



Recovery Matters

Summer 2018-Issue #03



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Editorial

Welcome to the Summer 2018 edition of Recovery Matters. This magazine has been put together by a group of people from Aberdeen in Recovery (AiR). We want to make recovery visible and celebrate the process, as well as tackle serious issues which are relevant to people who have experience of problematic substance use and addictive behaviours.

AiR has a **vision** of a society which celebrates visible recovery and accepts its responsibility to participate by identifying solutions to the conditions in which addiction thrives.

Our **mission**: to be a bridge from dependence to independence for the individual seeking recovery from problematic substance use and addictive behaviours.

Our **objectives**: the relief of the needs of those seeking to recover from addiction, their families, friends and in furtherance of this by:

- 1) **promoting the availability of supportive resources of all kinds**
- 2) **working in partnership with other bodies to achieve their purposes**

For more information about AiR, or to get involved, contact info@aberdeeninrecovery.org, call **07936008808** or look them up on Facebook.

Recovery is possible.

This publication and the training required for all three stages of the AiR Time Project were provided by a grant from the Aberdeen City Alcohol and Drugs Partnership Communities Fund.

THANK YOU

AiR committee and all its members would like to extend a huge thank you to Aberdeen First Bus for helping promote recovery by making the Recovery Matters magazine available on their bus services in and around Aberdeen.

Supported by



The Challenge of Changing Stigma to Respect

DC

Recovery from addiction groups from all over Scotland were invited to take part in a unique gathering in September last year organised by the Partnership for Action on Drugs in Scotland (PADS) Communities Sub Group. Key influencers from areas of public policy impacting on people with an addiction and recovery experience were also invited to immerse themselves in Scotland's recovery community for a day. The goal was to study stigma and reflect on our experiences of it together.

Over 300 people were present on the day: two thirds of the participants were in recovery from addiction or a family member who had been affected by a loved one's addictive behaviours. One third of the participants identified themselves as influencers.

A report was created from the findings from the event and published earlier this year, the following is a brief synopsis of these findings.

99% of participants thought that people do experience stigma and discrimination because of an addiction to drugs and or alcohol.

92% of participants had witnessed a person being stigmatised or discriminated against due to their addiction and or recovery.

Historic and ongoing research and study has identified that stigma can manifest in four major areas structural, public, stigma by association and self-stigma:

48% felt that accessing public services is the worst place to experience structural stigma. 20% found the family was the worst place to experience it.

67% of respondents had witnessed stigma towards people in addiction or recovery in public services. 52% had witnessed this in families. 46% in the workforce.

Stigma by association, often experienced by family members, was experienced by 47% in public services and 43% from in the family and 42% from within the workplace.

46% "I don't bother applying for jobs because I know my addiction will be held against me"

47% "I often feel ashamed of my addiction and this holds me back in life."

40% "I often hide the fact that a family member of mine has/had an addiction."

46% "I am treated worse when it is known that a family member has an addiction to drugs/ alcohol."

Is not time that we all have to accept that addiction is a human condition and should be treated in the same manner that any other debilitating or damaging health issue?

Can we begin to accept that addiction is not an individual problem but a societal issue and should be addressed as such? As is suggested in AiR's Vision: "A society which celebrates visible recovery and accepts its responsibility to

participate by identifying solutions to the conditions in which addiction thrives."

We would appreciate your thoughts and feedback on the above topics, which will better inform the debate and research into how we challenge stigma effectively.

Please get in touch if you have personal experience and would like to contribute by emailing media@aberdeeninrecovery.org or info@aberdeeninrecovery.org.

(Content and report material reprinted here by kind permission of the PADS Community Sub group)

46% "I DON'T BOTHER APPLYING FOR JOBS BECAUSE I KNOW MY ADDICTION WILL BE HELD AGAINST ME"

47% "I OFTEN FEEL ASHAMED OF MY ADDICTION AND THIS HOLDS ME BACK IN LIFE."

Trauma

ER

Take note of the word trauma - you are going to hear it a lot. It's the key to understanding not only addiction but most other health, social and even political issues.

