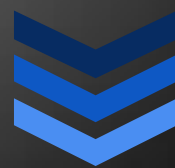


MORAY APD DIRECTORY 2016



Louise McKenzie

Alcohol and Drug
Services in Moray



Introduction

The directory is a useful tool to help you identify the agency best suited to assist with substance misuse and alcohol problems/needs.

It contains a wide range of listings for drug and alcohol services available in Moray. Most of the services listed in this directory work with people with complex needs.

Each listing includes a brief description of services provided by the agency, as well as contact details and opening hours.

It also includes the most suitable form of support or treatment depending on:

- The aims of the person going into treatment
- The substance(s) being used
- How much and how often
- Duration of substance/alcohol use

An online version of the directory is also available to <http://www.madp.info/>

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The first part of the directory gives details of the Moray Alcohol and Drug Partnership and guidance on where to find help in Moray for drug and alcohol problems, your own or other people's.

'Types of help and treatment available' gives a brief explanation of what is available. The 'Drugs and Alcohol Services' gives a brief summary of each service in Moray and how you can be referred.

There is a list of useful websites, including national organisations, where further information can be found.

Moray Alcohol and Drug Partnership

The Moray Alcohol and Drug Partnership (MADP) is a multi-agency partnership, accountable directly to the Moray Community Planning Partnership. The MADP has been established to respond to national strategies on alcohol, drugs and volatile substances.

The purpose of the MADP is to reduce the impact of problematic alcohol and drug use on individuals, families and communities by co-ordinating the work of the statutory and third sector agencies and by developing and implementing strategies for tackling alcohol and drug problems at a local level.

The Alcohol and Drug Partnership have 7 key priorities set out in the 2015 – 2018 Delivery Plan.

There are:

- Health
- Prevalence
- Recovery
- Families
- Community Safety
- Law Enforcement
- Service Delivery

The MADP does not provide treatment services but commissions statutory and voluntary agencies to provide the full range of drug and alcohol treatment services, both structured and open access, including services for those in the criminal justice system. The Support Team takes a lead with involving service users and carers in developing services. The list of MADP staff of page 5 gives further details of key strategic work.

Any of the team will be happy to help with queries from users of the Directory.

MADP Support Team

Paul Johnson
MADP Lead Officer

Leads on implementing the Strategy and working with partners to ensure actions arising from the Strategy are taken forward.

Amanda McClafferty
Research & Information Officer

Leads in the MADP for developing and producing annual needs assessment for both drug and alcohol treatment; collates and analyses data and information to inform strategies and commissioning.

Louise McKenzie
Team Support Administrator

Runs the MADP office and provides administrative support to the team and Partnership.

The MADP Support Team can be contacted on 01343 557230 or on morayadp@moray.gov.uk

What types of help and treatment are available?

Various types of help and treatment are available in Moray to suit different people's needs. Below is a brief description of the main types of help and treatment and a suggestion of what type of person they may suit.

Direct/Single Door Access – This should be your first point of contact. You will be offered initial support and guidance and be given a full assessment.

Brief Interventions – you will be offered three or more sessions, depending on what has been agreed in your recovery plan. These will be with an alcohol or drugs worker to discuss your alcohol/drug use and help you to make changes to stay on track.

Psychosocial Interventions – This is also known as Talking Therapy. If you are assessed as needing this as part of your recovery plan, you will be offered a programme with an appropriate worker. Workers use various therapies, including CBT (Cognitive Behaviour Therapy). These therapies offer you a structured way to work towards your goals within a confidential relationship. This can be provided by Moray Integrated Drug and Alcohol Service (MIDAS) and the Direct Access Service.

Prescribing Interventions – Medically assisted withdrawal from alcohol or drugs can be offered. This is where you are given medication to help you safely stop using alcohol or drugs. This service is provided by MIDAS at 11 North Guildry Street, Elgin. In a small number of cases this service may need to be given in an inpatient setting, such as a hospital. This is done as part of a recovery package, which will usually include other treatment, such as support or talking therapy, to help you maintain an alcohol or drug free life.

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Drop In – It is not everyone who wants to work in a structured programme – for those who do not, Arrows will provide a drop in facility available to meet immediate need and provide advice, guidance and support to other services.

Residential Rehabilitation – Dependence on alcohol or drugs may have complex causes and for some these treatments will not be enough to help them recover. If this is the case for you, you may need a longer, more intensive treatment that is offered in a residential rehabilitation. This involves living away from home for a period of 3 months or more. MIDAS will assess your appropriateness of your entry for treatment.

