

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, Macduff and Fraserburgh with our office base in Peterhead.



Northern Horizons

Project workers can be contacted on **01779 470490** and are available to take referrals into the service from a variety of sources including self referral, GP's, Kessock Clinic and Social Work.

Northern Horizons

Making **Substance Misuse**

Services Fit People



Northern Horizons 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.

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How can we help you?

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

- Relapse prevention
- Anger management
- Confidence building
- Alternative therapies - African drumming, acupuncture and relaxation
- Life skills
- Stabilisation
- Offending behaviour
- Recovery focused groups
- Advice on alternative prescribing through GP, Kessock Clinic and support to self detox;
- Harm reduction through our needle exchanges in Banff and Peterhead;
- GUM Nurse for advice on Blood Borne Viruses and blood testing;
- Drop-in sessions for advice, information, and brief crisis interventions. Drop-in sessions also offer a safe place for individuals to spend time playing pool and air hockey;
- 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.

Personal profile:

"I was referred into Northern Horizons Drug 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 Northern Horizons.

"With the support and advice I received from the Northern Horizon's 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

Needle Exchange (Peterhead office):

Monday, Wednesday, Thursday 3pm-5pm
Tuesday 5pm-7pm
Friday 2pm-4pm

Drop In sessions in Peterhead are also available within the needle exchange times.

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