It happens when we are exposed to actual, threatened or perceived death, serious injury or sexual violation. Sounds extreme and sometimes the events involved are obvious but it's also important to understand trauma with a little 't' and how important our perception of a situation is. For example as an adult we may know a child is safe but are we sure that they know and feel it too?

What someone experiences as traumatic is personal and relative to their ability or perceived ability to act in the world. This is never more relevant than in infants and children whose abilities are determined by their developmental stage as well as the input and support they receive. One-off events, even ones that may seem harmless to an onlooker, can leave a lasting impact. For children who repeatedly experience threat, injury or illness or who don't receive the support and reassurance they need, the results can be profound.

When we feel threatened, our bodies go into automatic fight or flight survival responses. If we can't act out these responses (maybe run

away or defend ourselves) our very clever operating system performs a temporary shut down - a freeze state - to protect us until we can. When we survive but our instinctive responses don't get to c.o.m.p.l.e.t.e effectively, they get S-S-S-TUCK on RE-RE-RE-REPEAT. We then get left feeling deeply defeated, perhaps helpless and with a nervous system always primed and ready for the next threat. Great for survival but a wretched combination for living!

Trauma makes things serious and turns the world into a hostile place. It robs us of being comfortable, spontaneous and actually present in the here and now. In some cases the effects are triggered mostly in situations similar to the cause but in others and in ongoing trauma, these unfinished reactions become generalized and fire up everywhere we go and in everything we do! It's no wonder that many people have developed addictions in order to cope and escape.

Dr. Stephen Porges describes humanity as a 'traumatised species' and the goal of civilisation as 'turning off our evolutionary defense system'. Understanding, healing and preventing the effects of trauma is about bringing brains and bodies, biology and biographies back together in ways that release or renegotiate these reactions

and re-harness their energy for living. Using holistic approaches - practices, like yoga, tai chi, dance and meditative visualisation - that support us to connect mind, breath and body together, we are given the power and the tools to ease the anguish, re-wire and allow ourselves to grow, little by little, as far as our imaginations can stretch.

In the north east of Scotland, we now have many highly skilled holistic practitioners, many with their own lived experience of trauma and addiction. Aberdeen in Recovery is looking forward to collaborating with them on exciting, effective, flexible and fun programmes to give its members choices in their own journeys to wellbeing and freedom.

Personal

My name is Emma. I have been in recovery from addiction for 14 years.

I wasn't able to feel much excitement throughout much of my life. What I know now is that any time I started to feel it, or any other sense of arousal, I was triggered back into childhood events when I was helpless and defeated. These events taught me to disconnect from my feelings and instincts and instead of them guiding me towards and through positive experiences, I was left collapsing, battling

and thinking my way defensively through life over a nervous system heightened for danger and threat.

Sound like a recipe for self-medication and addiction!? Cue alcohol, drugs and any other numbing and distracting behaviours.

Finding holistic approaches that help to re-integrate our instinctual bodies and our thinking minds have been pivotal to the quality of my recovery. Over the years, I have researched, trained, practised, yoga-ed, meditated, drummed, danced, sang, written, lost and found hope and many-other-things-ed my way into freedom, excitement and wellbeing.

I am excited by my work developing programmes, workshops and retreats for recovery from trauma and on trauma-proofing ourselves and our children. I am on maternity and will be bringing out these 'Be-Our-Free' offerings during 2019.

I am also hugely enthused to be involved and collaborating with Aberdeen in Recovery and the lived experience community in its new role and progressive approach to supporting individuals, families and communities in the north east of Scotland become free of addiction and trauma.

Emma





Veterans and Recovery

SC

My name is Steve and I am an ex-Gordon Highlander. When I was in the army we drank a lot and this carried on for me when I had to leave due to getting bad knees for the weight we carried.

The problem was that with the lack of exercise and not eating as much the drink soon got the better of me and 10 years ago I woke up in hospital. My parents had been told to make arrangements to bury me as I was not going to make it. Well I did and now I am healthy due to working out in the gym.

