

ALCOHOL & DRUGS ACTION



OUR SERVICES

Introduction

Alcohol & Drugs Action (formerly Drugs Action) began operating as a charity and company limited by guarantee, in June 1986. The organisation was set up in response to a gap in support for people with substance use issues at that time. This included the provision of targeted support to people using volatile substances, young people experimenting with a range of drugs and women dependent on prescribed drugs.

Since 1986, Alcohol & Drugs Action has established trust and credibility amongst individuals with substance use issues. This has extended to family members and local communities in Aberdeen and Aberdeenshire. ADA's growth is also due to the value it places on partnership working with well-established relationships in place; with Local Authorities, NHS Grampian, Aberdeen City and Aberdeenshire Alcohol & Drugs Partnerships (ADPs), as well as other third sector organisations; to ensure we all work together to best meet the needs in local communities.

This booklet provides information on some of the services we currently provide. We sincerely hope that we have something available to meet your needs, but if not, we will be able to signpost you to local services who can. If in doubt, please call our Helpline number:

HELPLINE – 01224 594700 or 07927 192706

Alcohol & Drugs Action
7 Hadden Street
Aberdeen
AB11 6NU

We treat personal information confidentially, in accordance with the General Data Protection Regulation (GDPR) and Data Protection Act 2018. Some of our services can be accessed anonymously.

Our Services

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Helpline

The Alcohol & Drugs Action Helpline provides free, confidential advice and information on all drug and alcohol related issues.

The Helpline is available to anyone, including family members/friends and professionals.

Helpline opening hours:

- Monday – Friday, 10:30am-1pm, 2pm-5pm
- Saturday & Sunday, 2pm-5pm

The Helpline also opens late on a Monday and Thursday evening from 5:30pm-7pm.

You can contact us on
01224 594700

You can also send us a text or contact the helpline mobile telephone on:
07927 192706

If you prefer to contact us electronically you can do so via the 'Messenger' service on our Facebook page [@AlcDrugsAction](#)

or via e-mail:

helpline@alcoholanddrugsaction.org.uk

Duty drop-in

When you want to speak with someone face-to-face.

We provide

- Immediate information, advice and support for any individual experiencing problems with their own or another's drug/alcohol use.
- Assessment of need, looking at alcohol and/or drug use; mental and physical wellbeing; family relationships; housing and any other relevant issues.
- Liaison with, and referral to, other appropriate services within and outwith Alcohol & Drugs Action.
- Naloxone kits – overdose awareness and basic life support training to reduce the risk of overdose.
- Dried Blood Spot Testing (DBST) for Hep B, C and HIV.
- Crisis / brief interventions

Drop-In opening hours:

- Monday – Friday, 9:30am-12:45pm, 2pm-4:45pm
- Saturday & Sunday, 12pm-1pm

Telephone 01224 577120

Helpline 01224 594700

Structured preparatory work

Structured preparatory work (SPW) is a free, confidential service which allows you to explore your drug/alcohol use on a one-to-one basis. The service includes:

- Regular appointments with an allocated worker.
- An initial assessment with you, to explore your drug/alcohol use as well as your mental wellbeing and any other relevant issues.
- A recovery plan for you to work towards, focusing on your identified goals, which can include relapse prevention, reduction planning or support pre/post detox.
- Regular progress reviews to ensure that your needs are being met in relation to your drug/alcohol use.

SPW is also open to family members/friends who may require on-going support in relation to drug/alcohol use.

To access SPW, you can either attend our duty drop-in service or ask your GP, CPN or any other relevant professional to make a referral to our services.

Telephone 01224 577120

Helpline 01224 594700

Needle Exchange service, Exchange St

At our Exchange Street premises (located in the basement floor of our Hadden Street Office) we can supply you with:

- Sterile injecting equipment, paraphernalia and condoms.
- Safer injecting and harm reduction advice on all aspects of drug use.
- Bins for the safe disposal of used injecting equipment, which can be returned to us later and disposed of safely.
- Naloxone kits – overdose awareness and basic life support training to reduce the risk of overdose.
- Advice on how to move away from injecting drug use.
- Dried Blood Spot Testing (DBST) for Hep B, C and HIV.
- Quick access to all other ADA services.

