

Useful Telephone Numbers:

Drug & Alcohol Project Ltd	01333 422277
Fife NHS Addiction Service	01592 716446
Fife Alcohol Support Service	01592 206200
West Fife Community Drugs Team	01383 732613
Clued Up Project	01592 858248
The Zone	01592 862315
LOST (Lee O'Brien Solvent Trust)	01333 424555
National Drugs Helpline (Talk to Frank)	0800 776600
Alcoholics Anonymous	0845 769 7555
Narcotics Anonymous	0845 737 3366
Social Work Services Dunfermline	01383 609111
Kirkcaldy	01592 583322
Cupar	01334 659322
GUM Clinic (Genito Urinary Medicine)	01592 643774 01383 624079 01334 472327 (ext 132)
National AIDS Helpline	0800 567123
Frontline Fife Kirkcaldy	01592 583394
Leven	01334 659391
Dunfermline	01383 602388
Cupar	01334 659390
Next Steps	0844 371 0127

FIRST

General Enquiries to:

April Adam, Service Manager
Patricia Smith, Finance & Administration
Co-ordinator

Main Office Address:

Fife Intensive Rehabilitation & Substance Misuse Team

3 South Fergus Place,
Kirkcaldy, Fife, KY1 1YA
Telephone: 01592 585960
Fax: 01592 585965

Website: www.firstforfife.co.uk
Email: enquiries@firstforfife.co.uk

Office Opening Hours are:

Monday – Friday
9 am – 5 pm

Telephone Answering Machine outwith office hours.
A member of staff will be in contact at the earliest
possible opportunity.

FIRST is a Charity and Company Limited by
Guarantee registered in Scotland

Scottish Charity Number: SC 034720
Company Registration Number: 298843

Registered with the Care Commission



Fife Intensive Rehabilitation & Substance Misuse Team

Information Leaflet



Introduction

Fife Intensive Rehabilitation & Substance Misuse Team (F.I.R.S.T.) provides a Fife-wide community based rehabilitation service to individuals with Substance Misuse problems via one to one, group and volunteer support.

The Referral Process

Clients can self-refer to F.I.R.S.T. by attending one of our many Triage Drop-in Clinics throughout Fife. No appointment is necessary. Simply drop in between the hours specified and you will be seen by a Worker. We have clinics in Cowdenbeath, Glenrothes, Dunfermline, Kirkcaldy, Leven and Cupar.

For information on a Triage Drop-in Clinic near you please contact the office on **01592 585960** or visit our website at **www.firstforfife.co.uk**

Please note that any further appointments will be held in your area of residence.

What happens next...

An Action Plan will be drawn up. This Action Plan is a joint agreement between yourself and your Rehabilitation Worker.

Ongoing support will be provided by your Rehabilitation Worker, a Volunteer or both to assist you to address the issues you have identified in your Action Plan.

Who are the Volunteers?

Volunteers are all fully trained, have been enhanced disclosure checked and have a genuine desire to work with people with substance misuse issues WHO ARE TRYING TO ADDRESS THEIR PROBLEM.

Some of our Volunteers have faced substance misuse issues themselves in the past, either on a personal basis or in relation to a family member / friend.

Groupwork

Groupwork is available to clients already working with F.I.R.S.T. Topics are wide and varied but in general we provide sessions on the following: -

- Life Skills
- Confidence Building
- Relapse Prevention
- Anger Management
- Walk & Talk Group

Any reasonable requests by clients for alternative topics will always be given consideration.



If you feel we can be of help—pick up the phone today and contact us on **01592 585960**

Condom Distribution & Pregnancy Testing

FIRST offer Condom Distribution and Pregnancy Testing to Clients free of charge. Please see a member of staff for details.

Complaints Procedure

If you are unhappy with the Service, you can take action. You are entitled to have your complaint examined and, where possible, resolved.

- All complaints will be investigated thoroughly, in an unbiased way, as soon as possible.
- Complainants will be advised of the outcome of the investigation into the complaint and the reasons for any decisions as soon as can be arranged.
- If you are dissatisfied with the Service Manager's decision or response you can ask the Chair of the Board of Directors to review the matter.
The Care Commission can also be contacted at anytime at:
Care Commission, Central East Region, South Suite, Ground Floor, Largo House, Carnegie Avenue, Dunfermline, KY11 8PE
Tel: 01383 841100 Fax: 01383 841129