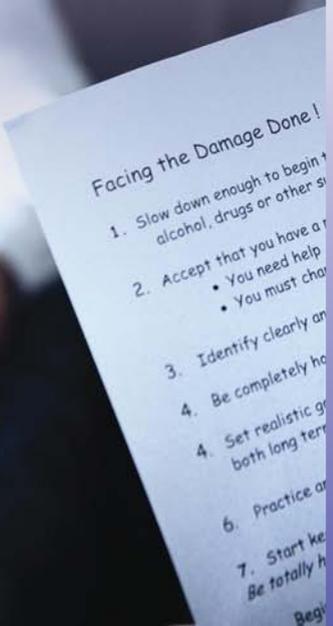


Turning Point Scotland North Aberdeenshire Recovery Service

Who are we?

We are a community based drug support service, supporting adults aged 16 plus who wish to address their substance misuse issues.

We provide outreach support in Banff, Fraserburgh, Peterhead and surrounding areas. We offer office based services in Banff and Peterhead.



Making Services Fit People

Contact

Turning Point Scotland North Aberdeenshire Recovery Service Practitioners can be contacted on **01779 470490** and are available to take referrals into the service from a variety of sources including self-referral, GPs, Kessock Clinic and Social Work.

Peterhead
9 St Peter Street
Peterhead
AB42 1QB
T 01779 470490
E Aberdeenshire@turningpointscotland.com
W www.turningpointscotland.com

Banff
Unit 8a
83 North Castle Street
Banff
AB45 1JJ
T 01261 818771
E Aberdeenshire@turningpointscotland.com
W www.turningpointscotland.com

Turning Point Scotland
54 Govan Road
Glasgow
G51 1JL
T 0141 427 8200
F 0141 427 8201
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 Find us on Facebook
www.facebook.com/turningpointscotland

 and follow us on Twitter @turningpointscotland



Turning Point Scotland is a company limited by guarantee No 194639 (Scotland)
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Turning Point Scotland North Aberdeenshire Recovery Service

designed and produced by Michael Dancer / 0141 424 0401

How can we help you?

Specific areas of work carried out in either a group or one to one setting:

- Advice on alternative prescribing through GP, Kessock Clinic and support to self detox;
- Harm reduction through our needle exchanges in Banff and Peterhead;
- Hepatology Nurse for advice on Blood Borne Viruses, blood testing and entrance into treatment.
- Drop-in sessions for advice, information, and brief crisis interventions.
- Arrest Referral
- Support to access other agencies such as housing, benefits or Citizens Advice etc.
- Service User Forums to facilitate full involvement of service users in all aspects of service delivery
- Keep well checks
- Alcohol counselling
- New Psychoactive Substances (legal highs) support
- Relapse prevention
- Anger management
- Confidence building
- Alternative therapies - African drumming, acupuncture and relaxation
- Life skills
- Stabilisation
- Offending behaviour
- Recovery focused groups

Personal profile:

“I was referred into the service after being arrested for shoplifting, which I did on a regular basis to fund my heroin habit.

“The referral was made by my Criminal Justice Social Worker as I needed more support to address my heroin habit which was going to land me in jail. At this point I was an injecting drug user and offending regularly. I had been ostracised by my family and felt that I did not fit into the community around me. I was at the lowest point ever in my life when I first came into contact with Turning Point Scotland.

“With the support and advice I received from the staff over the years, I was able to move on and eventually, I left my chaotic life behind. I found that the staff understood the difficulties I had and did not judge me. They offered practical support and help for me to reduce my heroin use and start thinking about other things in my life again.

Staff understood that this was not going to be a quick fix for me and worked with me at my own pace. I was supported through alternative prescribing and relapses working towards a drug free life.

“Having being referred on to other agencies, I have eventually gained full time employment, rebuilt family relationships and have recently bought a car and moved into my own accommodation”.

How do you contact us?

The Peterhead office is situated at
9 St Peter Street
T 01779 470490

The hours of opening are:

Monday, Wednesday, Thursday **9am-5pm**
Tuesday **9am-7pm**
Friday **9am-4.30pm**

Social Drop In sessions in Peterhead are also available on a Monday between **2.30pm** and **5pm**

Also on a Friday between **1.45pm** and **3.45pm**

To access the needle exchange in Banff and drop in and groups in Fraserburgh and Banff, please contact the Banff or Peterhead office for information.

