

# ALCOHOL & DRUGS PARTNERSHIP SUMMER NEWSLETTER

[www.eastdunbarton.gov.uk/east-dunbartonshire-health-and-social-care](http://www.eastdunbarton.gov.uk/east-dunbartonshire-health-and-social-care)

Welcome to the Alcohol and Drugs Partnership Summer newsletter 2023.  
You can get in touch with any good news stories to include in future editions by  
emailing : [yvonne.lambie@ggc.scot.nhs.uk](mailto:yvonne.lambie@ggc.scot.nhs.uk)

**The Alcohol & Drugs Partnership Support Team has recently expanded.  
Please welcome Grant Sinclair and Yvonne Lambie.**

Lynsay Haglington: ADP Co-ordinator [Lynsay.haglington@ggc.scot.nhs.uk](mailto:Lynsay.haglington@ggc.scot.nhs.uk)

Yvonne Lambie: ADP Development Officer [Yvonne.lambie@ggc.scot.nhs.uk](mailto:Yvonne.lambie@ggc.scot.nhs.uk)

Grant Sinclair: ADP Support Officer [Grant.sinclair@ggc.scot.nhs.uk](mailto:Grant.sinclair@ggc.scot.nhs.uk)

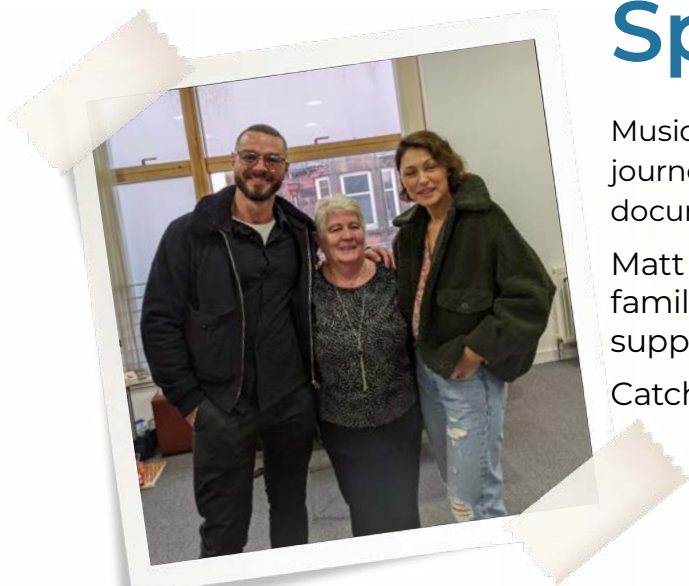
## Spotlight



Musician Matt Willis was brave enough to share his Recovery journey to date in a painfully honest and open way in a documentary which aired on the BBC in May.

Matt and his wife Emma met up with some amazing families in Kirkintilloch and learned how the charity supports families affected by alcohol & drugs.

Catch up here: [www.bbc.co.uk/programmes/m00lm0jq](http://www.bbc.co.uk/programmes/m00lm0jq)



**Scottish  
Families**

Affected by Alcohol & Drugs





Updated Recovery Focus Booklets and Alcohol and Drug Recovery Service Leaflets can be downloaded from the ADRS section of the Health and Social Care Website (link below). As well as downloadable copies, printed copies are available upon request by emailing [EastDunbartonshireADP@eastdunbarton.gov.uk](mailto:EastDunbartonshireADP@eastdunbarton.gov.uk)

[www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol\\_and-drugs-recovery-service](http://www.eastdunbarton.gov.uk/health-and-social-care/services-adults-and-older-people/alcohol_and-drugs-recovery-service)

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# MEDICATION ASSISTED TREATMENT STANDARDS

Have you been offered Opioid Substitution Therapy recently?



In order to continually improve our services we are looking for your feedback. A new Medicated Assisted Treatment (MAT) Standards feedback form is being introduced to capture your journey. This will be made available in card format, printed paper format and online through your PC/Laptop or on your mobile phone.

If you scan the QR code this will take you to the online form. Copies of the printed versions are available in Kirkintilloch Health and Care Centre or by emailing [EastDunbartonshireADP@eastdunbarton.gov.uk](mailto:EastDunbartonshireADP@eastdunbarton.gov.uk)

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## What matters to you?

The annual celebration of putting people at the heart of their care and support was held on 6 June 2023.

Health and Care teams across Scotland came up with innovative ways to have “What matters to you?” conversations. At Kirkintilloch Health and Care Centre we asked staff what was important to them. This information will be collated and fed back in due course.





for Scotland's mental health



Celebrations are in order for Scotland's leading mental health charity, as SAMH marks a milestone 100 years of service. SAMH is encouraging us all to get involved and make this year about Scotland's mental health.

Tracing its roots back to 1923, SAMH was founded thanks to the pioneering work of Dr Kate Fraser CBE, at a time when women were expected to remain in the home and mentally ill people were routinely shut away in workhouses or prisons. Now, the charity employs around 550 staff and operates more than 70 services in communities across Scotland.

This includes services like The Foundry, which assists people in the recovery process and in moving away from backgrounds related to drug and alcohol problems. The Foundry team support adults living in the East Dunbartonshire area who have been referred by local community addiction service. Its programme focuses on helping people to stabilise or maintain abstinence from their previous addictive behaviour and includes a combination of group-based activities and complementary individual support.

Well done to everyone involved - keep up the great work! Check out how you can join in with the SAMH centenary here: [www.samh.org.uk/about-us/centenary/centenary-events](http://www.samh.org.uk/about-us/centenary/centenary-events)

# WELL DONE!

**A massive congratulations for the dedicated and hardworking Robert from GRACE.**

Robert Smith is one for the winners of the Champions of Change award for Rotary Community Champions 2023.

Having founded the charity back in 2012 while exploring his own mental health, he had a vision of peer led recovery support in his community and brought his idea to life. GRACE works with over 150 service user each week looking to engage in activities for health and wellbeing, while encouraging new ways to learn and develop.



GRACE has given hope to the community by ways of engagement, reducing isolation and breaking down barriers.

You can read more here: [www.rotarygbi.org/rotary-community-champions-2023/](http://www.rotarygbi.org/rotary-community-champions-2023/)



# Congratulations



**KIRKINTILLOCH**

# Gala Day

**SAT 10th JUNE**

**WOODHEAD PARK 1 - 4PM**

Come along and join us for an afternoon of

**Great Family Fun & Entertainment**

Parade Along Kirkintilloch Main Street  
12.30pm - 1pm

• Magic • Rosebank Dancers  
• Fair • Kirkintilloch Players  
• Stalls • Food • Stage

**YOUR KIRKY**  
For more info @ [www.yourkirky.com](http://www.yourkirky.com)



Everyone had a great time at a fun packed Kirkintilloch Gala Day. The sun was shining and GRACE arrived to promote their service to the community...

# Hello SUMMER

It's officially summer and what way to celebrate than with the knowledge of safety.



The booklet was designed in partnership with East Dunbartonshire Health and Social Care Partnership, East Dunbartonshire Council, Police Scotland and Scottish Fire and Rescue and provides advice and information to help ensure a safer summer.

This booklet caters to all and explores but is not limited to alcohol awareness, keeping safe in the sun and keeping safe outdoors.

Please click the link and save your copy here:  
[www.eastdunbarton.gov.uk/summer-safety](http://www.eastdunbarton.gov.uk/summer-safety)

*Thank you for reading our new Alcohol and Drug Partnership Newsletter, please look out for our next edition in the Autumn.*

*Yvonne Lambie*