

Forth Valley
Alcohol & Drug Partnerships'
Treatment & Recovery
Service Directory
2020/2021

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- Families Outside
- Skills Development Scotland
- Click - women-led safety and wellbeing service

The contents of this publication are believed correct at the time of printing. Nevertheless, the publisher can accept no responsibility for errors or omissions, changes in the detail given, or for any expense or loss thereby caused.
Printed November 2020

Forth Valley Alcohol & Drug Partnerships

Administration Area 1, Stirling Community Hospital,
Livilands, Stirling, FK8 2AU
Tel: 01786 454787
www.forthvalleyadp.org.uk



Support Staff

Co-ordinator - Forth Valley ADPs

Elaine Lawlor
(Forth Valley Wide Role)
Office: 01786 454764
Mob: 07810 630618
Email: elainelawlor@nhs.scot

FV ADPs Administration

Heather Jolly
Office: 01786 454787
Email: FV-UHB.FVADP@nhs.scot

ADP Lead Officer (Falkirk)

Position to be recruited
Falkirk Council, Municipal Buildings,
Falkirk FK1 5RS

ADP Lead Officer

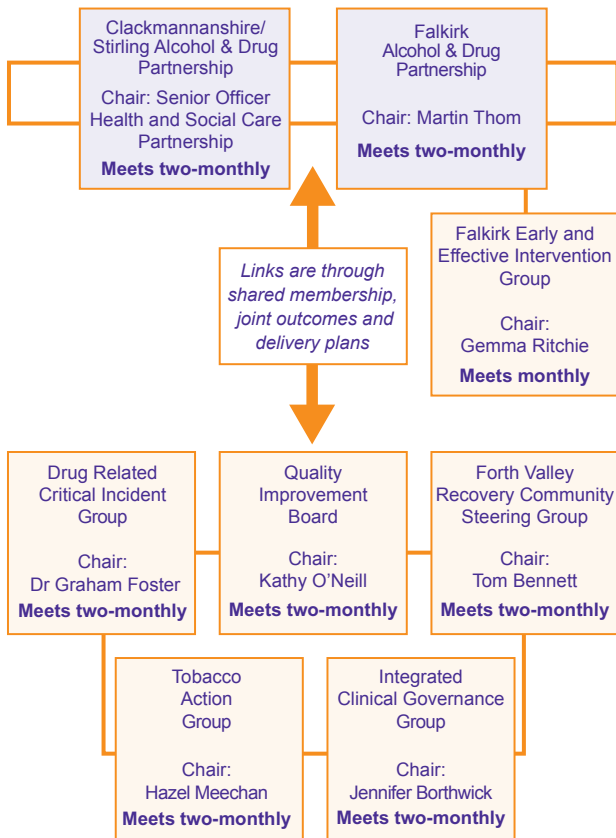
(Clackmannanshire/Stirling)

Position to be recruited
Old Viewforth, Stirling FK8 2ET

Senior Clinical Pharmacist (IEP)

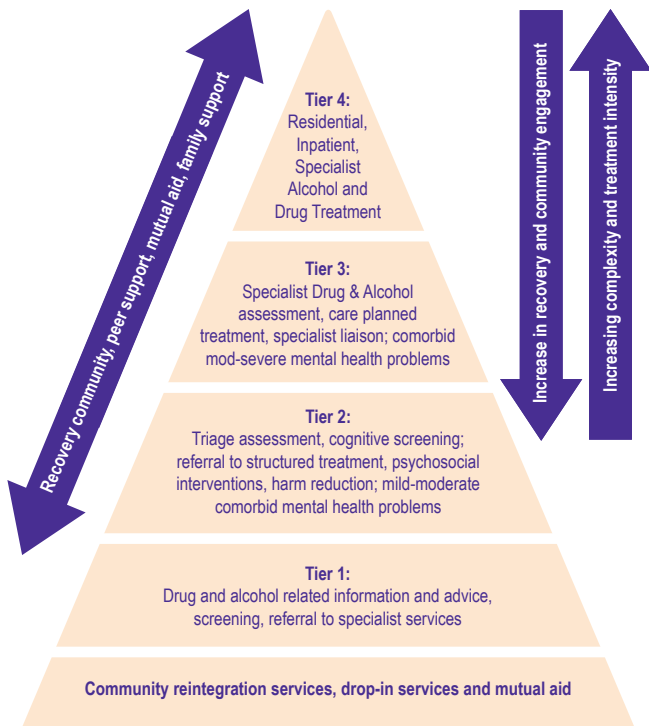
Gillian Baillie-Sharp
Office: 01786 454593
Mob: 07780574783
email: gillian.baillie-sharp@nhs.scot

Forth Valley Alcohol & Drug Partnerships' - Structural Diagram



There are occasional short-life working groups and sub groups developed as required

Forth Valley Substance Use Services - Tiered Treatment and Intervention Modalities



Background

Forth Valley Alcohol & Drug Partnerships (ADPs) have adopted a tiered approach to understanding and responding to substance related problems in Forth Valley. We include all illegal drugs; alcohol; tobacco; solvents & gases, over-the-counter medicines and those prescribed that are commonly not used as directed.

Our definition of services and initiatives includes education and prevention work, support services, family support services, treatment and recovery services, mutual aid/self help support, rehabilitation and peer support services.

Each service / initiative has clarified its eligibility criteria and pathways of referral.

Consideration is given to workforce development requirements and the specific experience required for staff in order to support recovery.

Interventions Used

There are a limited number of interventions deemed effective within the substance field. The guiding principles in deciding what interventions should be made available to which clients and by what services should be based on a combination of:

- Evidence based practice
- Client need
- Service capacity
- Skills competencies and experience of staff

Eligibility Criteria

Clear eligibility criteria not only make it easier for staff and potential clients to access the service, it aids staff employed within any service to understand where their contribution “fits”. By detailing the eligibility criteria for all services, an analysis of barriers to access and gaps in provision can be identified. A robust needs assessment is in place and can be found at www.forthvalleyadp.org.uk

Referral Process

A single point of referral is in operation across Forth Valley.

Once an individual enters the Forth Valley pathway and an initial assessment is completed there should be no additional barriers to the individuals speedy referral to the most appropriate provider.

To make a referral please contact
Change Grow Live on **0808 196 2188**.

Training & Qualifications of Staff

The ability of staff to deliver interventions and monitor outcomes is critical to the success of any service. Linked to this is the provision of appropriate and frequent clinical and managerial supervision.

Forth Valley ADPs recognise and prioritise workforce development for staff working in this field. The FV ADPs are committed to developing and implementing a comprehensive Workforce Development Plan in line with the Strategic Workforce Statement from the Scottish Government. This will enable Forth Valley to deliver to the highest standards and develop a suitably trained, confident, competent Alcohol and Drug Workforce to support the delivery of the Health and Social Care Standards - National Quality Principles for Substance Use Services.

Monitoring & Evaluation Processes

All services provide monthly outcomes and activity reports. For those services commissioned by ADPs quarterly reports form part of the Service Contract. All services will contribute information to the national data base DAISy (Drug and Alcohol Information System).

Recovery Support

Forth Valley Recovery Community

Recovery Cafes

Smart Recovery Groups

Mutual Aid

Recovery Support

Forth Valley Recovery Community

Forth Valley Recovery Community

Forth Valley Recovery Community is YOUR community. Why not drop in to your local cafe, get involved or chat to our volunteers about how we can help you move on. FVRC is all about making recovery accessible to everybody in Forth Valley who has experienced substance dependency.

Contact

Telephone: 01324 874 969

Tom: 07920 234 694 TBennett@asc.me.uk

or

Becky: 07920 576 375 BWood@asc.me.uk

Recovery Cafes

Come along to one of our Forth Valley Recovery Community recovery cafes. Recovery Cafe's are drug and alcohol free environments where you can come for recovery support in an informal setting.

Our cafes are open seven days per week throughout Forth Valley. Have a cup of tea or coffee, enjoy some home baking or excellent food cooked by our recovery volunteers. Learn how to play an instrument or get fit! We have a variety of options available for all abilities and desires.

Monday - Alloa

4pm to 9pm 2 The Gate, Ludgate, Alloa FK10 2DR

Tea/coffee/food / 12 Step meeting / SMART Recovery / arts & crafts activities
recovery films and discussion.

Tuesday - Stirling Women's Cafe

10.30 to 1.30pm St Mark's Parish Church, Drip Road, Stirling FK8 1RE

Tea/coffee/food / SMART Recovery / arts & crafts activities / recovery support
and discussion.

Wednesday - Stenhousemuir

1pm to 4.30pm The Tryst Community Centre, Stenhousemuir

Wii Sports, pool, board games, Yoga and Meditation, circuit training,
five-a-side football, SMART Recovery, meet our recovery volunteers and peer
supporters.

Recovery Cafes

Thursday - Sauchie

11am to 4pm Sauchie Hall, Mar Place. Sauchie FK10 3EA

Tea/coffee/food / SMART Recovery / arts & crafts activities / recovery support and discussion.

Friday - Stirling

1pm to 6pm Stirling Cafe, Ochil Community Centre, Raploch, Stirling

Great food, home baking, learn to play an instrument, meet our recovery volunteers, SMART recovery.

Saturday - Falkirk

10am to 3pm Weekend Recovery Cafe, ASC Falkirk, 32 Vicar Street, Falkirk

Live music and entertainment, home made food and SMART recovery.

Sunday - Grangemouth

12 to 4pm Rainbow House, Grangemouth FK3 8AE

Tea/coffee/food / arts & crafts activities / recovery support and discussion.

Smart Recovery Meetings

Monday

Alloa Recovery Cafe, The Gate, Alloa.
7.00pm to 8.30pm

Tuesday

ASC Falkirk, 32 Vicar Street
4.30pm to 6.00pm
Women Only - Raploch, St Mark's Parish Church, Drip Road, Stirling FK8 1RE
1.30pm to 3.00pm

Wednesday

Stenhousemuir Recovery Cafe , Tryst Community Centre, Stenhousemuir
3.00pm to 4.30pm

Thursday

Sauchie Hall, Mar Place, Sauchie FK10 3EA
2.00pm to 3.30pm

Friday

Stirling Recovery Cafe, Mayfield Community Centre, St Ninians, FK7 0DB
3.00pm to 4.30pm

Saturday

Weekend Recovery Cafe, ASC Vicar Street, Falkirk
11.30am to 1.00pm

SMART Recovery is a mutual aid organisation that provides self-help meetings designed to help you understand and use evidence based techniques to help you recover from any type of addictive behaviour. Try one of the many meetings throughout Forth Valley, or train to be a SMART Recovery meeting Facilitator. You could be running a meeting!

