



# **Outer Hebrides Alcohol and Drug Partnership**

## **Recovery Support Services Directory**

**Local and National Contacts**



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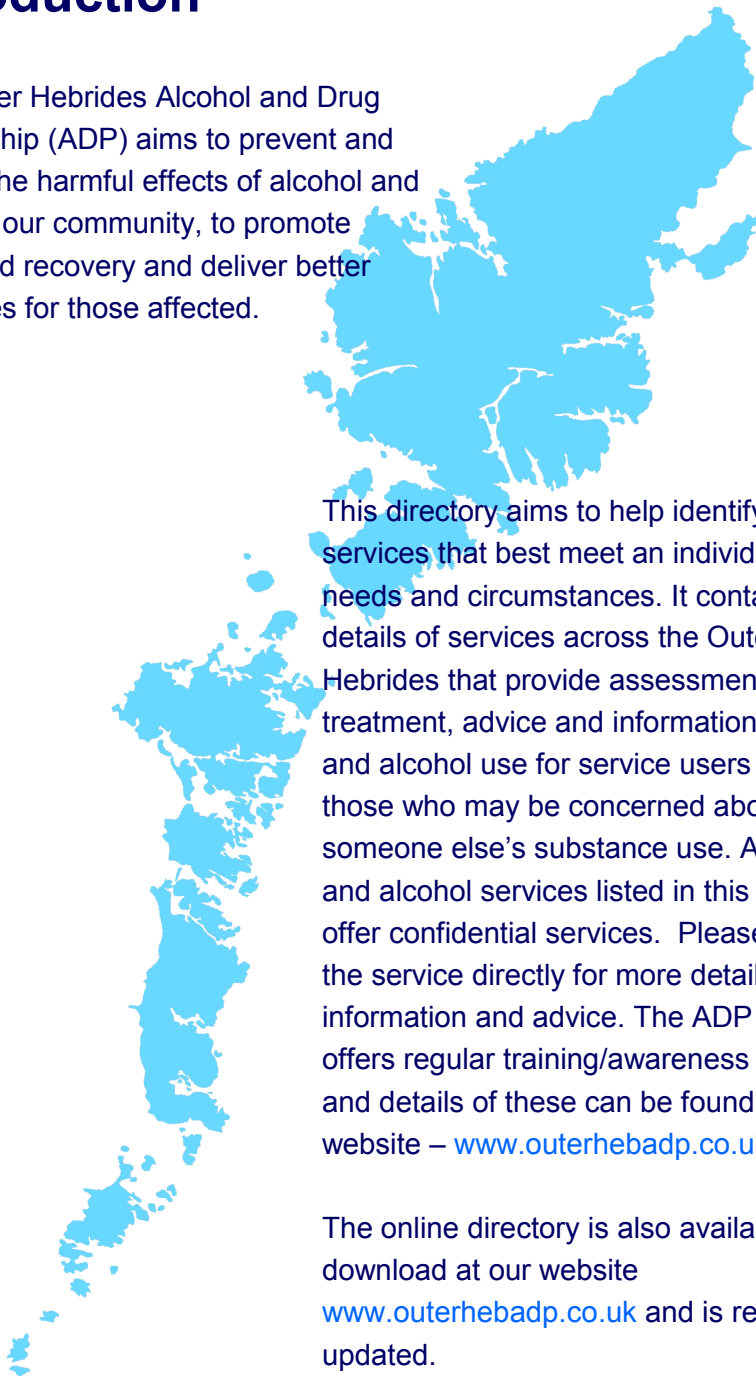
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# Introduction

The Outer Hebrides Alcohol and Drug Partnership (ADP) aims to prevent and reduce the harmful effects of alcohol and drugs in our community, to promote sustained recovery and deliver better outcomes for those affected.

This directory aims to help identify the services that best meet an individual's needs and circumstances. It contains details of services across the Outer Hebrides that provide assessment, treatment, advice and information on drug and alcohol use for service users and for those who may be concerned about someone else's substance use. All drug and alcohol services listed in this guide offer confidential services. Please contact the service directly for more detailed information and advice. The ADP also offers regular training/awareness sessions and details of these can be found on our website – [www.outerhebadp.co.uk](http://www.outerhebadp.co.uk)

The online directory is also available for download at our website [www.outerhebadp.co.uk](http://www.outerhebadp.co.uk) and is regularly updated.



# Quality Principles

Government responsibility is devolved to Scotland's 31 Alcohol and Drug Partnerships (ADPs) to commission evidence-based, person-centered and recovery focused treatment services to meet the needs of their resident populations.

Service Providers need to ensure that the services available to service users are of a high quality and will deliver positive outcomes, not just for the person but for their families and wider community. The Scottish Government has developed a quality improvement framework consisting of 8 Quality Principles to ensure this is achievable.

The Quality Principles are that the service user:

1. Should be able to **quickly access** the right drug or alcohol service that keeps them safe and supports them throughout their recovery.
2. Should be offered **high-quality, evidence-informed treatment, care and support interventions** which reduce harm and empowers them in their recovery.
3. Should be supported by workers who have **the right attitudes, values, training and supervision** throughout the recovery journey.
4. **Should be involved** in a full, strength-based assessment that ensure the choice of recovery model and therapy is based on the person's needs and aspirations.
5. Should have a **recovery plan that is person centred and addresses the broader health, care and social needs**, and maintain a focus on the person's safety throughout their recovery journey.
6. Should be **involved in regular reviews** of their recovery plan to ensure it continues to meet their needs and aspirations.
7. Should have the opportunity to be **involved** in an ongoing evaluation of the delivery of services at each stage of their recovery.
8. Services should be **family inclusive** as part of your practice.

# Signposting to Local Recovery Services

## When should a referral be considered?

- If you suspect the individual has a significant alcohol problem that would benefit from additional support, or if you suspect that they may be dependent on alcohol.
- If the individual wants to speak to someone else or wants additional help or support.
- If the individual needs help with other substance use or mental health problems that you cannot adequately support or address.
- If the individual has physical problems or possible physical problems that you cannot adequately support or address. This includes the whole range of conditions for which a primary care practitioner would normally refer a patient for further investigation, not just alcohol-related conditions.
- If the individual has social, educational, financial, relationship, criminal or other problems or needs that you cannot adequately support or address.
- If there is a child protection concern. Referral requirements in this case will vary according to each area and organisation's child protection policy.

