



East Ayrshire Alcohol and Drug Partnership
Community Residential Rehabilitation Pathway
July 2022

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Introduction

Improving access to residential rehabilitation as a treatment option is a key part of the National Mission to save and improve lives. The Government is clear that residential rehabilitation should be part of the full range of drug prevention and treatment services available to people in all local authority areas. In East Ayrshire, offering individual's choice is key to empowering them to be involved in their care plan and residential rehabilitation is discussed as a treatment option within Treatment and Support Services. Residential interventions are considered at treatment entry, during reviews and at treatment exit by keyworkers.

Assessment is needs led and each individual has a robust assessment and risk management plan carried out, to establish this.

Aside from the assessment, there are arrangements to prepare people for treatment where a clear overview of all the elements involved in residential rehabilitation are discussed this is provided by the Residential Rehabilitation Coordinator (RRC) through; intensive, structured support currently delivered on a 1:1 basis.

Individuals are given a comprehensive understanding of what will be expected of them once in treatment and they are encouraged to develop commitment and motivation towards the programme, including through goal and expectation setting. Additionally, stabilisation of drug use in the community or prior detoxification may be required before entry into residential rehabilitation.

Intensive group work programmes may be the best option for those who require a more intensive therapeutic intervention and a high level of daily support and structure. Group therapy can offer opportunities, which are not available on an individual basis.

Structured high-intensity or multimodal treatment programmes consist of packages of treatment interventions, which may include individual sessions, group work and involvement in a therapeutic community. They may also encourage or require participation in local mutual aid groups.

There is evidence and a strong rationale to support the delivery of cognitive behavioural (CBT) groups, interpersonal or psychodynamic groups, and informational or psycho-educational groups within an intensive programme of intervention. The main historical residential programme models, based loosely on the Minnesota Model and the Therapeutic Community for Addictions Model have significantly evolved and there is now a wide variation in approaches. It is therefore not possible to specify a particular treatment programme model. However, a number of interventions are used as detailed in the individual information about each of the providers.

N.B. following the principles of person-centred care an 'emergency response' supported by a multi-disciplinary team to a rapid rehabilitation placement, may be considered, aside from this set of exceptional circumstances, the processes will remain as outlined throughout the following document.

N.B. In some cases a short residential detox followed by referral into and attendance within community based alcohol and drug supports will be the recommended pathway. Referrals into public, third, and voluntary sector as well as recovery communities supported.

Who is eligible for Residential Rehabilitation?

East Ayrshire offers access to both a comprehensive and holistic support package to those wishing to access a Residential Rehabilitation programme. It is available to those individuals who wish to make changes to their substance use issues by providing assessment, preparatory work and ongoing support. This support is offered by the Residential Rehabilitation Coordinator and be accessed by anyone who lives in East Ayrshire.

East Ayrshire is keen to follow a Whole Family Approach and the principles of Family Inclusive Practice:

- looking at the whole family and coordinating care
- intervening early to avoid crisis
- adopting a 'no wrong door' policy

Understanding:

- Family is the first and main source of support for most family members

Bearing this in mind **Referrals** can be made by any agency, family member (ensuring the individual has consented to such a referral) or via self-referral.

Families or advocacy services can be actively involved in all stages of the 'residential rehab journey' to provide support, understanding and clarity to what is required.

Evidence indicates that one of the factors leading to a successful stay in residential rehabilitation is a period of assessment and preparation. Therefore, individuals applying for residential rehabilitation are asked to engage in a structured and intense programme of preparatory work, as well as a Residential Rehabilitation Programme.