I am now 52 and have been to college to study health and fitness

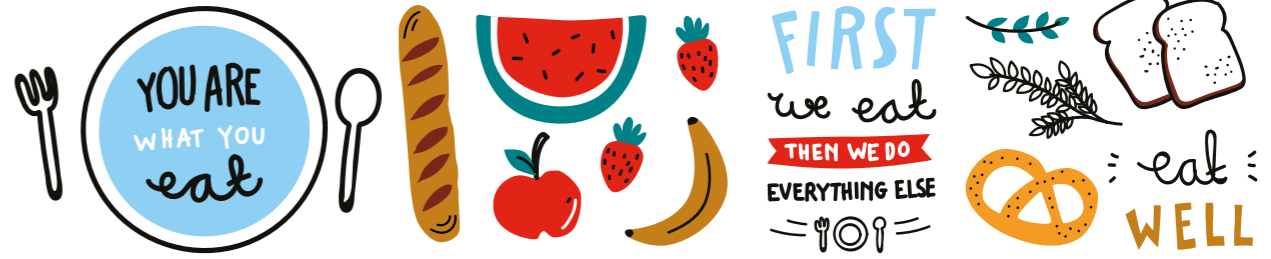
and social care and use these new skills to take people into the gym to help them with their recovery.

We have now been given a grant to expand this to help veterans, not just the ones in recovery, but all veterans. I am now looking for people to come and join the group so we can meet up, train a little, but also chat about our lives and how we are doing out of the services. This is so we can maybe help each other through tough times and support those who need a little more help. We hope to do this by means of informal chat away from any civilians so as not to offend anyone

who might overhear some things that may be a bit disturbing to them.

We are working with Sport Aberdeen and would be using their facilities. There are eight of them in the city and we would have the use of all of them if and when needed. I am a firm believer that the gym has made my recovery and life in general far better.

For more information contact the group on 07525 071518 or Alcohol & Drugs Action, 7 Hadden Street, Aberdeen, 01224 577120.



FOOD FOR THOUGHT JL

We know that eating healthy is good for your physical health but what and when you eat can also affect how you feel. Even small changes in the right direction can improve mood, give you more energy and help you think more clearly. These are my food for thought tips:

Eat more regularly – helps regulate blood sugar and avoids any dips which leave you feeling tired irritable and depressed. Small meals more often so you are never hungry, never full. Avoid foods that make blood sugar rise and fall rapidly such sugary snacks sugary drinks, sweets, and especially alcohol and “energy” drinks.

Increase your protein intake –protein contains chemicals that help regulate thoughts, feelings and your mood. Also, a little protein with each meal helps control blood sugar and helps you feel fuller for longer. Good sources include lean meat, fish, eggs, lentils, peas, beans, nuts and seeds.

Drink more water – I can’t stress this enough – if you are finding it difficult to concentrate or think clearly it could be because you are not drinking enough water. – don’t leave it until you feel thirsty, you are already too dehydrated by then. The

easiest way to do this is to carry a water bottle with you and sip from it throughout the day – at least two pints a day.

Include the right kind of fats - your brain needs certain (good) fats that help improve mood and decrease depression. These can be found in oily fish, poultry, nuts, olive and sunflower oils, avocados, milk, cheese and eggs.

Eat a rainbow of fruit and vegetables - fruit and vegetables contain lots of vitamins, minerals and fibre that help improve mental wellbeing. The greater the variety of colours the better. Aim for 5 portions a day if possible.

Feed your gut – your gut is considered to be the body’s “second brain” as it uses chemical in the same way your brain does, and they communicate with each other. Paying attention to your gut health can help improve your mental health. Healthy gut foods include fibre (in fruits, vegetables and wholegrains) and live yogurts that contain probiotics.

Cut down on caffeine – too much caffeine can leave you anxious, depressed and with problems sleeping. Caffeine can be found in

tea, coffee, chocolate and so called “energy drinks”. Caffeine also makes you dehydrated so reducing the amount can benefit in more ways than one. Cut down gradually to avoid symptoms of withdrawal.

How do you put this in to practice? MIND, the mental health charity has come up with a recipe of a “mind meal” that is an example of how you could combine a range of proteins, good fats, vitamins, wholegrains and healthy gut foods in a single meal.

www.mind.org.uk

Tuna pasta with pesto - a side salad of avocado and mixed seeds | fruit with yoghurt and nuts.