**If your patient/client fits into any of the criteria above, please refer to:**

### **Lewis & Harris**

NHS Western Isles, Alcohol and Drug Nurse, or NHS Western Isles, Community Nurse (Alcohol);  
Tel: 01851 703069

### **Uist & Barra**

Alcohol Misuse Community Nurse; Tel: 01870 603279  
(Referrals accepted via: RMS/Topas; )



# **SERVICES PROVIDED THROUGHOUT THE WESTERN ISLES**



## Action for Children

**Early Years:-** Provides activity based parenting sessions in the community for families affected by substance misuse.

**Early Years Sub-groups:-** The New Beginnings 4 week programme offers support to parents before their baby is born.

**Maternal and Infant Nutrition:-** A 12 week programme offered to support parents by improving cookery skills while educating them in food and nutrition, improving self-esteem and confidence.

**Early Intervention Substance Misuse Programme:-** This service offers support to young people who are misusing substances, on the periphery of misusing, or who are affected by another's misuse. This is a six week programme, but can continue to suit individual needs.

**Young Person's Substance Misuse Weekend Support and Street Work Service:-** Weekend service for young people affected by alcohol and substance misuse.

**Hillcrest Residential Unit:-** caters for young people aged 0-18 years across the Western Isles who are unable to live in the community with their parents or carers, providing them with assistance, advice and a safe supportive home.

Opening times:	Bayhead:- 9.00am – 6.00pm Hillcrest:- 24 hour service
Area covered:	Western Isles
Referral route:	Health and social care staff, Education, Self referral, Police
Recovery stage:	All areas of recovery
Age Group:	Early Years:- families pre birth up to age 8; Early Intervention:- Age 8 – 18 years Young Person Substance Misuse Weekend Support Street Worker:- 14—18 years

### Contact details:

30 Bayhead, Stornoway, Lewis, HS1 2DU

Telephone: 01851 705080

e-mail: [Valerie.russell@actionforchildren.org.uk](mailto:Valerie.russell@actionforchildren.org.uk)

Website: [www.actionforchildren.org.uk](http://www.actionforchildren.org.uk)

Facebook: Action for Children Eilean Siar

## Advocacy Western Isles

Independent Advocacy service to support people to speak up for themselves, uphold their rights, ensure they are listened to, their voice is heard and that they are involved in decisions that are made about them. Priority is given to those experiencing mental health issues, the elderly, learning disabilities and children and young people.

- Opening times: Monday—Friday: 9.30am—5pm  
Area covered: Western Isles  
Referral route: Contact can be made by the person, professional or other person on their behalf.  
Recovery stage: Advocacy is entered in to on a voluntary basis and is ended when the service user feels issues are resolved and or empowered to continue independently.  
Age Group: Adult advocacy:- Any age group  
Children and young people advocacy:- 0—18 years

### Contact details:

Lamont Lane, Bayhead, Stornoway, Lewis

Telephone: Lewis/Harris:- 01851 701755; Uist/Barra:- 01878 700000

e-mail: [office@advocacywi.co.uk](mailto:office@advocacywi.co.uk)

Website: [www.advocacywi.co.uk](http://www.advocacywi.co.uk)

## Al-Anon

Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not.

- Opening times: Monday: 8pm  
Area covered: Western Isles  
Referral route: Self-referral  
Recovery stage: Any stage  
Age Group: All ages—individuals or their family members that have been affected by alcohol misuse

### Contact details:

AA Hall, Haldene Site, Francis Street, Stornoway, Lewis

Telephone: National Helpline - 0207403 0888

Website: [www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

## Alcoholics Anonymous

Provides support for people to address their alcohol issues.

Opening times: Details of meeting times and venues are available on the website  
Area covered: Western Isles  
Referral route: Self-referral  
Recovery stage: Any stage  
Age Group: All ages—individuals affected by alcohol misuse

### Contact details:

Telephone: 0800 9177650  
Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)  
Website: [www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

## Choose Life

A Scottish Government programme for Suicide prevention which looks to ensure action is taken nationally and locally to build skills through training, improve knowledge and awareness of good suicide prevention practice, tackle stigma and to encourage improved co-ordination between services to support those at risk of suicide.

Opening times: Monday—Friday: 9am—5.30pm  
Area covered: Western Isles

### Contact details:

Planning and Development Officer, NHS Western Isles, 37 South Beach Street, Stornoway, Lewis  
Telephone: 01851 708035  
Website: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

## CnES Housing Options and Homeless Service

Provision of accommodation for people who find themselves homeless.

Opening times: Monday—Friday: 9am—5pm

Area covered: Western Isles

### Contact details:

Lewis: Sandwick Road, Stornoway; Benbecula: Balivanich

Telephone: 01851 822821

Website: [www.cne-siar.gov.uk/housing/homeless/supportservice.asp](http://www.cne-siar.gov.uk/housing/homeless/supportservice.asp)

Out of Hours: Lewis and Harris: 01851 701702

Uist and Barra: 01870 602425

## Hebrides Alpha Supported Accommodation

Provides supported 6-bedded on-site accommodation from Coll Residential Unit from 6 month to 1 year, using a recovery orientated programme for individuals seeking to thoroughly recover from long term alcohol or drug problems, with access to self help groups and therapeutic employment.

Opening times: Monday—Friday: 9.30am—9.45pm

Area covered: Western Isles

Referral route: Self, family or professional referral

Recovery stage: Cessation of use, to maintain abstinence

Age Group: Men and women; aged 18+

### Contact details:

Manager, 48B Upper Coll, Lewis, HS2 0LT

Telephone: 01851 820830

Email: [smacleod@hebridesalpha.co.uk](mailto:smacleod@hebridesalpha.co.uk)

Website: <http://www.hebridesalpha.co.uk/accommodation/4581246843>

## Job Centre Plus

Supports claimants of working age gain and sustain employment. Provides individual assistance on employment, training benefits etc. JCP aims to ensure that their claimants retain the same Work Coach whatever benefit they claim JCP supports individuals.

- Opening times: Monday—Friday: 9am—5pm (except Wednesday)  
Wednesday: 10am—5pm
- Area covered: Western Isles
- Referral route: Contact the job centre for an appointment
- Recovery stage: Claimants with addiction issues get the appropriate assistance. As employment is key to sustaining recovery, JCP work with employers and claimants to secure work based placement to improve employment prospects. The agency suggests recovery steps and make referrals to partners for addiction assistance.
- Age Group: All working age claimants

### Contact details:

2 Castle Street, Stornoway, Lewis, HS1 2BA

Telephone: 01851 743663

Email: [stornoway-jobcentre@dwp.gsi.gov.uk](mailto:stornoway-jobcentre@dwp.gsi.gov.uk)

## NHS CAMHS

Children and Adolescent Mental Health Service.

- Opening times: Monday—Friday: 9am-5pm
- Area covered: Western Isles

### Contact details:

Health Centre, Springfield Road, Stornoway, Lewis

Telephone: 01851 701868

Website: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

## NHS Western Isles Dietetic Services

Provision of a dietetic service to the whole of the Western Isles. This can be on an individual basis for nutritional management of a condition or individual health promotion. Public health nutrition sessions to groups on request.

