

If you are a drug user who does not inject, there is no need to read any further - the advice is simple - "don't start".

This leaflet aims to help you find out where services are located.

When you visit the service you will need to speak with the pharmacist or harm reduction worker who will register you. You will be asked for your initials, date of birth and first half of your post code. All information is confidential.

Injecting any drug carries the risk of infection and injury and increases your risk of overdose. If you do inject please take care of your veins and protect your health by following these steps:

- Always wash your hands with soap and water before and after injecting.
- Use a clean surface to prepare your injection.
- Always use a full set of new equipment for EVERY injection.
- DO NOT share, borrow or lend equipment.
- Always use the smallest, thinnest needle possible for the injection site.
- Always use best choice of water available.
- Don't use too much citric.
- Rotate your injection site; using the same site can cause the vein to collapse.
- Put all used equipment in the bin provided and bring it back.
- Don't inject alone and know what to do in an emergency.

Overdose Awareness and Naloxone training is available at harm reduction service drop in. Training and Naloxone supply is provided by Pharmacy outlets.

Useful Numbers:

Forth Valley Naloxone Programme
Tel: 0845 6731774

Addiction Support and Counselling (ASC)/Community Rehab

Tel: 01324 874969

Stop Smoking Services (SSS)
Tel: 01786 433293

Barnardos Axis Service Falkirk
Tel: 01324 718277

Freagarroch Stirling Alcohol & Drug Service
Tel: 01786 450963

Family Support Service (Stirling)
Tel: 0141 221 0544 (fvfamilies@sfad.org.uk)

Forth Valley Service User Group
Tel: 01786 443900

Sexual Health Clinic Helpline
Tel: 01324 673554

Complaints

We make every effort to meet the needs of those who use the service. We welcome your comments and suggestions. We may not always get it right and clients are encouraged to make us aware if this happens.

If complaints cannot be solved informally there is a formal procedure. This procedure is outlined in the leaflet "NHS Complaints Procedure". For more information contact: Patients Relations at:
Tel: 01324 678530
E: fv-uhb.complaints@nhs.net.

Forth Valley Alcohol & Drug Partnership
Room 40/41, Admin Area 1
Stirling Community Hospital
Livilands
Stirling, FK8 2AU
01786 454787



Injecting Equipment Provision Services



There is needle exchange where you see this sign:

Please dispose of used equipment in the bin provided and BRING IT BACK!

Remember the Pharmacy & Harm Reduction Services provide a very valuable public health service for you and your community.

Confidentiality

The client's permission is required to share information with other relevant services involved in their care. If a client is suspected of harming him/herself or others, information may be passed on even if consent is withheld.

SIGNPOST RECOVERY

You can get advice about your drug use and health needs, even if you don't want to stop using or cut down. You can also get help with budgeting and housing issues.

Overdose awareness and Naloxone training are available.

Treatment services can help you to reduce your risk of infection and injury from injecting.

Signpost Recovery, Tel: **0845 6731774**
www.signpostrecovery.org.uk

Mobile Harm Reduction Outreach Vehicle
 Lynn-07970 786372, Lisa-07837 756112,
 Mick- 07508 979519

Monday

Falkirk, Baird St Car Park Camelton 10am - 12pm

Falkirk, Salvation Army Woodside Court 12.45pm-2pm

Grangemouth, Abbotsgrange Rd Car Park 3pm -4pm

Tuesday

Stirling, Mobile Phone Mick or Lynn

Stirling, Maxwell Place (outside Fubar) 11.30am-12.15pm

Bannockburn/Denny/Bonnybridge 2pm – 4pm

Denny, town Centre Car Park 2pm-3pm

Wednesday

Clackmannanshire by mobile to Mick/Lynn 9.30am-11am

Alloa- Town Centre car park 11.15am-12.15pm

Bo'Ness Salvation Army Soup Kitchen 1pm-2pm

Falkirk- Callendar Road 2.30pm-4.15pm

Thursday

Stirling- Maxwell Place (outside Fubar) 1.30pm-2.30pm

Stirling-Salvation Army Raploch 3pm-4.15pm

Friday

Falkirk – Calendar Rd (phone Lisa/Mick)

