

If you are a drug user who does not inject, there is no need to read any further - the advice is simple - "don't start".

This leaflet aims to help you find out where services are located.

When you visit the service you will need to speak with the pharmacist or harm reduction worker who will register you. You will be asked for your initials, date of birth and first half of your post code. All information is confidential.

Injecting any drug carries the risk of infection and injury and increases your risk of overdose. If you do inject please take care of your veins and protect your health by following these steps:

- Always wash your hands and injection site with soap and water before injecting.
- Use a clean surface to prepare your injection.
- Always use a full set of new equipment for EVERY injection.
- DO NOT share, borrow or lend equipment.
- Always use the smallest, thinnest needle possible for the injection site.
- Always use best choice of water available.
- Don't use too much citric.
- Rotate your injection site; using the same site can cause the vein to collapse.
- Put all used equipment in the bin provided and bring it back.
- Don't inject alone and know what to do in an emergency.

Overdose awareness and naloxone training is available at harm reduction service drop ins.

Naloxone supply and re-supply is provided by Pharmacy outlets.

Useful Numbers:

Forth Valley Naloxone Programme

Tel: 0845 6731774

Addiction Support and Counselling (ASC)/ Community Rehab Tel 01324 874969

Stop Smoking Services (SSS)

Tel: 01786 431123 / 125

Barnardos Axis Service Falkirk

Tel: 01324 718277

Fregarroch Stirling Alcohol & Drug Service

Tel: 01786 450963

Substance Misuse Team Child Care Service (Clacks)

Tel: 01259 225197

Forth Valley Family Support Service

Tel: 01324 874969

Family Support Service (Stirling)

Tel: 01786 470797

Forth Valley Service User Group

Tel: 01786 443900

Sexual Health Clinic Helpline

Tel: 01786 433697 or 01324 613944

We are happy to consider requests for this publication in other languages or formats such as large print.

Please contact 01324 590886, text 07990 690605, fax 01324 590867 or email NHSFV-Alternativeformats@nhs.net

For all the latest health news visit

www.nhsforthvalley.com

follow us on twitter  @NHSForthValley

or like us on  at

www.facebook.com/nhsforthvalley



Injecting Equipment Provision Services

There is needle exchange where you see this sign:



Please dispose of used equipment in the bin provided and BRING IT BACK!

Remember the Pharmacy & Harm Reduction Services provide a very valuable public health service for you and your community.

SIGN POST RECOVERY

You can get advice about your drug use and health needs, even if you don't want to stop using or cut down. You can also get help with budgeting and housing issues.

Overdose awareness and Naloxone training are available.

Treatment services can help you to reduce your risk of infection and injury from injecting.

Signpost Recovery, Tel: 0845 6731774

Harm Reduction Service - Drop In

Denny Community Flat,

26 - 28 Bridge Crescent,
Monday - 3:00 to 5:00.

Dawson DAP

Grahams Road, Falkirk
Tues:12:00 to 5:00.
Wed : 5:00 to 8:00.

Apostolic Church

Stewart Avenue,
School Brae, Bo'ness .
Wed: 3:00 to 5:00.

Signpost Recovery

Units 1&2, Cooperage Business Village Alloa,
Mon-Fri: 9:30 to 4:30,
Tues: 9:30 to 7:30.

Salvation Army Hall

Drip Road, Stirling
Thursday: 3:00 to 5:00.

Hillview Community Centre

13 Cultenhove Place, St Ninians.
Thurs: 5:30 to 8:00.

Confidentiality

The client's permission is required to share information with other relevant services involved in their care. If a client is suspected of harming him/herself or others, information may be passed on even if consent is withheld.

PHARMACY OUTLETS - FALKIRK

Lloyds Pharmacy 29 La Porte Precinct Grangemouth FK3 8AZ 01324 482008 Mon-Fri: 09:00 to 18:00 Sat: 9:00 to 17:00	Lloyds Pharmacy 96/98 Grahams Road Falkirk FK2 7DL 01324 635859 Mon-Fri: 08:30 to 19:00 Sat: 9:00 to 17:00
AD Healthcare 94 Main Street Larbert FK5 3AS 01324 557596 Mon-Fri: 9:00 to 13:00, 13:30 to 18:00. Sat: 9:00 to 13:00, 13:30 to 17:00	Graeme Pharmacy 276 Main Street Camelon FK1 4EG 01324 625889 Mon-Fri: 09:00 to 18:00 Sat: 9:00 to 13:00
Boots Pharmacy 60 South Street, Bo'ness EH51 9HA 01506 822106 Mon-Fri: 0900-17.30 Sat: 0900-1700	Lloyds Pharmacy 9 Church Walk, Denny FK6 6DF 01324 822360 Mon-Fri: 0900-1800 Sat: 0900-1700

PHARMACY OUTLETS - CLACKS

R&J Marshall 130a Stirling Street Alva FK12 5EH 01259 760389 Mon-Fri: 9:00 to 13:00, 14:15 to 17:45 Wed: 9:00 to 12:30 Sat: 9:00 to 13:00 - 14:15 to 17:00	Boots Pharmacy 4 Tron Court Tullibody FK10 2PS 01259 722864 Mon-Fri: 8:00 to 17:45 Sat: 9:00 to 17:00
Lloyds Pharmacy Marshall Alloa FK10 1AB 01259 218979 Mon-Fri: 08:30 to 18:00 Sat: 8:30 to 12:00	Lindsay & Gilmour 81 Main Street Sauchie FK10 3JT 01259 723155 Mon-Fri: 09:00 to 18:00 Sat: 9:00 to 13:00.

PHARMACY OUTLETS - STIRLING

Superdrug Pharmacy Unit 2 Ochilview Mall Thistle Centre Stirling FK8 2EA 01786 473548 Mon-Fri: 8:30 to 17:30 Sat: 8:30 to 18:00	Lindsay & Gilmour 15 Bannockburn Road St Ninians Stirling FK7 OBP 01786 472810 Mon-Fri: 9:00 to 18:00 Sat: 9:00 to 17:30
Plean Pharmacy Braefoot, Main Street Plean FK7 8BT 01786 817123 Mon-Fri: 9:00 to 13:00 14:00 to 17:30 Sat: 9:00 to 12:30	Cornton Pharmacy 54 Johnston Avenue Cornton FK9 5DJ 01786 447265 Mon-Fri: 9:00 to 13:00 14:00 to 17:45 Sat: 9:00 to 13:00
Lindsay & Gilmour 5 Firs Entry Bannockburn FK7 0HW 01786 816893 Mon-Fri: 9:00-to 18:15 Sat: 09:00 to 12:15	Lloyds Pharmacy 39 Bannockburn Road St Ninians FK7 0BU 01786 475967 Mon-Fri: 8:30 to 18:00 Sat: 9:00 to 17:00

Sexual Health advice, information on testing, clinic times & how to access free condoms at:

Centralsexualhealth.org

Tel: 01786 433697 or 01324 613944

Worried about Blood Borne Viruses?

BBV information & advice is available at pharmacy outlets and harm reduction drop in services. A free confidential service offering testing for Hepatitis B, C & HIV is available at selected sites. Vaccination against Hepatitis B is also available. Drop in to find out more or call Forth Valley Hepatology Service to arrange a confidential appointment for advice & testing:

Tel 01786 434079