WHY IS THERE STILL A VOID OF DISCONNECT?

How can we better connect with families of those affected by the addictive behaviours of a loved one?

There is a growing amount of evidence that families are feeling more and more isolated, abandoned and angered by the lack of appropriate and often tokenistic level of availed support that is open to them. It is also recognised that families can play a vital role in the recovery journey of their loved ones.

So how are Aberdeen in Recovery (AiR) and other stake holding support services looking to refresh how we connect with families and fulfil this need?

Scottish Families Affected by Alcohol and Drugs (SFAAD) launched their new 2017-2020 strategic plan at their "Its all Relative" Family Conference held in November last year. This was built on a simple framework of five outcomes which they aspire to implement over the next 3 years, these

being that families are:

1. Supported
2. Included
3. Recognised
4. Connected in Communities
5. In their own right a, 'Movement for Change'

An amazing platform in progressing number 3 and 5 was the theme behind the Scottish Recovery Walk 2017 which was "Love Makes you Family." The local host network, Recovery Dundee, included families in the development of what the day would include in leaflet drops, banners and flag making.

In furthering aim 4 SFAAD, in collaboration with AiR, ADA and other partner organisations will be looking to co-host a "Connecting Families – Let's get Started" event which is one of 10 regional events which will be run across Scotland. The one for Aberdeen and Shire is scheduled to be held on Sunday 28th October (venue and time details will be announced and advertised).

It is hoped that these events will begin to shape a new grassroots movement for change regarding how support and resources are provided to families. These will be tailored specifically to their needs. We want to see wider and stronger networks which will help build new connections and capacity, share experience, learning and ideas, and create an environment to initiate social change.

With regards to numbers 1 and 2 it is hoped to get valid input from those who have had, and are having, lived experience of coping with another's addiction and behaviours. This will build a community of peers and help plan how to better collaborate and build links with key representatives from organisations that are active in this area.

We still have only a vague answer to the question whether the continuing shame, dishonour and disgrace, which is born of stigma, is caused by structural, personal, public influences or is it driven by self and by association? The answer to this is

fundamental for all involved parties to be able to identify a way forward in how support and resources are offered to families that is different to what has been tried in the past.

Continuing research proves again and again that addiction has a significant impact on family and loved ones. It is important that they can access support for themselves and embark on their own journeys of change. We also hope to build an understanding of how stigma continues to impact and disempower family members accessing support for themselves.

In this quest for answers we would welcome your input, ideas and suggestions so if this is something that you have experienced please get in touch with us at email info@aberdeninrecovery.org

A full report as to the finding from the, 'Connecting Families – Lets get Started' event will be included in our winter edition.

Here is what's currently in place and where and what support is available.

Weekly Meetings of our Family Support Group at AiR Recovery Community Rooms @ Elim every Friday from 1-3pm

The Family Bereavement Support Group meets on the first Tuesday of every month 12-1.30pm. For more details you can call us on **01224 638342. Mob 07936 008808.**

More information available on our website www.aberdeeninrecovery.org or you can email us at info@aberdeeninrecovery.org.

AiR is also running, in association with SFAD, ALEC Family Community Toolkit Training workshops on Wednesdays 3rd and 10th October. (Get in touch for more details).

ADA also run a fortnightly Family Support Group at their offices at 7 Hadden Street on Wednesdays between 7 and 9pm. You can get more details by calling their helpline on **01224 594700** or by visiting their website on <http://www.alcoholanddrugsaction.org.uk>

You can access the full range of support with SFAD, including their Telehealth support and Bereavement services on their website <https://www.sfad.org.uk> or by calling their national helpline on **08080- 10 10 11**. You can email them directly at helpline@sfad.org.uk

You can also find family support at <https://www.alanon.org.za>

"Addiction is a disease that not only affects individuals but often stresses their families to breaking point. While people suffering from a severe substance use disorder urgently need help to recover, their families have to overcome a crisis situation as well. The more parents, children and spouses who understand the disease of addiction, the more they can help their loved one achieve recovery."