Family Support – Early intervention, harm reduction and prevention programmes will be delivered by Arrows and Moray Integrated Drug and Alcohol Service and will support the majority of people looking for support with alcohol and drug problems.

Drug and Alcohol Services

Arrows Access and Assessment Point

Moray Alcohol and Drug Partnership have commissioned Arrows to provide an access point for all drug and alcohol services in Moray.

If you require to access a service this must be your first point of call.

What does the Access Point offer?

You will receive an assessment within 72 hours and then be provided with an onward referral to the treatment service that meets your needs.

Address	Arrows 23 High Street Elgin Moray IV30 1EE	
Telephone	01343 610500	
Text	07812 228547	
Email	arrows@quarriers.org.uk	
Contact Hours	Monday	9am – 6pm
	Tuesday	9am – 6pm
	Wednesday	9am – 6pm
	Thursday	9am – 7pm
	Friday	9am – 6pm

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Moray Integrated Drug and Alcohol Service

MIDAS is based at 11 North Guildry Street, Elgin and is an integrated service, consisting of the Moray Council Social work/Family Support and NHS Grampian Community Psychiatric Nurses.

What does the Integrated Drug and Alcohol Service offer?

- Advice and support for drug/alcohol users
- Advice and support to young substance users (with the consent of parents/guardians if under the age of 16 years)
- Advice and support to people with complex health and social needs where substance misuse is a factor
- Supporting other services who are working with people who have drug or alcohol related needs
- Substitute prescribing
- Information on how to access free needle exchange
- Home detoxification, advice and support
- Residential detoxification and assessment for rehabilitation services

Family Planning

- Free condom service and family planning advice
- Substance education/training for clinical staff/social work staff and other agencies

Address

11 North Guildry Street
Elgin
Moray
IV30 1JR

Telephone

01343 552211

Contact hours

Monday to Friday – 9am – 5pm

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Arrows

This service is commissioned by MADP and is provided by Arrows (a Quarriers service). This service will carry out all first point assessments and refer to the most appropriate agency. The service will provide individual needs based interventions for people with a range of substance misuse issues. The service offers information, support and guidance in an inviting, relaxed, confidential environment to anyone who has concerns about their own or someone else's drug or alcohol use.

What does Arrows offer?

- Drop in facilities
- One to one interventions
- Group work
- Telephone helpline
- Support in the community
- Arrest referral
- Email support

Address	23 High Street Elgin Moray IV30 1EE	
Telephone	01343 610500	
Text	07812 228547	
Email	arrows@quarriers.org.uk	
Contact Hours	Monday	9am – 6pm
	Tuesday	9am – 6pm
	Wednesday	9am – 6pm
	Thursday	9am – 7pm
	Friday	9am – 6pm

Contact Arrows for needle exchange opening hours.

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Quarriers Carer Support Service

The Moray Council commission Quarriers to provide a variety of support to unpaid Carers, young and old within the Moray area.

What Quarriers Carer Support Service offers?

No strings attached confidential helpline – Targeting Carers requiring anonymity who feel worried, isolated or alone because someone they are looking after has changed through drinking more than usual or taking drugs. Perhaps they have mental health issues and this is impacting on the family.

Adult Carer Support – Emotional and practical help for Carers on a one to one basis.

Young Carer Support – Provided to Carers up to the age of 18. Support is provided to ensure the challenges of the caring situation are minimised and the young person can fulfil their potential.

Formal Carer's Assessment – Every Carer who has, or may have in the future, a regular or substantial caring role is legally entitled to request an assessment of their individual needs. This is an opportunity for Carers to discuss their situation and identify what support they feel they need to continue in their caring role.

Advice and Information – Queries are answered; solutions are found on a wide variety of subjects. Referrals are made to expert organisations where appropriate.

Free Training – Provided on a range of topics that Carers have identified as necessary to aid their caring role. Fun and only lasting a couple of hours, sessions aim to improve knowledge, boost confidence and provide an opportunity to mix with other Carers.

Care and Share Peer – Support groups empowering Carers to have a life of their own while sharing experiences with others and enjoying various fun activities.

Mobile Information Bus – Making the service accessible at a local level.

