

Contact Us

To find out more about FIRST,
please visit our website
www.firstforfife.co.uk

or contact us via
one of the following routes:

Telephone

01592 585960

Email

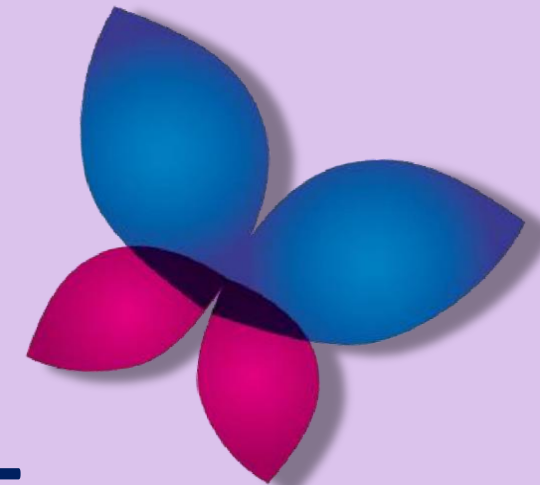
enquiries@firstforfife.co.uk

Facebook

www.facebook.com/firstforfife

FIRST welcomes your feedback

This can be given via the
Leave Feedback section on our website



Fife Intensive Rehabilitation & Substance Use Team

We also offer

- Peer Support Meetings
- Free Condoms
- Naloxone

How you can access us

You can access the Service by attending one of the many ADAPT Drop-In Clinics which are held across Fife.

Please contact ADAPT to find the nearest Drop-In to you on 01592 321321 or visiting www.fassaction.org.uk/adapt-home

Complaints / Feedback

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 contact our regulatory body, the Care Inspectorate as follows: South Suite, Ground Floor, Largo House, Carnegie Avenue, Dunfermline, Fife, KY11 8PE

About FIRST

Fife Intensive Rehabilitation & Substance Use Team (FIRST) provides a Fife-wide community-based rehabilitation service to individuals aged 16 and over with issues relating to alcohol/drug use.

Appointments can be offered between the hours of 8.00 am and 8.00 pm.

FIRST is registered and regulated by the Care Inspectorate.

What we offer

Weekly one-to-one appointments with a dedicated Rehabilitation Worker focusing on achieving goals identified by you to help you reduce, control or abstain your alcohol/drug use.

Your worker can help support you in a variety of areas including budgeting and finances, social isolation, improving physical and mental health, confidence building and many more.

Clients engaging with a Rehabilitation Worker can also access if required:

- Activity-Based Groupwork
- Auricular Acupuncture
- Volunteer Support

Activity-Based Groupwork

We offer a range of activity-based groups. Our current provision is Walk & Talk, Arts & Crafts, Gardening and Cooking.

Auricular Acupuncture

(please note this service is not available at present due to COVID)

FIRST are pleased to be able to offer Auricular Acupuncture to all clients. Benefits of this therapeutic treatment include:

- reduced stress levels
- improved sleep
- decreased anxiety levels
- feeling more stable and in control
- withdrawal symptoms may also be reduced

Volunteer Support

Volunteers can offer additional peer support in a variety of ways including meeting up for a coffee and a chat, accompanying you to an appointment, etc. Volunteers are all fully trained, and many have faced substance issues themselves in the past so understand the difficulties you may be experiencing.



Walk & Talk



Arts & Crafts



Gardening



Cooking