PUIR

Parents UNITED in Recovery



The recovery community in Aberdeen has now been joined by a new support group that aims to support parents who no longer have care of their children due to issues with addiction. PUIR (Parents United in Recovery) has been set up by Zoe and Melony who both have first-hand experience of being separated from their children through their own addictions. Zoe and Mel are now firmly in recovery and seeking to use their experiences to support other parents who are going through similar struggles.

Zoe's Story

Zoe has two grown up daughters with whom she had limited contact with during their childhood and also a younger daughter who was adopted.

She explains: "The heartbreak of losing care of my children coupled with the stresses associated with being in the social work system and the emotional rollercoaster of contact visits with my girls, I feel, had a significant impact on my ability to find and maintain a meaningful recovery from my addiction.

"The shame and guilt that I experienced was immense, I was unable to be the mother that I really wanted to be, every day was just a constant reminder that my children, who I loved so very much, weren't with me. The stigma attached to not only being an addict, but an addict mother who didn't have her children, only added to the guilt and shame even more. I think if there had been others who understood what I was going through, with whom I could've talked to during this time, it would've helped me massively.

"At the time going through all this, I couldn't see light at the end of this long dark tunnel and life without my children felt meaningless. As I began to work through the grief I gained some acceptance for my situation, I've worked hard in my recovery and now have a very meaningful life. It took time but I came to realise my experience didn't define who I was. Gradually I began to forgive myself and came to believe that I was worthy of having a good future. I have never forgotten

the dark place that I was in during those years and I hope that by sharing my experiences it will help and encourage others.

"I was introduced to Mel who has exactly the same heart and passion for reaching out and supporting other parents who find themselves in the same situation as myself. We both feel the lack of specific support available warranted setting up a group of this nature and together, with the support of Alcohol and Drugs Action (ADA) and Aberdeen in Recovery (AiR), we have now launched PUIR."

Mel's story

Mel has two boys with whom she also has had limited contact with. She explains her experience which inspired her to set up PUIR.

She said: "Two years ago my world fell apart because my children were taken into care. I didn't know what my purpose was or who I actually was and being left on my own really made me think 'what am I going to do, can I really get through this?' and I've really had to push myself so hard to work on my issues so that I can be a better parent for my kids, for their future and most of all for myself.

"I would never have thought two years ago I'd be where I am today but by putting in the hard work things have changed in my life for the better. Positive affirmations have helped me a lot, speaking out positive statements about myself. I've learned if you believe in yourself anything is possible. With hope in your heart, things can and will get better – but you have to believe.

"I realised one day that if I kept persecuting myself for my past mistakes that I won't get anywhere in my future, I will only sabotage it with my old self-inflicted ways, how will that help my situation and affect my children? So I started being kinder to myself. I started to believe that I could get through this.

"I still have my up and down days but I know I'm not alone and there's people in my life who are there if I need them. When I have tough days I remind myself of how far I've come and how all this effort to change is for me and my kids future. I see how me changing as a person has made my relationship stronger with my kids and I'm so appreciative of that. I'm proud of myself and I never thought I'd ever be able to say that.

"PUIR plays a big part in my life, it gives hope to parents, a safe place to open up and share some of the challenges we go through and the loss we feel on a day to day basis. My hope is that I can use my journey to inspire and encourage others".

PUIR meets regularly on a Wednesday morning and offers a safe, confidential, compassionate and non-judgmental environment for parents to share their experiences with others who understand and relate to what they may be going through.

For further details about attending PUIR or any other enquiries please contact Zoe or Mel on 07715311539 or call ADA on 01224 577120

A day in the life...

LW

When suggested to write a short story of a day in my life I drew a blank. Before I came into recovery my days came and went – same old story of shop and booze etc – and this would not have made for very good reading. Now I have gotten myself involved in so much that days seem to fly by and some are so busy it certainly would not be short so today is the day. I am sitting on a bus to visit friends in Huntly, whom I have not seen in many years (before I fell down the rabbit hole). The hour and a half bus journey that I would never have taken a year ago is now filled with peace and time to reflect on what recovery means to me. I concluded this very moment that for me it means appreciating the beautiful country we live in on my way to reconnect with old friends and as the bus pulls in I am so very excited to hear what has been happening in their lives and to share my own stories.

