
Monday—Thursday: 9am to 4.45pm
Friday: 9am to 3.30pm

Family Group Meetings are a way of helping families find their own solutions to difficulties, with the family being placed at the heart of the decision making process. Our priorities are to work with families where a child is looked after and accommodated; at risk of accommodation; where permanency planning is taking place; and where children have additional support needs.

Our Young Families Outreach service supports families who are vulnerable or under stress. We provide individual and family support that enables parents to gain in confidence and improve relationships within the family and with their children. We also offer direct support to children using play and art materials. In most cases we meet with families within their own homes, but also work with children at school or in the community. Our priorities are to work with families who have a child aged 0-5, or who have a child aged 0-8 where the child is on the child protection register or is looked after and accommodated. We work closely with other agencies such as social work, health, schools, and community organisations to achieve the best for children.

Bfriends provides support and friendship to children and young people aged 5-16 who are experiencing difficulties within the family and as a result are left feeling isolated and vulnerable. Trained volunteers befriend children and young people on an one-to-one basis and help to build children’s confidence and self-esteem, and open up opportunities for personal and social development.

Midlothian
Units 9-10
40 Hardengreen Business Park
Dalhousie Road
Dalkeith, EH22 3NU

Tel: 0131 654 9540
Web: www.children1st.org.uk
Monday—Friday: 9am to 5pm

The Midlothian Family Support Service is an early intervention service, co-located and working in partnership with adult service providers within the Substance Misuse Service in Midlothian. They will support parents to recognise the impact of their substance use on their children and help them to ensure their children’s needs are fully met. They will work with children and young people, individually and in small groups to increase their self esteem, confidence and resilience.

The Midlothian Young Carers Service provides support and advice tailored to meet the individual needs of young people across Midlothian who find themselves caring for a dependent relative at home. Their staff provides both individual and group activities aimed at helping the young people enjoy their lives.

The Midlothian Young Carers Service provides support and advice tailored to meet the individual needs of young people across Midlothian who find themselves caring for a dependent relative at home. Their staff provides both individual and group activities aimed at helping the young people enjoy their lives.
MiTech – training for work provides a package of training, employment opportunities and local support services. It is a 13-week programme which provides ICT and personal development for job seeker allowance claimants.

STEM – Services in Training and Employment in Midlothian  
The STEM team provide support for adults 16 years upwards who have a sensory, physical, learning and or mental health disability and who are in receipt of disability living allowance.

Step forward Scotland  
Step forward Scotland is a new initiative from the Scottish Government the European social fund and skills development Scotland that is committed to helping Scottish businesses and young people aged between 16 and 19.

Midlothian Working for Families (WWF)  
Working for Families aims to help parents move along the pathway to employment and will work with clients who need to build their confidence, or need help finding suitable childcare, want to try some volunteering or are having difficulties maintaining their job due to stresses in the household.

Midlothian Young People’s Advice Service (MYPAS)  
Tolbooth Hall  
176 High Street  
Dalkeith  
EH22 1AY  
Telephone: 0131 454 0757  
Email: enquiries@mypas.co.uk  
Website: www.mypas.co.uk  
Monday—Friday 9am to 5pm (evening support appointments and group programmes are available)

MYPAS promotes the health and well being of young people (aged 12-25 years) in Midlothian. MYPAS provides drug and alcohol services, street work, art therapy, counselling, and sexual health drop-ins for young people in Midlothian. MYPAS’ Alcohol and Drug service offers one to one support for young people (12 to 18 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 on our sexual health drop-in opening times and venues.

C-Plus Mainliners  
22 Laurie Street  
Edinburgh  
EH6 7AB  
Tel: 0131 478 7929  
Monday—Friday 9.30am to 5pm

C Plus is a confidential information, advice and support service for people living with or affected by Hepatitis C. C Plus services are available to anyone living in Edinburgh and the Lothian’s. Their goal is to help people live positively with hepatitis C and to ensure that individuals and communities have better access to advice, support and treatment.