Opening times:	Monday—Friday: 9am—5pm
Area covered:	Based in Stornoway but provides a service across the whole of the Western Isles. Contact may be by telephone or video consultation
Referral route:	Self referral or health professional referral, with permission from the client
Recovery stage:	Prevention, treatment, long term condition management
Age Group:	All ages, any gender

### Contact details:

Karen France (Manager), Western Isles Hospital, Macaulay Road, Stornoway, Lewis

Telephone: 01851 708279

Email: [wi-hb.Dietetics@nhs.net](mailto:wi-hb.Dietetics@nhs.net)

Website: [www.wihb.scot.nhs.uk](http://www.wihb.scot.nhs.uk)

Facebook [facebook.com/nhswidietitians](https://facebook.com/nhswidietitians)

## NHS WI Health Information and Resources Service

The Health Information and Resources Service (HIRS) offers a wide range of health-related materials which are available free of charge to those living and working within the Western Isles. Materials include leaflets and booklets, teaching aids, contraceptive supplies, models, books, display and conference equipment.

Opening times: Monday: 2pm—4.30pm  
Tuesday—Friday: 10.30am—4.30pm  
Area covered: Western Isles

### Contact details:

Health Centre, Springfield Road, Stornoway, Lewis  
Telephone: 01851 701545  
Email: [wi-hb.hirs@nhs.net](mailto:wi-hb.hirs@nhs.net)  
Website: [www.promotionswi.scot.nhs.uk](http://www.promotionswi.scot.nhs.uk)

## Outer Hebrides Managing Employment, Enterprise and Training (OHMEET)

Helping the unemployed re-enter the world of work (this includes people in recovery).

Opening times: Monday—Friday: 9am—5pm  
Area covered: Western Isles.  
Age Group: 18—65 years

### Contact details:

6 Kenneth Street, Stornoway, Lewis  
Telephone: 01851 822716  
Email: [ablyth@cne-siar.gov.uk](mailto:ablyth@cne-siar.gov.uk)  
Website: <https://www.cne-siar.gov.uk/schools-and-learning/learning-and-development/adult-learning-and-employability/managing-employment-enterprise-and-training-oh-meet/>



## Penumbra Nova Project

Provides flexible, person-centred, recovery-focused support. Nova Projects provide 1:1 support, POWWOWS (Penumbra Workshops on Wellbeing), and Peer Support.

Area covered: Western Isles

### Contact details:

Penumbra: 23 Bayhead, Stornoway, Lewis

Telephone: 01851 706360

Email: [west@penumbra.or.uk](mailto:west@penumbra.or.uk)

Website: [www.penumbra.org.uk](http://www.penumbra.org.uk)

## Relationship Scotland Counselling and Family Mediation

Provides counselling for children, young people, adults and couples and family mediation

Opening times: Monday—Friday: 9am—5pm (evening sessions are available)

Area covered: Western Isles.

Referral route: Self, GP or agency referral

Age Group: Children, young people and adults

### Contact details:

16 Keith Street, Stornoway, Lewis

Telephone: 01851 705600

Email: [cfmwesternisles@btconnect.com](mailto:cfmwesternisles@btconnect.com)

Website: [www.relationships-scotland.org.uk/find-a-local-service/counselling-services/western-isles](http://www.relationships-scotland.org.uk/find-a-local-service/counselling-services/western-isles)

## Salvation Army

Provides humanitarian support to members of the community in need.  
Christian charity.

Opening times: Breakfast club every Friday: 8am—11.30am  
Lunch club Tuesday and Thursday: 12pm—1pm  
Area covered: Western Isles

### Contact details:

59 Bayhead, Stornoway, Lewis

Telephone: 01851 703875

E-mail: [stornoway@salvationarmy.org.uk](mailto:stornoway@salvationarmy.org.uk)

Website: [www.salvationarmy.org.uk/stornoway](http://www.salvationarmy.org.uk/stornoway)

Facebook: [www.facebook.com/stornowaysalvationarmy](http://www.facebook.com/stornowaysalvationarmy)

## Samaritans

Provides a listening service where people can get in touch about anything that's troubling them, no matter how large or small the issue to help you explore options.

Opening times: Telephone support: Wednesday: 6am—8am;  
Friday 10pm-2am; Saturday 6pm—2am  
Face to face support: Friday 11am—2pm

Area covered: Western Isles

### Contact details:

87 Cromwell Street, Stornoway, Lewis

Telephone: 01851 703777

E-mail: [jo@samaritans.org](mailto:jo@samaritans.org)

Website: [www.samaritans.org/branches/samaritans-western-isles](http://www.samaritans.org/branches/samaritans-western-isles)

## Skills Development Scotland

Provides an all ages service which delivers support, through Next Steps, to young people in their transition from school to employment, education or training. SDS offers employability support, whether looking for employment, a career change or to identify learning opportunities. SDS can also help with completing job applications and CV and interview preparation.

Opening times: LEWIS and HARRIS  
Monday—Thursday: 9.30am—4pm  
Friday: 1.30pm—4pm  
UIST and BARRA  
Monday—Thursday: 9am—5pm  
Friday: 9am—4pm  
Area covered: Lewis and Harris; Uist and Barra  
Referral route: Self-referral  
Age Group: All ages

### Contact details:

#### **Lewis and Harris**

30 Francis Street, Street, Stornoway, Lewis, HS1 2ND

Telephone: 01851 708900

#### **Uist and Barra**

Benbecula Careers Centre, Network Data Centre, Taigh Cheann A Locha, Lionacleit, Benbecula, HS7 5PJ

Telephone: 01870 604915 / 01870 604916

Website: <https://www.skillsdevelopmentscotland.co.uk/>  
SDS My World of Work <https://www.myworldofwork.co.uk/>

## Volunteer Centre

Co-ordination and matching of people interested in volunteering with volunteer opportunities. Happy to support people in recovery with volunteering.

Area covered: Western Isles

### Contact details:

#### **Lewis**

Cromwell Street, Stornoway, Lewis

Telephone: 01851 700366

E-mail: [bellann@volunteeringwesternisles.co.uk](mailto:bellann@volunteeringwesternisles.co.uk)

#### **Harris**

Formerly Tarbert Primary School, West Tarbert, Harris

Telephone: 01859 502636

E-mail: [harris@volunteeringwesternisles.co.uk](mailto:harris@volunteeringwesternisles.co.uk)

#### **Uist**

41 Airport Road, Balivanich, Benbecula

Telephone: 01870 602604

E-mail: [uist@volunteeringwesternisles.co.uk](mailto:uist@volunteeringwesternisles.co.uk)

#### **Barra**

Am Bothan, Northbay, Barra

Telephone: 01871 890775

E-mail: [barra@volunteeringwesternisles.co.uk](mailto:barra@volunteeringwesternisles.co.uk)

## Western Isles Foodbank

Part of the Trussell Trust. Provides emergency food to people experiencing crisis.