If you would be interested in sharing a story or your thoughts on what recovery is then email media@aberdeeninrecovery.org. We would love to hear from you.

turning it around SG

*So I rhyme today as I'm feeling full of dismay,
On what should have been my pal's 42nd birthday.*

*We've been good mates from the age of nine,
I miss him every day this friend of mine.*

*This rhyme is not a work of fiction,
As we blundered side by side into addiction.*

*Addiction to what is not the issue,
Excuse me as I wipe my tears with a tissue.*

*He'd chosen first to try and recover,
And he inspired me to, for he was my brother.*

*I saw him give his time readily working as a volunteer,
I was in awe of what it did for him and I conquered my fear.*

*So, like him, I set out to help others,
Our fellows in addiction, our sisters and brothers.*

*He'd say having nothing to do wasn't a valid excuse,
For getting ensnared in substance misuse.*

*Since entering into recovery and giving it all I can,
I've transformed myself into a different and better man.*

*Since accessing support from ADA and in my recovery joining AiR,
I'm truly happy and to even think that before I never would dare.*

*I'm now no longer just going through motions and waiting to die,
I live in the moment and look to the future, giving me a totally natural high.*

*The future now looks so good for me,
I hope that's something my pal can see.*

*To him I've so much more to tell and more to say,
But I hope and I'm sure we'll meet again some day.*

Alcohol and Drugs Action Recovery Garden Project

The warmer weather and sunshine encourages us to get outdoors. However, gardening can go on all year round so what better way of getting a bit fitter and enjoying nature than to come along to the Alcohol and Drugs Action (ADA) Recovery Garden Project?

Meeting weekly on a Wednesday morning between 10am – 1pm at the Grove Nurseries at Hazlehead, the group plant, grow and harvest fruit and vegetables, which they can take away and eat.

There is always time for coffee breaks and a chat.

The tunnel gives great shelter and work can go on unheeded by the outside weather conditions, but during the winter months we also help out with the ranger service and do other environmental related projects.

The health benefits of gardening and related physical activity are widely proven so why not become part of an award winning 'It's your Neighbourhood' project team. For details contact Anne McAlister at ADA on 01224 577120



AIR MEDIA GROUP



Making Recovery Visible

Our Media group was set up around 18 months ago through an idea brought to the Aberdeen City's ADP "Making Recovery Visible" workgroup. From the seed of an idea of using radio, journalism, film and media to connect with the public and promote recovery locally blossomed the creation of the 'AiR Time Project'. This was a collaboration of Station House Music Unit (shmu), Alcohol and Drugs Action (ADA) and Aberdeen in Recovery (AiR) who pulled together a package to provide training courses in radio broadcasting, journalism and an introduction to film making to individuals in recovery.

This project was funded by a grant provided through the ADP's Community Fund.

This has resulted in weekly radio shows being aired on shmuFM (99.8FM) every Monday afternoon 2-3pm where AiR members contribute with lived experience shares, discussion topics and recovery focussed features with the aim of demonstrating recovery as a living reality.

It has also enabled the publication of the 'Recovery Matters' magazines where AiR members look to create an informative, engaging and inspiring message of visible recovery in a written form.

The 'Recovery in Action' team filmed, edited and created a 4-minute snapshot representation of ADA's wonderfully inspiring Recovery Star Awards ceremony which was previewed on various partner websites, YouTube and social media platforms.

Our inspired, committed and growing Media Team meet every Tuesday afternoon 1 until 3pm where they discuss ideas for both the radio show and the magazines. We warmly invite anyone who would like to share their ideas and stories as to join us.

So if you are feeling inspired and thinking about getting involved in 'Making Recovery Visible' come along on Tuesdays to AiR Community Rooms at Elim Church, 50 Marischal Street Aberdeen AB11 5AL or you can get more information by telephoning 01224 638342 Mobile 07936 008808 or 07751 213108 or emailing info@aberdeeninrecovery.org.