Needle Exchange opening hours:

- Monday & Thursday, 10.30am-1pm; 2pm-5pm; 5:30pm-7pm
- Tuesday, Wednesday, Friday, 10:30pm-1pm; 2pm-5pm
- Saturday & Sunday, 2pm-5pm

Find us at:

7 Exchange Street, Aberdeen, AB11 5PL

Helpline 01224 594700

Services in the community

ADA offers services in the community in Aberdeen, where we provide the following:

- Immediate information, advice and support for any individual experiencing problems with their own or another's drug/alcohol use.
- Assessment of need, looking at substance use, including alcohol; mental and physical wellbeing; family relationships; housing and any other relevant issues.
- Liaison with, and referral to, other appropriate services within and outwith Alcohol & Drugs Action.
- Naloxone kits – overdose awareness and basic life support training to reduce the risk of overdose.
- Dried Blood Spot Testing (DBST) for Hep B, C and HIV.
- Crisis / brief interventions.
- Sterile injecting equipment, paraphernalia and condoms.
- Bins for the safe disposal of used injecting equipment, which can be returned to us later and disposed of safely.
- Harm reduction advice/information.

MASTRICK - Mastrick Community Centre, Greenfern Road, Aberdeen, AB16 6TR. Tuesday 2pm-4:30pm

NORTHFIELD - Northfield Community Centre, Byron Square, Aberdeen, AB16 7LL. Wednesday 2:30pm-4:30pm

Aberdeen IPED Clinic

This confidential service is for anyone who is considering or is using Steroids or any other Image and Performance Enhancing Drugs (IPEDs). We provide:

- Specialist advice/information/support/harm reduction on IPED use.
- Sterile injecting equipment and paraphernalia.
- Safer injecting and harm reduction advice.
- Bins for the safe disposal of used injecting equipment, which can be returned to us later and disposed of safely.
- Dried Blood Spot Testing (DBST) for Hep B, C and HIV.
- Blood pressure monitoring.
- Signposting to online resources.

Find us at:

7 Exchange Street, Aberdeen, AB11 5PL

Thursday 5:30pm-7pm

To get in touch:

Helpline: 01224 594700

Mobile: 07801 530136

Check our Facebook page [@AberdeenIPED](#) for regular service updates including research opportunities.

Exchange Street Clinic

The Exchange Street Clinic is an Asymptomatic Service for gay & bisexual men and men who have sex with men. This is a drop-in service, so no appointments are necessary.

We provide free, confidential sexual health care, including:

- Testing for sexually transmitted infections (STI's)
- Support
- Vaccines
- Treatments
- Free Condoms and lube

Drop in at 7 Exchange Street, Aberdeen, AB11 5PL

Thursday, 5:30pm-7:30pm.

For more information:

Telephone: 0345 337 9900

Twitter: [@ExchangeSt7](https://twitter.com/ExchangeSt7)

[NHS Grampian website](#)



Family Support Group

The Family Support Group is a peer support group. This means that group members, as people who have been affected by a loved one's alcohol and/or drug use, share their own experiences and knowledge. This includes providing emotional, social and practical support to others.

The group is facilitated by an ADA member of staff and a volunteer to ensure every participant has an equal chance to contribute.

Some meetings are centred on specific topics, whilst others are left open for general discussion.

The Family Support Group currently meets every fortnight on a Wednesday evening from 7pm-9pm.

Find us at:

7 Hadden Street, Aberdeen, AB11 6NU

Helpline 01224 594700

Quay Services

Quay Services provides support to women who are involved in the sex industry in Aberdeen and Aberdeenshire.

We offer a range of services which includes:

- Weekly outreach service (Wednesdays)
- Safety advice, personal alarms & access to National Ugly mugs
- Free condoms & lube
- Needle Exchange & harm reduction advice
- Snacks & drinks
- Referrals to other services including drug treatment, sexual health, reporting crimes, domestic abuse, Rape Crisis, etc
- Access to all other ADA services and groups, including one-to-one support to make positive changes for the future.

Helpline 01224 594700

Recovery Services

ADA has a range of services to support you in your recovery from drug and/or alcohol use, no matter where you are in your recovery journey.

We work as part of the Integrated Drug Service and Integrated Alcohol Service to provide you with advice, information and support to achieve your goals regarding your substance use and other aspects of your life. The service includes:

One to one support

- Regular appointments with an allocated worker at a venue that suits you
- Completing an initial assessment with you to explore your drug/alcohol use as well as your mental wellbeing and any other relevant issues
- Completing a Recovery Plan for you to work towards, focusing on your identified goals, which can include relapse prevention; reduction planning; housing; benefits; mental/physical health; relationships; use of time
- Regular progress reviews to ensure that your needs are being met in relation to your drug/alcohol use and other aspects of your life
- Links to other support services to sustain your recovery journey, including working in partnership with The Foyer to create opportunities for accredited learning, skills development, work experience and volunteering to increase employment prospects.