Opening times: Monday, Wednesday, Friday: 11am—2pm

Area covered: Western Isles

### Contact details:

37-39 Point Street, Stornoway, Lewis

Telephone: 01851 706650

E-mail: [info@eileansiar.foodbank.org.uk](mailto:info@eileansiar.foodbank.org.uk)

Website: [www.eileansiar.foodbank.org.uk](http://www.eileansiar.foodbank.org.uk)

## Women's Aid

Safe temporary housing, advice, information and support with issues arising from experiencing domestic abuse in all its forms.

Opening times: Monday—Friday: 9am—5pm

Area covered: Western Isles

### Contact details:

53a Bayhead, Stornoway, Lewis

Telephone: 01851 704750

Out of Hours: National Domestic Abuse Forum— Tel. 0800 027 1234

Police Scotland—Tel: 101

Emergency 999

e-mail: [office@wiwasty.org](mailto:office@wiwasty.org)

Website: [www.wiwasty.co.uk](http://www.wiwasty.co.uk)

## Western Isles Citizens Advice Service

Provision of support and practical help with a range of issues i.e. employment, housing, benefits etc.

Area covered: Western Isles

Opening times: **Lewis**

Monday, Tuesday, Thursday & Friday: 10am—12.45pm; 2pm—3.30pm;

Wednesday: Telephone service only

**Harris**

Monday & Tuesday: 9am—12.30pm

Wednesday & Thursday: 9.30am—4pm

Friday: 9am—4pm

**Uist**

Monday, Tuesday, Thursday & Friday: 10.30am—12.30pm; 2pm—4pm;

Wednesday: Home visiting service only

**Barra**

Monday: 1.30pm—4.30pm

Tuesday & Wednesday: 9.30am—1pm; 1.30pm—4.30pm

Thursday & Friday: Closed

### Contact details:

#### **Lewis**

41-43 Westview Terrace Stornoway, Lewis

Telephone: 01851 705727

E-mail: [bureau@lewiscab.casonline.org.uk](mailto:bureau@lewiscab.casonline.org.uk)

#### **Harris**

Pier Road, Tarbert, Harris

Telephone: 01859 502431

E-mail: [bureau@harriscab.casonline.org.uk](mailto:bureau@harriscab.casonline.org.uk)

#### **Uist**

45 Winfield Way, Balivanich, Benbecula

Telephone: 01870 602421

E-mail: [bureau@uistcab.casonline.org.uk](mailto:bureau@uistcab.casonline.org.uk)

#### **Barra**

Castlebay, Barra

Telephone: 01871 810608

E-mail: [bureau@barracab.casonline.org.uk](mailto:bureau@barracab.casonline.org.uk)

## Western Isles Foyer

Provides supported tenancies for young single people.

Opening times: Monday—Friday: 9am—5pm

Area covered: Western Isles

### Contact details:

36 Bayhead, Stornoway, Lewis

Telephone: 01851 705366

E-mail: [rebeccamahoneyfoyer@gmail.com](mailto:rebeccamahoneyfoyer@gmail.com)

Website: [www.wi-foyer.org.uk](http://www.wi-foyer.org.uk)

## Western Isles Rape Crisis Centre

A service for women, run by women, offering support for women and girls who have been raped or sexually abused at sometime in life.

### Contact details:

74 Kenneth Street / 53a Bayhead, Stornoway, Lewis

Telephone: 01851 709965

Website: <http://www.wircc.co.uk/>

## Who Cares Scotland

Part of a nationwide service providing independent advocacy for young people with care experience up to age 25. Support groups and 1:1 support.

Advocacy for children and young people who have experienced care.

Opening times: Monday—Friday: 9am—5pm

Area covered: Western Isles

### Contact details:

Advocacy: 23 Keith Street, Stornoway, Lewis

Telephone: 07764 290921

E-mail: [amarzella@whocaresscotland.org](mailto:amarzella@whocaresscotland.org)

Website: [www.whocaresscotland.org](http://www.whocaresscotland.org)



**SERVICES PROVIDED  
IN  
LEWIS AND HARRIS**

# Alcohol/Substance Misuse and Mental Health Liaison Service

Support and treatment for those with substance misuse issues to enable them to reduce/abstain from dependency and harmful behaviours. Hospital liaison and community support. Supportive alcohol detoxification in the community and multi agency working to enable lifestyle changes.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Lewis and Harris  
Referral route: Open access referral  
Recovery stage: The service covers all stages, from initial contemplation to active recovery leading to maintenance of lifestyle change - using collaborative working as necessary.  
Age Group: Adults over 18 years of age

## Contact details:

Coleen McLeod, Harm Reduction CPN / Chris Mina Morrison, Community Nurse (Alcohol Misuse), Stornoway Health Centre, Springfield Road, Stornoway, HS1 2PS

Telephone: 01851 763305  
Coleen: 07768 323437  
Chris Mina: 07825 780175

## Bayhead Centre Mentoring Service

Mentoring programme providing 8—18 yr olds with a 1:1 adult mentor to take part in activities and provides positive experiences for the young people using this service.

Service supports young people aged 16—25yrs old who are looking to engage or currently engaging in training and working towards a positive destination and who would benefit from a mentoring relationship.

Referral route: Children and young people can be referred to the programme by anyone as long as they have the young person and the parent's consent.

### Contact details:

Bridge Community Services, Bayhead Embankment, Stornoway, HS1 2DU

Telephone: 01851 702432

Email: [mentoring@bridgecommunitycentre.co.uk](mailto:mentoring@bridgecommunitycentre.co.uk)

Website: <http://www.bridgecommunitycentre.co.uk/>

## Befriending Lewis

Provides supportive, reliable relationships through volunteer befrienders, to people who would otherwise be socially isolated or lonely. Options include face-to-face befriending, telephone befriending or healthier lives befriending. There are regular opportunities to take part in a variety of group befriending activities.

Area covered: Lewis

### Contact details:

Volunteering Hebrides, 30 Francis Street Stornoway

Telephone: 01851 702632

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

Website: [www.befriendinglewis.org.uk](http://www.befriendinglewis.org.uk)

## Catch 23

Western Isles Association for Mental Health (WIAMH) is a service user led organisation which supports a wide range of people who experience mental illness and also alcohol and substance misuse issues. The drop-in service, Catch 23 provides social and physical activities, recovery based arts activities, free internet and provide a daily healthy meal as well as access to information and signposting, training and volunteering opportunities.

