

LOCAL ALCOHOL & DRUG SPECIALIST SERVICE INFORMATION IN ABERDEEN – JUNE 2018

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Quick direct access & helpline services which are free and confidential	shaded green

NHS Grampian Clinic Direct Telephone Numbers:	
IAS, MacRobin Centre, Cornhill	01224 557845
IDS, Timmermarket	01224 651130
Fulton Clinic, Cornhill	01224 557212

ADULT SERVICES	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
Integrated Alcohol Service (IAS), MacRobin Centre Royal Cornhill Hospital, 26 Cornhill Road, Aberdeen. AB25 2ZH	Mon-Fri, 9.30am-4.30pm (Closed for lunch 12.30pm-1.30pm) Tel: 01224 557845	By post/SCI Gateway (planned) GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service	Assessment, treatment, care-planning and support for alcohol-dependent individuals
Substance Misuse Service Fulton Clinic Royal Cornhill Hospital 26 Cornhill Road, Aberdeen, AB25 2ZH	Mon-Fri, 9am-4.30pm (Closed for lunch 12.30pm-1.30pm) Tel: 01224 557212	By post/SCI Gateway (planned) GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service	Ongoing treatment, care-planning and support for drug-dependent individuals. Patients who engage with Fulton are either seen at their GP practice or Fulton Clinic.

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<p>Integrated Drugs Service (IDS) Timmermarket 1 East North Street Aberdeen. AB25 1HT</p>	<p>Mon-Fri, 9am-5pm Tel: 01224 651130 Email: nhgs.timmermarket@nhs.net</p>	<p>By post/SCI Gateway (planned) GP, CSMS, Social Work, Criminal Justice, Scottish Prison Service, Sexual Health Service, Secondary care and third sector agencies.</p>	<p>Assessment, treatment, care-planning and support for drug-dependent individuals. BBV testing and Hep C treatment. IDS - Timmermarket is usually point of first contact following referral for new patients for a 16 week period. Depending on the patient journey they are likely to be either referred back to their GP and/or referred to Substance Misuse Service, Fulton Clinic.</p>
<p>Alcohol & Drugs Action (ADA) 7 Hadden Street Aberdeen AB11 6NU</p>	<p>01224 594700 – Telephone helpline open 7 days per week Text: 07927 192706 helpline@alcoholanddrugsaction.org.uk www.alcoholanddrugsaction.org.uk Business Support team Mon – Friday, 9am – 5pm 01224 577120</p>	<p>Self referral / phone. Partner agencies and services</p>	<p>One to one counselling Direct access and Outreach Links to health services for care planning and rehabilitation support, Aftercare and support groups Outreach Service Needle Exchange / HIV & Hepatitis Service Counselling Family Support Sex Industry Service Family Service Aberdeen Recovery Community (ARC) Aberdeen Recovery Community Alcohol (ARCA) SMART Recovery</p>

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<p>Alcohol & Drugs Action (ADA) / Aberdeen Foyer Aberdeen Recovery Community</p> <p>(ARC Connections) 7 Hadden Street Aberdeen AB11 6NU</p>	<p>Alcohol & Drugs Action (ADA) info Mon-Fri 9am-5pm Tel 01224 577120 info@alcoholanddrugsaction.org.uk</p> <p>Aberdeen Foyer info Mon-Fri 9am-5pm Tel 01224 212924 connections@aberdeenfoyer.com</p> <p>Drop-in or phone to speak to an ARC worker for information</p>	<p>GP, Substance Misuse Service CPN</p>	<p>Recovery planning: One to one support around drug use Structured relapse prevention support Group activities Peer support Health & Wellbeing Information & Signposting Access to ARC Connections Learning opportunities, skills development, work experience, volunteering</p> <p>Employability (job search, job club, job placements)</p>
<p>Aberdeen Foyer Lifeshaper Programme</p> <p>REACH Prince's Trust Team Programme ARC Impact Modern Apprenticeships</p>	<p>Mon-Fri 9am-5pm Tel 01224 212924 (Reception)</p> <p>Team Leader: Libby Milne Tel 01224 252360 Mob: 07980076468 elizabethm@aberdeenfoyer.com</p>	<p>Self-referral, Support Worker, GP, Substance Misuse Service CPN</p>	<p>12 week community rehabilitation programme for those with a history of alcohol or drug misuse. First 4 weeks of the 12 week programme involves attending on a part time basis then on week 5 moves onto 4 days per week.</p>
<p>Aberdeen ARBD Supported Living Service, Penumbra 20 Back Wynd Aberdeen AB10 1JP</p>	<p>Mon-Fri 9am-5pm Support Manger: Ini Esu 01224 642854 07876704105 ini.esu@penumbra.org.uk</p> <p>ARBD Peer Worker: Gary Sellers 01224 642854 07542009007 gary.sellers@penumbra.org.uk</p>	<p>Referrals are submitted to the Housing Support Team within Aberdeen City Council.</p>	<p>We deliver Outreach Housing Support to Individuals with Alcohol-Related Brain Damage (ARBD) who are preparing to move into a tenancy or who require assistance and/or support to maintain their independence within their own home.</p>