For more info about SMART Recovery, or to take part in an online meeting, go to <http://www.smartrecovery.org.uk/>

Mutual Aid

► **Mutual Aid and Self Help for Substance Use Recovery in Forth Valley**

If your alcohol or drug use has reached the point where it worries you, there are support organisations that are here to help.

If you want help, please see the services within this directory of available support across the Forth Valley area. Remember there are no fees or subscriptions for any of these services.

These services are open and welcoming to all.

Alcohol Anonymous Helpline - 0800 917 7650

Clackmannanshire area - Alcoholics Anonymous Meetings

Alloa

Monday 7.30pm, Hawkhill Community, 132 Hillcrest Drive, Alloa
Thursday 10.15am Hawkhill Community, 132 Hillcrest Drive, Alloa
Thursday 8pm Health Education Room, CCHC, Hall Park, Sauchie

Menstrie

Thursday 8pm, Parish Church of Scotland, Main Street East, Menstrie
Serenity

Tullibody

Friday 7.30pm, Lornshill Academy, Tullibody Road, Tullibody
Sunday 11.00am, Tullibody Civic Centre, Abercromby Place, Tullibody

Tillicoultry

Tuesday 6.30pm, Baptist Church Annex, High Street, Tillicoultry
Living Sober

Alcohol Anonymous Helpline - 0800 917 7650

Stirling area - Alcoholics Anonymous Meetings

Bannockburn

Wednesday 8pm St Ninians Church, Quakerfield Rd, Stirling

Bridge of Allan

Monday 8pm Holy Trinity Church, Keir Street **12 Step**

Callander

Friday 8pm Kirk Hall, South Church Street

Cambusbarron

Sunday 6pm to 7pm Community Centre, St Ninians Road

Dunblane

Wednesday 8pm Cathedral Church Hall

Saturday 8pm Cathedral Church Hall

Killin

Sunday 8pm The Vestry, Church of Scotland, Main St
7.30pm *in winter*

Stirling

Monday 12.30pm Mayfield Centre, St Ninians

Tuesday 1.45pm Salvation Army, 19 Drip Road.

Wednesday 7.30pm Allan Park South Church, Dumbarton Road **Big Book**

Thursday 8pm Methodist Church, Queen Street

Friday 1.30pm Mayfield Centre, St Ninians

Friday 8pm Mayfield Centre, St Ninians

Saturday 11am Salvation Army, Drip Road, Raploch

Mutual Aid

Alcohol Anonymous Helpline - 0800 917 7650

Falkirk area - Alcoholics Anonymous Meetings

Bo'ness

Friday 7.30pm St Cathrine's Church, Cadzow Crescent

Carron

Monday 7.30pm Free Kirk, Beaumont Drive **Prayer & Meditation**

Wednesday 2pm Free Kirk, Beaumont Drive

Denny

Thursday 8pm Baptist Church, Herbertshire Street

Sunday 8pm St Alexanders Church Hall, Stirling St

Falkirk

Monday 7.30pm St Andrew's West Church, Upper Newmarket St

Door locked - ring bell

Tuesday 8pm St Andrew's West Church, Upper Newmarket St **Big Book**

Wednesday 8pm St Andrew's West Church, Upper Newmarket St

door locked - ring bell

Friday 10.30am Falkirk Trinity Church (off High Street - opposite M&S)

Friday 7.30pm Falkirk Trinity Church **Big Book**

(off High Street - opposite M&S) *door locked - ring bell*

Saturday 8pm Falkirk Trinity Church,

(off High Street - opposite M&S) *door locked - ring bell*

Sunday 3pm to 4.30pm Falkirk Trinity Church,

(off High Street - opposite M&S) *door locked - ring bell*

Grangemouth

Thursday 8pm Swimming Pool Community Halls, Abbots Rd **Step & Trad**

Saturday 10am Swimming Pool Community Halls, Abbots Road

Kilsyth

Monday 8pm Kilsyth Community Church, Low Craigends

Tuesday 8pm St Partick's Primary School, Backbrae Street

Larbert

Thursday 8pm Old Parish Church, Larbert Cross

Stenhousemuir

Monday 8pm Scout Hall, James Street, *door locked - ring bell*

Tuesday 8pm Larbert East Church, Kirk Avenue

Friday 8pm Larbert East Church, Kirk Avenue

Al-Anon/Alateen Confidential Helpline - 0207 403 0888

For friends, family and teenage children of alcoholics

Monday 8pm Grahamston United Church,
Bute Street, Grahams Road, Falkirk FK2 7DH

Wednesday 8pm Clacks Community Hospital, Hallpark Rd,
Sauchie, FK10 3JQ

Thursday 10.30am Salvation Army, Drip Road, Stirling FK8 1RA

Cocaine Anonymous Helpline - 0141 959 6363

 info@casotland.org.uk

 www.casotland.org.uk

For cocaine, alcohol and all mood/ mind-altering substances

Thursday 8-9pm Welcome to Cocaine Anonymous
Falkirk Trinity Church, Manse Place, Falkirk FK1 1JN

Mutual Aid

Gamblers Anonymous Helpline - 0370 050 8881

 www.gascotland.org

Tuesday 7.30pm Falkirk Trinity Church, Manse Place,
Falkirk FK1 1JN (*opposite M&S*)

Thursday 7.30pm Salvation Army, Main Street, Stenhousemuir FK5 4HB

Narcotics Anonymous Helpline - 0300 999 1212

 www.ukna.org.uk

Monday 7.30pm to 9pm Methodist Church,
Queen Street, Stirling FK8 1SL

Tuesday 7.30pm Family Life Centre, Murray Place, FK8 1AP

Wednesday 7.30 to 9pm Methodist Church,
Queen Street, Stirling FK8 1SL

Families Anonymous Helpline - 0207 498 4680

 www.famanon.org.uk

Recovery Support

Health

Where to get a meal

How to find a doctor

How to find a dentist

Domestic Abuse

Advocacy Services

Survivors Support

Relationship Scotland

Housing

Where to get accommodation

Health & Social Care

Falkirk Health and Social Care Partnership

Clackmannanshire and Stirling Health and Social Care Partnership

Community Justice Services

Falkirk Justice Services

Clackmannanshire Justice Service

Stirling Justice Service

Employment

Job Centre Plus

Clackmannanshire Works - Employment Service

Falkirk Council, Community Services, Employment and Training Unit

Stirling Council Employability Service

Apex Scotland: Employment & Guidance

Fair Start Scotland

Where to get a meal

CLACKMANNANSHIRE

Every Tuesday, 12 mid-day to 1pm

November to March, Tuesday & Thursday, 12 mid-day to 1pm

Alloa Soup Pot - Alloa North Church Hall, Tullibody Road, Alloa.

Serves soup and a roll, free.

FALKIRK

Monday to Friday, 12.30pm to 2.30pm

Salvation Army Hall, 1 Woodside Court, High Station Road, Falkirk

Serves 2 course meal, free.

STIRLING

Monday to Friday, 3pm to 4.45pm

Salvation Army Hall, 19, Drip Road, Stirling

Serves 3 course meal, free.

The Salvation Army in Falkirk & Stirling can also provide:

- *Sleeping Bags & Toiletries (when available), Clothing, Washing Facilities, Support, Chiropody Service, Advice & Help.*
- *Drop in Services - Falkirk & Stirling provide access to Sign Post*
Stirling also offers access to a Dentist, GP, In Touch & Wellbeing Scotland
Speak to the staff and they will give you details of when they are on.

How to find a doctor

Everyone is entitled to be registered with a GP even if you don't have a permanent address.

If you are trying to register with a GP you can use a care of address, such as a friend or relative's, or the GP Practice itself.

▶ ***If you have any problems getting registered, call the registration helpline:***

Telephone: 0800 22 44 88

Opening Times: (By phone)

Monday to Friday 8.00am to 10.00pm

Saturday and Sunday 9.00am to 5.00pm

▶ ***General Practitioner (Doctor)***

In an emergency situation you can receive health care at the accident and emergency department at: **Forth Valley Royal Hospital, Larbert**

Or at the minor injuries department at:

Stirling Community Hospital, Livilands, Stirling

9.00am to 9.00pm, 7 days

For advice about your health call:

NHS 24: 111

How to find a dentist

For information on finding a dentist or accessing emergency treatment phone
Forth Valley Dental Helpline: 01324 614670

▶ ***Emergency Dentist***

Telephone: 01324 614670

The above number is available 8.30am to 4.30pm Monday to Friday.

After 6pm to 8am and at weekends and Public holidays please call

NHS 24 on 111

Domestic Abuse

Women's Aid offers refuge accommodation, information, practical and emotional support for women and their children (if any) who are fleeing emotional, physical or sexual abuse.

Clackmannanshire Women's Aid - 01259 721407

Mon-Fri 9.30am to 4.30pm

Sat 9.30am to 11.30 am

www.Clackswomensaid.org.uk

Falkirk & District Women's Aid - 01324 635661

www.falkirkwomensaid.org.uk

Stirling Women's Aid - 01786 439244

www.stirlingwomensaid.org.uk

To report incidents of domestic abuse, call Police HQs on 101 or dial 999 in an emergency. To speak to someone in the Public Protection Unit call 01324 574 905.

Scottish Domestic Abuse and Forced Marriage Helpline - 0800 027 1234

Men's Advice Line (for men experiencing domestic abuse) - 0808 801 0327

or email: info@mensadvice.org.uk

If you are using drink or drugs as an excuse for hurting your partner or ex-partner and want help to stop this behaviour, call the Respect helpline on 0800 802 4040 or email: info@respectphoneline.org.uk. www.respect.uk.net

Broken Rainbow is the UK's only national LGBT domestic abuse helpline.

Tel: 0300 999 5428 freephone 0800 999 5428 or email: help@galop.org.uk

Advocacy Services

 01324 557070

 fv-uhb.fvadvocacy@nhs.net

Forth Valley Advocacy is an independent organisation that works across the Forth Valley area. Workers providing a service to older people and to mental health services are peripatetic and visit hospitals and other facilities, including home visits, as appropriate.

