

Scottish Charity Number: SC 034720
Company Registration Number: 298843
Registered with the Care Inspectorate

How To Contact Us

Telephone: 01592 585960

Mobile: 07598 450959

Email: enquiries@firstforfife.co.uk



In person:
FIRST Offices, 3 South Fergus
Place,
KIRKCALDY, KY1 1YA

Office Opening Hours are:

9.00am – 5.00pm

Monday – Friday

Appointments can be offered between:

8.00am – 8.00pm

Monday - Friday

Telephone Answering Machine is in operation out with office hours.

A member of staff will be in contact at the earliest possible opportunity.

Do you have any feedback, positive or negative, regarding any drug or alcohol service in Fife? If so, Fife ADP would like to hear about it.

Contact:

Fife Alcohol & Drug Partnership, Brunton House,
High Street Cowdenbeath, KY4 9QU
Email: alcohol.druginfo@fife.gov.uk
Tel: 03451 55 55 55 + Ext 44 61 54

Up to date information on all drug and alcohol services in Fife can be found at:
<http://www.fifedirect.org.uk/fifeadp>

If you are unhappy with the Service, you can raise your concerns with the Service Manager in the first instance. If you feel that your complaint hasn't been resolved to your satisfaction, you can write to our regulatory body,

The Care Inspectorate:
South Suite, Ground Floor, Largo House,
Carnegie Avenue, Dunfermline, Fife, KY11 8PE

Discharge from the Service information for Clients



FIRST have a “Discharge from the Service” Policy and this leaflet informs you (the client) of what this means.

The purpose of this leaflet is to:-

- Make you aware of our “Follow-Up” Service
- Ensure that you are aware of how to re-refer to the Service at any time in the future
- Inform you of other services / groups available that you may be interested in attending
- Provide you with details of our Website and Facebook page to keep you informed of what’s happening within the service

Follow-Up Service

We will contact you in three months and six months’ time by phone to see how you are doing if you agree to this at point of discharge.

We won’t do this unless you tell us you want the “Follow-Up” Service.

How do I re-refer?

You can re-refer to the service at any time by attending a Drop-In Clinic where workers can refer you back to FIRST or to any other service appropriate to your needs. Please contact ADAPT on 01592 321321 or visit www.fassaction.org.uk/adapt-home/ to find your nearest drop-in clinic.

What else is available to me?

FIRST Peer Support Groups

Our evening Peer Support Groups are open to everyone and allows individuals to meet up for a coffee and have a chat whilst providing each other with support through their own knowledge and ideas – there is no set agenda. To find out more about these groups, please visit our website www.firstforfife.co.uk or phone 01592 585960.

Fife Recovery Group

Similar to our Peer Support Groups, The Fife Recovery Group is open to everyone and allows people to meet up one afternoon a week and have a cuppa and a chat. There is no set agenda and certainly no judgement! To find out more about this group, please visit our website www.firstforfife.co.uk or call 01592 585960.

Restoration

Restoration has been set up by community members to help people sustain their recovery. Restoration provides an ideal way to meet others and get involved in other activities that aid recovery such as gardening, media, physical exercise, outings and crafts.

Check out Restoration Fife on Facebook for information on monthly activities or call Nikki on 07501 176234 or email restorationfife@gmail.com

SMART Meetings

SMART Recovery UK provide mutual-aid meetings throughout Fife. The programme involves individuals learning skills to help them abstain from addictive behaviours. To find a meeting in your area, please visit www.smartrecovery.org.uk or call

0330 053 6022.

Cocaine Anonymous

For information about C.A, please visit www.cascotland.org.uk or call the Scottish Helpline on 0141 959 6363.

Alcoholics Anonymous

For more information about A.A, type “Alcoholics Anonymous Fife” into your web browser / internet search engine on your phone, computer or tablet to search for meetings in Fife or call 0800 9177 650.

Narcotics Anonymous

For information about N.A, type “Narcotics Anonymous Fife” into your web browser / internet search engine on your phone, computer or tablet to search for meetings in Fife or call 0300 999 1212.

Website: www.firstforfife.co.uk

Facebook: www.facebook.com/firstforfife