Community Lived Experience for Alcohol & Drugs Recovery (C.L.E.A.R)  
Health in Mind  
The Orchard Centre  
14 Lothian Street  
Bonnyrigg  
EH19 3AB  
Tel: 0131 663 1616  
Monday—Friday 9am to 5pm  
Email: Joe@orchardcentreservices.org.uk

CLEAR is a Midlothian project that uses the lived experience of people who have had substance misuse and mental health difficulties to support adults who are still experiencing these challenges. CLEAR has two parts that run alongside each other: The Peer Support Service and the CLEAR Drop-In.

The Peer Support Service offers one-to-one support from trained volunteers who have lived experience of addictions and mental health difficulties. This could be meeting for a coffee in a café, going for a walk together or taking part in an activity. Peer support is usually weekly and last for up to 8 months.

The CLARE Drop-In is a friendly weekly drop-in focusing on activities and socialising. We have a wide variety of activities available, such as games, dominoes, cards and quizzes. We also offer a space for people to share and discuss substance misuse issues in a group if they want to.

Self referrals and referrals from any organisations are welcome.

Community Drug Problem Service (CDPS)  
22-24 Spittal Street  
Edinburgh  
EH3 9DU  
Tel: 0131 537 8345  
Web: www.nhslothian.nhs.uk

The CDPS offers treatment for patients aged 18 and over with problematic drug use. Following assessment, clients usually receive substitute medication with specialist support from the CDPS, including education, tolerance testing, community detoxification, relapse prevention, cognitive behavioural therapy, counselling and referral to other agencies in the community.
Lothian & Edinburgh Abstinence Programme (LEAP)
Malta House
1 Malta Terrace
Edinburgh
EH4 1HR
Tel: 0131 456 0221
Email: leap.programme@nhslothian.scot.nhs.uk
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 Malta House in central Edinburgh which lasts three months and involves structured activities everyday. 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.

Mid and East Lothian Drugs (MELD)
6a Newmills Road
Dalkeith
EH22 1DU
Tel: 0131 660 3566
Email: office@meld-drugs.org.uk
Monday—Friday 9am to 5pm
MELD aims to reduce the harm associated with substance misuse by providing free and confidential services for individuals whose lives are affected by drugs/ or alcohol. Provided in a variety of settings across Mid 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.
Auricular acupuncture sessions will run from February to November 2012. Auricular acupuncture is a recognised and effective treatment within the substance misuse field. Attendance is by referral only and these groups will be offered from a range of locations including; Dalkeith, Bonnyrigg, Musselburgh, Haddington.
MELD offer a Peer Support Group on a Thursday between 6 and 7 pm from our offices in Dalkeith for clients living in Midlothian. The group offers individuals the opportunity to meet up and talk about their recovery journey whilst providing support to one another. MELD are currently making plans to develop another peer support group in East Lothian.
MELD will be delivering SMART recovery groups across Mid and East Lothian from April 2012 with clear focus on an individual’s recovery using the SMART model.
MELD also plan to develop a well being group to provide support for individuals who find it difficult to manage such issues as anxiety and stress. Groups running in both Midlothian and East Lothian are planned to start in April 2012.
For further information on any of the above please contact MELD direct.

Crew 2000
32 Cockburn Street
Edinburgh
EH1 1PB
Tel: 0131 220 3404
Email: admin@crew2000.org.uk
Web: www.crew2000.org.uk
Monday—Wednesday 1pm to 5pm
Tuesday 3pm —to 7pm
Friday—Saturday 9am to 5pm
Crew 2000 provides a range of integrated services for recreational and stimulant drug users. This includes a counselling service for people aged 16 year and over, information and advice shop, complementary therapies, outreach service and a number of training courses. Most of Crew 2000’s services are targeted at younger people aged 12 to 25 years old, however its acupuncture and drug counselling services have no upper age limit.
Crew Drop in shop: Monday—Wednesday, Friday—Saturday 1pm to 5pm
Thursday 5pm to 7pm
Crew Psycho-stimulant Drug Counselling Services: Monday—Friday 9.30am—5pm

Cross Reach
1 Gorgie Park Close
Edinburgh
EH14 1NQ
Tel: 0131 443 6844
Web: www.crossreach.org.uk
Cross Reach is a Christian faith based organisation offering support and counselling to individuals and families. A wide range of issues such as substance misuse, mental health, homelessness and criminal justice work are covered by the service.