 01324 633321

 info@centraladvocacypartners.org.uk

 www.centraladvocacypartners.org.uk

Central Advocacy Partners provides independent advocacy for people with learning disabilities in Clackmannanshire, Falkirk and Stirling.

Survivors Support

-  Wellbeing Scotland, Main Office,
14 Bank Street, Alloa FK10 1HP
 -  Falkirk Office, Overland Building, 263 Main Street,
Larbert FK5 4PX
 -  Stirling Office, Unit 7, Stirling Arcade, King Street, FK8 1AX
 -  01324 630 100
 -  info@wellbeingscotland.org
 -  www.wellbeingscotland.org
-

Wellbeing Scotland is a voluntary organisation with services across Scotland. They provide a wide range of holistic services for individuals and families whose life experiences have impacted negatively on their wellbeing. Since 1994 they have offered client centred, holistic, trauma informed therapeutic services and have specialised in abuse and trauma work.

They work with both children and adults and have services in various areas of Scotland and are working towards providing support to individuals in all areas of Scotland.

Wellbeing Scotland, offers a diverse range of support services in recognition of the wide range of experiences which may impact on an individual or their family in different ways, at different stages of their lives. The range of support offered ensures that they can offer individuals a support pathway which suits their individual needs.

Their services are open ended, in recognition of the fact that every individual's experience is different and unique to them as is their journey to recovery.

 Information Line: 0345 119 2020

 www.relationships-scotland.org.uk

▶ **Overall Aim of Service:**

Relationships Scotland's network provide relationship counselling, family mediation, child contact centres and other family support services across all of mainland and island Scotland. Their work supports individuals, couples and families experiencing relationship difficulties.

▶ **Opening Times**

Monday to Friday 9.30am to 4.30pm

Where to get accommodation

Homelessness

If you are homeless or at risk of becoming homeless you should contact the Council's Homelessness Team in your area.

CLACKMANNANSHIRE

9am to 5pm: 01259 225115

Out of Hours: 01259 450000

Kilncraigs, Greenside Street, Alloa FK10 1EB

FALKIRK

9am to 5pm: 01324 503600

Out of Hours: 0800 874 4400

Unit MSUI, Callendar Square, Falkirk FK1 1UJ

STIRLING

9am to 5pm: 01786 237900

Out of Hours: 01786 404040

Springkerse House, 5 Springkerse Road, Stirling FK7 7SN

Stirling Youth Housing Support Service:

55-57 Lower Bridge St, Stirling FK8 1AA - 01786 448633

Provides support to young adults (16-25) who are experiencing or at risk of homelessness. The service also works closely with other agencies to give the young people the support they need.

Shelter

www.scotland.shelter.org.uk

Falkirk Health and Social Care Partnership

 Falkirk Health and Social Care Partnership,
Denny Town House, Glasgow Road, Denny FK6 5DL

 01324 504137

 integration@falkirk.gov.uk

 <https://falkirkhsc.org/>

► Overall Aim of Service:

Falkirk HSCP aims to enable people in the Falkirk HSCP area to live full and positive lives within supportive and inclusive communities. Integration aims to improve care and support for people who use services, their carer and their families. It does this by putting a greater emphasis on joining up services and focussing on anticipatory and preventative care.

By working together, NHS and Council social care services can deliver health and care needs of people, ensuring those who use services get the right care and support at any point in their care journey.

► Opening Times

Monday to Friday 9.00am to 5.00pm

The Emergency Duty Team Forth Valley is available during out-of-office hours on 01786 470500

Clackmannanshire and Stirling Health and Social Care Partnership

 Clackmannanshire and Stirling Health and Social Care Partnership, R35 Admin Area 1, Stirling Health and Care Village, Livilands, Stirling FK8 2AU

 01786 434017

 ClackmannanshireStirling.HSPC@nhs.net

 <https://clacksandstirlinghspc.org/>

 Services, Resources and Support:
<https://clacksandstirlinghspc.org/find-a-service/>

 @cshscp

► **Overall Aim of Service:**

Clackmannanshire and Stirling HSCP's vision is to enable people in the Clackmannanshire and Stirling Partnership area to live full positive lives within supportive communities. HSCP ensure that health and social care are joined-up and seamless, especially for people with longer term and often complex needs, many of whom are older or disabled.

This makes it easier and quicker for you to access the services and support you require and help you to live safely and independently in your own home for as long as possible.

► **Opening Times**

Monday to Friday 9.00am to 5.00pm

The Emergency Duty Team Forth Valley is available during out-of-office hours on 01786 470500

Falkirk Council - Justice Social Work Service

 Justice Social Work Services, Brockville, Hope Street,
Falkirk FK1 5RW

 01324 506070

 criminaljusticefalkirk@falkirk.gov.uk

 www.falkirk.gov.uk

► **Overall Aim of Service:**

Overall aim of service: The Criminal Justice Service aims to enhance community safety and public protection, reduce the risks associated with re-offending, improve outcomes for people with convictions, and assist prisoners to re-settle back into the community after release from custody.

► **Catchment Area**

Falkirk Council

► **Opening Times**

Monday to Friday 9am to 5pm

Emergency contact: 01786 470500

► **Age Range:** 16+

► **Services Provided:**

- Reports to court to assist decisions on sentencing
- Court services to assist those attending court
- Bail information and supervision services
- Diversion from prosecution
- Supervising community sentences
- Delivering programmes of work to address needs and offending behaviour
- Organising and supervising unpaid work for the benefit of the community
- Delivering social work services to people whilst they are in prison
- Reports to the Parole Board
- Assisting people to re-settle back into the community after release from custody.

Clackmannanshire Council - Justice Social Work Service

 **Clackmannanshire:** Patons, Greenside Street,
Alloa FK10 1EB

 01259 452200

 criminaljustice@clacks.gov.uk

 www.clacks.gov.uk/social/criminaljustice/

► **Overall Aim of Service:**

Clients of 16 years + who are either subject to a statutory order (e.g. Probation, Community Service, Parole), or are the subject of a request for a social work report by the court are referred to this service. This service provides their clients with information & advice, risk assessment, counselling, groupwork, reports to the court, probation & aftercare supervision and home background reports.

Stirling Council - Justice Social Work Service

 **Stirling:** Stirling Council, Wolfcraig, Dumbarton Road,
Stirling, FK8 2LJ

 01786 233950

 criminaljustice@stirling.gov.uk

 www.stirling.gov.uk/social-care-health

► Overall Aim of Service:

The service works with people aged 16+ who have been convicted of an offence. Services range from reports prepared for Courts and the Parole Board, assessments of need and risk to interventions designed to support change and encourage a pro-social lifestyle.

Interventions can include structured programmes delivered individually or in a group setting, 1-2-1 support, practical assistance and advice/ guidance.

The service works closely with a range of partners including Courts, Police, Prisons, Alcohol and Drugs services, voluntary agencies and Community Enterprises.

Recovery Support - Employment

Job Centre Plus

CONTACTS: See website for locations throughout Forth Valley

 www.gov.uk/contact-jobcentre-plus

► **Overall Aim of Service:**

To provide careers information, advice, support and career planning for clients of all ages.

Key workers provide holistic support to assist young people to enter and sustain employment, training or Further Education.

Alloa - 17 Mar Street, Alloa, Clackmannanshire FK10 1LX

New Benefit Claims: 0800 055 6688 Existing Benefit Claims: 0800 169 0310

Cancel or change a jobcentre appointment: 0800 328 9344

Universal Credit: 0800 328 9344

Falkirk - 10B Wellside Place, Falkirk FK1 5SE

Tel: 0345 604 3719

www.jobcentrerearne.com/item/falkirk-job-centre-plus/

Grangemouth - 13-15 Charlotte Dundas Court, Grangemouth FK3 9EA

New Benefit Claims: 0800 055 6688 Existing Benefit Claims: 0800 169 0310

Cancel or change a jobcentre appointment: 0800 328 9344

Universal Credit: 0800 328 9344

Textphone: 0345 608 8551

Stirling South Lodge - 2 St Ninians Road, Stirling FK8 2HF

Tel: 0800 169 0190

Textphone: 0800 169 0314

www.jobcentrerearne.com/item/stirling-job-centre-plus/

Recovery Support - Employment

Clackmannanshire Works - Employment Service

 Kilncraigs, Greenside Street, Alloa FK10 1EB

 01259 450 000

 cworks@clacks.gov.uk

▶ **Overall Aim of Service:**

To help people progress into employment through personal development, confidence building, referral to agencies, work experience, training and/or employment advice.

▶ **Catchment Area**

Clackmannanshire Local Authority Area

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: None

- ▶ **Age Range:** 16 years plus
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes, but services should be accessed mainly through referrals.
- ▶ **Client Groups:** Must be Clackmannanshire residents. We can work with unemployed people who are not on the Work Programme. We can also work with people who are in employment if they are facing redundancy or need up skilling to remain in the workplace.
- ▶ **Services Provided:** Support to help unemployed people progress towards or into work. Also support to people in work to help them gain new skills or qualifications.
- ▶ **Any other relevant information:** This is a voluntary service. Client must meet eligibility criteria. Clients need to be referred by JCP, Careers Scotland or other Council services. Client must be able to work with adviser and show commitment to courses etc. that are organised.
- ▶ **Types of Substance Use Provided for:** Service is open to all but must be able to engage in service. Clackmannanshire Works does not provide support with substance use directly but is useful for those progressing from substance use into mainstream activities i.e. work and training.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** Yes
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
We can provide support for mild disabilities such as dyslexia but we are not geared up for specialist areas such as autism.
- ▶ **Services are available for people with a visual impairment**
See above statement
- ▶ **Services are available for people with a hearing impairment**
See above statement
- ▶ **Services are available for people whose first language is not English** See above statement
- ▶ **Support is available to families of people who are current or prospective clients with the service:** No
- ▶ **Does the venue have accessible car parking spaces?** Yes

Recovery Support - Employment

Falkirk Council, Community Services, Employment and Training Unit

 Municipal Chambers, Bo'ness Road,
Grangemouth FK3 8AF

 01324 504400 FREEPHONE 0800 028 0363

 eturecruitment@falkirk.gov.uk

 www.falkirk.gov.uk

▶ **Overall Aim of Service:**

"The Employment and Training Unit aims to help local people of working age to gain the skills and work experience they need to compete in the labour market and get jobs. As an inclusive organisation we believe that everyone has the right to be treated with respect and we are committed to the highest possible standards in everything we do."

