## WEST LOTHIAN ADDICTION SERVICES
### DIRECTORY INFORMATION

### PARENTING SUPPORT FOR FAMILIES WITH SUBSTANCE USING PARENTS

**Circle West Lothian**

Circle West Lothian, c/o Blackburn

Homeless Unit, Blackburn, West Lothian EH47 7NZ

Tel: 01506 653 360 Fax: 01506 652 257

www.circlescotland.org

Office Hours: Monday to Thursday 9-5 and Friday 9-4

Circle West Lothian works with children and families affected by their parents’ drug and/or alcohol use. We will also provide support to other members of your family who are involved in the children’s lives e.g grandparents

**Services offered:**

**Children:**
- Meet your child and help them to talk about their worries
- Help your child to access groups/activities
- Support you to improve your child’s school attendance
- Support you to attend children’s medical appointments.

**Parents:**
- Support you to manage your child’s behaviour
- Support you to set routines e.g. bed time
- Support you to access services e.g. drug agencies, counselling, education, employment
- Support you in meetings with professionals, social workers, housing officers
- Help you fill in forms and manage correspondence

### SUPPORT FOR PEOPLE AFFECTED BY ANOTHER PERSONS PROBLEMATIC SUBSTANCE USE

WLDAS offer both group and one-to-one support for people who are dealing with a relative or friend’s substance misuse. See below for details.

### SUPPORT FOR ADULTS WITH PROBLEMATIC SUBSTANCE USE

The main route for accessing this is now via the **Breakaway Recovery Drop-ins**, which are run by staff from the teams which make up the Addictions Care Partnership; West Lothian Drug & Alcohol Service, Social Work Addictions Team and the NHS Addictions Service.

When clients come to a drop-in we will listen to their problems and talk about ways we can help. If they want further help we will arrange a key worker for them from
one of the three teams who can complete a full assessment with them and agree a plan.

Clients should come sober or straight enough to talk about their problems. We do not start prescribing medication at drop-ins. If for any reason they can’t attend one of the drop-ins they can self-refer by telephone and arrange a more suitable meeting. If your client is concerned about someone else’s use of alcohol or drugs, or are under 16 please they should contact West Lothian Drug & Alcohol Service directly to arrange to see one of their specialist family or young people’s counsellors.

Help available

The Addictions Care Partnership teams can access or direct clients to a wide range of services including:

- Information and advice
- Counselling
- Self-help groups
- Individual support and group work
- Medicines for relapse prevention
- Substitute prescribing
- Detox either at home or in hospital
- Residential rehab
- Blood borne virus screening, immunisation and advice
- Practical support for housing and financial issues
- Support to access training and/or employment
- Support for parenting
- Support for family members

Confidentiality

Our services are confidential; however we will want to work closely with referrers and the other people involved in the care such as their own doctor, other professionals and their family with their agreement. This involves some sharing of information.

Sometimes it is necessary for us to share information about clients to protect them or others from harm. If clients are concerned about the sharing of their personal information we are happy to talk about this with them.

Where and When

Clients can attend any of the drop-ins. No appointment needed.

Mondays: 9:30am-12noon Bathgate Primary Care Centre Whitburn Road, BATHGATE

Tuesdays: 1:00pm-3:30pm Strathbrock Partnership Centre, BROXBURN

Tuesdays: 2:00pm-4:00pm Linlithgow Health Centre, High Street, LINLITHGOW

Wednesdays: 1:00pm-3:30pm, Howden Health Centre, Howden, LIVINGSTON

Thursdays: 5:30pm-7:30pm, OPD5 St John’s Hospital, Howden, LIVINGSTON
Fridays: 9:30am-12noon Whitburn Health Centre Weavers Lane, WHITBURN

If for any reason a client can’t or won’t attend any one of these clinics they can phone to make an alternative arrangement. Referrers can get in touch either by phone, SCI Gateway or letter.

Contacts for discussion or referrals:

In some circumstances you may still want to make a referral;
- Co-morbid mental health problems
- Cognitive Impairment
- Complex needs
- Disabilities preventing attendance
- You want to provide more information
- Child or adult protection issues
- You are currently prescribing a substitute.

If you are referring include a telephone number for the clients and we will contact them within a week on that number. Do warn clients that our number will be withheld.

West Lothian Drug & Alcohol Service 43 Adelaide Street, LIVINGSTON 01506 430225
Social Work Addictions Team Civic Centre, Howden, LIVINGSTON 01506 282844
West Lothian NHS Addictions Service Civic Centre, Howden, LIVINGSTON 01506 282845

EDINBURGH & LOTHIAN COUNCIL ON ALCOHOL (ELCA) – WEST LOTHIAN

ELCA
c/o 6 Clifton Terrace, Edinburgh EH12 5DR
Tel No: 0131 337 8188
Email: elca@btconnect.com

ELCA’s West Lothian Service works with individuals over the age of 18 who are concerned about their own drinking or the drinking of a family member, partner or friend.

