

# **Holiday Season - Provision December 2024**

The ADP support team would like to take this opportunity to thank all of our partners and colleagues for their ongoing support throughout 2024. We hope you have a restful and healthy break when the time comes and we look forward to continuing our work together in the New Year!

### **Festive Service Delivery Times**

Public Holidays: Wednesday 25 <sup>th</sup> & Thursday 26 <sup>th</sup> December and Wednesday 1 <sup>st</sup> January & Thursday 2 <sup>nd</sup> January				
Services	Opening Hours	Emergency Contacts/Out of Hours		
Barnardo's Drug and Alcohol Support Services	Mon 23 <sup>rd</sup> Dec: 8am – 8pm Tue 24 <sup>th</sup> Dec:8am – 4pm Wed 25 <sup>th</sup> Dec: 4pm – 6pm (Out of Hours) Thurs 26 <sup>th</sup> Dec: 11am – 4pm Friday 27 <sup>th</sup> Dec: 9am – 5pm 5pm – 8pm (Out of Hours) Saturday 28 <sup>th</sup> Dec & Sunday 29 <sup>th</sup> Dec 9am – 5pm Monday 30 <sup>th</sup> Jan: 8am – 8pm Tues 31 Jan: 8am – 4pm 4pm – 8pm (Out of Hours) Wed 1 <sup>st</sup> Jan: 11am – 2pm (Out of Hours) Thurs 2 <sup>nd</sup> Jan: 11am – 4pm Fri 3 <sup>rd</sup> Jan: 9am – 5pm 5pm – 8pm (Out of Hours) Sat 4 <sup>th</sup> Jan: 9am – 5pm Sun 5 <sup>th</sup> Jan: 9am – 5pm	Central number goes to all staff phones 01698 262443 Option 2 or 4		
Barnardo's Youth Housing – Festive Period includes Staff from other Services	Open 365 Days Mon – Fri: 9am – 8pm Sat – Sun: 11am – 3pm	01698 262443		
Breakthrough North Lanarkshire	Operating as Normal throughout Festive Period, including Public Holidays Mon – Fri: 9am – 4pm Open Additionally Sat 28 <sup>th</sup> Dec: 9am – 4pm	Freephone 0808 175 4006 for Duty Staff Member		
Community Prescribing Service	Closed Public Holidays			
Equals Advocacy Ltd	Closed Public Holidays 24 <sup>th</sup> Dec: 9am – 12pm 27 <sup>th</sup> Dec: 9am – 5pm 30 <sup>th</sup> Dec: 9am – 5pm 31 <sup>st</sup> Dec: 9am – 12pm 3 <sup>rd</sup> Jan: 9am – 5pm			
Equalsay Advocacy	Closed Public Holidays 24 <sup>th</sup> , 27 <sup>th</sup> , 30 <sup>th</sup> & 31 <sup>st</sup> Dec: Normal Opening Hours	01698 358 245		