Opening times: Monday—Friday: 12 noon—4pm  
Saturday: 11am—3pm  
Area covered: Lewis and Harris  
Referral route: Self referral or via external agencies  
Recovery stage: All stages  
Age group: Male/Female over 16s. Adult service catering for the full range of mental health illnesses, addictions etc.

### Contact details:

Project Manager, 23 Bayhead, Stornoway, HS1 2DU  
Telephone: 01851 704964  
Email: [info@wiamh.org](mailto:info@wiamh.org)  
Website: [www.wiamh.org](http://www.wiamh.org)

## Crossreach Dochas Project

Visiting support to people experiencing problems with alcohol or drugs, to reduce consumption or to aim for abstinence. The service will provide support to anyone experiencing homelessness or support to live in their own home (life skills, health and wellbeing, managing finances, use of time, etc.)

Opening times: Monday—Friday: 9am—5pm  
Evenings and weekends by arrangement

Area covered: Lewis and Harris

Referral route: Homeless Service, CNES; GP, NHS Alcohol Liaison Nurse; Hebridean Housing Partnership

Recovery stage: Dochas will work with any individual who wants to change their use of alcohol or drugs.

Age group: All aged over 16 years.

### Contact details:

Flat 1, 6 Lewis Street, Stornoway

Telephone: 01851 704910

Email: [dochas@crossreach.org.uk](mailto:dochas@crossreach.org.uk)

Website: [www.crossreach.org.uk](http://www.crossreach.org.uk)

## CnES Alcohol and Drug Support Workers

Provides tenancy support to people with alcohol and /or drug problems across Lewis and Harris.

Opening times: CnES office hours

Area covered: Lewis and Harris

### Contact details:

Grianan Day Centre, Westview Terrace, Stornoway

Telephone: 01851 822754 /822753

Email: [Kareen.macleod@cne-siar.gov.uk](mailto:Kareen.macleod@cne-siar.gov.uk) (Alcohol worker)

## Crossroads (Lewis)

The service provides practical help to any carer or those living alone, regardless of age, disability or illness. Carers and individuals can receive regular support at a time they choose. The aim is to give carers peace of mind to relax, socialise, attend appointments, etc.

Opening times: Monday—Friday: 9am—1pm  
Referral route: Self referral, GP, SWD, Specialist Nurse,  
Community etc.  
Recovery stage: All stages  
Age group: All ages

### Contact details:

Grianan Centre, Westview Terrace, Stornoway, HS1 2LD

Telephone: 01851 705411

Email: [crossroads.lewis1@btinternet.com](mailto:crossroads.lewis1@btinternet.com)

Website: <http://crossroadslewis.co.uk/>

## Crossroads (Harris) Care Attendant Scheme

Crossroads (Harris) serves Harris and Scalpay. It provides respite care in the home to carers of ill, elderly and people with disabilities. It also provides care and support to elderly people living alone. The support provided is flexible and geared to the user's needs.

### Contact details:

Morag Munro, Co-ordinator The Old Primary School, Tarbert, HS3 3DB

Telephone: 01859 550254

Email: [morag.rothach@hotmail.co.uk](mailto:morag.rothach@hotmail.co.uk)

## First Steps

First Steps is a 16 plus service, offering a person centred approach to young people to guide them to a positive destination, using a variety of different programmes catering for individual need.

Opening times: No set opening hours; person specific  
Referral route: Referral can be made via school and other agencies including self-referral

### Contact details:

Karen Afrin, Support Worker, Sandwich Hill Learning Centre  
Telephone: 01851 822747  
Email: [karen.afrin@cne-siar.gov.uk](mailto:karen.afrin@cne-siar.gov.uk)

## Harris Voluntary Service

To represent and support the voluntary sector, to assist organisations in coming together for common purposes. Provides advice and information, signposting to appropriate services, befriending and mentoring programmes.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Harris  
Referral route: Self referral  
Age group: Male and female, all ages

### Contact details:

The Old Primary School, Room 15, Tarbert, HS3 3BG  
Telephone: 01859 502171  
Email: [paul@harrisvs.org.uk](mailto:paul@harrisvs.org.uk)  
Website: [www.harrisvs.org.uk](http://www.harrisvs.org.uk)

## Heb Alpha Therapeutic Employment

Provides part time therapeutic work for people with alcohol and / or drug problems or people in recovery.

Opening times: Monday—Friday: 8am—4.30pm

Area covered: Lewis and Harris

### **Contact details:**

The Old Casting Shed, Rigs Road, Stornoway

Telephone: 01851 820830

Email: [rsinclair@hebridesalpha.co.uk](mailto:rsinclair@hebridesalpha.co.uk)

Website: [www.hebridesalpha.co.uk](http://www.hebridesalpha.co.uk)

## Hebridean Independent Living and Learning Service (HILLS)

Offers support to adults who are not yet ready to go into the work-place but have the potential to do so.

### **Contact details:**

Anne Blythe, Education Development Centre, 6 Kenneth Street,  
Stornoway, HS1 2DR

Telephone: 01851 822714

Email: [g.miller@cne-siar.gov.uk](mailto:g.miller@cne-siar.gov.uk)



## Needle Exchange

A full needle exchange service is available locally.

### Contact details:

KJ MacDonald Pharmacy, 29-31 Cromwell Street, Stornoway, HS1 2DD

Telephone: 01851 703331

Opening hours: Monday—Friday; 2—4pm

## NHS Community Mental Health Team

Community support for people suffering mental health difficulties.

Opening times: Monday—Friday: 9am—5pm  
(OOH service via NHS24: 5pm—9am)

Area covered: Lewis and Harris

Referral route: Via GP/Consultant Psychiatrist. OOH service  
via NHS 24/Police

Age group: Over 18s

### Contact details:

Stornoway Health Centre, Stornoway

Telephone: 01851 703069

Email: [debbiemacrae@nhs.net](mailto:debbiemacrae@nhs.net)

## Pointers Drop-in Service

Drop in centre for 12—25 year olds and Youth Cafe

Opening times:

### **Drop in**

Wednesday: 4pm—6pm

Friday: 1.30pm—4pm(term time only)

Friday :7.30pm—11pm

Saturday: 1.30pm—5pm

### **Young mums group for mums and their children up to the age of 25**

Tuesday: 10.30am—12noon

**Young Carers Group for S1-S6** Tuesday: 3.45pm—6pm

**Young Carers group P4-P7** one Saturday per month

**Harris Young Carers group S1-S6** once per month

**Battle of the Bands** Friday: 3pm (mainly term time only)

### **Contact details:**

14-16 North Beach St, Stornoway

Telephone: 01851 822713 / 700963 or 07920 722198  
(the cafe is open during drop-in times)

Email: [pointers@cne-siar.gov.uk](mailto:pointers@cne-siar.gov.uk)

Website: <https://www.cne-siar.gov.uk/schools-and-learning/learning-and-development/community-learning-and-development/pointers-drop-in-centre/>

# Sports Centres and Swimming Pools

## **Stornoway—Ionad Spors Leodhais**

Regional sports facility with: 25m pool; health suite; climbing wall; games hall; gym; dance studio; squash courts; athletics track and 3G sports pitch.

