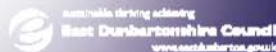


# Recovery Focus



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## What is 'Recovery Focus'?

It's the go to place for information on Alcohol & Drugs services and recovery support within the East Dunbartonshire area.

You will receive a warm welcome and information on support for you and your family and what is available in the local area.

'Recovery Focus' will be held within the Kirkintilloch Health & Care Centre and other locations throughout East Dunbartonshire. There will be different 'Recovery Focus' hosts representing various organisations which you will hear about in this leaflet.

Come along and say hello and we might be able to help.

## East Dunbartonshire Alcohol & Drug Service

East Dunbartonshire Alcohol & Drug Service (EDADS) will assess your support requirements if you are experiencing alcohol and/or drug problems. This a varied team which includes nurses, social workers and addiction workers with access to other medical staff such as psychiatrists, psychologists and occupational therapists.

Some of the things the service can help with are:

- Mental and/or physical health
- Home alcohol detox
- Opioid Replacement Therapy
- Alcohol care & treatment
- Harm reduction services (needle replacement/haloxone)
- Structured motivational work
- Referral to hospital based alcohol/drugs services
- Access to community rehab services and SMART groups.

### **How do you contact EDADS?**

By phone, in person at KHCC (afternoons only) or request a GP/Service referral. Alcohol & Drug Service direct: Tel: 0141 232 8211

# Scottish Families Affected by Alcohol & Drugs



Are you worried about a family member or friend's use of alcohol and/or drugs? If so, then Scottish Families are here to help you. They provide one to one support and also run family support groups where you can meet others who are experiencing the same problems that you are. Claire Wadsworth is the Family Support Worker within East Dunbartonshire. You may not want ongoing help but have a specific issue you would like help with or if you are interested in more information about the family support options pop in to see her at one of the drop in sessions below:

## Drop In Sessions

- Hillhead Community Centre each Wednesday 10am-12pm
- Lennoxtown Memorial Hall each Monday 10am-11.30am

## Family Support Groups

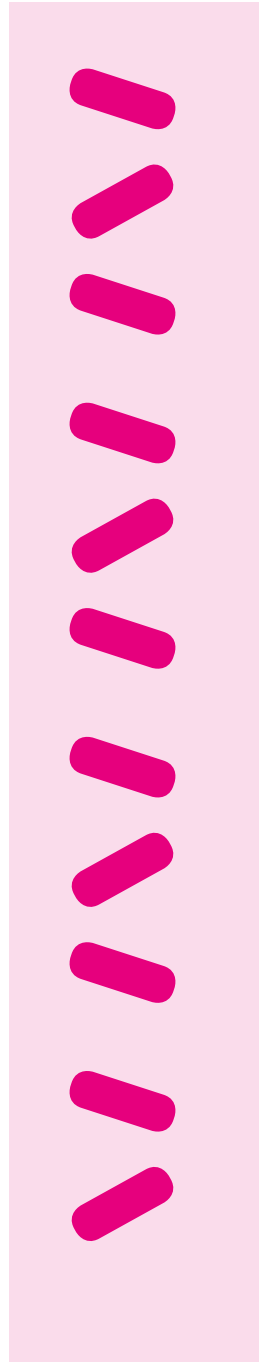
- Kirkintilloch Family Support Group, Kirkintilloch Baptist Church. Meets every second Thursday from 10am-12noon
- Bishopbriggs Family Support Group, Auchinairn Community Centre. Meets every second Tuesday from 1pm-3pm
- Milngavie Family Support Group, Milngavie Library and Community Centre. Meets every second Thursday from 6.30pm-8.30pm

If you would like to speak with Claire and can't get along to a drop in session contact her directly on 07487 675 621 or email: [Claire@sfad.org.uk](mailto:Claire@sfad.org.uk)

If you are interested in receiving support but can't attend the group sessions or the drop in sessions Scottish Families offers a telehealth service. This is support from one of our support team over the phone or online. To access this service contact the free and confidential helpline on 08080 101011 9am -11pm. If there is no one available to take your call leave a message and you will receive a call back.