Public Holidays: Wednesday 25 <sup>th</sup> & Thursday 26 <sup>th</sup> December and Wednesday 1 <sup>st</sup> January & Thursday 2 <sup>nd</sup> January				
Services	Opening Hours	Emergency Contact/Out of Hours		
Freedom City Church Centre	Recovery Cafés Thurs 19 <sup>th</sup> Dec: 11am – 1pm Fri 20 <sup>th</sup> Dec: 7.15pm – 9.15pm Thurs 2 <sup>nd</sup> Jan: 11am – 1pm Fri 3 <sup>rd</sup> Jan: 7.15am – 9.15pm	07775 678 137		
	Food Bank & Citizen's Advice Tues 24 <sup>th</sup> Dec: 12pm – 2pm Thurs 2 <sup>nd</sup> Jan: 12pm – 2pm	07365 808 810		
GBV Services	Closed Public Holidays 23 <sup>rd</sup> Dec - 24 <sup>th</sup> Dec: 9am – 5pm 27 <sup>th</sup> Dec: 9am – 5pm 30 <sup>th</sup> Dec – 2 <sup>nd</sup> Jan: Closed 3 <sup>rd</sup> Jan: 9am – 5pm	No Emergency Contact when Closed Karen McFarlane 01698 753 686 Marcella Kirk 01698 753 686 Marcella Kirk 01698 753 686		
LANDED	Closed Public Holidays Closed 20/12/2024 – 06/01/2025	Jacqui Flanagan 07896 634 398		
NHS Lanarkshire Harm Reduction Team	Closed Public Holidays	Leon Wylie 07872 818 615		
North Lanarkshire Addiction Recovery Team	Closed Public Holidays	Out of Hours Turning Point 01236 802280/08081714040 NHS24 – 111 SWES (Social Work Emergency Service) – 0800 121 4114		
North Lanarkshire Crisis Outreach Team – Turning Point Scotland	23/12/2024 - 05/01/2025 Mon - Fri: 10am - 10pm Sat & Sun: 10am - 9pm	Emergency Contact: 08081714040 01236 802280		
Phoenix Futures NL Community Service	Closed Public Holidays Festive Timetable below			
Phoenix Families and Family Connections	Closed Public Holidays 24/12/2024: 8.30am – 4.30pm 27/12/2024: 8.30am – 4.30pm			
SAMH IPS	Closed Public Holidays	Point of Contact outwith Public Holidays:  Stuart Rankin: National Employment Team - IPS Team  Manager  M: 07710 432 074  E: stuart.rankin@samh.org.uk		
Substance Misuse Nurse Liaison	Closed Public Holidays 23/12/2024 – 24/12/2024: 8am – 4pm 25/12/2024 – 26/12/2024: No Service 27/12/2024 – 29/12/2024: 8am – 4pm 28/12/2024 – 29/12/2024: No Service 30/12/2024 – 31/12/2024: 8am – 4pm 01/01/2025 – 02/01/2025: No Service 03/01/2025 – 03/01/2025: 8am – 4pm 04/01/2025 – 05/01/2025: No Service	In an emergency/out of hours contact the Emergency Department or call NHS 24 on 111.		







## **Phoenix Futures Scotland Festive Timetable and Dates for your Diary**

Monday 9 <sup>th</sup> December	Tuesday 10 <sup>th</sup> December	Wednesday 11 <sup>th</sup> December	Thursday 12 <sup>th</sup> December	Friday 13 <sup>th</sup> December
Mindful Monday's COATBRIDGE 11am-12.30pm	SMART Meeting COATBRIDGE 11am-12.30pm	Online Female Group Microsoft Teams 10am-11am	Creative Space COATBRIDGE 10am-12.30pm	SMART Group COATBRIDGE 11am to 12.00pm
	*		*	
Recovery Through Nature MOTHERWELL TRAIN STATION 1pm-4pm	Recovery Through Nature CUMBERNAULD TRAIN STATION 1pm-4pm	Recovery Through Nature CUMBERNAULD 10.15AM PICK UP FROM OFFICE	Recovery Through Nature <b>SUMMERLEE</b> 10.30am-3.30pm	Perspective and Reflection Group <b>COATBRIDGE</b> 12pm – 1.30pm
	*	<b>*</b>	•	<b>*</b>
_	SMART Meeting COATBRIDGE 6.15pm – 7.45pm	Peer Support & Relapse Prevention Group COATBRIDGE 12pm – 1.30pm		Social Group WISHAW 11am-12.30pm
		12μπ – 1.30μπ		
				Christmas Panto GLO CENTRE 6.30pm
Monday 16 <sup>th</sup> December	Tuesday 17 <sup>th</sup> December	Wednesday 18 <sup>th</sup> December	Thursday 19 <sup>th</sup> December	Friday 20 <sup>th</sup> December
Mindful Monday's COATBRIDGE 11am-12.30pm	SMART Meeting COATBRIDGE 11am-12.30pm	Online Female Group Microsoft Teams 10am-11am	Creative Space COATBRIDGE 10am-12.30pm	SMART Group COATBRIDGE 11am to 12.00pm
Recovery Through Nature <b>MOTHERWELL</b> 1pm-4pm	Recovery Through Nature CUMBERNAULD TRAIN STATION 1pm-4pm	Recovery Through Nature <b>CUMBERNAULD</b> 10.15AM PICK UP FROM OFFICE	Recovery Through Nature SUMMERLEE 10.30am-3.30pm	Perspective and Reflection Group <b>COATBRIDGE</b> 12pm – 1.30pm
*	*	<b>*</b>	•	<b>*</b>
	Volunteer Christmas Party 1.00pm – 3.00pm	Peer Support & Relapse Prevention Group COATBRIDGE 12pm – 1.30pm	HMP ADDIEWELL Christmas Party 12.30-2.30pm	Social Group WISHAW 11am-12.30pm