To meet the criteria for Residential Rehabilitation programmes an individual must;

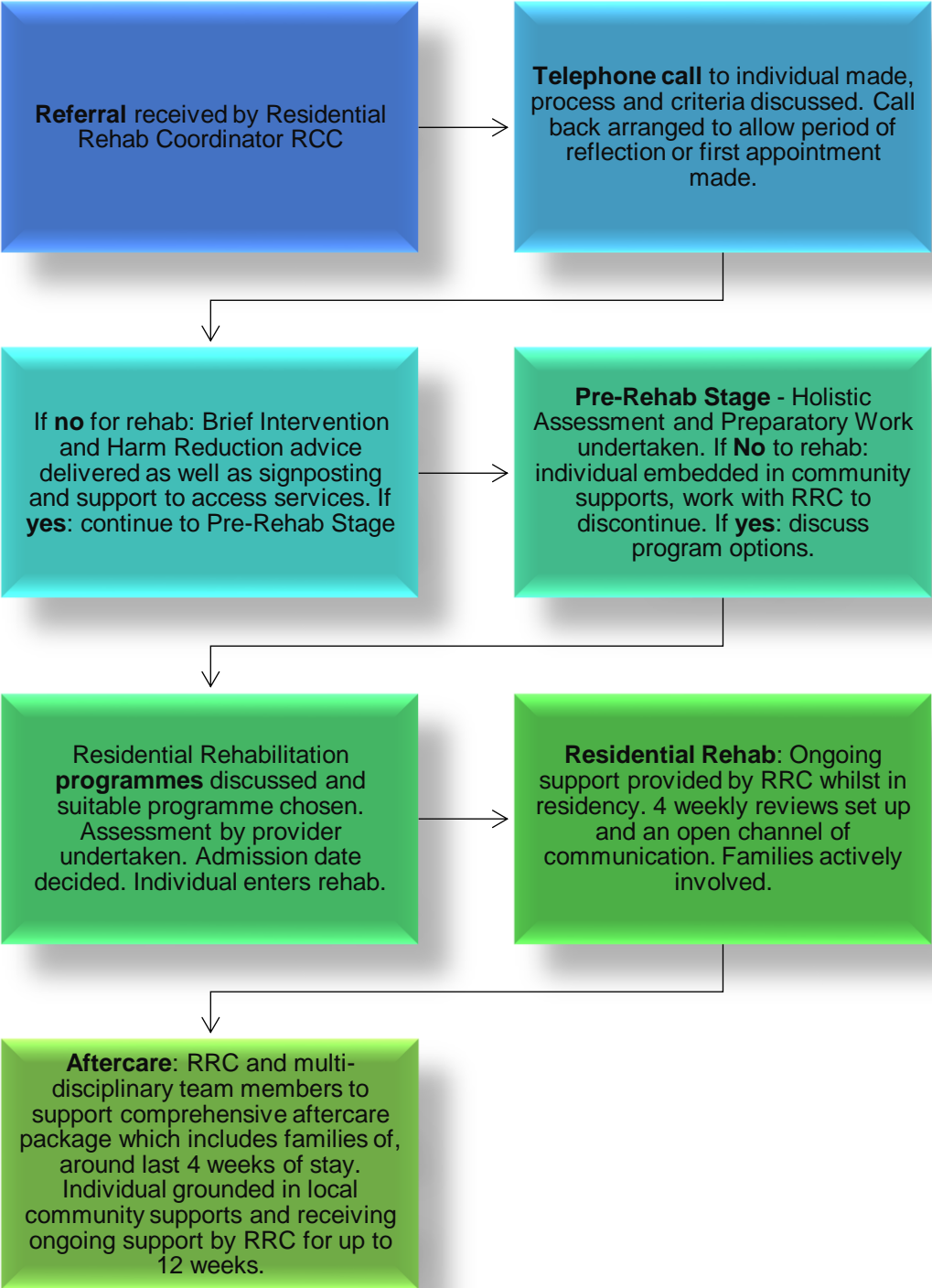
- Recognise Recovery is a journey and Residential Rehab is only one aspect of the journey.
- Understand 'change' as an active process that requires a level of personal responsibility
- Participate in a structured programme of preparatory work
- Be able to commit to and engage with the Residential Rehabilitation Coordinator on a weekly basis
- Have a willingness and understanding of the need to continue to engage with services after returning to the community.

What is involved in East Ayrshire's Residential Rehabilitation Programme?

