

The Big River Project

The Big River Project –
Promoting and sustaining
recovery in the community and
supporting abstinence.

The Big River Project offers a free
and confidential service to people
whose lives are primarily affected
by drug misuse and who may
also have associated alcohol
issues and find it difficult to
access other services.

We treat our service users as
individuals and aim to empower
them to explore their lifestyles
and choices, reduce harm
to themselves and others
and engage positively with
the community.

How to contact us

The Big River Project
79 High Street
Galashiels TD1 1RZ
T 01896 759740
F 01896 759336
E bigriver_admin@turningpointscotland.com
W www.turningpointscotland.com

If you reach our answer phone, please leave a
message and we will call you back as soon as possible.
Our service is free, confidential and charity based.

This leaflet is available in alternative formats.
Please contact the Communications
Department on **0141 427 8200**.

The Big River Project Service is one of the many
services provided by Turning Point Scotland (TPS).
We provide person centred support to adults with
a range of complex needs throughout Scotland.

Turning Point Scotland
54 Govan Road
Glasgow G51 1JL
T 0141 427 8200
W www.turningpointscotland.com

Turning Point Scotland is a company limited by guarantee No 194639
(Scotland) Registered Office 7 West George Street, Glasgow G2 1BA.
Charity No SCO28827.



The Big River Project

Making **Substance Misuse** Services Fit People



designed and produced by Michael Dancer / 0141 424 0401

Our aim is to:

- Provide a person centred service which is service user led
- Work in partnership with other agencies
- Enable and empower service users to make positive changes in their life
- Work within a recovery based structure

What we offer

Individual Casework family members, friends and others

- One to one ongoing support from named worker to address issues around drug misuse
- Practical and emotional support
- Advice and information
- Signposting on to other agencies
- Advocacy support
- Move on options

We also offer support, information and advice for family members who are affected by someone else's drug misuse.

Needle Exchange advice on safer injecting and safe disposal of injecting equipment

- Access to clean injecting equipment
- Harm reduction advice and information
- Sexual health advice

Blood Borne Virus Testing

- Access to blood borne virus testing and support in partnership with NHS Borders

Duty/Open Access

- No appointment needed between 1pm and 4pm
- Crisis intervention
- Support and advice
- Referrals taken or referred on to other agencies

Access to telephone

- Ability to contact other agencies

Employability

- Access to internet and computer
- CV, job search
- Access, gateway to information on education, training and employment

Complementary Therapies

- Auricular acupuncture
- Visualisations
- Relaxation techniques

Process of Recovery

Finding and maintaining hope

believing in yourself; having a sense of optimism about the future.

Re-establishment of a positive identity

that enables you to build a positive sense of self.

Building a meaningful life

making sense of your drug issues and engaging in your future and recovery.

Taking responsibility and control

Referrals

A phone or fax referral can be made by yourself or by another agency.