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	<b>*</b>		*	Client Christmas Party 1.00pm – 3.00pm
	SMART Meeting/Christmas Takeaway night COATBRIDGE			
	6.15pm – 7.45pm			
Monday 23 <sup>rd</sup>	Tuesday 24 <sup>th</sup>	Wednesday 25 <sup>th</sup>	Thursday 26 <sup>th</sup>	Friday 27 <sup>th</sup>
December	December	December	December	December
Mindful Monday's COATBRIDGE 11am-12.30pm	SMART Meeting COATBRIDGE 11am-12.30pm	SERVICE CLOSED	SERVICE CLOSED	SMART Group COATBRIDGE 11am to 12.00pm
•				*
Recovery Through Nature MOTHERWELL 1pm-4pm	Recovery Through Nature CUMBERNAULD TRAIN STATION			
тріні тріні	1pm-4pm			
*	*			
	SERVICE CLOSED  4.30PM			
Monday 30 <sup>th</sup>	NO EVENING GROUP Tuesday 31st	Wednesday 1st	Thursday 2 <sup>nd</sup>	Friday 3 <sup>rd</sup> January
December	December	January	January	
Mindful Monday's COATBRIDGE 11am-12.30pm	SMART Meeting COATBRIDGE 11am-12.30pm	SERVICE CLOSED	SERVICE CLOSED	SMART Group COATBRIDGE 11am to 12.00pm
*	<b>*</b>			•
	SERVICE CLOSED 4.30PM			Perspective and Reflection Group <b>COATBRIDGE</b> 12pm – 1.30pm
	NO EVENING GROUP			
				Social Group <b>WISHAW</b> 11am-12.30pm
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DATE	TOPIC	LOCATION
Monday 2 <sup>nd</sup> December Wishaw Support Group 12-1.30pm	Preparing for the festive period: Loss and Bereavement session	Chris's House, 2-4 Belhaven Road Wishaw, ML2 7NZ
Tuesday 3 <sup>rd</sup> December Connections Evening Group 6pm-8pm	Preparing for the Festive period: Loss and Bereavement support session	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Thursday 5 <sup>th</sup> December Naloxone Training 11am- 1pm	Naloxone and Overdose Awareness Training All welcome! No booking required.	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Thursday 5 <sup>th</sup> December Evening support group 6.30pm-8pm	Preparing for the festive period: Surviving the festive period	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Friday 6 <sup>th</sup> December Coping Skills Session 11am-12.30pm	Preparing for the Festive period: Loss and Bereavement support session	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Monday 9 <sup>th</sup> December Wishaw Group 12-1.30pm	Preparing for the festive period: Communication and coping with conflict	Chris's House, 2-4 Belhaven Road Wishaw, ML2 7NZ
Tuesday 10 <sup>th</sup> December Connections	Preparing for the festive period: Surviving the festive period	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Thursday 12 <sup>th</sup> December Evening Family Support Group	Preparing for the festive period: Communication and coping with conflict	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Friday 13 <sup>th</sup> December Coping Skills Group 11am-12.30pm	Preparing for the festive period: Communication and coping with conflict	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Friday 13 <sup>th</sup> December 6pm-8.30pm	PANTOMINE Goldilocks and the 3 Bears *TICKET ONLY*	Glo Centre Auditorium, Motherwel
Monday 16 <sup>th</sup> December Wishaw Support Group 12-1.30pm	Social Session: Board games CRAFTS Check in	Chris's House, 2-4 Belhaven Road Wishaw, ML2 7NZ
Tuesday 17 <sup>th</sup> December 6pm-8pm	CHRISTMAS PARTY!! ALL WELCOME	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Thursday 19 <sup>th</sup> December Evening Family Support Group 6.30pm-8pm	Social Session: Check in Board games CRAFTS Wellbeing Activities	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Friday 20 <sup>th</sup> December Coping Skills Session 11am-12:30	Social Session: Check in Board games CRAFTS Wellbeing Activities	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA



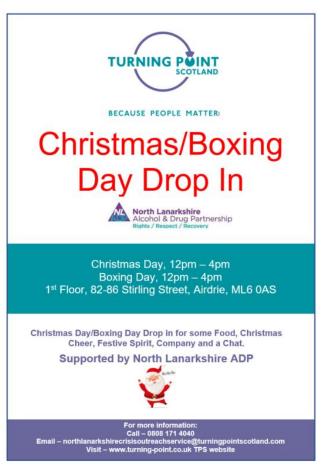


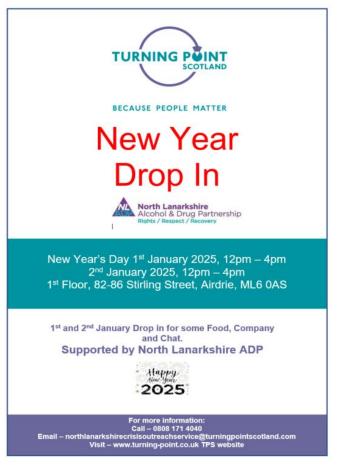




Monday 23 <sup>rd</sup> December Social Session	Board Games CRAFTS Children welcome	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Tuesday 24th December	CHRISTMAS EVE Open	
Wednesday 25 <sup>th</sup> December CHRISTMAS DAY	CHRISTMAS DAY	SERVICE CLOSED
Thursday 26 <sup>th</sup> December	BOXING DAY	SERVICE CLOSED
Friday 27 <sup>th</sup> December Coping skills group 11am-12:30pm	Christmas Debrief CRAFTS GAMES	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Monday 30 <sup>th</sup> December Social Sessions 11am-12:30	Board Games CRAFTS	Family service unit 68, Fountain Business Centre, Coatbridge, ML53AA
Wednesday 1st January	NEW YEARS DAY	SERVICE CLOSED
Thursday 2 <sup>nd</sup> January	BANK HOLIDAY	SERVICE CLOSED
Friday 3 <sup>rd</sup> January	SERVICE REOPENS	

### **Turning Point Scotland**





























### **Recruitment**

**Business Manager** - There is an exciting opportunity to work within the Argyll & Bute Alcohol and Drug Partnership (ADP) Support Team which sits within Public Health.

https://apply.jobs.scot.nhs.uk/Job/JobDetail?JobId=203558

Informal Enquiries to: Laura Stephenson Email: <a href="mailto:laura.stephenson2@nhs.scot">laura.stephenson2@nhs.scot</a>

Closing Date: 22/12/2024

#### **Crisis Numbers & Information**

#### **Breathing Space**

Phone 0800 83 85 87

Availability Mon to Thurs, 6pm to 2am; Friday 6pm to Monday 6am

Website www.breathingspace.scot Other info: "Webchat lets you message our specialist advisors in real time, as an alternative to phoning us". Webchat is available: Monday to Friday, 6.00pm to 2.00am: Saturday and Sunday, 4.00pm to 12.00am.