▶ **Catchment Area**

Falkirk Local Authority Area

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: None

- ▶ **Age Range:** 15 to 65
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes

▶ **Client Groups:** Unemployed residents of Falkirk Council area.

Priority given to young people who fall within the NEET group and people who live in Regeneration areas.

▶ **Services Provided:**

- Positive Transition from School: alternative curriculum for pupils in their final year at school who are at risk of becoming NEET.
- Pre-Employment Support: 4 week, P/T programme including confidence building, employability planning, needs assessment.
- Work Based Training including Modern Apprenticeships: waged opportunities for individuals who want to develop work based skills and employability through work experience, vocational training, core skill development and personal skill development.

▶ **Types of Substance Use Provided for:** Where it is identified that a client is using substances, a referral will be made to the appropriate agency.

▶ **Is your building/service an accessible venue?** Yes

▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access. In certain circumstances outreach services can be provided.

▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes

▶ **Support is provided for people with learning difficulties**

- Materials in easy read format
- Carer/ PA provision

▶ **Services are available for people with a visual impairment**

- building/room accessibility
- room layout
- large print materials/colour tone contrast materials
- audio provision

▶ **Services are available for people with a hearing impairment**

- loop system available in the room consultations/events take place
- personal communicators
- BSL interpreter
- Lipspeaker
- Palantypist
- Deafblind Guide Communicator

▶ **Services are available for people whose first language is not English**

- Ethnic Minority interpreter

▶ **Support is available to families of people who are current or prospective clients with the service**

▶ **Does the venue have accessible car parking spaces?** Yes

Stirling Council Learning and Employability

 Cowane Centre, Cowane Street, Stirling FK8 1JP

 01786 237517

 employability@stirling.gov.uk

 www.stirling.gov.uk/learning-education/learning-employability/

▶ **Overall Aim of Service:**

We give advice, guidance and organise assessments, training, work experience and employment opportunities. Everything is focused on the individual needs of our clients and supporting the clients to access work and sustain work.

For more information, please email us or call 01786 233966.

▶ **Catchment Area**

Stirling Local Authority Area

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: We currently have no provision out with core hours.

- ▶ **Age Range:** 16+ no upper age limit
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes
- ▶ **Client Groups:** Learning Disabilities, Mental Health, Physical Impairments, Autistic Spectrum Disorders.
All health conditions that inhibit clients progressing to employment are eligible for consideration in defining eligibility for this Service.
- ▶ **Services Provided:** The Services offered are delivered by a process of Case Management, clients can access vocational rehabilitation, training, assessment, job coaching, support with job matching, employer engagement, job retention. Access to Keep Well Forth Valley as and anticipatory care provision. If the client requires additional services we will endeavour to identify provision and support available. All clients have access to a full holistic health check through Keep Well Forth valley.
- ▶ **Types of Substance Use Provided for:** Provision is made for clients who are experiencing issues related to substance use if the client has a recognised health condition that is a barrier to employment. The clients must be capable of engaging with the service.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** Yes
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties** Yes
- ▶ **Services are available for people with a visual impairment** Yes
- ▶ **Services are available for people with a hearing impairment** Yes
- ▶ **Services are available for people whose first language is not English** N/A
- ▶ **Support is available to families of people who are current or prospective clients with the service:** Yes
- ▶ **Does the venue have accessible car parking spaces?** Yes

Apex Scotland: Employment & Guidance

 Suite 3, 1st Floor, 14 Bank Street,
Alloa, FK10 1HP

 01259 725640

 forthval@apexscotland.org.uk

 apexscotland.org.uk

► **Overall Aim of Service:**

To assist individuals serving Criminal Justice Community Sentences who may have drug/alcohol, mental health, homelessness issues, to address their offending behaviour and move back into training, education or employment.

► **Catchment Area**

Forth Valley Wide

► **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: N/A

- ▶ **Age Range:** 16+
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** No referred via Social/ Criminal Justice Worker.
- ▶ **Client Groups:** Individuals with a live Criminal Justice link in Forth Valley.
- ▶ **Services Provided:** Supported through the Disclosure process and assisted with work or training prospects including CV writing, mock interviews.
- ▶ **Any other relevant information:** Clients can be seen on an outreach basis at premises within their own area or from the Apex unit in Alloa.
- ▶ **Types of Substance Use Provided for:** Apex works with individuals involved in all types of substance misuse.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
 - Materials in easy read format
 - Carer/ PA provision
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**

All individual support needs are addressed on a case by case basis to allow clients to access the service.
- ▶ **Services are available for people whose first language is not English** Translation, interpreter available if required.

All individual support needs are addressed on a case by case basis to allow clients to access the service.
- ▶ **Support is available to families of people who are current or prospective clients with the service:** No
- ▶ **Does the venue have accessible car parking spaces?** Yes

Fair Start Scotland

 mygov.scot/help-find-job

You can also call the Fair Start Scotland Information Line

 0800 804 8108 (Monday to Friday - 10am to 4pm)

► **Get help to find a job**

Fair Start Scotland is an employment support service which helps people living in Scotland to find work.

Choosing to take part in Fair Start Scotland will not affect the benefits you get.

► **How Fair Start Scotland can help**

Fair Start Scotland can support you if you have struggled to find a job which meets your needs.

This may be because you:

- have a disability or additional support needs
- have a health condition
- have caring responsibilities
- are a single parent
- have been unemployed for a long time
- are a care leaver
- are from a minority ethnic community
- are a refugee
- are a person with a conviction

Fair Start Scotland's services are delivered by different providers across the country. If you choose to take part you will meet with an advisor who will give you support and guidance for up to 12 months to find work.

Your advisor can help you:

- recognise your skills and create a CV
- prepare for interviews
- find opportunities to help you gain skills and experience
- find jobs which meet your needs

The service also works with employers to help them understand the support and training you need to stay in work.

After you've found a job

Fair Start Scotland will continue to give support after you've found a job.

This means that there is someone to help should you have any problems or questions up to 12 months after you start working.

► Eligibility - who can take part

You may be able to use Fair Start Scotland's services if you live in Scotland and:

- have the right to work in the UK
- are over 18 and out of work

You may also be able to use the service if you are 16 or 17 and are either:

- disabled; or
 - receiving Employment Support Allowance or Universal Credit
-

► Find your local provider

If you would like to talk to someone about how Fair Start Scotland can help you, use the menu below to find the contact details for your area.

You can also call the Fair Start Scotland Information Line: 0800 804 8108 (Monday to Friday - 10am to 4pm)

[Find your local provider](#)

[Visit provider website](#)

Tier 1

Community Pharmacy Services

Forth Valley Family Support Service

Forth Valley Hepatology Service






Transform Forth Valley

- Social Inclusion Project
- Time 4 Us

Stop Smoking Services (SSS)

Tier 1

Community Pharmacy Services

-  Senior Pharmacist in Mental Health & Substance Use
-  Administration Area 1, Stirling Community Hospital,
Livilands, Stirling FK8 2AU
-  01786 454593
-  07780 574783
-  Gillian.Baillie-Sharp@nhs.scot
-  www.nhsforthvalley.com/health-services/local-service-finder/

► **Overall Aim of Service:**

To provide supervised consumption and dispensing of methadone and buprenorphine.

*To provide injecting equipment, harm reduction information and naloxone supply.
Injecting Equipment Provision (IEP) Participating Pharmacies (see)
www.forthvalleyadp.org.uk*

To provide advice on secure handling and safe storage of medicines.

*To provide advice and prescribe for minor ailments for those registered with the
Minor Ailment Services (MAS) within their community pharmacy.*

*To provide public health services including support with smoking cessation,
advice on alcohol and safe drinking limits, sexual health services.*

► **Catchment Area**

Forth Valley Wide

► **Opening Times - Refer to individual community pharmacies.**

In general Monday to Friday 9am to 5pm or 6pm

Saturday 9am to 1pm Some open Saturday afternoon and Sunday

- ▶ **Age Range:** All
- ▶ **Charge:** Free advice, free prescriptions with the exception of minor ailment service outwith exemption categories.
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes
- ▶ **Client Groups:** All
- ▶ **Services Provided:**
 - Most provide substitute opioid dispensing services
 - Some provide injecting equipment, harm reduction advice and naloxone supply
 - All provide Public Health Services
 - All provide Minor Ailment Service (MAS)
- ▶ **Types of Substance Use Provided for:** All
- ▶ **Is your building/service an accessible venue?** Yes
 - ▶ **Provisions are in place to ensure those with a physical disability have access**
Most buildings have wheelchair access.
 - ▶ **Does the venue the service is provided from have an accessible toilet/s?** No
 - ▶ **Support is provided for people with learning difficulties**
 - Materials in easy read format
 - Carer/ PA provision
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**
 - loop system available in the room consultations/events take place
 - personal communicators
 - BSL interpreter
 - Lipspeaker
 - Palantypist
 - Deafblind Guide Communicator
- ▶ **Services are available for people whose first language is not English**
 - Ethnic Minority interpreter
 - Other
- ▶ **Support is available to families of people who are current or prospective clients with the service**
Yes
- ▶ **Does the venue have accessible car parking spaces?**
Variable

Tier 1

Forth Valley Family Support Service

► **Current Group Information:**

Stirling Family Support Group

Every 1st and 3rd Thursday 6pm to 8pm

Raploch Community Campus, Drip Road, Raploch, Stirling FK8 1RD

Alloa Family Support Group

Every 1st and 3rd Tuesday 1.30pm to 3.30pm

CTSI/ACE Recycling Building, The Whins, Whins Road, Alloa FK10 3TA

Falkirk Family Support Group

Every 2nd and 4th Tuesday between 4pm and 6pm

Addiction Support and Counselling, 32 Vicar Street, Falkirk FK1 1JB


Grangemouth Family Support Group

Every 2nd and 4th Monday 10am to 12 noon

Grangemouth Education Unit, 69-71 Abbots Road, Grangemouth FK3 8JE

 Family Support Development Officer 07484 024 407

 Head Office - Stirling House, 226 St Vincent Street,
Glasgow G2 5RQ

 08080 10 10 11 (freephone helpline)

 fvfamilies@sfad.org.uk

 www.fvfamilies.org.uk

► **Opening Times**

Monday to Friday 9am to 5pm

Saturday - Outwith hours by arrangement (By phone)

Sunday - Telephone Family Support Development Officer,

Outwith the above hours: Forth Valley Family Support Staff are generally available Monday - Friday, 9am to 5pm, however there is 1:1 evening support available and groups which run in the evening. Helpline available weekdays until 11pm, Saturday and Sunday, 5pm to 11pm **Helpline No 08080 10 10 11**

▶ **Overall Aim of Service:**

Forth Valley Family Support Service provides information and support to individuals, family members and friends affected by someone else's alcohol or drug use.