Address	44 High Street Elgin IV30 1BU
Telephone	01343 556031 (Confidential Helpline 01343 555031)
Email	carersmoray@quarriers.org.uk
Contact hours	Monday to Friday 9am – 5pm

A to Z of Services

A

Aberlour Youth Point – Moray

Aberlour Youth Point – Moray provides a needs-led person-centred service to vulnerable and challenging children and young people in Moray. They also offer Mentoring and Peer Mentoring opportunities for young people affected by substances.

Address	7 Parade Spur South Elgin Moray IV30 6JA
Telephone	01343 546214
Email	Youthpoint.moray@aberlour.org.uk
Contact Hours	Monday to Friday 9am – 5pm

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problems and help others to recover from alcoholism.

Address	AA Northern Service Office Baltic Chambers 50 Wellington Street Glasgow G2 6HJ
Telephone	0800 9177 650
Email	help@alcoholics-anonymous.org.uk
Contact Hours	Please contact for area meetings

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Al-Anon

Al-Anon Family Groups provide 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.

Address Al-Anon Information Centre
Mansefield Park Building Unit 6
22 Mansefield Street
Patrick
Glasgow
G11 5QP

Telephone 020 7403 0888

Email enquiries@al-anonuk.org.uk

Contact Hours Contact for area meetings

B

Building Bridges

Building Bridges offers a service within a community setting, non-violent communication, creative expression through writing and arts, grief tending, nature based connection and education, education around addiction and recovery, life sustainability skills and tools, dance and movement and pottery.

Address Findhorn Foundation
The Park
Findhorn
IV36 3TZ

Telephone 01309 690311

Email building.bridges@findhorn.org

Contact Hours Please contact for more information

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C

Children 1st

Our services work with children and young people and their families to minimise the effects of abuse on family members. This is done through one to one work with children and young people who have experienced abuse and mothers who have experienced domestic violence or have unresolved issues of childhood sexual abuse. We also provide group work for children and their mothers who have experienced domestic violence.

Our Rights Advocacy and Mediation service provides advocacy to any child or young person who attends meetings about their care or education. We also provide information on children's rights. The service provides mediation to families where there is a dispute over the provision for a child with additional support needs. Our service in Dufftown is scoping out youth provision in the area with the help of young people.

Address	Highfield House Annexe Northfield Terrace Elgin Moray IV30 1NE
Telephone	01343 564170
Email	moray@children1st.org.uk
Contact Hours	Monday to Friday 9am – 5pm (office hours)

Criminal Justice Social Work

Moray Criminal Justice Social Work team delivers a wide range of assessment, supervision and support services for individuals sentenced by the courts or being released from prison.

Address	11 North Guildry Street Elgin IV30 1JR
Telephone	01343 557200
Email	criminal.justice@moray.gov.uk
Contact Hours	Monday to Friday 9am – 5pm

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Crossreach

The face to face counselling is provided by qualified staff or volunteers, some of whom have received their training through Crossreach courses, all professionally accredited. They are managed and supported by Crossreach staff. Training for volunteers is a vital component of the service that is provided by Crossreach.

Address	Charis House 47 Milton Road East Edinburgh EH15 2SR
Telephone	0131 657 2000
Email	Info@crossreach.org.uk
Contact Hours	Contact for information

Cruse

Cruse Bereavement Care Scotland exists to provide support to people experiencing grief following a death, working primarily through volunteers, providing free care to bereaved people.

Cruse was founded over 50 years ago in Surrey as a support group for widows. Over the years it grew rapidly opening its doors first to widowers and eventually to anyone who was bereaved. Gradually Cruse developed into a volunteer counselling service. The first branch of Cruse Scotland opened in the late 1960's and by the mid 90's there were 28 branches north of the border.

Address	Riverview House Friarton Road Perth PH2 8DF
Telephone	0845 600 2227
Email	moray@crusescotland.org.uk
Contact Hours	Contact for information

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E

Elgin Youth Café

Elgin Youth Café offers a safe place and a wide range of projects and activities for all young people of secondary school age in Elgin.

Address	Elgin Youth Café Francis Place Elgin IV30 1LQ
Telephone	01343 548300
Email	office@elgin.org
Contact Hours	Contact for information

Employability Support Service

The service was created to help residents in Moray who are disadvantaged by a condition, illness or disability to gain, sustain or retain some kind of employment. The service also helps individuals to access training to make them more employable.

The service can be accessed while individuals are still at school at around the age of 14 and continue through to adulthood. Adults wishing to join the service can phone for an application form and will then be invited along for a chat to find out more about their needs and goals.