Services Offered: G.P. Exercise Referral Scheme—clients referred by GPs for specialist advice and support. Slainte Math—family and unlimited membership; unlimited use of facilities at every sports centre; free classes.

## **Lionel**

12.5m pool

## **Shawbost**

12.5m pool

## **Tarbert—Ionad Spors Eilean na Hearadh**

16.5m swimming pool; sauna/spa and gym

Opening times: Monday, Tuesday, Thursday, Friday: 7.15am—10pm

Wednesday: 8am—10pm (Pool from 10am)

Saturday: 8.15am—8pm

Area covered: Lewis and Harris

Referral route: GPs

Recovery stage: This would depend on the opinion of the GP and/or relevant support services

Age group: Generally adults over 16.

### **Contact details:**

**Ionad Spòrs Leòdhais:** Tony Wade, Sports Facilities Services Manager, Springfield Road, Stornoway

Telephone: 01851 822780

Email: [twade@cne-siar.gov.uk](mailto:twade@cne-siar.gov.uk)

Website: [www.cne-siar.gov.uk/isl/](http://www.cne-siar.gov.uk/isl/)

Facebook: Lewis Sports Centre

Twitter: @ISLsport

### **Lionel**

Telephone: 01851 822885

### **Shawbost**

Telephone: 01851 822879

### **Ionad Spors Eilean na Hearadh**

Telephone: 01859 502944

## STARAN Community Project

Practical and therapeutic employment of maintenance and repair of boats/furniture, during evening and weekends, for those dealing with alcohol and/or drug problems and people in recovery.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Lewis  
Referral route: Staran Referral form (available from Staran)  
Recovery stage: All stages  
Age group: Over 16s

### Contact details:

Support Worker, 30 Francis Street, Stornoway, HS1 2ND

Telephone: 01851 702632

Email: [info@staran.co.uk](mailto:info@staran.co.uk)

Website: <http://staran.co.uk/>

Facebook: [facebook.com/Staran](https://www.facebook.com/Staran)

## The Shed

**The Well** and **The Ark** drop in are safe supportive communities that enable people to make positive social connections in a recovery-oriented environment. It seeks to help individuals in all aspects of recovery, gain peer support, help develop resilience and support individuals and their families with any issues or problems on the recovery journey.

Opening times: **The Well**  
Monday: 10am—5pm; Friday: 7pm—9.30pm  
**The Ark**  
Friday: 10am—12noon  
Area covered: Lewis and Harris  
Referral route: Self referral or through any agency  
Recovery stage: All stages  
Age group: The Well Drop in: 18 and over  
The Ark Drop in: Females only, 18 and over

### Contact details:

Martins Memorial Church, 11 Francis Street, Stornoway  
Telephone: 01851 704557  
Email: [admin@theshedproject.org.uk](mailto:admin@theshedproject.org.uk)  
Website: [www.theshedproject.org.uk](http://www.theshedproject.org.uk)  
Facebook: The Shed Stornoway

## Volunteering Hebrides

Provides support to local voluntary sector organisation by providing assistance and advice around a range of issues.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Lewis

### Contact details:

30 Francis Street, Stornoway, Lewis  
Telephone: 01851 703035  
Email: [hmacleod@tshebrides.org.uk](mailto:hmacleod@tshebrides.org.uk)  
Website: <https://vhscotland.org.uk/members/third-sector-hebrides/>  
Facebook: Volunteering Hebrides

**SERVICES PROVIDED  
IN  
UIST AND BARRA**

## Caraidean Uibhist

Caraidean Uibhist is an all inclusive charity providing free and confidential support to anyone aged over 16 yrs. Our aim is to reduce loneliness and social isolation by providing one to one visits, one to one telephone calls and group activities.

Area covered: Uist Community: Eriskay-Berneray

### Contact details:

23 Winfield Way, Balivanich, Benbecula

Telephone: 01870 603233

Email: [admin@caraideanuibhist.org](mailto:admin@caraideanuibhist.org)

Facebook: Caraidean Uibhist

## Cobhair Bharraigh

Provides a home based support service and day care centre. In partnership with Alzheimer Scotland, Action on Dementia and affiliated with Crossroads Caring Scotland.

Opening times: Monday-Thursday: 9am—3pm

Area covered: Barra and Vatersay

Referral route: Self, family and friends or statutory bodies

Age group: Any

### Contact details:

Kentangaval, Castlebay, Barra,

Telephone: 01871 810906

Email: [cobhairbharraigh@btconnect.com](mailto:cobhairbharraigh@btconnect.com)

Website: [www.isleofbarra.com/cobhairbharraigh.htm](http://www.isleofbarra.com/cobhairbharraigh.htm)

## Cothrom Ltd.

Community learning facility and provision of a work programme. The service offers support and guidance to any individual affected by an addiction through drop-in support group sessions in Lochboisdale. Therapeutic sessions are also offered along with training and mentoring at the Ormiclate Learning Centre. A Recovery Cafe also offers peer support.

Opening times: Monday-Friday: 9am—5pm

Area covered: The Uists

Referral route: Self referral, Job Centre Plus, criminal Justice, Mental Health and Well Being services, Social Work

Recovery stage: All stages

Age group: Open to all individuals that have drug or alcohol dependency

### Contact details:

Community Learning and Development Centre, Ormiclate, South Uist, HS8 5SB

Telephone: 01878 700910

Email: [enquiries@cothrom.net](mailto:enquiries@cothrom.net) or  
[kirsty.maccormick@cothrom.net](mailto:kirsty.maccormick@cothrom.net)

Website: [www.cothrom.net](http://www.cothrom.net)

Facebook: Cothrom-Learning-Centre



## Garadh a Bhagh a Tuath [Garden Project]

Garadh a Bhagh a Tuath [SCIO] (The Garadh) is a therapeutic garden and cafe project offering volunteering, work placements and training for all people including those with additional support needs.