What's On at AiR Community Rooms @ Elim Church

MONDAY

Cuppa With A Purpose 10.30am – 12noon
Recovery Meeting 1pm – 3pm

TUESDAY

Media Group 1pm – 3pm
Opiate Replacement Therapy 2pm – 3pm
Family Bereavement Group 12noon – 1.30pm
(1st Tuesday of the month)

WEDNESDAY

Cuppa With A Purpose 1pm – 2.30pm

THURSDAY

SMART Recovery Meeting 10.30 – 12noon

FRIDAY

Family Support Group 1pm – 3pm

Finally, if there are other things that you would like to see or ideas you may have for a group/meeting please get in touch.

Also....

Cuppa With A Purpose @ Tillydrone Community Flat – Fridays 11am – 1pm

Tune into shmuFM (99.8Fm or www.shmu.org.uk/fm/listen) for Recovery on AiR – Mondays 2pm – 3pm to find out more about what's happening.

COMING SOON

We have lots of support groups, activities and educational and training courses in the pipeline including:

- SMART Recovery tool school;
- SMART Recovery for families (and friends);
- Alternative Therapies including yoga and singing, guided meditation amongst others;
- PUiR (Parents United In Recovery);
- Woman's Group;
- Peer to Peer Mentor training;
- Scottish Recovery College courses;
- Adult Learning and Empowering Communities (ALEC) training,
- Naloxone training, and more.

If you are interested in attending any of the current groups please feel free to drop in to the community rooms or if you would like more information or a 'buddy' to meet beforehand please either e-mail info@aberdeeninrecovery.org or call 07936 008808 or drop into the AiR community rooms at Elm Church

Likewise, if you are interested in any of the upcoming groups/training please also contact us.

Are you interested in event planning or PR?
Are you someone who just loves to organise?
If so we would really love to hear from you as we always have events coming up and things to organise.

Coming up in the next issue...

- Celebrate Aberdeen Parade – Saturday 25th August
 - Recovery Walk Scotland in Glasgow – Saturday 15th September
 - AiR promotional event – Wednesday 19th September
 - Remembrance Service – Friday 21st September
- Coverage of the above events including pictures and interviews from those taking part.

Recovery Matters community contacts

ADA Helpline

01224 594700

Aberdeen in Recovery

07936008808

Timmer Market

01224 651130

AA

0800 9177 650

NA

0300 999 1212

Frank

0300 123 0600

Drinkline**Al-Anon**

020 7403 0888

SFAD

0141 221 0544

Smart Recovery

01224 594700

Gamblers Anonymous Scotland

0370 050 8881

ACIS

01224 573892

Samaritans

116 123

Breathing Space 24hr Helpline

0800 83 85 87

Penumbra

01224 621 266

Aberdeen Foyer

01224 373880

Healthy Minds 01224 49 81 30**Overeaters Anonymous**

07000 784985

Aberdeen Cyrenians

01224 625732

Citizen's Advice

0808 800 9060

Reach Out

01224 640811

LGBT Scotland

0300 123 2523

Rape and Abuse Support

Aberdeen 01224 591342

Grampian Women's Aid

01224 593381

Cash in your Pocket

0800 953 4330

St Machar Credit Union

01224 276994

Grampian Credit Union

01224 576990

Community Food Initiatives

North East (CFINE)

01224 596156

Pathways

01224 682939

Families Outside

0800 254 0088

Aberdeen Multicultural Centre

01224 478203

Social Work Duty Team

0800 7315520

Emergency Out of Hours

01224 693936

Water**Scottish Water Emergency**

0800 0778 778

Gas Emergency

0800 111 999

Gas Emergency with a Meter

0845 606 6766

Housing**Aberdeen City Council****Emergency Repairs**

01224 219 282

Grampian Housing**Association Emergency****Repairs**

0300 123 9279

Langstane Housing**Association Emergency****Repairs**

03000 200 292

Castlehill Housing**Association Emergency****Repairs**

01224 628104

Call Centre Emergency

0845 608 0929

Electricity**If you have a power cut**

0800 300 999

Crisis loan

0800 03 04 713

Home-Start

01224 693545

Instant Neighbour

01224 489955

Family Planning

0345 337 9900

NHS 24 111**G-Dens 111**