Address	The Moray Council The Annexe High Street Elgin IV30 1BX
Telephone	01343 563866
Email	employmentsupportservice@moray.gov.uk
Contact Hours	Monday to Friday 8.45am – 5pm

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G

Grampian Family Support Forum

Grampian Family Support Forum provide support to families affected by drug addiction problems, are a voice for families affected by drugs and harnessing 'lived experiences'.

Address	n/a
Telephone	07511 682824
Email	grampianfsgforum@yahoo.co.uk
Website	www.gfsf.org.uk
Contact Hours	Contact for information

H

Housing Department

The Housing department provide housing options, support to sustain accommodation, access to supported accommodation and prevent homelessness and vulnerable households from future homelessness. The Moray Council commission SACRO to provide Guildry House and Covesea Road.

Address	Housing & Property The Moray Council PO Box 6760 Elgin IV30 1BX
Telephone	0300 123 4566
Email	housing@moray.gov.uk
Contact Hours	Monday to Friday 9am – 5pm

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Health Point

NHS Grampian *healthpoint* is your one stop health information point, offering free confidential information, advice and access to reputable services, in a friendly welcoming environment.

NHS Grampian **healthpoints** work proactively to tackle health issues relating to self-care offering free information and advice on a number of health concerns for professionals and members of the general public.

As part of better health, better care, NHS Grampian works in partnership with [NHS Inform](#). NHS Inform is a national information service, however Grampian is fortunate to already have the **healthpoint** services delivering high quality, accessible information Grampian wide.

Address	Dr Gray's Hospital Elgin
Telephone	01343 67842
Contact Hours	Monday – Friday (9am – 5pm)

Hope UK

Hope UK provides education for young people and children to make drug free choices, recruit volunteers and train them to be educators and educate parents and adults involved with young people about drugs and attitudes etc.

Address	n/a
Telephone	020 7928 0848
Email	j.pickford@hopeuk.org
Contact Hours	Contact for information

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M

Moray Youth Justice

The Moray Youth Justice Team work with young people aged 8-18 years old. They help reduce youth offending and the impact of this behaviour on communities throughout Moray.

Address	Beechbrae Education Centre Duffus Road Elgin IV30 4NP
Telephone	01343 557934
Email	youthjustice.admin@moray.gov.uk
Contact Hours	Monday to Friday 9am – 5pm

N

Narcotics Anonymous

Narcotics Anonymous is a completely voluntary organisation. Membership is open to anyone with a drug problem seeking help, regardless of what drug or combination of drugs have been used, and irrespective of age, sex, religion, race, creed or class. The only requirement for membership is a desire to stop using drugs.

Telephone	0300 9991212
Contact Hours	Helpline – 10am - midnight

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O

Out of the Darkness Theatre Company

Out of the Darkness Theatre Company provide opportunities for all in the performance arts, create training opportunities in performance, media and technical skills in an inclusive manner and create, devise and perform social awareness performances that interact with audiences for training conference, awareness raising across Scotland.

Address	Academy Street Elgin IV30 5LL
Telephone	01343 543500
Email	enquiries@odtheatre.org.uk
Contact Hours	Contact for information

R

Rape and Abuse Line

Rape and Abuse Line support survivors of rape and sexual abuse, however long their experience was. RAL also offer support to families or partners of the person affected.

Telephone	0808 8000 122 (answered by males) 0808 8000 123 (answered by females)
Email	support@rapeandabuseline.co.uk
Contact Hours	Contact for information

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Road to Recovery

Road to recovery helps build a community that offers support to anyone who care to access it. They also offer people hope, whatever their situation is or has been.

Email colin.morison@talktalk.net

Contact Hours Contact for information

S

School Liaison Officers

School Liaison Officers aim to deliver a consistent and accurate syllabus of educational inputs at primary and secondary levels linked to the National Curriculum for Excellence.