## Bereavement Support

Have you lost a loved one in the last three years as a result of a drugs related death? Are you struggling to come to terms with your loss? Would you like someone to talk to?



Scottish Families offers a confidential bereavement support and counselling service. You can speak with our bereavement co-ordinator who can look at the best support for you.

To access this service and speak with the bereavement co-ordinator contact the free and confidential helpline 08080 101011 Monday to Friday 9am-5pm.

## GRACE

**Group Recovery Aftercare Community Enterprise (GRACE)**

is a local peer led aftercare enterprise that supports individuals that have experienced life trauma. They offer advice, support, fellowship, volunteering opportunities, social activities and educational courses.

GRACE provides aftercare for people who have completed or who are established in a recovery programme from addiction to alcohol, drugs or gambling, who have mental health issues, homelessness problems but also from any other trauma. It is the only voluntary organisation to deliver peer and membership aftercare services and has been a great success in the area.

### **Courses available:**

- Employability
- Exploring wellbeing
- Being healthy on a budget  
(you can gain your food hygiene certificate!)
- Confidence building
- Creative productions (for all you art, craft & glitter lovers!)
- Digital arts café
- Drop in/fellowship
- Self Awareness
- Fun drama workshops.

GRACE provides daily workshops/opportunities to learn and relax in the beautiful surroundings of Hillhead Community Garden at Hillhead Community Centre. FREE LUNCH is included. If you want to get involved or to find out more contact GRACE on: Mob: 07401 797876 or email: [gracesmailis@gmail.com](mailto:gracesmailis@gmail.com) website: [www.graceaftercare.co.uk](http://www.graceaftercare.co.uk)





## Life Recovery Café

The Recovery Café is open to everyone in recovery along with their family and children. It provides a safe place where you can meet, have a great night out without the use of alcohol and/or drugs. It is free and includes a meal, soft drinks and entertainment. We all love something for free!

It is held on the first Saturday of every month from 5pm-8pm within Kirkintilloch Baptist Church.

No one under the influence of alcohol and/or drugs will be permitted entry and please no football colours.

## Families Plus Project Addaction



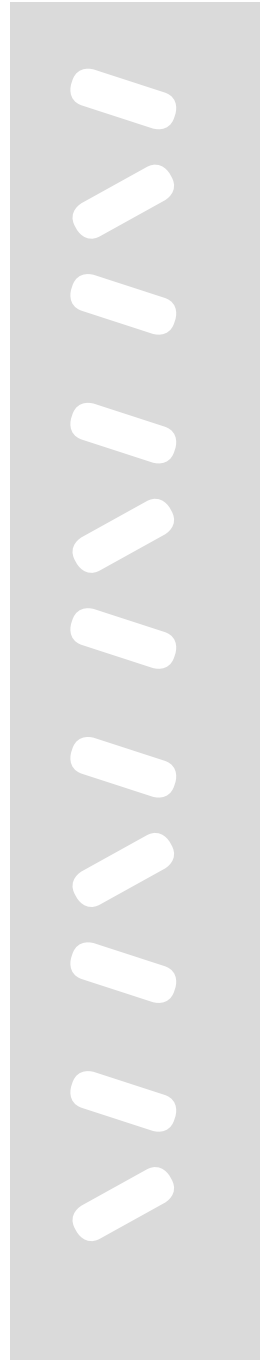
Families Plus provide extra support to families when they need it most. The project helps families affected by drug and alcohol problems by offering intensive support and individual plans. They support pregnant women and women with children up to the age of eight where parental substance misuse is an issue. Project workers will attend and meet with clients in their own home.

Any organisation can refer in to Families Plus and self-referrals from family members are also accepted.

Families Plus Project will work with clients to determine what support is needed to reduce the impact of substance misuse and what support is available to improve family life.