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<p>Momentum Pathways Vocational Rehabilitation Service, Momentum Skills Ruby House, 8 Ruby Place, Aberdeen. AB10 1ZP</p>	<p>Mon- Thurs, 8.30am-4.30pm Fri 8.30am -3.30pm Tel: 01224 625580</p>	<p>By post/e-mail GP, Social Work, Criminal Justice, CPN or any relevant professional</p>	<p>Assessment and vocational support for individuals with Mental Health or an Acquired Brain Injury on a 6 month 3 days/week programme</p>
<p>Fair Start Scotland, Momentum Skills Ruby House, 8 Ruby Place, Aberdeen. AB10 1ZP</p>	<p>Mon- Thurs, 8.30am-4.30pm Fri 8.30am -3.30pm Tel: 01224 625580</p>	<p>Through JCP or self-referral</p>	<p>Provide employment and support to overcome any barrier to sustain employment over 16 hours a week</p>
<p>Salvation Army The Citadel 28 Castle Street Aberdeen, AB11 5BG</p>	<p>Mon – Fri 10am – 3.00pm Support Worker: Ronnie Boyle 01224 579370 Ronnie.Boyle@salvationarmy.org.uk</p>	<p>By phone or email Self, or any other healthcare professional or organisation</p>	<p>Support and information for clients to attend appointment or advice about alcohol and drug issues that are affecting them or others.</p>
<p>The Alexander Clinic King Street Oldmeldrum, Aberdeenshire AB51 0EQ</p>	<p>24hours Tel 01651 872100 christine@aishling.org (mobile number 07521383458) enquiries@alexanderclinic.co.uk www.alexanderclinic.co.uk</p>	<p>By phone/email/post GP, via IAS/Fulton Clinic (i.e. indirect), CSMS, Social Work, self. Funding dependent on referral pathway.</p>	<p>Private independent hospital treating adult (18+) with primarily alcohol and drug dependency. We have a psychiatrist on staff and specialise in dual diagnosis of MH and substance use. Range of services including detoxification and rehabilitation. Family Support Programme.</p>
<p>Teen Challenge Sunnybrae, Woodhead Fyvie, Turriff, Aberdeenshire AB53 8LS</p>	<p>Mon-Fri, 9am-5pm Gordon Cruden, Martin Duthie 01651 891627 info@tcns.org.uk</p>	<p>By phone/email/post Self, GP, others. Referral forms available from website www.tcns.org.uk</p>	<p>Residential 1-year abstinence programme, young men (aged 18+) with substance dependency (without mental health issues requiring anti-psychotics). Christian organisation/principles.</p>

