

Support we can offer you at Spittal Street Centre

What type of support do you need?	Who can help with this?	What can they do?	When can they help with this?	How can you arrange this?
Prescription Making sure you are on the right dose of methadone or buprenorphine opiate replacement therapy or wanting to switch medication.	Mandy Hart Specialist Pharmacist and Prescriber	Discuss and review your dose, make changes as appropriate.	Monday, Tuesday, Thursday	Ask Clinic staff for a review of dose with Mandy.
Mood Mental health difficulties. Feeling low, anxious, struggling to cope with feelings or past trauma.	1. Dr Jake Hawthorn Psychiatrist	Discuss mental health medication options, prescribe when appropriate. Provide talking therapies and coping strategies.	Wednesday, Thursday PM, Friday AM	Ask Clinic staff to book you in to see Jake.
	2. Maria Campbell Clinic Co-ordinator	Meet one to one to provide support, coping strategies and relaxation techniques. Maria also runs a therapeutic and coping skills group.	Monday – Friday Wednesday and Friday	Speak to Maria on the Clinic or ask Clinic staff for an appointment with Maria.

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Time management Boredom or lack of purpose in life, looking for new hobbies/volunteering/work/training, challenges in managing things at home.	Sheldon McDonald Occupational Therapist	Meet one to one to discuss any challenges. Support with activity planning, support you to find and engage in new hobbies, exercise, education or training.	Monday – Thursday	Speak to Sheldon on the Clinic or ask for an appointment with Clinic staff.
Support Support in making and attending GP or hospital appointments, support in accessing other services.	Leanne Spratt and Gordon Brennan Support Workers at Spittal Street	Meet for one to ones to support you in making calls e.g. to make GP appointment; bid on housing; accompany you to appointments.	Monday – Friday	Ask at Clinic to make an appointment.
Recovery Feeling stuck in your recovery, unsure of your options, keen to discuss rehabilitation such as LEAP.	Your keyworker: Ailish Petrie, Loice Gora or Maria Campbell	Arrange a time to meet with you one to one to discuss how you are feeling and what they can do to help. Discuss rehabilitation options available to you.	Monday – Friday	Speak to your keyworker when in Clinic or ask another Clinic Worker to make an appointment.

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Wound care Problems with injection-related wounds or injuries.	Alison Coull and Ailish Petrie Wound Care Specialist Nurses	Meet with you to review your wound, apply dressing, prescribe antibiotics when needed.	Thursday morning 10.30 am – 1.30 pm	Drop in.
Benefit support Support with issues relating to benefits.	Astro McLaughlin Welfare Advisor	Meet with you one to one, discuss and review what you are currently receiving, support you in applying for the correct benefits.	Tuesday	Ask a Clinic Worker to book you in to see Astro.
Health Support with physical health.	Linda Smith Advanced Nurse Practitioner	Meet with you to review your blood pressure, pulse rate, oxygen levels, temperature, respiratory, ECG, BMI measurement. General Lifestyle check. Support with referrals to services including sexual health and giving up smoking.	Tuesday, Wednesday	Ask at Clinic to be booked into the Physical Health Clinic.

Harm Reduction

The Harm Reduction team try our best to understand your past trauma and how that might affect your life now. All our staff are trained to do the best we can to support you and put you at the centre.

We want YOU to be involved at every stage of this journey so we need you to tell us what might work best for you while attending Spittal Street.

Other services available at Spittal Street:

The Edinburgh Steroid Clinic

For people seeking support and harm reduction advice around the use of Image and Performance Enhancing Drugs (IPEDs).

Monday nights 5:00pm - 7:00pm

Call 0131 537 8300 to book an appointment.

Website: <https://services.nhslothian.scot/harmreductionteam/edinburgh-steroid-clinic/>



Women's Inclusive Sexual Health Extended Service (WISHES)

For contraception, pregnancy screening and abortion referral, cervical smear tests, blood borne virus screening and immunisation and sexually transmitted infection screening. They can also offer emotional/practical/social support.

Thursdays 2:00pm - 7:00pm – drop in between these times to be seen (door is closed between 4:30pm & 5pm).

Website: www.lothiansexualhealth.scot/specialist-services/wishes/



Dental service

For review and treatment of oral health.

Mondays, Tuesdays, Wednesdays 12:30-4pm.

Drop in between these times (attend at around 12pm if you want to be seen that day and we will try to see you).