Opening times: Monday—Friday: 9am—4pm  
Area covered: Barra  
Referral route: Self and any agency  
Recovery stage: All stages  
Open to all individuals that have drug or alcohol dependency  
Weekend befriending support service for those with alcohol related issues  
Recovery  
Age group: Male and female, over 16s

### Contact details:

Peigi Maclean, Bothan, Bayherivagh, Northbay, Barra  
Telephone: 01871 890765  
Email: Peigi.maclean@garadh.org

## NHS Alcohol Misuse Community Nurse

Support and treatment for those with substance misuse issues, to enable them to reduce/abstain from dependency and harmful behaviours. Hospital a. Hospital liaison and community support. Supportive alcohol detoxification in the community and multi agency working to enable lifestyle changes.

Opening times: Monday—Friday: 9am—5pm  
Area covered: Uist and Barra  
Referral route: Open access referral  
The service covers all stages, from initial contemplation to active recovery leading to maintenance of lifestyle change - using collaborative working as necessary.  
Age group: Adults over 18 years of age

### Contact details:

James Mackay, 46 Winfield Way, Balivanich, Benbecula  
Telephone: 01870 603279

## NHS Community Mental Health Team

Community support for people suffering mental health difficulties.

Opening times: Monday—Friday: 9am—5pm  
(OOH service via NHS24: 5pm—9am)  
Area covered: Uist and Barra  
Referral route: via GP/consultant psychiatrist, OOH services,  
NHS 24, Police Scotland, self referrals, family  
or concerned person (with the patient's  
consent)  
Age group: Over 18s

### Contact details:

46 Winfield Way, Balivanich, Benbecula

Telephone: 01870 602918

Email: [nmacritchie@nhs.net](mailto:nmacritchie@nhs.net)

## Sports Centres and Games Hall

### Castlebay

Fitness suite, games hall and swimming pool

### Lionacleit—Sgoil Lionacleit Sports Centre

25m swimming pool, fitness suite, games hall, sauna, football pitch, running track

### Contact details:

#### Castlebay School and Games Hall

Telephone: 01871 810100

#### Sgoil Lionacleit Sports Centre

Telephone: 01870 603693

## Tagsa Uibhist

Offering 1:1 support and information to help individuals manage their mental health and wellbeing.

Opening times: Monday—Friday: 9am—5pm  
Area covered: The Uists  
Referral route: Self referral, health and social care professionals, family member  
Recovery stage: All stages as appropriate  
Age group: Men and Women over 18 years (dual diagnosis)

### Contact details:

East Camp, Balivanich, Benbecula, HS7 5LA  
Telephone: 01870 603881 / 602111 or 07825 942766  
Email: [tumhs@tagsauibhisttrading.co.uk](mailto:tumhs@tagsauibhisttrading.co.uk)  
Website: [www.tagsa-uibhist.com](http://www.tagsa-uibhist.com)

## Uist Council of Voluntary Organisations (UCVO)

Support and representation for third sector organisations in the Uists.

### Contact details:

41 Airport Road, Balivanich, Benbecula, HS7 5LA  
Telephone: 01870 602117

## Voluntary Action Barra and Vatersay

Develops and delivers activities that contribute to the long term social, economic and environmental vitality of our islands.

Opening times: Monday—Friday  
Area covered: Barra and Vatersay

### Contact details:

Eoin MacNeil, Development Manager, Castlebay, Isle of Barra, HS9 5XD  
Telephone: 01871 810401 / 07772 425854  
Email: [eoin@vabv.org.uk](mailto:eoin@vabv.org.uk)  
Website: [www.vabv.org.uk](http://www.vabv.org.uk)

**GP PRACTICES**  
**in the**  
**WESTERN ISLES**

## GP Practices in the Western Isles

### **Langabhat Medical Practice**

North Lochs	01851 860222
Carloway	01851 860222
Borve	01851 860222
Uig and Bernera Surgery	01851 860222
Pairc	01851 860222

### **The Group Practice**

Health Centre, Stornoway	01851 703145
Habost Clinic, Ness	01851 810689

<b>Broadbay Medical Practice</b>	01851 703588
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<b>North Harris Medical Practice</b>	01859 502421
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<b>South Harris Medical Practice</b>	01859 520278
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<b>North Uist Medical Practice</b>	01876 500333
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<b>Benbecula Medical Practice</b>	01870 602215
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<b>South Uist Medical Practice</b>	01878 700302
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<b>Barra Medical Practice</b>	01871 810282
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# **NATIONAL ORGANISATIONS**

## Alcohol Focus Scotland

Promoting effective alcohol policies at local, national and international level. Communicating news, information, research findings and briefings. Gathering evidence of the harm caused by alcohol and of the most effective and cost-effective policies. Developing learning opportunities and resources to support best practice.

### Contact details:

Telephone: 0141 5726700  
Email: [enquiries@alcohol-focus-scotland.org.uk](mailto:enquiries@alcohol-focus-scotland.org.uk)  
Website: [www.alcohol-focus-scotland.org.uk/](http://www.alcohol-focus-scotland.org.uk/)

## Breathing Space

Free, confidential, phone service for anyone in Scotland experiencing low mood, depression or anxiety.

### Contact details:

Telephone: 0800 838587  
Website: <http://breathingspace.scot/>

## Cocaine Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that may solve their common problems and help others to recover from their addiction.

### Contact details:

Telephone: 0800 6120225  
Online meetings are available  
Website: [www.cauk.org.uk](http://www.cauk.org.uk)

## CREW

Provides information about psychostimulant drugs (particularly NPS) and the dangers of using them, including harm reduction information so people can make informed choices.

**Contact details:**

Telephone: 0131 2203404  
Email: [admin@crew2000.org.uk](mailto:admin@crew2000.org.uk)  
Website: [www.crew2000.org.uk](http://www.crew2000.org.uk)

## Drinkaware

An independent, UK wide charity which aims to reduce alcohol-related harm by helping people make better choices about their drinking by providing impartial, evidence based information, advice and practical resources, raising awareness of alcohol and its harms and by working collaboratively with partners.

**Contact details:**

Telephone: 020 7766 9900  
Fax: 020 7504 8217  
Email: [contact@drinkaware.co.uk](mailto:contact@drinkaware.co.uk)  
Website: [www.drinkaware.co.uk/](http://www.drinkaware.co.uk/)

## Drinkline

Offers free, confidential, accurate and consistent information and advice to callers who are concerned about their own or someone else's drinking regardless of the caller's age, gender, sexuality, ethnicity or spirituality.

Opening times: Monday to Friday 9am—8pm  
Saturday & Sunday 11am—4pm

**Contact details:**

Telephone: 0300 123 1110  
Website: <http://patient.info/support/Drinkline>



## Drugwise

Promoting evidence based information on drugs, alcohol and tobacco.

**Contact details:**

Telephone: 03301 236 600  
Website: <http://www.drugwise.org.uk/>

## Families Anonymous (Scotland)

Families Anonymous (FA) provides support for relatives and friends affected or concerned about the use of substance misuse or related behavioural problems. The programme is based on 12 steps and traditions.