We aim to increase knowledge of addiction issues and help family members and friends cope better and influence positive change for themselves and loved ones.

▶ **Catchment Area**

Forth Valley Wide, Stirling Local Authority Area, Falkirk Local Authority Area, Clackmannanshire Local Authority Area, Specific area within one Local Authority Area, National

▶ **Age Range:** 16+

▶ **Charge:** Free

▶ **Gender:** All

▶ **Can clients self refer?** Yes, Family members can self refer.

▶ **Client Groups:** Anyone from Forth Valley 16+ years, who is impacted by another's alcohol or drug use.

▶ **Services Provided:**

- 1:1 Support
- Advocacy
- Family Support Group
- CRAFT (Community Reinforcement & Family Training) Programme
- Signposting to other relevant agencies
- Alcohol & Drug Information
- Bereavement Support

Tier 1

Forth Valley Hepatology Service

(Blood Borne Virus Team)

 Office Number / Patient Pathway Co-ordinator
01786 434079

 FV-UHB.hepatology@nhs.scot

▶ **Overall Aim of Service:**

To provide an advice, testing, care and treatment service for anyone who feels they have been at risk of contracting a viral hepatitis (Hepatitis B or C) or those who are aware of their diagnosis of viral hepatitis in a variety of friendly settings across Forth Valley.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Day	Hours	Location
Mon:	9am to 12 midday	SMS Building, Falkirk Community Hospital
Mon:	2pm to 5pm	Out-patients, Area 4, Forth Valley Royal Hospital
Tue:	10am to 12 midday	CADS Drop In Clinic - St Ninians Health Centre, Mayfield Street, Stirling FK7 0BS
Tue:	2pm to 4.30pm	Out-patients, Area 2, Stirling Community Hospital
Tue:	2pm to 4.30pm	(every 1st and 3rd Tuesday) Clackmannan Community Healthcare Centre, Sauchie
Thu:	9am to 12 midday	Out-patients, Area 2 Stirling Community Hospital
Fri:	9am to 12 midday	Clackmannan Community Healthcare Centre, Sauchie

- ▶ **Age Range:** From 14 years
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes
- ▶ **Client Groups:** All clients
- ▶ **Services Provided:**
 - Testing for blood borne viruses (Hepatitis B, C and HIV)
 - Advice on harm reduction
 - Ongoing care and treatment of viral hepatitis (Hepatitis B & C)
 - Signposting to Alcohol & Drug Support services & Mental Health Services
 - Link to C4th – Patient support group for all patients with blood borne viruses
- ▶ **Types of Substance Use Provided for:** The service sees individuals with all types of substance use
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access. Every effort is made to ensure clients are offered appointments as close to their own locale as possible in a variety of Outreach settings.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
 - Easy to understand and visual leaflets have been developed via close links with Speech and Language therapy to ensure that individual patients' needs are met.
 - Carer and personal assistant provision
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**
 - loop system available
 - personal communicators
 - BSL interpreter
 - Lipspeaker
 - Palantypist
 - Deafblind Guide Communicator
- ▶ **Services are available for people whose first language is not English**
 - Interpreters are arranged, as required, for each appointment
 - Ethnic Minority interpreter
- ▶ **With a client's consent, support and advice is available to families and other involved agencies of people who are currently or are likely to engage with the service**
- ▶ **Does the venue have accessible car parking spaces?** Spaces available in public car parks

Tier 1

Transform Forth Valley

 **Alloa:** Primary Administrative Base, Unit 2,
Block 7, Cooperage Business Village, Cooperage Way,
Alloa FK10 3LP

 01259 272112

 info@transformfv.org.uk

▶ **Overall Aim of Service:**

Transform Forth Valley

To provide support to adults affected by substance use and children and young people who have been impacted by another's drug use. Specialised interventions will be provided but where necessary individuals will be referred to more appropriate services for treatment etc.

Social Inclusion Project (North and South Teams)

The social inclusion project provides holistic support to individuals affected by substance use and a wide range of social issues. The SIP takes a multi-disciplinary approach working closely with agencies including Police Scotland, Scottish Fire and Rescue Service, Local Authority Housing teams/Social Work and other partners across the third sector.

The aim of the SIP is to take a whole person approach to support, assisting individuals to engage with appropriate substance use services and to reduce instances of anti-social behaviour. The SIP supports service users to address housing and financial issues as well as encouraging engagement with services to address their physical/mental health. The SIP works closely with service users to encourage and promote confidence and trust in universal services and independence in their own lives.

Tackling Inequalities, Poverty and Improving Outcomes Project (Falkirk)

The Tackling, Poverty Inequalities and Improving Outcomes Project aims to reduce health inequalities and improve the health and wellbeing of people in the justice system by identifying and addressing the health-related factors that impede their access to, and ability to engage in, volunteering, training, further learning and employment. Many people in contact with our justice services have multiple barriers to accessing and participating in employment. The barriers include poor physical health, mental health issues, substance use and poor access to health services appropriate to their needs. Almost every health problem, social issue and economic disadvantage is over-represented in the people who make up the justice cohort. This Project aims to positively target those with a history of offending to afford them an opportunity for support whereby we will actively work with them in order to address the identified health inequalities and therefore improve their health and wellbeing outcomes. The project is a partnership between Transform Forth Valley, NHS and Justice Services.

Housing First Project (Falkirk)

The key aim of the Housing First service will be to end homelessness for those with high support needs, improve health and well being and encourage social integration.

The objective is to support individuals to access a stable, independent home with intensive personalised support and case management.

Housing First is designed for people who need significant levels of help to enable them to leave homelessness. Among the groups who Housing First services can help are people who are homeless with severe mental illnesses or mental health problems, homeless people with problematic drug and alcohol use, and homeless people with poor physical health, limiting and persistent interrelated health and/or social care needs and disabilities which impact an individual's life and ability to function in society.

Alcohol Related Brain Injury Service (Social Care Coordinator)

Overall Aim of Service

The Alcohol Related Brain Injury (ARBI) (FV Wide) Service is provided by NHS Forth Valley and Transform Forth Valley, who work in partnership using an assertive outreach approach to assess individuals for an ARBI and with a diagnosis of ARBI.

Service Specification

A full comprehensive Risk Profile and Social Care Assessment is offered to establish appropriate service provision and coordinate care for people affected by ARBI. The teamwork in partnership with statutory and non-statutory agencies to address any care, housing and financial needs to provide person centred care.

Assertive Outreach Service

The Assertive Outreach Service Falkirk works in the community to assist in engaging individuals who are failing to engage fully with substance use services, facilitating early intervention and engagement with treatment and other support services.

The AOS further look to address the stigma of substance use and seeking support, nurturing relationships with individuals to build trust and supporting individuals to access the support and interventions they need. Providing the specialist service via the AOS aims to build individuals awareness and belief that their contact with support and treatment services will be positive and person centred. Furthermore, the AOS promotes and provides opportunities for recovery through education, brief interventions, referrals and support to attend community-based services.

Time for Us

Time 4 Us work across Forth Valley providing support to children and families where they have been impacted by substances. The service improves outcomes for families by developing awareness of parental substance use, increasing parenting capacity, enhancing children's self-esteem, confidence and resilience and supporting families to make healthy choices to assist families to stay together, where it is in the child's best interest to do so.

Services can offer out of hours support where indicated

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Friday 9am to 4.30pm

- ▶ **Age Range:** 16+ (Time4 Us offer support to children aged 0-16 yrs)
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes to the Assertive Outreach Service and Time 4 Us service
- ▶ **Client Groups:** All those affected by substance use.

Adults who have care or contact with their children aged 0-16 years and where the adult is stable in their recovery journey and actively engaging with Substance Use Services.

Children and young people who have been impacted by a parent/carer or older sibling's substance use.

▶ **Services Provided:**

- Initial substance use assessment
- Ongoing support to achieve recovery
- Referral services
- Housing First tenancy support
- Access to housing and welfare advice
- Advice and support to access primary healthcare
- Sexual health advice
- Referral on to specialist alcohol and drug services.
- Time for Us support for children and families
- Holistic approach to harm reduction

▶ **Any other relevant information:**

Referrals will be made / supported to other services as required

▶ **Types of Substance Use Provided for:** All substances

▶ **Is your building/service an accessible venue?** Yes

▶ **Provisions are in place to ensure those with a physical disability have access**

All buildings have wheelchair access. Home based services can be provided dependent on need

▶ **Does the venue the service is**

provided from have an accessible toilet/s? Yes

▶ **Support is provided for people with learning difficulties**

- Materials in easy read format
- One to one support or carer support available

▶ **Services are available for people with a visual impairment**

- building/room accessibility
- room layout
- large print materials/colour tone contrast materials on request

▶ **Services are available for people with a hearing impairment**

Yes, external support would be secured in the event it is necessary

▶ **Services are available for people whose first language is not English**

Translation services provided by prior arrangement

▶ **Support is available to families of people who are current or prospective clients with the service**


Yes, dependent on service

▶ **Does the venue have accessible car parking spaces?**

Yes

Tier 1

Stop Smoking Services (SSS)

 Health Promotion Department, Unit 2, Colquhoun Street,
Stirling FK7 7PX

 01786 433293

 fv.stopsmokingservice@nhs.scot

 www.nhsforthvalley.com/stopsmoking

► **Overall Aim of Service:**

To provide effective evidence based smoking cessation support to smokers motivated to quit.

► **Catchment Area**

Forth Valley Wide

► **Opening Times**

Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4pm

Contact the **Stop Smoking Service on 01786 433293** - leave your name, date of birth and contact telephone number. An advisor will call you back to discuss the free medication and support available to help you stop smoking.



Alternatively use your smart phone camera to get an online referral form.