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Teen Challenge Benaiah Mintlaw, Aberdeenshire AB42 5DL	Mon-Fri, 9am-5pm Joyce Allan 01771 620100 benaiiah@tcns.org.uk	By phone/email/post Self, GP, others. Referral forms available from website www.tcns.org.uk	Residential 1-year abstinence programme, young women (aged 18-50) with substance dependency (without mental health issues requiring anti-psychotics). Christian organisation/principles.
Terrence Higgins Trust (THT)	0141 332 3838	By phone Self, GP	Support services for people living with HIV and/or Hepatitis C.
YOUNG PEOPLE SERVICES	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
Foyer Health, Aberdeen Foyer Team Co-ordinator, Julie Robertson., 01224 252896/07921484380 julier@aberdeenfoyer.com Marywell Centre 18 Marywell Street Aberdeen, AB11 6JF	Mon-Fri 9am-5pm 01224 212924 reception@aberdeenfoyer.com	By email/phone/post Self, GP (via IAS), CSMS, Social Work, Housing, referral form under revision	Support for young people (aged 16-25) facing homelessness or unemployment and experiencing problems as a result of hazardous or harmful drinking (also mental/sexual health issues).
Foyer Health, Aberdeen Foyer Young Person's Counselling Service Marywell Centre 18 Marwell Street Aberdeen, AB11 6JF	Mon-Fri 9am-5pm Young Person's Counsellor: Kirsty Hodgson 01224 212924 reception@aberdeenfoyer.com	Self referral or other Referral form to be completed	The counsellor can offer a young person (aged 12 – 18 years) a safe and supportive environment to address difficult issues in an atmosphere of respect and empathy based on a secure, trusting and confidential working relationship.

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<p>Aberdeen Foyer Claire Paterson Trinity Court, 82a Crown Street Clairep@aberdeenfoyer.com</p> <p>Foyer Housing Marywell Centre 18 Marwell Street Aberdeen, AB11 6JF</p>	<p>Mon-Fri 9am-5pm</p> <p>Tel 01224 212924 reception@aberdeenfoyer.com</p>	<p>Access only via Homeless Department, Aberdeen City Council</p> <p>Complete application form can be downloaded from website: www.aberdeenfoyer.com</p>	<p>Supported accommodation for young people (16-25) who are homeless or at risk of homelessness. Services available in; Aberdeen, Peterhead, Freaserburgh, Stonehaven, Banchory</p>
<p>Aberdeen Foyer Learning Courses</p>	<p>Lorraine Stephen Loraines@aberdeenfoyer.com</p> <p>Contact Reception on 01224 212924</p>		<p>We offer a range of programmes and accredited learning opportunities including Reach, Prince's Trust, ARC, Impact, Modern Apprenticeships, City & Guilds accredited Learning and SQAs. Group activities, Peer Support, Health & Wellbeing, Information & Signposting, Access to ARC Connections, Learning opportunities, skills development, work experience, volunteering. Employability (job search, job club, job placements).</p>
<p>Momentum Employability Fund Service, Momentum Skills Ruby House, 8 Ruby Place, Aberdeen. AB10 1ZP</p>	<p>Mon- Thurs, 8.30am-4.30pm Fri 8.30am -3.30pm Tel: 01224 625580</p>	<p>Through Skills Development Scotland and JCP</p>	<p>Employability Skills and Personal Development Award (SCQF levels 3 and 4) from 16-29</p>

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<p>Family Information Service Aberdeen City Council Aberdeen</p>	<p>Mon-Fri, 10am-4pm Helpline 03000 200 293, Option 6 Text Service 0782 5053136 fis@aberdeencity.gov.uk www.aberdeencity.gov.uk/fis</p>	<p>By phone/text/email Self, GP, Social Work, Housing</p>	<p>The Family Information Service provides free information and advice on all services for children, young people and families in Aberdeen to parents, carers and professionals via telephone helpline, text and email enquiry service. The Family Information Service website also provides a searchable directory of services, where you can access information such as, counselling and drugs and alcohol services.</p>
<p>Mental Health Aberdeen (MHA) ACIS Youth Counselling Service 1 Alford Place, Aberdeen</p>	<p>Mon – Thurs 9.30 am – 8.30pm Friday 9.30am – 4.30pm 01224 573892 acis.office@mhaberdeen.org.uk</p>	<p>Self referral only by phone However, information available on request to healthcare professionals and organisations</p>	<p>Confidential therapeutic counselling service for young people between the ages of 12 – 18 years.</p>
<p>Befriending / Mentoring Service Befriend a Child 9 Bon Accord Square Aberdeen, AB11 6DJ</p>	<p>Mon-Fri 9 – 4.30pm 01224 210060 info@befriendachild.org.uk www.befriendachild.org.uk</p>	<p>By email/post/phone Referrals accepted from professionals working with the child/young person (GP, school, social work, other third sector organisations).</p>	<p>At Befriend a Child we support children and young people growing up in difficult life circumstances across Aberdeen and Aberdeenshire to achieve their full potential and develop into confident and competent adults by matching them with trained volunteer.</p>