### Support available includes:

- Looking at the impact of parental substance misuse
- Relapse prevention
- Harm reduction
- Confidence/self-esteem building
- Anger management
- Managing depression
- Managing stress/anxiety
- Parenting/child development.



### Practical support is also provided

- Attending and helping you to understand ante-natal appointments, child protection meetings etc.
- Assisting with accessing suitable housing including form filling
- Assisting with Scottish Welfare Fund applications
- Supporting clients to prepare for the birth of a baby ensuring benefits in place etc

For more information contact Families Plus Project  
Mob: 07760755520 or 07760755735  
Tel: 0141 221 3382

### The Foundry – SAMH



The Foundry is a community based rehabilitation service for individuals who have experienced addiction problems either in the past or currently. Support provided is both individual support and group activities and comes in five stages.

- **Pre Engagement Support** – a staff member will meet with you over six weeks of individual support to build on the progress you have made with the Alcohol & Drugs Service
- **SMART Recovery** – You will be offered the opportunity to join SMART Recovery groups taking place within the Foundry. You can join these groups whenever you are ready.
- **Tools for Living** – Once you have completed your six weeks of individual support you can join the “Tools for Living” groups which will be explained at that stage.
- **Individual Support** – You will have access to ongoing individual support to identify your goals, look at how you will achieve these using all the skills you have learned and resources you have. This will begin and maintain your recovery.
- **Aftercare** – Once you have completed the “Tools for Living” stage it's time for new challenges! You will still have access to the SMART recovery groups and individual recovery “check-ups” to maintain your progress.

The group is here to help you get the best out of your life. If you are interested in support from The Foundry discuss it with your worker from the East Dunbartonshire Alcohol & Drug Service today who can make a referral.

## Housing First – Turning Point Scotland

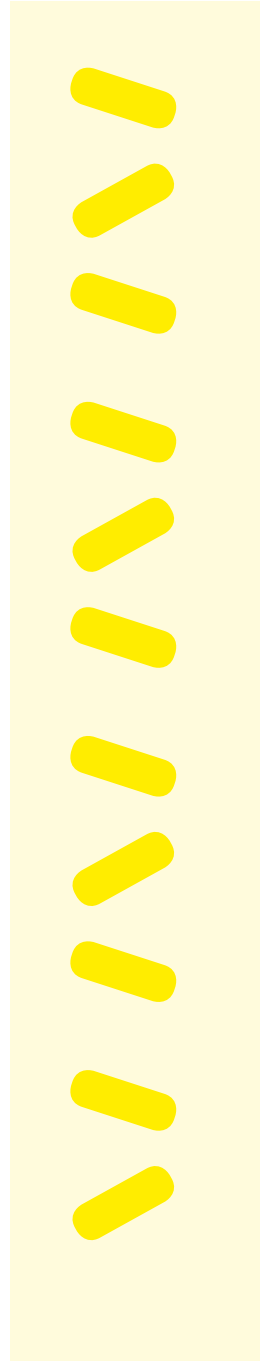


Housing First is a community based outreach service to support homeless individuals aged 18 or over with addiction or mental health issues.

A person centred approach is used to ensure you are at the heart of all decision making. With the support of the staff (including a peer support worker) you can make decisions and plan the support you require. Staff can provide practical and emotional support including all aspects of maintaining your tenancy, attending appointments with you, helping you to deal with your correspondence, assisting with budgeting, accessing opportunities available to you, assistance with shopping and cooking as well as door management. (Helping you to make choices about who to let in to your property and when to do so. This will hopefully avoid housing management/neighbour issues and help you maintain your tenancy).

To access the support they provide you can be referred through East Dunbartonshire Homelessness services Tel 0141 578 2133 or speak with your Drug & Alcohol Worker at East Dunbartonshire Drug & Alcohol Services.