Dads Work
Co/First Step Community Project
37 Galt Avenue
Musselburgh
EH21 8HU
Tel: 0131 665 0848
Mobile: 07833741768
Web: www.dadswork.co.uk
Is a community project working with fathers. It provides support groups, one to one support, positive parenting classes, workshops on the role of fathers, home visits, trips and outings for fathers and their children.
It provides a place for dads to meet other dads and talk about their experiences.
Friday Friends
Nungate Community Centre
Kirkview
Haddington, EH41 4AP

Friday Friends is an outreach programme, with a Christian Ethos, to those in the community who are experiencing some degree of exclusion associated with alcohol and/or drug misuse issues and/or related mental health issues. We provide a drop-in service where those who come along will receive a warm welcome, a lovely free lunch, acceptance, unconditional love, friendship and an opportunity to talk. We also hold various group sessions and counselling is available.

Harm Reduction Team (HRT)
22-24 Spittal Street
Edinburgh, EH3 9DU

The Harm Reduction Team offers a range of health and advice services for drug users, homeless people and men who have sex with other men. Services offered by HRT included needle exchange, methadone programme, outreach service for men who have sex with other men and men working in the sex industry. Drop in dental and wound clinics are also provided.

For more information on injecting equipment please see page 22.

Health in Mind
40 Shandwick Place
Edinburgh, EH2 4RT

Health in Mind is an organisation that works with people experiencing issues around their mental health and wellbeing. The Health in Mind website provides information on their services that include the following:

- **TRAUMA Service**
  Their support and counselling services are designed specifically for people who have experienced trauma in their life. In particular providing expertise in working with adult survivors of childhood sexual abuse (CSA).

- **Trauma Counselling Line Scotland**
  We provide confidential telephone counselling service for adult survivors of childhood abuse including survivors from BME communities. This service offers free counselling, advice and information to callers from within Scotland. For more information please contact Eileen Hone 08088 020 406. Calls are free from landlines and mobile phones.

- **Orchard Centre**
  Orchard centre services are based in Bonnyrigg and offer services throughout Midlothian, delivering preventative, community based recovery focused model for support and care.

East Lothian Young Carers
Suites M1/Suite 14
Cockenzie Business Park
Cockenzie
EH32 0XL

Opening hours are flexible and all clubs and individual time take place after school hours. ELYC provides respite and support to young people aged 5-18 years old whose lives are affected by parental substance misuse. ELYC offers respite by running club nights which run 3 nights out of 4 and also individual support and support to families with a wide range of issues. The services offered to young carers and families are free and confidential.

Club Nights
Monday 7pm to 9pm for S3 & S4 (3 times per month)
Tuesday 6.30pm to 8.15pm Primary School Ages (3 times per month)
Tuesday 7pm to 9pm for S5 & S6 and older (Fortnightly)
Thursday 6.45pm to 8.45pm for S1 & S2 (3 times per month)

Edinburgh & Lothian Council on Alcohol (ELCA)
6 Clifton Terrace
Edinburgh, EH12 5DR

East Lothian residents can access ELCA services at Edenhall Hospital, Dunbar Medical Centre and the Musselburgh Primary Care Centre, while Midlothian residents can access ELCA services at Bonnyrigg, Dalkeith or Penicuik as well as its base in Edinburgh.

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.

First Step Community Project
37 Galt Avenue
Musselburgh, EH21 8HU

First Step is a community managed project that offers a range of support services for local families including nursery education for children aged 1-4 years, groups and courses for parents, a sleep clinic, support groups for grandparents, young parents, parents with addictions and an outreach service. These groups are open to anyone living in the Musselburgh area.