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FAMILY SUPPORT	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<p>Scottish Families Affected by Alcohol and Drugs (SFAD)</p> <p>Edward House 199 Sauchiehall Street Glasgow G2 3EX</p>	<p>National Helpline and contact number for the Scottish Families Telehealth Service 08080 10 10 11 www.sfad.org.uk</p> <p>You can email the helpline at: helpline@sfad.org.uk</p> <p>For general information: info@sfad.org.uk</p>	<p>We take referrals through our helpline, email and webchat. We also have a referral form for professionals to refer individuals directly to our services https://www.sfad.org.uk/professionals/referral</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>SFAD is a national charity which supports anyone in Scotland who is concerned about someone's alcohol or drug use. Our services include a free, confidential helpline 08080 101011, a bereavement support service, family support groups and services and Telehealth, a one-to-one over-the-phone support service. We also work with communities and offer training packages to organisations across Scotland.</p> <p>Scottish Families Tele-health Service provides free, confidential advice and support via email, telephone and Skype to family members, aged 18 or over, affected by a loved one's alcohol or drug misuse in remote situations.</p>
<p>VSA Carers Resource Centre 38 Castle Street Aberdeen AB11 5YU</p>	<p>01224 212021 carers.info@vsa.org.uk www.vsa.org.uk</p>	<p>By phone/email</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>Information for carers includes support for adults aged 18 or over in the community and from a number of bases in Aberdeen City. VSA Carers Service provides free confidential advice, information and support on all aspects of caring directly to carers.</p>

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<p>Alcohol & Drugs Action (ADA) Family Support 7 Hadden Street Aberdeen AB11 6NU</p>	<p>01224 594700 – Telephone helpline open 7 days per week Text: 07927 192706 helpline@alcoholanddrugsaction.org.uk www.alcoholanddrugsaction.org.uk</p> <p>Business Support team Mon – Friday, 9am – 5pm 01224 577120</p>	<p>By phone/email</p> <p>Self, GP, other healthcare professionals and organisations</p>	<p>As well as the helpline, groups co-ordinated to provide support for people affected by a level ones substance misuse include:</p> <ul style="list-style-type: none"> • Family support group • Family and friends support group <p>One to one support and Families First Service run by ADA and Aberlour.</p>
<p>Al-Anon</p>	<p>Confidential Helpline 020 7403 0888 (available 10am – 10pm – 365 days a year)</p> <p>www.al-anonuk.org.uk</p>	<p>Self referral</p>	<p>Offers support to anyone affected by another person's use of drugs, including alcohol.</p> <p>Regular meetings take place locally and country-wide. Initial contact via website, helpline or email for details of meetings.</p>
<p>Families Anonymous</p>	<p>0845 1200 660 or 0207 4984 680–national helpline www.famanon.org.uk office@famanon.org.uk</p>	<p>Self referral</p>	<p>Members only discussion forum is full of useful information, help and support from people who may be going through similar ordeals.</p>
<p>Grandparents as Parents Project (GaPP)</p>	<p>(Mon – Friday 9.00 – 4.30pm) 01224 210060 www.befriendachild.org.uk info@befriendachild.org.uk</p>	<p>By phone/email/post</p> <p>Self-refer / open group for any kinship carer</p>	<p>Self-help group run for grandparents / kinship carers fulfilling a parental role who understand what this full-time, permanent commitment can mean.</p> <p>Under the umbrella care of Befriend a Child.</p>

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<p>Kinship Care Service Aberdeen Citizens Advice Bureau 41 Union Street Aberdeen, AB11 5BN</p>	<p>Christine Oji Christine.Oji@aberdeencab.casonline.org.uk 01224 569762</p>	<p>By phone By email Self referral</p>	<p>An information and advice service is provided through a national network of Citizens Advice Bureaux. The Aberdeen office is open Mondays to Fridays and offers impartial, confidential and independent advice to anyone on subjects such as: kinship care and benefits advice.</p>
<p>The Alexander Clinic King Street Oldmeldrum, Aberdeenshire AB51 0EQ</p>	<p>Tel 01651 872100 enquiries@alexanderclinic.co.uk www.alexanderclinic.co.uk</p>	<p>By phone/email/post GP, via IAS/Fulton Clinic (i.e. indirect), CSMS, Social Work, self. Funding dependent on referral pathway.</p>	<p>Private independent hospital treating adult (18+) with primarily alcohol and drug dependency. Range of services including detox, rehab and family support programme. We also have a psychiatrist available.</p>