PHARMACY OUTLETS - FALKIRK

Lloyds Pharmacy 1, Stirling Street, Denny FK6 6DF 01324 822360 Mon-Fri: 0900-1800 Sat: 0900-1700	Lloyds Pharmacy 96/98 Grahams Road Falkirk, FK2 7DL 01324 635859 Mon-Fri: 08:30 to 7:00 Sat: 9:00 to 5:00
AD Healthcare 94 Main Street Larbert FK5 3AS 01324 557596 Mon-Fri: 9:00 to 1:00, 1:30 to 6:00. Sat: 9:00 -1:00, 1:30 - 5:00	Graeme Pharmacy 308 Main Street Camelon FK1 4EG 01324 625889 Mon-Fri: 09:00 to 6:00 Sat: 9:00 to 12:30
Boots Pharmacy 60 South Street, Bo'ness EH51 9HA 01506 822106 Mon-Fri: 0900-17.30 Sat: 0900-1700	Lloyds Pharmacy 29 La Porte Precinct Grangemouth, FK3 8AZ 01324 482008 Mon-Fri: 09:00 to 6:00 Sat: 9:00 to 5:00

PHARMACY OUTLETS - CLACKS

R&J Marshall 130a Stirling Street Alva FK12 5EH 01259 760389 Mon-Sat: 9:00 to 1:15, 2:15 to 5:45 Wed: 9:00 to 12:30	Boots UK 4 Tron Court Tullibody FK10 2PS 01259 722864 Mon-Fri: 8:45 to 6:00 Sat: 9:00 to 5:00
Lloyds Pharmacy Marshall Alloa FK10 1AB 01259 218979 Mon-Fri: 08:30 to 6:00 Sat 8:30 to 12:00	Lindsay & Gilmour 81 Main Street Sauchie FK10 3JT 01259 723155 Mon-Fri: 09:00 to 6:00 Sat : 9:00 to 1:00.

PHARMACY OUTLETS - STIRLING

Superdrug Pharmacy Unit 2 Ochilview Mall Thistle Centre Stirling FK8 2EA 01786 473548 Mon-Fri: 8:30 to 5:30 Sat: 8:30 to 6:00	Lindsay & Gilmour 15 Bannockburn Road St Ninians Stirling FK7 OBP 01786 472810 Mon-Fri: 9:00 to 6:00 Sat: 9:00 to 5:30
Plean Pharmacy Main Street Plean FK7 8BT 01786 817123 Mon-Fri: 9:00 to 1:00 2:00 to 5:30 Sat: 9:00 to 12:30	Cornton Pharmacy 54 Johnston Avenue Cornton FK9 5DJ 01786 447265 Mon-Fri: 9:00 to 1:00 2:00 to 5:45 Sat: 9:00 to 1:00
Lindsay & Gilmour 5 Firs Entry Bannockburn FK7 0HW 01786 816893 Mon-Fri: 9:00-to 6:15 Sat: 09:00 to 12:15	Lloyds Pharmacy 39 Bannockburn Road St Ninians FK7 OBU 01786 475967 Mon-Fri: 8:30 to 6:00 Sat: 9:00 to 5:00

Sexual Health advice, information on testing, clinic times & how to access free condoms at:

Centralsexualhealth.org

or Tel: 01324 673 563

Worried about Blood Borne Viruses?

BBV information & advice is available at pharmacy outlets and harm reduction drop in services. A free confidential service offering testing for Hepatitis B, C & HIV is available at selected sites. Vaccination against Hepatitis B is also available. Drop in to find out more or call Forth Valley Hepatology Service to arrange a confidential appointment for advice & testing:

Tel 01786 434079