Services Offered:
- Information and Advice via Drop-In
- Alcohol Assessments
- 1-1 Counselling

Location of Services:
- Drop-In Services – Monday 2pm – 4:30pm: Lanthorn Community Centre,
  Dedridge (no appointment necessary)
1-1 Counselling in available in Bathgate, Broxburn, Fauldhouse, Livingston, Whitburn

Clients can also access ELCA’s Edinburgh based services as well.

To find our more information or to make an appointment please call: 0131 337 8188

**SUPPORT FOR HOMELESS CLIENTS:**

**Moving Into Health**

Brenda Kane  
Moving into Health  
Lammermuir House Owen Square Livingston EH54 6PW  
01506 773 706  
0900-1700, Monday to Friday  
Drop-in clinics  
Home visits

Service for homeless people in West Lothian who can help with:
- Improving and maintaining health and wellbeing
- Access to mental health assessment
- Linking people into mainstream services
- Co-ordinating hospital discharge protocol; linking individuals with Housing needs officers
- Raising awareness of health issues within the homeless community
- Therapeutic interventions such as Brief Therapy, Motivational Interviewing, Cognitive Behavioural Therapy, Problem Solving Management, Anxiety Management, Behavioural and Psychosocial interventions

Who can access your service: Self-referral for anyone based in West Lothian.

**BLOOD BORNE VIRUSES (PREVENTION, TESTING TREATMENT AND SUPPORT)**

**Support information and advice about Hepatitis C**

**C Plus**

Alison Ross  
17 Academy Street, Edinburgh EH6 7EE  
07961042214  
Office Hours: Howden Health Centre: 9.30am-5pm  
Wednesday 2-4pm Outreach Work in West Lothian  
For : Any individual who is living with or affected by Hepatitis C

- One to One and group support  
- Signposting or referral to other agencies  
- Peer Support  
- Supported to go to Hospital appointments  
- UK Hepatitis C Information Line  
- Outreach Sessions  
- Joint clinic with Mina O’Hara, the BBV Nurse  
- Awareness and training programmes  
- Lifestyle-change support and information
The Domestic and Sexual Assault Team (DASAT formerly known as DAS)

Telephone: 01506 281055
Mobile/Text: 07818421480 / 07919571531 (9 - 5pm)
E-mail: dasat@westlothian.gov.uk
By letter or in person at our centre: Domestic and Sexual Assault Team, West Lothian Civic Centre, Howden South Road, Livingston, EH54 6FF

Domestic abuse is any incident or behaviour by a partner or ex partner that makes someone afraid. It may include violence or threats of violence. Domestic abuse can include psychological, emotional and/or financial. The Domestic Abuse Service provides support to women who have experienced any form of domestic abuse. Domestic abuse can happen to anyone regardless of age, ability, ethnicity or social background. Incidents often occur in the home but may also happen at work or in public.

Sexual assault can include any unwanted sexual act including forced sexual contact and/or sexual touching. Our team of workers can offer you support should YOU decide to report an incident of sexual assault. We can listen to you whilst you consider the options open to you. Depending on what you need we can offer you practical and/or emotional support either on a short or long term basis. If required we can refer you onto to other specialised support services.

Services:
- Safety planning
- Advocacy
- Signposting
- Emotional/practical support
- Housing advice
- Referral to treatment/counselling services
- Counselling for women affected by childhood sexual abuse
- Training
- Relapse prevention

Who can access your service?
- Women/children affected by Domestic Abuse
- Women affected by Domestic Abuse and substance misuse
- Women affected by childhood sexual abuse
- Agencies requiring training on Domestic Abuse and Substance Misuse

GENERAL ADVICE AND SIGNPOSTING

West Lothian Drug and Alcohol Service
Margot Ferguson
43 Adelaide Street
Craighill, Livingston EH54 5HQ

Tel: 01506 430225 Fax: 01506 441939

enquiries@wldas.org

0900-1715, Monday to Friday, Evenings appointments by arrangement.

- Training & Education work
- Adult Counselling/Support
- Back on Track young peoples service
- Arrest Referral service
- Prison Throughcare
- Homeless outreach
- Specialist Cannabis work
- Family Support
- Access to Drug/Alcohol treatment programmes

Who can access your service: Individuals experiencing difficulties with substance use, or those experiencing difficulties with someone else's substance use, resident in West Lothian. Individual requests (Training and Education) West Lothian and other areas by arrangement.