Opening times: Calls to the Helpline numbers are normally answered daily 1—4pm and 6—9pm.  
An online forum is available  
Area covered: Scotland

**Contact details:**

Telephone: Helpline - 0207 498 4680 or 0845 1200 660 (local). Please check your phone tariff – the cost of calls to 0845 numbers can vary  
Online forum available  
Website: <http://famanon.org.uk/>

## Health Scotland

The national agency for improving the health of Scotland's population, covering every aspect of health improvement and spanning a range of health topics. To work across all sectors in Scotland to put this evidence into action and support national and local policy makers to design and evaluate interventions that help build a fairer, healthier Scotland.

**Contact details:**

Website: <http://www.healthscotland.scot/health-topics>

## Hepatitis Scotland

This website raises Scottish awareness of Hepatitis C as a cause of liver disease, the type of activities that can put people at risk of catching the virus and that there is effective treatment available which can cure up to 80% of those chronically infected with Hepatitis C. The website also provides information for health and other professionals who may come into contact with those living with the virus or those who are unaware they are infected.

**Contact details:**

Website: <http://www.hepatitisscotland.org.uk>

## Know The Score

A Scottish Government campaign to tackle drugs in Scotland. The website provides information and advice for the public, parents and professionals and offers a free confidential 24 hour helpline along with free, confidential drugs information and advice.

Opening times: 7 days a week, 8am—11pm

Area covered: Scotland

**Contact details:**

Telephone: Drugs Helpline on 0800 587 5879.

Website: <http://knowthescore.info/>

## Narcotics Anonymous

Helpline and regular self help meetings for individuals who have a desire to stop using drugs and who wish to support each other in remaining drug free.

**Contact details:**

Telephone: Helpline: 10.00am – midnight 0300 999 1212  
Email: [NAHelpline@ukna.org](mailto:NAHelpline@ukna.org)  
Website: <http://ukna.org/>

## Naloxone

Naloxone is a pharmaceutical drug which can temporarily reverse the effects of an opiate overdose, providing more time for an ambulance to arrive and treatment to be given. Visit the Naloxone website for more information on Naloxone and the Scottish THN Programme.

**Contact details:**

Website: <https://naloxone.org.uk/>

## NHS Inform

Scotland's National health information service provides accurate and relevant information to help make informed decisions about individual's own health and health of the people they care for.

**Contact details:**

Telephone: 0800 224488  
(Lines open: Mon—Fri, 8am—10pm;  
Sat—Sun, 9am—5pm)  
Website: <https://www.nhsinform.scot/>

## Re-solve

Re-solve is a national UK wide organisation working to prevent deaths and harm associated with volatile substance misuse. It works in partnership with other organisations, to develop training and information resources and provide direct training and support.

**Contact details:**

Website: <http://re-solv.org/>

## Scottish Drugs Forum

Informing, supporting, leading and representing drug agencies and recovery services. Improve the quality, range and effectiveness of service and policy responses to problematic drug use in Scotland. Reduce future and recurring problematic drug use. Promote and sustain recovery from drug problems

**Contact details:**

Telephone: 0141 2211175  
Fax: 0141 2486414  
Email: [enquiries@sdf.org.uk](mailto:enquiries@sdf.org.uk)  
Website: [www.sdf.org.uk](http://www.sdf.org.uk)

## Scottish Drug Services Directory

An online Directory developed to help people find information on all drug treatment and rehabilitation services in Scotland.

### Contact details:

Telephone: 0141 2211175  
Fax: 0141 2486414  
Email: [enquiries@sdf.org.uk](mailto:enquiries@sdf.org.uk)  
Website: [www.scottishdrugservices.com](http://www.scottishdrugservices.com)

## Scottish Families Affected by Alcohol and Drugs

Support those affected by the substance misuse of a loved one, because families need to recover too. Facilitate a Scotland-wide network of family support groups and run a helpline service.

Opening times: Monday to Friday: 9am—11pm  
Saturday and Sunday: 5pm— 11pm

### Contact details:

Telephone: 0141 221 0544  
Helpline: 08080 10 10 11  
Email: [info@sfad.org.uk](mailto:info@sfad.org.uk) or [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)  
Website: [www.sfad.org.uk](http://www.sfad.org.uk)

## Scottish Recovery Consortium

The Scottish Recovery Consortium (SRC) is a recovery-orientated charity. We exist to build and promote recovery from addictions in Scotland using means and messages that are consistent with the values and practices of recovery from addictions.

**Contact details:**

Telephone: 0141 5521355

Website: <http://scottishrecoveryconsortium.org/>

## Talk to Frank

Provides a range of services offering person centred support to adults with a range of complex needs. Live chats available 2pm—6pm daily.

**Contact details:**

Telephone: 0300 123 6600

Email: [frank@talktofrank.com](mailto:frank@talktofrank.com)

Website: [www.talktofrank.com](http://www.talktofrank.com)

## Turning Point Scotland

Provides a range of services offering person centred support to adults with a range of complex needs.

**Contact details:**

Telephone: 0141 4278200  
Free call 0800 652 3757 (Available 9—5pm  
Monday to Friday)  
Email: [info@turningpointscotland.com](mailto:info@turningpointscotland.com)  
Website: [www.turningpointscotland.com/](http://www.turningpointscotland.com/)

## UK SMART Recovery

Helps individuals seeking abstinence from addictive behaviours to gain independence, achieve recovery and lead meaningful and satisfying lives. Self Management And Recovery Training (SMART) is a science-based programme to help people manage their recovery from any type of addictive behaviour. This includes addictive behaviour with substances such as alcohol, nicotine or drugs; or compulsive behaviours such as gambling, sex, eating, shopping, self-harming and so on.

**Contact details:**

Website: <http://www.supportline.org.uk/problems/drugs.php>

Every effort has been made to ensure that the information contained in this directory was correct at time of printing.

An electronic version of the Recovery Services Support Directory is available on our website, <http://www.outerhebadp.co.uk> and will be updated regularly.

You can go direct to our ADP website by scanning the QR code displayed below. You will require a QR barcode reader app on your mobile phone:



If you do notice that any information is incorrect or out of date, or if you have any comments to make for future updates, please use the contact form on our website, or contact: -

Alcohol and Drug Partnership  
Block 11 Laxdale Court  
Stornoway  
Isle of Lewis  
HS2 0GS

Tel: 01851 762022

Date produced: Dec 2017      Date published: May 2018      Print copy review date: Jul 2019

Produced by: Outer Hebrides Alcohol and Drug Partnership

#### **Disclaimer**

No liability is accepted for misinterpretation. All information was correct at the time of publication, and information in print copy will be updated every 18 months. The electronic copy will be updated as changes occur.