- ▶ **Age Range:** Any
- ▶ **Charge:** Free
- ▶ **Gender:** Any
- ▶ **Can clients self refer?** Yes
- ▶ **Client Groups:** Any smokers looking for information. i.e. cutting down, quitting, using a nicotine containing device i.e. cigarettes or e-cig.
- ▶ **Services Provided:**
Behaviour change support.
Telephone, text, email, face to face
- ▶ **Types of Substance Use Provided for:** Nicotine containing devices. i.e. cigarettes or e-cig
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access**
Yes. At most of our office locations
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes. At most of our office locations
- ▶ **Support is provided for people with learning difficulties**
Only if required
- ▶ **Services are available for people with a visual impairment**
Yes
- ▶ **Services are available for people with a hearing impairment**
Yes
- ▶ **Services are available for people whose first language is not English**
Yes
- ▶ **Support is available to families of people who are current or prospective clients with the service**
Yes
- ▶ **Does the venue have accessible car parking spaces?**
Yes

Tier 2

Change, Grow, Live Forth Valley Recovery Service

- **Recovery Services (RS)**
- **Harm Reduction Service**
- **Arrest Referral Service**
- **General Practitioner Prescribing Service (GPPS)**

Young People - Substance Use Services

Tier 2

Change, Grow, Live - Forth Valley Recovery Service (CGL)



Clackmannanshire:

Limetree House, North Castle Street, Alloa, FK10 1EX



Stirling:

45 Cowane Street, Stirling FK8 2AU

At the time of publishing, CGL were due to announce an additional central Stirling venue.



Falkirk:

27-29 Vicar Street, Falkirk FK1 1LL



08081 962 188



fv-uhb.cglforthvalley@nhs.net



www.changegrowlive.org

► **Overall Aim of Service:**

CGL Forth Valley Recovery Service provides a range of community and prison based services to support individuals who use drugs and alcohol in Forth Valley. CGL provide recovery focussed interventions one to one and in a CBT informed group work programme.

The interventions provided are:

Harm Reduction and Injecting Equipment Provision (IEP)

- Harm reduction and safer injecting/use advice;
- Take Home Naloxone distribution/training/overdose management advice (in line with National Naloxone Programme Scotland);
- Motivational interviewing, supporting movement into treatment;
- Advice to community pharmacy IEP contacts.

Recovery Coordinators and Behaviour Change:

CGL provide 1:1/Psychological interventions and wrap-around support to service users engaged with Medicine Assisted Treatment (MAT). This includes case management, peer involvement, support to access other services, support with transport/attendance, on-going harm reduction, advice/information/guidance and motivational interviewing.

Primary Care Workers will work across GP practices to provide:

- A single contact point for interventions within GP settings;
- 1:1 keyworking, psychological interventions and social prescribing;
- Support all stages of MAT and detoxification in the community

Community rehabilitation group work programme, including:

- Foundation of Recovery groups;
- 'Healthy Living' Sessions with NHS FV Health Promotion Team;
- Walking groups;
- Fellowship Groups;
- Partners delivering sessions (e.g. JobCentre Plus, CAB, KeepWell)

Prison Recovery Coordinators will provide drug and alcohol interventions within the Prisoner Healthcare setting, working in partnership with NHS Forth Valley and Scottish Prison Service in HMP Cornton Vale, HMP Glenochil and HMP Polmont.

Arrest Referral Service is across Forth Valley provided from Falkirk Police Station, working collaboratively with Police Scotland and Custody Healthcare. Our CBT therapy team will further provide Psychological Therapies for Service users with trauma and/or complex need.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Saturday by arrangement (by phone)

Outwith the above hours: Evening clinics are available, 5pm to 8pm in accordance with service user need.

Arrest Referral is available at the weekend.

▶ **Age Range:** Over 18's

▶ **Charge:** Free

▶ **Gender:** All

▶ **Can clients self refer?** Self referral or service provider referral. Referral via phone, letter, e-mail or SCI Gateway.

▶ **Client Groups:** All Substance Users

▶ **Services Provided:**

- Assessment
- Dedicated Key-working Support for each individual
- Recovery Planning (promotion of recovery)
- Relapse Prevention
- Management of abstinence
- Group work
- Prescribing

▶ **Types of Substance Use**

Provided for: All drugs and alcohol

▶ **Is your building/service an accessible venue?** Yes, at most of our office locations

▶ **Provisions are in place to ensure those with a physical disability have access.** Yes, At most of our office locations

▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes, At most of our office locations

▶ **Support is provided for people with learning difficulties**

- Materials in easy read format
- Carer/ PA provision

▶ **Services are available for people with a visual impairment**

- building/room accessibility
- room layout
- large print materials/colour tone contrast materials
- audio provision

▶ **Services are available for people with a hearing impairment**

- personal communicators
- BSL interpreter
- Lipspeaker
- Palantypist
- Deafblind Guide Communicator

▶ **Services are available for people whose first language is not English**

Interpreter services accessed to support non English speakers

▶ **Support is available to families of people who are current or prospective clients with the service?** Yes

▶ **Does the venue have accessible car parking spaces?**

Parking at Limetree House, Alloa
Public parking at Cowane Street, Stirling and Vicar Street Falkirk

▶ **Transport**

Train Stations

Alloa Train Station
Stirling Train Station
Falkirk High Train Station
Falkirk Grahamston Train Station

Buses

Alloa bus station
Stirling bus station
Falkirk bus station

Tier 2

Young People - Substance Use Services

-  Barnardo's Service
(Clackmannanshire, Falkirk and Stirling)
Watling Lodge, Tamfourhill Road, Falkirk FK1 4RE
 -  01324 632903
 -  forthvalleysevice@barnardos.org.uk
 -  www.barnardos.org.uk
-

▶ **Overall Aim of Service:**

Barnardo's operates two young people's substance teams, one covering Stirling and Clackmannanshire, and the other covering Falkirk. They work with young people aged 12 to 18 and up to 26 if care experienced. They offer individual care plans that aim to reduce the harms associated with substance use and to provide support to families and carers.

▶ **Catchment Area**

Stirling Local Authority Area
Falkirk Local Authority Area and
Clackmanannanshire Local Authority Area

▶ **Opening Times**

(In person or by phone)

Monday to Thursday 9am to 5.30pm

Friday 9am to 4.30pm

Outwith the above hours: Contact outwith working hours as agreed by the Young Person, the worker and parent carer (if applicable).

- ▶ **Age Range:** 12-18 year olds
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes
- Referrals come through;** Social Work, Education, Health and Self/ Parental referral.
- ▶ **Client Groups:** Young people aged 12-18 years (up to 25 years, if care experienced) living within the Falkirk Council area whose substance use is having a detrimental impact on their lives.
- ▶ **Services Provided:**
 - The service operates from a holistic perspective and recognises that whilst for many of our young people substance use may be the presenting problem; in order to effect change the underlying issues must also be addressed.
 - The number of contacts offered per week is needs led and can vary from 1 to 4
 - Each young person works closely with an allocated worker who will also work with the family (where appropriate) in order to support any changes that are required to maximise positive outcomes for the young person.
- ▶ **Support** is offered to parents/ carers. This support can include providing information to parents regarding specific substances and the signs and symptoms and involve working with the whole family or on a 1-1 basis.
 - The service is operational across the whole of Forth Valley and offers an early intervention service providing 6 to 8 targeted sessions.
- ▶ **Any other relevant information:** Arrangements can be made to meet young people at an appropriate venue of their choosing providing transport if appropriate.
- ▶ **Types of Substance Use Provided for:** The service works with Young People who use prescribed, over the counter medicines, illegal substances and alcohol in a harmful way. Barnardo's work in partnership with other agencies.
- ▶ **Is your building/service an accessible venue?** Yes, service access and service provision is on the ground floor.
- ▶ **Provisions are in place to ensure those with a physical disability have access.** Arrangements can be made to meet out with our premises or in the lower part of the building which has disabled access.

▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes

▶ **Support is provided for people with learning difficulties**

- Materials in easy read format
- Carer/ PA provision

▶ **Services are available for people with a visual impairment**

- building/room accessibility
- room layout
- large print materials/colour tone contrast materials
- audio provision

▶ **Services are available for people with a hearing impairment**

- loop system available in the room consultations/events take place
- personal communicators
- BSL interpreter
- Lipspeaker
- Deafblind Guide Communicator

▶ **Services are available for people whose first language is not English**

- Ethnic Minority interpreter

▶ **Support is available to families of people who are current or prospective clients with the service** Yes

▶ **Does the venue have accessible car parking spaces?**

Disabled space available at front of building, by arrangement.

Tier 3

Community Alcohol and Drug Service (CADS)


**Forth Valley Substance Treatment Service
(FVSTS)**

Tier 3

Community Alcohol and Drug Service (CADS)

 **Falkirk:** Community Alcohol and Drug Service,
Old MRI Suite, Falkirk Community Hospital,
Westburn Avenue, Falkirk FK1 5QE

 South Team: 01324 673670

 **Stirling:** Community Alcohol and Drug Service,
St Ninians Health Centre, Mayfield Street, Stirling, FK7 0BS

 North Team: 01786 468282

 FV-UHB.CADSPrescribing@nhs.scot

 [www.nhsforthvalley.com/health-services/az-of-services/
substance-misuse-service](http://www.nhsforthvalley.com/health-services/az-of-services/substance-misuse-service)

▶ **Overall Aim of Service:**

The service provides treatment and support for all who are affected by drug and or alcohol use, which has impacted on their mental health. Staffed by nursing, medical and administration staff the service is delivered through a network of clinics and on a home visit basis.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Friday 8.30am to 5pm (In person or by phone)

Outwith the above hours: Voicemail for messages only. No emergency out of hours service is currently provided. Clinical staff available from 9.00am.