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RECOVERY	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
SMART Recovery	Alcohol & Drugs Action (ADA) 7 Hadden Street Aberdeen AB11 6NU	Tel 01224 594700 info@alcoholanddrugsaction.org.uk	SMART Recovery is a science-based programme to help people manage their recovery from any type of addictive behaviour. SMART Recovery helps participants decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques. http://www.alcoholanddrugsaction.org.uk/services
ORT Recovery & Me Timmermarket Clinic 1 East North Street Aberdeen, AB24 5HT	07592 450971	Self	A support meeting for people on ORT (Opiate Replacement Therapy) eg. Methadone, Suboxone, Subutex. What would recover mean to you? Come and meet people who are or have also been on ORT.
Aberdeen in Recovery (Air)	07936 008808 info@aberdeeninrecovery.org www.aberdeeninrecovery.org www.facebook.com/AberdeeninRecovery/	Any, including self referral.	Recovery Community for all in recovery and for those with an interest in recovery. Contact telephone number for details of activity.
Alcoholics Anonymous General Service Office PO Box 1 10 Toft Green YORK YO1 7NJ	National Free Helpline 0800 9177 650 help@aamail.org www.alcoholics-anonymous.org.uk	By phone Self, GP	Peer-support for recovery from alcohol dependency. Various meeting times/locations across Aberdeen & Grampian.
Narcotics Anonymous UK Public Information Committee 202 City Road London EC1V 2PH	Helpline available 10am – Midnight 0300 999 1212 www.ukna.org	By phone	Peer support for recovery from drug dependency. Various meeting times/locations across Aberdeen & Grampian.

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BEREAVEMENT	CONTACT DETAILS	HOW TO REFER	SERVICES OFFERED
<p>Scottish Families Affected by Alcohol & Drugs (SFAD)</p> <p>Edward House 2nd Floor 199 Sauchiehall Street Glasgow G2 3EX</p>	<p>Tel: 0141 465 7523 Email: info@sfad.org.uk</p>	<p>Contact Helpline: 08080 101011 (free from landlines and mobiles) Mon-Fri 0900-1700</p> <p>Out with these times leave voicemail message and receive a call back from the Bereavement Support Team within 48 hrs. You will receive an initial telephone appointment within 5 working days of making contact with the Helpline</p> <p>Email: bereavement@sfad.org.uk</p> <p>Web information: http://sfad.org.uk/get-help-now/bereavement-support-service</p>	<p>Scottish Families offers a FREE and confidential support service to provide you with listening and emotional support in the immediate period after the loss of your loved one and, if appropriate, we can arrange up to 6 face to face counselling sessions for you.</p> <p>SFAD can also give you information about local peer support for people who have experienced a similar loss</p>
<p>Substance Bereavement Support (SBS) Aberdeen</p>	<p>Referred via SFAD above Tel: 0141 221 0544</p>	<p>Self referral (as above)</p>	<p>Peer-led bereavement support group for families and friends of those lost to drug and alcohol misuse.</p>
<p>Child Bereavement Network</p>	<p>01224 594099 coordinator@gcbbn.org.uk www.gcbbn.org.uk</p>	<p>Support resource</p>	<p>Grampian Child Bereavement Network offers, a free service for children and young people up to the age of 18 who have been affected by bereavement. The support is provided via a part time helpline, free resources, a responder service and regular family activity days.</p>

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Sunrise Partnership	07827 755735 support@sunrisepartnership.org	Self referral by telephone call or email.	Sunrise Partnership offers a free service for children and young people up to age 18 who have been affected by loss and bereavement. This may be one to one, sibling or family support or group work which can be offered as a one day session or several sessions spread over a period of time. No waiting list held and sessions are not time limited.
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Please send any amendments / additions to Aberdeen City ADP: nhsq.aberdeencityadp@nhs.net

Electronic version of this document is available at: <http://aberdeencityadp.org.uk/>