Recovery Groups

- There are many groups at ADA for you to get involved with and the groups are a great way to meet other people in recovery. Groups available include gardening; coffee and craft; women's; art; activities; cooking.
- There are also groups which focus on helping you develop the tools to support your own and other people's recovery. These include:
 - **DART Self Coaching** – introduces topics and tools to develop self-awareness, understand yourself better and learn 'how you tick'. The course explores different ways you can help yourself

to achieve the goals you want in your recovery. SCQF accredited course.

- **DART Recovery Coaching** – a continuation from the Self Coaching. This course helps you to develop the skills to support others in their recovery and is for people who already feel stable and strong in their own recovery. SCQF accredited course.
- **SMART Recovery**
- **ORT & Me**
- **Stepping Stones**

You can contact us on:

Telephone: 01224 577120

Helpline: 01224 594700 Mobile: 07927 192706

E-mail: info@alcoholanddrugsaction.org.uk

Volunteering

There are a variety of volunteering opportunities available, whether you can give occasional support or commit to volunteering on a more regular or longer-term basis.

- ADA volunteers make a positive contribution to the lives of service users, their families and the wider community. For example, we have volunteers who help facilitate our recovery groups, provide alternative therapies, help promote ADA services at information stalls, link service users into support services and help promote ADA services through social media.
- Full training and on-going support will be provided.
- ADA actively encourages and offers volunteering opportunities from anyone with ***lived experience***. The Peer Recovery Volunteer Programme is available to those currently (or having previously) engaged within ADA Recovery Services and/or an active member of the local recovery community. Bespoke training and support are available to enable Peer Volunteers to make important contributions to helping others access, engage and take their first steps in their recovery journey, as well as focusing on Peer Volunteers developing their very own skills and capabilities as part of their own journey.

You can contact us on:

Telephone: 01224 577120

Helpline: 01224 594700 Mobile: 07927192706

E-mail: info@alcoholanddrugsaction.org.uk

Children, People & Young Families

Reaching Aberdeen Families Together (RAFT)

RAFT brings together 5 leading local and national charities (Barnardos, ADA, Foyer, Apex and Homestart) in a single service to provide early, short-term help & support to children, young people and families considered vulnerable and in need of support services in Aberdeen.

RAFT can provide support regarding a diverse range of concerns such as parental substance use, impact of substance use on the family, young people's own substance use, offending, parenting support, mental health, lifestyle skills, domestic abuse, education, training and employability.

If you would like further information about how to refer and referral criteria, please contact: RAFT, 20 Carden Place Aberdeen AB10 1UQ
Telephone: 01224 624090

Referral email address: RAFTAberdeen@barnardos.org.uk

Green Light Project (GLP)

A service for young people under the age of 25 in Aberdeen City and Shire

- The service provides support to those at risk of / currently experiencing sexual exploitation (exploitation refers to the act of treating someone unfairly for someone else's own personal gain)
- One to one support, advice and information are available to individuals who are referred to the GLP
- Small group work activity sessions on healthy romantic relationships and social media safety are also available.

Telephone: 01224 577120

Young Person's Worker: 07738 983 382

www.greenlightproject.co.uk

Other work with young people

ADA has a range of services that work with young people regarding alcohol and other drugs. The focus of the work is to prevent harm and escalation to problem substance use.

Services available include:

- **Good Life Choices (GLC)** – a student-led group work programme to increase resilience, confidence and self-esteem through a variety of health and wellbeing activities. The programme also focusses on enabling young people make informed choices about their future.
- One-to-one advice and support regarding young people's own alcohol and other drug use
- Help to access community resources, services and support
- Awareness raising and training events for professionals working with young people

You can contact us on:

Telephone: 01224 577120

Helpline: 01224 594700

Email: ypreferral@alcoholanddrugsaction.org.uk

Useful links



[@AlcDrugsAction](https://www.facebook.com/AlcDrugsAction)



[@AlcDrugsAction](https://twitter.com/AlcDrugsAction)



www.alcoholanddrugsaction.org.uk/



[@AberdeenIPED](https://www.facebook.com/AberdeenIPED)



[@ExchangeSt7](https://twitter.com/ExchangeSt7)



www.greenlightproject.co.uk



[@greenlightADA](https://www.facebook.com/greenlightADA)



[@greenlightADA](https://twitter.com/greenlightADA)



<https://smartrecovery.org.uk/>

Groups and Activities

Alcohol & Drugs Action run and are involved in a number of groups and activities such as: Art, Coffee & Craft, Gardening, Parents United in Recovery (PUIR), Women's and others.

To find out more and ask about others, please call our Helpline on:
01224 594700

Your notes

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Reducing harm...



enabling recovery.