#### **CALM – Campaign Against Living Miserably**

CALM's vision is that **no one** feels like suicide is their only option. But right now, too many people are struggling to see a way forward.

CALM:

- "provide life-saving services, information and advice to help anyone struggling with life navigate the issues that can make us feel miserable
- have trusted tools that give you practical ways to manage your mental health
- campaign to make sure everyone has the knowledge and skills to unite against suicide."

The CALM helpline is open 5pm – midnight, for more information and to find out about all the services CALM offers, click here

**NHS Lanarkshire** - Lanarkshire residents are urged to familiarise themselves with the wide range of NHS services where they can get help in lots of ways if they feel unwell this winter. Winter Health | NHS Lanarkshire provides more information to go for the right care in the right place in order to keep emergency departments free for those with life-threatening care needs.

<u>PAPYRUS</u> Prevention of Young Suicide is the UK charity dedicated to the prevention of suicide and the promotion of positive mental health and emotional wellbeing in young people. HOPELINE247 is a free, confidential, non-judgemental space to talk openly about thoughts of suicide with trained advisers: Call: 0800 068 4141, Text 88247, Email: pat@papyrus-uk.org.

<u>Contact Us | Samaritans</u> if you need someone to talk to, a Samaritan will listen without judgement or telling you what to do. Call 116 123.

<u>Scottish Families Affected by Alcohol and Drugs</u> is a national charity which supports anyone affected by someone else's alcohol/drug use in Scotland. Helpline: 08080 101 011, Email helpline@sfad.org.uk. The Helpline will be open as usual up to and including the 23<sup>rd</sup> of December.







Scottish Families Affected by Drugs and Alcohol will be closed from 24<sup>th</sup> – 26<sup>th</sup> of December and the 1<sup>st</sup> of January – if you get in touch on one of these days, please leave a voicemail or an email message and an advisor will get back to you as soon as they can.

Naloxone Service – Kits for Christmas – If you need a naloxone kit, order as soon as possible to guarantee delivery before Christmas, delivery cannot be guaranteed to arrive before Christmas if ordered after Monday 16<sup>th</sup> of December. Naloxone Application - SFAD

<u>withyou</u> know that many people find the thought of attending an in-person service overwhelming, and it is not always easy to find support outside of working hours. Through withyou online webchat service, you can speak about drugs, alcohol or mental health. Open: Monday – Friday 9am – 9pm, Saturday – Sunday 10am – 4pm.

The Home Energy Advice Team (HEAT) is an independent energy advice and advocacy service delivered by the Wise Group. This service funded by the UK Shared Prosperity Fund is available to vulnerable and/or fuel-poor households across North Lanarkshire that require support to resolve any energy-related issue and struggling to pay their energy bill. If you are eligible, they will also refer you to Home Energy Scotland. Contact the HEAT Team on 0800 092 9002, click the below link for more information: <a href="https://www.northlanarkshire.gov.uk/regeneration-and-investment/investing-housing/council-house-investment-programme/energy-efficiency/fuel-poverty">https://www.northlanarkshire.gov.uk/regeneration-and-investment/investing-housing/council-house-investment-programme/energy-efficiency/fuel-poverty</a>

#### **Addiction Services, North Lanarkshire**

Airdrie Addiction Recovery Team	01236 856126
Bellshill Addiction Recovery Team	01698 403535
Coatbridge Addiction Recovery Team	01698 753656
Cumbernauld Addition Recovery Team	01236 638842
Motherwell Addiction Recovery Team	01698 755355
Wishaw Addiction Recovery Team	01698 274070
Community Prescribing Service	01698 753839
Harm Reduction Team	01698 753657
Addiction Psychology North	01698 753830
Addiction Psychiatry North	01698 753820
Addiction Psychiatry North	01698 755358 (Dr Qureshi)
North Lanarkshire ADP Support Team	01698 753651

If you have anything to share in the next bulletin, please send this on to NLADP@lanarkshire.scot.nhs.uk