Telephone 0845 600 5 700

Contact Hours Contact for information

Pharmacies

Elgin

Bishopmill Pharmacy

20 North Street
Bishopmill
Elgin
IV30 4EF
Tel: 01343 547374

Lloyds Pharmacy

48 High Street
Elgin
IV30 1BU
Tel: 01343 547035

Lloyds Pharmacy

175 – 177 High Street
Elgin
IV30 1BA
Tel: 01343 542571

Boots Pharmacy

Glassgreen Centre
2 Thornhill Drive
Elgin
IV30 6GQ
Tel: 01343 542186

Boots Pharmacy

Springfield Retail Park
Edgar Road
Elgin
IV30 1BW
Tel: 01343 543685

Boots Pharmacy

110 – 112 High Street
Elgin
IV30 1BW
Tel: 01343 543311

Forres

Rowlands Pharmacy

83 High Street
Forres
IV36 1AA
Tel: 01309 672784

Lloyds Pharmacy

99 High Street
Forres
IV36 1AA
Tel: 01309 672614

Boots Pharmacy

90 High Street
Forres
IV36 1NX
Tel: 01309 673370

Lhanbryde

Lhanbryde Pharmacy

32 St Andrews Road
Lhanbryde
IV30 8NZ
Tel: 01343 842531

Fochabers

Christies of Fochabers

62 High Street
Fochabers
IV32 7DU
Tel: 01343 820207

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Roths

Roths Pharmacy
26-28 High Street
Roths
AB38 7AU
Tel: 01340 831233

Hopeman

G.F Duthie M.R. Pharmacy
26 Harbour Street
Hopeman
IV30 5RU
Tel: 01343 830249

Lossiemouth

Lossiemouth Pharmacy
34 Queen Street
Lossiemouth
IV31 6PJ
Tel: 01343 813095

Lloyds Pharmacy
23A Clifton Road
Lossiemouth
IV31 6DJ
Tel: 01343 812818

Buckie

Taylor Pharmacy
1 High Street
Buckie
AB56 1AL
Tel: 01542 831116

Ardach Health Centre
Highfield Road
Buckie
AB56 1JE
Tel: 01542 833311

Aberlour

Aberlour Pharmacy
112 High Street
Aberlour
AB38 9NX
Tel: 01340 871279

Cullen

Cullen Pharmacy
28 Seafeld Street
Cullen
AB56 4SH
Tel: 01542 840220

Dufftown

K.M.J Dalziel
15 Balvenie Street
Dufftown
AB55 5AB
Tel: 01340 820228

Needle Exchange

Moray

Dufftown Pharmacy	15 Balvenie Street, Dufftown, AB55 4AB	01340 820 228
Lloyds Pharmacy	48 High Street, Elgin, IV30 1BU	01343 547035
Bishopmill Pharmacy	20 North Street, Bishopmill, Elgin, IV30 4EF	01343 547374
Lloyds Pharmacy	23A Clifton Road, Lossiemouth, IV31 6DJ	01343 812818
Boots (Forres)	88-94 High Street, Forres, IV36 1AA	01309 673370
Norvik Pharmacies Ltd	1 High Street, Buckie, AB56 1AL	01542 831116
Arrows	23 High Street, Elgin, IV30 1EE	01343 552382

For opening hours please contact individual needle exchange using numbers provided.

Local Useful Websites

Moray ADP	www.madp.org.uk
Arrows	arrows@quarriers.org.uk
Quarriers	www.quarrierscarersservice.org.uk
Aberlour Youth Point Moray	www.aberlour.org.uk
Alcoholics Anonymous	www.alcoholics-anonymous.org.uk
Al-non	www.al-anonuk.org.uk
Building Bridges	www.findhorn.org
Children 1st	www.children1st.org.uk
Crossreach	www.crossreach.org.uk
Cruse	www.crusebereavementcare.org.uk
Elgin Youth Café	www.elginyouthcafe.org
Health Point	www.nhsgrampian.org
Hope UK	www.hopeuk.org
Narcotics Anonymous	www.ukna.org
Out of the Darkness Theatre Company	www.odtheatre.org.uk
Rape and Abuse Line	www.rapeandabuseline.co.uk
Road to Recovery	www.elginandforresfreechurch.com
School Liaison Officers	www.grampian.police.uk

Useful National Websites

ADFAM	www.adfam.org.uk
Alcohol Concern	www.alcoholconcern.co.uk
Alcohol Focus Scotland	www.alcohol-focus-scotland.org.uk
Drink Aware	www.drinkaware.co.uk
Know the Score	www.knowthescore.info
Frank	www.talktofrank.com
SMART Recovery	www.smartrecovery.org.uk
	Contact Arrows, Elgin



Moray Alcohol & Drug Partnership

Moray Alcohol and Drug Partnership
9 North Guildry Street
Elgin
IV30 1JR

Tel: 01343 557230

www.madp.info/
@morayadp
morayadp@moray.gov.uk