



Promoting Recovery from  
Drug and Alcohol Use

# Season's Greetings from Mid and East Lothian Drugs and the NHS East Lothian Substance Use Service



Information to help you have a safe and happy festive period



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## Festive opening hours for The Esk Centre (2022/2023)

Friday 23 December 9am to 4pm

Saturday 24<sup>th</sup> – Closed

Sunday 25<sup>th</sup> – Closed

Monday 26<sup>th</sup> – Closed

Tuesday 27<sup>th</sup> – Closed

Wednesday 28<sup>th</sup> – Open

Thursday 29<sup>th</sup> – Open

Friday – 30<sup>th</sup> – Open

Friday 30<sup>th</sup> – 9am to 4pm

Saturday 31<sup>st</sup> – Closed

Sunday 1 January – Closed

Monday 2<sup>nd</sup> – Closed

Tuesday 3<sup>rd</sup> – Closed

Reopen – Wednesday 4 January  
2023

**Please note that the last day for same day presentations is 21  
December and will resume on the 4 January.**

**Drop in sessions: Friday 23 and 30 December**

**Smart meeting: 11.30am-12.30pm**

**Warm space to chat with free tea, coffee, homemade soup  
and bread**

**Starfish Recovery Café: Open 21 and 28 December**

**Smart meeting: 9.30am**

**Café 11am-1pm (reduced menu): Soup and filled rolls**

## Staying safe

Using drugs and/or alcohol on top of your prescription can increase your risk of overdose. Remember it is safer to use in company than to use alone but please do not share equipment. If you have a Naloxone kit, please always carry it with you. If you need a Naloxone kit, please ask at The Esk Centre- your case worker will supply one.

### Overdose signs to watch for:

- Unresponsive! Shake & shout!
- Pin-point pupils
- Pale/grey skin, blue lips or fingertips
- Shallow, rasping or irregular breathing, if it doesn't sound normal, assume it's an overdose
- Administer Naloxone.

Phone an ambulance if someone in your company appears like this. The Scottish Ambulance Service will talk you through what to do next.

## Safe storage

It is important to store your medications safely, especially over the festive period when you may have visitors.

As little as 30mgs of Methadone can kill an adult who is not used to taking it and as little as **10mg could kill a child**.

All medications should be kept in a locked storage box, out of the reach of children. If you do not have a lock box, please ask at The Esk Centre, your case worker will supply one. Do **not** store your medication in a fridge.

## Pharmacies

Most pharmacies will be closed 25-26 December and the 1-2 January. Please check opening hours with your local pharmacy paying special attention to the opening hours on 24 and 31 December and 3 January. Take your prescription to your chemist in plenty of time.

Prescriptions will be generated early in preparation for the festive period. It is your responsibility to check your prescription is correct, if you have any doubts ask your case worker or pharmacist immediately.

## Food bank

If this is needed then please let us know as soon as possible and we will refer you to the relevant food bank.

There are 'Jingle Bags' offered at the Food bank, these contain all items needed for Christmas Dinner. These are available throughout December.

Food Banks will be closed from 23 December, reopening on the 28<sup>th</sup>. They will then be closed from 30 December and reopening on the 4 January.

## Housing

For emergency housing support and information over the festive period please contact **01620 827 827**.

## Needle exchange

- **Eskside (Musselburgh High Street):** Closed 25-26 of December and 1-2 of January. Normal opening hours apply out with these dates.
- **Bankton Pharmacy (Prestonpans):** Closed 26-27 December and 2-3 January. Normal opening hours apply out with these dates but please note they close at 1pm on the 24 and 31 December.
- **Right Medicine (Haddington):** Closed 25-26 December and 1-2 January. Please note opening hours may change on 24 and 31 of December.
- **Needle Exchange will be open on Friday 23 and 30 Dec @ The Esk Centre 12.30pm-3.30pm.**

## Buses

Lothian Services run a reduced service on Christmas day please check with LRT for full information. This includes East Coast Buses throughout East Lothian.

## Mental Health Support

- Samaritans offer a 24 hours, 7 days a week helpline – freephone 116 123
- MHAS are available 24 hours, 7 days a week – 0131 537 6000.

## Warm Spaces

There are several areas within East Lothian that are operating as 'warm spaces' during the winter months. Please check your local area for more details.

Some examples include:

- Longniddry Parish Church and Community Centre
- Pennypit Centre and Pennypit Development Trust
- Port Seton Community Centre and Library
- Tranent library.

## Medical attention

All GP Practices are closed the 26-27 December 2022 and the 2-3 January 2023 and may have restricted opening hours over the festive period, please check with your GP Practice.

If you need a GP over this period, East Lothian Community Hospital offers an Out of Hours GP Service. Appointments can be accessed through NHS 24.

NHS 24 can be accessed through 111. For emergencies, phone 999 or go to A&E (Accident and Emergency) at the Royal Infirmary, Little France, Edinburgh.

## Social work

If social work support is needed over the festive period please contact the Emergency Social Work service on **0800 731 6969**. This number is available 24 hours/day.

**Don't Overdose this Christmas**  
**Be safe, carry Naloxone**