- ▶ **Age Range:** 16 - 65 (flexibility regarding upper age)
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Referral by General Practitioner and Adult Mental Health Services to the Alcohol Service. Referral by Change Grow Live to Drug Service.
- ▶ **Client Groups:** Individual with mental health and addiction issues.
- ▶ **Services Provided:**
 - Assessment
 - Care Planning
 - Cognitive Behavioural Therapeutic interventions
 - Detoxification
 - Relapse Prevention
 - Prescribing
 - Outpatient follow-up
 - Case Review
 - BBV pre and post test counselling and testing.
- ▶ **Types of Substance Use Provided for:** Substances like opiates/ benzodiazepines etc. and alcohol.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access. In certain circumstances outreach services can be provided.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
 - Materials in easy read format
 - Carer/ PA provision
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**
 - loop system available in the room consultations/events take place
 - personal communicators
 - BSL interpreter
 - Lipspeaker
 - Palantypist
 - Deafblind Guide Communicator
- ▶ **Services are available for people whose first language is not English** Translation, interpreter available if required.
 - Ethnic Minority interpreter
 - Other
- ▶ **Support is available to families of people who are current or prospective clients with the service:** With client consent will give advice & guidance.
- ▶ **Does the venue have accessible car parking spaces?** Yes, free

Tier 3

Forth Valley Substance Treatment Service (FVSTS)

 St Ninians Health Centre, Mayfield Street,
Stirling FK7 0BS

 01786 468282

▶ **Overall Aim of Service:**

To provide an exclusive specialist assessment and treatment service for the Courts in the Forth Valley area either through a Drug Treatment and Testing Order, or through a Community Payback Order with a drug or alcohol treatment requirement.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: No emergency service. Voicemail is available out of hours.

Although service is not national, we do take transfers from other council areas if already on court order and moving to Forth Valley.

- ▶ **Age Range:** 18+
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** No
- ▶ **Client Groups:** Clients attend through the Criminal Justice System (Courts, Criminal Justice Social Work Services), and undertake treatment subject to a Drug Treatment and Testing Order, a condition of a Probation Order or a Community Payback Order with a drug or alcohol treatment requirement .
- ▶ **Services Provided:**
 - Assessment:
 - Prescribed Medication
 - Cognitive Behavioural Therapy
 - One-to-one Counselling and Support
 - Joint working with Criminal Justice Social Workers
 - Reports for Court.
- ▶ **Types of Substance Use Provided for:** Heroin is main dependency issue.
- ▶ **Venue:** Clients seen in various venues across Falkirk, Stirling and Clackmannanshire.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access. In certain circumstances outreach services can be provided.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
 - Materials in easy read format
 - Carer/ PA provision
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**
 - loop system available in the room consultations/events take place
 - personal communicators
 - BSL interpreter
 - Lipspeaker
 - Palantypist
 - Deafblind Guide Communicator
- ▶ **Services are available for people whose first language is not English** Translation, interpreter available if required.
 - Ethnic Minority interpreter
 - Other
- ▶ **Support is available to families of people who are current or prospective clients with the service:** With client's consent.
- ▶ **Does the venue have accessible car parking spaces?** None

Tier 4

Hospital Addiction Team (HAT)

Tier 4

Hospital Addiction Team (HAT)

 Forth Valley Royal Hospital, Stirling Road,
Larbert FK5 4WR

 01324 566231

 Hospitaladdictionteam@nhs.scot

▶ **Overall Aim of Service:**

Overall aim of service is to support individuals with an alcohol and/or drug problem who present within the acute hospital setting, offering health education/withdrawal management and an opportunity to engage with community services.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person)

Saturday - Outwith hours by arrangement

Outwith the above hours: 24hr confidential answer machine

Policies, procedures and guidance on NHS intranet

Liaison Psychiatry contact for complex care patients.

- ▶ **Age Range:** 16 and over
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Referral via professional pathways.
- ▶ **Client Groups:** Patients with a drug and/or alcohol problem who require support whilst in hospital.
- ▶ **Services Provided:**
 - Alcohol Brief Intervention
 - Alcohol/drug withdrawal management
 - Harm Reduction
 - BBV advice and support / Naloxone
 - Health Education
 - Staff Training
 - Link with community services advising of admission
 - Support substitute prescribing and titration
- ▶ **Types of Substance Use Provided for:** Illicit and over the counter medication. Drug use/ alcohol
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** Yes. At most of our office locations.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes. At most of our office locations.
- ▶ **Support is provided for people with learning difficulties**
Yes
- ▶ **Services are available for people with a visual impairment**
Yes
- ▶ **Services are available for people with a hearing impairment**
Yes
- ▶ **Services are available for people whose first language is not English** Interpreters available for all languages.
- ▶ **Support is available to families of people who are current or prospective clients with the service:** Yes
- ▶ **Does the venue have accessible car parking spaces?** Yes

Support Services

Mental Health Services

Forth Valley Hospitals

**Children and Families Social Work Service and
Children and Families Services**

Forth Valley Sexual Health Service

Citizens Advice Bureau (CAB)

Police Scotland

Health Promotion NHS Forth Valley

Young Carers

Senior Phase and Youth Participation Team

Falkirk Community Trust

Scottish Prison Service Establishments

Families Outside

Skills Development Scotland

Click - Women-led safety and wellbeing service

Mental Health Services

Many people experience mental health or related problems during their lives. These can be caused by stressful life events such as being homeless, loss of job, break up of families or bereavement. This can leave you feeling very distressed, sad or isolated.

Your doctor will refer you to a specialist psychiatric service if they feel this is necessary. If you want to talk to someone, help is available at the numbers below.

Action in Mind (for Forth Valley)

 01786 451203

Falkirk & District Association for Mental Health

 01324 671600


Scottish Association for Mental Health

 0141 530 1000

Saneline

 0300 304 7000
4.30pm to 10.30pm daily
 www.sane.org.uk

Samaritans

 01324 622066
24 hour confidential helplines
to talk over personal and
emotional problems.





Moodjuice

 moodjuice.scot.nhs.uk

Breathing Space

 0800 838 587
Mon to Thurs 6pm to 2am
Fri to Mon 6pm to 6am
 breathingspacescotland.co.uk

NHS

-  <https://nhsforthvalley.com/health-services/know-who-to-turn-to-when-you-are-ill/mental-well-being/>
-  **Self Help Guides:** <https://www.selfhelpguides.ntw.nhs.uk/forthvalley/>
-  **5 Ways to Wellbeing:** <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>
-  **Help during the (Coronavirus) Covid-19 pandemic:**
<https://mentalhealth.org.uk/coronavirus>

Generic Support Services

Forth Valley Hospitals

In an emergency you should go to A&E at Forth Valley Royal Hospital

Forth Valley Royal Hospital

 Stirling Road, Larbert FK5 4WR

 01324 566 000

 nhsforthvalley.com

For minor injuries you should go to the Minor Injuries Unit Stirling Community Hospital

Stirling Community Hospital

 Stirling Health & Care Village, Livilands, Stirling FK8 2AU

 01786 434000 (switchboard)

Open 7 days from 9am to 9pm

If not life threatening but requires medical help call: NHS24 on 111

Out of Hours GP Service

Open 6pm to 8am

Contact NHS 24 on 111


textphone users: 18001 111

Falkirk Community Hospital

 Westburn Avenue, Falkirk, FK1 5QE

 01324 624000

For (Coronavirus) Covid-19 related information please go to:

 <https://www.nhsinform.scot/illness-and-conditions/infections-and-poisoning/coronaviruse-covid-19>

Children and Families Social Work Services

All agencies have a responsibility to consider the needs of children. Where these needs are not being met, agencies have a duty to share their concerns in order to protect them. Below is a list of contact numbers that can be used to share your concerns.

**Emergency Duty Team for Forth Valley
(out of hours): 01786 470500**

Children and Families Social Work Services:

CLACKMANNANSHIRE COUNCIL

 Kilncraigs, Greenside Street, .
Alloa FK10 1EB
 01259 225000

FALKIRK COUNCIL

 Social Work Headquarters,
108 Glasgow Road, Falkirk
 01324 506070
Mon to Fri 9am to 5pm
All other times 01786 470500

STIRLING COUNCIL

 **Municipal Buildings**
 01786 471177
 **Child Protection Support
Co-ordinators**
 01786 477420

**In an emergency phone 999
Police: 101 (non-emergency)**

POLICE FAMILY UNIT

 01324 574948

AUTHORITY REPORTERS

Clackmannanshire / Falkirk / Stirling

 0131 244 8700

 www.scra.gov.uk

NHS SERVICES

Nurse Advisor (Child Protection)

 01786 477420

 07787 152107

Women and Children

 01324 567300

Forth Valley Royal Hospital

 01324 566000 (switchboard)

Falkirk Community Hospital

 01324 624000 (switchboard)

Stirling Community Hospital

 01786 434000 (switchboard)

Forth Valley Royal Hospital (Consultant Paediatrician)

 01324 567201

National Childline

CHILDLINE - 0800 1111

Forth Valley Sexual Health Service

 Clinic Information Line 01324 673 554

 FV-UHB.sexualhealth@nhs.net
Mon - Fri 2pm to 5pm

 www.centalsexualhealth.org

Forth Valley Sexual Health is an NHS service providing FREE sexual health care in Forth Valley. We offer testing and treatment for sexually transmitted infections (STI's), free condom supplies, pregnancy tests, all forms of contraception and emergency contraception and general advice and support. We have separate clinics for adults and young people aged 13-21. Visit the Central Sexual Health Website for details.

▶ **Overall Aim of Service:**

To provide confidential non-judgemental sexual health service for young people and adults across Forth Valley.

▶ **Catchment Area**

Forth Valley Wide

- ▶ **Age Range:** All ages
- ▶ **Charge:** Free
- ▶ **Gender:** All
- ▶ **Can clients self refer?** Yes, no appointment required
- ▶ **Client Groups:** All
- ▶ **Services Provided:**
 - Emergency Contraception
 - Contraception including long acting contraception such as implants and coils
 - Free condoms
 - Testing for sexually transmitted infections including chlamydia, gonorrhoea, HIV and syphilis
 - Hepatitis B vaccination for those at increased risk form sexual exposure
 - HIV post exposure prophylaxis
 - Pregnancy testing
 - Termination of pregnancy referral
- ▶ **Types of Substance Use Provided for:** N/A
- ▶ **Venue:** Clients seen in various venues across Falkirk, Stirling and Clackmannanshire.
- ▶ **Is your building/service an accessible venue?** Yes
- ▶ **Provisions are in place to ensure those with a physical disability have access.** All buildings have wheelchair access. In certain circumstances outreach services can be provided.
- ▶ **Does the venue the service is provided from have an accessible toilet/s?** Yes
- ▶ **Support is provided for people with learning difficulties**
Nurse will give careful explanation
 - Materials in easy read format
 - Carer/ PA provision
 - Specific clinic on Monday afternoons at Falkirk Community Hospital
- ▶ **Services are available for people with a visual impairment**
 - building/room accessibility
 - room layout
 - large print materials/colour tone contrast materials
 - audio provision
- ▶ **Services are available for people with a hearing impairment**
 - loop system available in the room consultations/events take place
 - personal communicators
 - BSL interpreter
 - Lipspeaker
 - Palantypist
 - Deafblind Guide Communicator

▶ **Services are available for people whose first language is not English**
Interpreter can be arranged by appointment.