If you need more information speak with Turning Point Scotland direct; Telephone: 0141 776 4827 email: [edhf@turningpointscotland.com](mailto:edhf@turningpointscotland.com)





## Smart Recovery

Smart Recovery uses cognitive behavioural therapy and motivational interviewing for addiction recovery. This means using talking therapy to help you manage your problems by changing the way you think and behave.

Smart Recoveries four step programme:

- Building and maintaining motivation
- Coping with urges
- Managing thoughts, feelings and behaviours
- Living a balanced life.

You have a choice and can choose what works best for you from a whole selection of methods and approaches.

### How do you get involved?

Face to face meetings (open meetings that you can walk into) are available in the East Dunbartonshire area:

- Hillhead Community Centre each Monday at 7pm
- Balgrayhill Community Centre (Springburn) each Tuesday at 5.30pm
- St Ninian's Church Hall, Kirkintilloch: Monday and Friday morning at 10am
- Milngavie Community Centre each Thursday from 2.30pm-4.30pm.

There are other SMART groups within the East Dunbartonshire area, however in order to attend these you must be referred by the Alcohol & Drugs Service or The Foundry.

You can join SMART Recovery online which provides a network of self- help/mutual aid meetings. It also includes access to a free online community which you can access through the website below:  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

## Carr Gomm



Carr Gomm Rosebank service is an allotment service that provides support to individuals living within East Dunbartonshire. The service aims to improve mental health and support individuals recovering from addiction by increasing confidence and reducing social isolation/loneliness. The service will get you out of the house and give you something to focus on. If you have the magic touch of green fingers or want to learn more about gardening to support your recovery this is the place for you!

Throughout the year there are cookery and Arts & Craft sessions too.

If you are interested in getting your hands dirty in more ways than one then you can be referred either through the East Dunbartonshire Mental Health Team or through the East Dunbartonshire Alcohol & Drugs Service.

If you would like more information contact Kenny Gray direct.  
Tel: 0141 776 8326 email: [kennygray@carrgomm.org](mailto:kennygray@carrgomm.org)



## Useful Numbers

Breathing Space:	0800 83 85 87
Samaritans:	08457 90 90 90
NHS24:	111
Scottish Families:	08080 101011
Families Outside:	0500 83 93 83
Drinkline:	0800 7 314 314
AA:	08457697555
Know the Score:	0800 587 5879
LGBT Scotland:	0300 123 2523
Combat Stress:	0800 138 1619
Carers Direct Helpline:	0300 123 1053

## Call back facility

If you prefer that any of the services detailed in this leaflet contact you rather than you contact them please complete the enclosed contact me form.

## Other formats

This document can be provided in large print, Braille or on CD and can be translated into other community languages. Please contact the Council's Communications Team at:

East Dunbartonshire Council, 12 Strathkelvin Place, Southbank,  
Kirkintilloch, G66 1TJ Tel: 0300 123 4510

本文件可按要求翻譯成中文，如有此需要，請電 0300 123 4510。

اس دستاویز کا اردو ترجمہ دستیاب کرنے پر (اردو) زبان میں ترجمہ کیا جاسکتا ہے۔ براہ مہربانی فون نمبر 0300 123 4510 پر رابطہ کریں۔

ਇਸ ਦਸਤਾਵੇਜ਼ ਦਾ ਮੰਗ ਕਰਨ ਤੇ ਪੰਜਾਬੀ ਵਿੱਚ ਅਨੁਵਾਦ ਕੀਤਾ ਜਾ ਸਕਦਾ ਹੈ। ਕਿਰਪਾ ਕਰਕੇ 0300 123 4510 ਫੋਨ ਕਰੋ।

Gabhaidh an sgrìobhainn seo cur gu Gàidhlig ma tha sin a dhìth oirbh. Cuiribh fòin gu 0300 123 4510

अनुप्राय करने पर यह दस्तावेज़ हिन्दी में भाषांतरित किया जा सकता है। कृपया 0300 123 4510 पर फोन कीजिए।