

## CARS

Who are we?

We are a community based addiction recovery service for people living anywhere in Edinburgh. We support individuals alongside families and carers to develop a personal recovery action plan. This means we focus on helping people achieve their individual goals based on their hopes and aspirations along their recovery journey.

We work in partnership with NHS, Health and Social Care, the Community Justice Authority, Criminal Justice Social Care, families, peers and wider circles of community based support in sustaining recovery for individuals.

### How to find us

Turning Point Scotland  
CARS  
5 Links Place  
Edinburgh EH6 7EZ  
**T** 0131 553 2222  
**M** 07980 325017  
**F** 0131 553 1101  
**E** info@tpsedinburgh.co.uk  
**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 and confidential.

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

Community Addiction Recovery 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.

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



## Community Addiction Recovery Service (CARS)

Making **Substance Misuse**

Services Fit People



designed and produced by Michael Dancer / 0141 424 0401

## What services do we offer?

- First steps to recovery – for those whose lifestyles are unstable and would like to make changes
- Running into recovery – for those who have completed first steps group work and wish to take their recovery further
- An allocated key worker for each service user
- Weekly one to one recovery focused sessions
- A three phased, supported recovery group work programme
- Confidence and self esteem building course
- Green Fingers gardening project
- Cooking classes
- Creative classes
- Acupuncture
- Computing groups
- Peer to peer recovery group
- Service user forums



## What are the aims of our service?

- Increase psychological wellbeing
- Introduce and maintain stability and structure into formerly chaotic lifestyles
- Assist individuals to stop offending and address offending behaviour
- Support individuals to explore their recovery options
- Create individual recovery pathways by working alongside agencies, recovery communities, families, carers and relevant others
- Reduce drug related harm
- Increase opportunities in education, training and employment
- Maintain and improve relationships with families, peers and the community

- To improve attitudes and behaviours in order to promote positive choices
- Introduce new and meaningful activities such as leisure, creative writing, computer technology, gardening and cooking

## How do you access our service?

Anyone can refer themselves – all you have to do is text or phone. You will then be invited to a pre-assessment meeting. This will allow you to meet us and a service user already on the programme, find out more about how we could help, and decide whether or not our programme is right for you. Any external agency can also make a referral on someone's behalf. Contact us for a referral form.