- Ethnic Minority interpreter
- Other

▶ **Support is available to families of people who are current or prospective clients with the service:** Yes

▶ **Does the venue have accessible car parking spaces?** Available in hospital/ health centre premises.

▶ ***Family Planning Services***

Free advice on contraception and pregnancy.

Alloa Health Centre - 01259 215333

Grangemouth Health Centre - 01324 482354

For other clinics see: www.centalsexualhealth.org

▶ ***Sexual Health Information Line***

0300 123 7123

▶ ***Lesbian, Gay, Bisexual & Transgender***

LGBT Youth Scotland - 0131 555 3940

www.lgbtyouth.org.uk

▶ ***Lesbian, Gay, Bisexual & Transgender Youthline***

Email: info@lgbtyouth.org.uk

www.lgbtyouth.org.uk

Falkirk - Thursday 6pm to 8pm

Park Street Community Education Base, Park Street, Falkirk FK1 1RE

Clackmannanshire - (Fortnightly) Monday 6.30pm to 8.30pm

Bowmar Centre, Scott Crescent, Alloa, FK10 1BT

Stirling - Monday 6pm to 8pm

Raploch Community Campus, Drip Road, Raploch, Stirling, FK8 1RD

► **Forth Valley Rape Crisis Centre**

Helpline - 08088 01 03 02

Office Number - 01786 439 244

www.forthvalleyrapecrisis.org.uk or www.rapecrisisscotland.org.uk

Provides free, confidential support and practical information on legal and anyone over the age of 13 who has experienced sexual abuse.

► **Sexually Transmitted Infections (STI's)**

Central Sexual Health

Clinic Booking Line - 01324 673 554

Sexual Health Advice Line - 01324 673563 (Mon to Fri, 2pm to 5pm)

Clinic Locations

Clackmannanshire

Clackmannan Community Healthcare Centre,
Hallpark Road, Sauchie FK10 3JQ

Stirling

Stirling Sexual Health Clinic, Area 1, Stirling Community Hospital,
Livilands Gate, Stirling FK8 2AU

Falkirk

Falkirk Community Hospital Sexual Health and Contraception Clinic,
Suite D, Falkirk Community Hospital, Major's Loan, Falkirk FK1 5QE

SOS Stirling - Sexual Health Clinic for under 21's

Drop In, no appointment needed.



01324 673554

Available at all 3 clinics at

Clackmananshire Health Centre, Sauchie
Stirling Community Hospital, Area 1
Falkirk Community Hospital, Suite D

Citizens Advice Bureau (CAB)

Addiction Advice Service Tel: 07817 024365

 **ALLOA**, Glebe Hall, Burgh Mews, FK10 1HS
 01259 219404

 **DENNY**, 24 Duke Street
 01324 823118

 **FALKIRK**, 3 Meeks Road, Falkirk FK2 7EW
 01324 626070

 **GRANGEMOUTH**, 1 Kerse Road
 0808 800 9060

 **STIRLING**, Cameronian Street
 01786 470239

CAB National Number:

 0808 800 9060

Generic Support Services

Police Scotland

 **FALKIRK:** West Bridge Street, Falkirk FK1 5AP

 **ALLOA:** 73 Menstrie Road, Tullibody, Alloa FK10 2RF

 **STIRLING:** Randolphfield, St Ninians Road,
Stirling FK8 2HD

 101

 <http://www.scotland.police.uk/your-community/forth-valley/>

 Follow @policescotland

Health Promotion NHS Forth Valley

 CSD, Unit 2, Colquhoun Street, Stirling FK7 7PX

 01786 433295

 Health programmes: Kat.Jarvie@nhs.scot

 www.nhsforthvalley.com

▶ **Overall Aim of Service:**

Our goal is to improve health in Forth Valley and to reduce inequalities in health by concentrating on specific issues such as smoking, alcohol and drugs that have a direct effect on health.

▶ **Catchment Area**

Forth Valley Wide

▶ **Opening Times**

Monday to Thursday 8.30am to 5pm (By phone)

Friday 8.30am to 4pm (By phone)

Outwith the above hours: N/A

Health Improvement Resource Service (HIRS)

The HIRS Team are now based at various sites throughout Forth Valley

Orders for resources, including leaflets, posters, condoms and borrowable resources, can be placed through your local HIRS contact (see contact details on page 94).

If you wish to meet with a member of the team to discuss resource requirements or view resource samples, you can arrange an appointment at the times listed below. The borrowable resources (books, teaching kits, DVDs, etc.) are now based at the Education and Conference Centre, Stirling Community Hospital and can be viewed, by appointment only, by all registered HIRS clients in the Forth Valley area.

Falkirk and Stirling Areas and Forth Valley Library



Scott Findlay



Health Improvement Resource Library, CSD, Unit 2,
Colquhoun Street, Stirling FK7 7PX



01786 454589 (Monday to Thursday)
01786 433867 (Friday)



scottfindlay@nhs.scot

Available visit times: Tuesday to Thursday, 10am to 3pm
(by appointment only)

Orders

Post



Health Improvement Resource Service, NHS Forth Valley,
Central Supplies Department, Unit 2, Colquhoun St,
Stirling FK7 7PX



FV-UHB.HIRS-group-mailbox@nhs.scot



www.hpac.nhsforthvalley.com

Young Carers

Clackmannanshire

 01259 226 839

 youngcarers@centralcarers.co.uk

 www.carers.org/partner/falkirk-clackmannanshire-carers-centre

Falkirk

 01324 611510

 centre@centralcarers.co.uk

 www.carers.org/partner/falkirk-clackmannanshire-carers-centre

Stirling

 01786 447003

 info@stirlingcarers.co.uk

 www.stirlingcarers.co.uk

Senior Phase and Youth Participation Team

 Raploch Community Campus, Drip Road, Stirling
FK8 1SD

 01786 233562

 SPandYP@stirling.gov.uk

 www.stirling.gov.uk

 Clackmannanshire Council

 01259 450000

▶ **Overall Aim of Service:**

Youth Services aims to work in partnership with a range of other agencies to address the needs of vulnerable young people and provide the highest level of co-ordinated services and support to enable young people to achieve their potential.

▶ **Catchment Area**

Local Authority Area

▶ **Opening Times**

Monday to Friday 9am to 5pm (In person or by phone)

Outwith the above hours: None

 01324 590900

 hello@falkirkcommunitytrust.org

 www.falkirkcommunitytrust.org

▶ **Overall Aim of Service:**

Falkirk Community Trust is a company limited by guarantee with charitable status and was established by Falkirk Council. On 1 July 2011 the company assumed responsibility for the management and operation of a range of community-facing sports, recreation, arts, heritage and library services. As a not-for-profit organisation they strive to support community aspirations, deliver inspiring services and ensure that the experiences offered provide equality of opportunity and access for all.

To lead culture and sport to enrich people's lives in the Falkirk area and to ensure that Falkirk's communities are the most creative and active they can possibly be. Valuing the positive difference people make and placing people's needs at the heart of everything.

▶ **Catchment Area**

Falkirk, Bo'ness and Grangemouth

▶ **Opening Times**





For a full list of activities and dates refer to the "What's On" section of the Falkirk Community Trust website.

Generic Support Services



Scottish Prison Service Establishments

-  Generic email for all SPS Healthcare Staff in Forth Valley
FV-UHB.AllHMPHealthcareStaff@nhs.net
 -  www.sps.gov.uk
www.familiesoutside.org.uk
-

HMP & YOI Cornton Vale

-  Health Care Manager
-  Cornton Road, Stirling FK9 5NU
-  01786 833951
-  FV-UHB.HMPCorntonValeLineManagers@nhs.net
FV-UHB.HMPCorntonValeAllHealthcareStaff@nhs.net

HMP YOI Polmont

-  Health Care Manager
-  Brightons, Falkirk FK2 0AB
-  01324 722233
-  FV-UHB.HMPPolmontYOILineManagers@nhs.net
FV-UHB.HMPPolmontYOIAllHealthcareStaff@nhs.net

HMP Glenochil

-  Health Care Manager
-  Tullibody, Clackmannanshire FK10 3AD
-  01259 767308
-  FV-UHB.HMPGlenochilLineManagers@nhs.net
FV-UHB.HMPGlenochilAllHealthcareStaff@nhs.net

Families Outside

Support is available for families affected by imprisonment via telephone, SMS, WhatsApp, Facetime, Skype, Facebook and Twitter.

-  Helpline: 0800 254 0088
-  support@familiesoutside.org.uk

Generic Support Services

Skills Development Scotland

CONTACTS: See Careers Centres below

 **Stirling:** 66 Upper Craigs, Stirling FK8 2DS
 01786 462036

Opening Hours: Monday to Friday 9am to 5pm, Wednesday 11am - 5pm

 **Alloa:** 39 - 43 Bank Street, Alloa FK10 1HP
 01259 215214

Opening Hours: Monday, Wednesday, Thursday and Friday 9am-5pm and Tuesday 10am-5pm

 **Falkirk:** 100 Manor Street, Falkirk FK1 1NU
 01324 620311

Opening Hours: Monday, Tuesday, Thursday and Friday 9am-5pm and Wednesday 10.30am-5pm

CLiCK


CLiCK is a women-led safety and wellbeing service for any woman selling or exchanging sex or sexual activity online.

► **Overall Aim of Service:**

CLiCK can support the safety and wellbeing of women through online outreach and one-to-one personalised support right across Scotland.

We can provide the following

- *Live online chat; providing information and signposting;*
 - *One-to-one specialist support with a local CLiCK women's worker*
 - *Support map listing local support services across the whole of Scotland*
 - *Advice and resources on a range of issues (for example-safety tips, welfare advice or accessing health services);*
 - *Opportunities to become involved in shaping future services;*
 - *A platform for women to share their stories and experiences. A platform for women to share their stories and experiences.*
-

 All support is available via our website at: click.scot or download our app from Google Play or Apple App Store. Search for "ClickPartnership"

 click@sacro.org.uk

CLiCK is a partnership between Sacro, Women's Support Project, Aberdeen Cyrenians, Alcohol and Drugs Actions, Vice Versa – Dundee WRASAC and Glasgow & Clyde Rape Crisis.



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