There are three stages expected during an individual's engagement with the Residential Rehabilitation Coordinator:

1. **Pre-rehabilitation Stage** – assessment and preparatory work: consisting of completion of full holistic assessment, including assessment of commitment to change, and weekly meetings with the Residential Rehabilitation Coordinator to complete preparatory work for Stage 2. Work is person-centered and includes discussion and choosing of the available residential rehabilitation programs. During this stage support for housing, justice, family recovery, occupational therapy, ORT and community, support services such as recovery communities and mutual aid groups given (not an exhaustive list). A Rights Based approach adopted followed by a referral into East Ayrshire Advocacy services, if requested. Individual may access community supports during this stage to focus on Psychosocial Interventions. The participant may feel their 'needs' have been met during this stage and no longer require access to residential rehabilitation.
2. **Residential Rehabilitation Placement** - Inpatient residential rehabilitation programme (including detoxification if required) with placements purchased from external providers (detailed later) selected by the assessed 'needs' of the individual. If entering for 'detoxification only' or as an 'emergency response,' Stage 1 will be tailored to accommodate the timeframes involved and Stage 3. will remain unchanged.
3. **Aftercare** – A comprehensive package of aftercare supports which considers re-integration back into local community support networks will be in place prior to leaving, these activities overseen by the Residential Rehabilitation Coordinator and will be supported by a multi-disciplinary team inclusive of East Ayrshires Recovery Peers. A Whole Family Approach to be included.

East Ayrshire Residential Rehabilitation Pathway (Flowchart)



The Residential Rehabilitation Providers

The residential rehabilitation providers provide different levels of service provision and not all have a common set of criteria for admission. A summary of the services provided by each residential provider detailed below.

One of the common features among all residential rehabilitation providers is a commitment to detailed assessment and preparation prior to admission – in East Ayrshire this work completed in conjunction with the Residential Rehabilitation Co-ordinator.

Abbeycare



Location	Erskine Mains House, Meadows Drive, Erskine, Renfrewshire, PA8 7ED
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Ethos

At Abbeycare Scotland we have approaching twenty years' experience in supporting those struggling with addiction. Our multi-disciplinary team of professionally qualified clinicians, therapists and recovery practitioners have over 355 years of combined recovery lived experience and have dedicated their professional and personal skills to empowering others.

We deliver a service which enables clients experiencing difficulties with substance use and addictive behaviours to heal and recover in a residential recovery community enabling them to build a strong foundation in recovery.

We provide a residential abstinence-based detoxification and rehabilitation service at Erskine Mains House. We can accommodate up to 34 clients, all in modern individual rooms with ensuite facilities. There are communal lounges and dining areas as well as peaceful gardens and courtyard for contemplation and reflection.

The aim of our service is to provide the client with a positive, vibrant and safe recovery community environment where clients will have the opportunity to safely receive detoxification and explore, identify and address the personal issues and changes, they require to make in themselves and their environment to enable them to maintain abstinence-based recovery.

Our clinical and therapeutic approach enables clients to explore underlying issues associated with their addiction such as anxiety, depression, loss, grief and trauma. Clients engage and participate in a variety of ways during their treatment episode; through 1 to 1 sessions (key support & counselling) and group work (educational, therapeutic process, strengths based experiential, and skills focused as well as relevant topic groups). Our integrative evidence-based programme is designed to support clients to develop understanding, self-awareness, insight and robust coping skills. We additionally offer holistic therapies and access to gym and spa facilities to complement our therapeutic programme and strongly advocate for and offer access to mutual aid support for all clients in service.

Our assertive outreach practitioner will support clients to prepare for the next stage of their recovery journey prior **to discharge** through aftercare planning and post discharge through aftercare support.

Abbeycare has robust best practice measures in place in response to COVID-19.

Admission & Medication Criteria

Core Criteria for Suitability

1. All clients accepted for detoxification and rehabilitation will be over the age of 18 years.
2. Clients are accepted presenting with problematic drug & alcohol use, substance use disorders, levels of burden due to process / behavioural addictions (gambling, gaming, digital, love, sex &/or porn addiction). Individual screening processes are carried out to ensure appropriateness of the level of care offered in our service based on the clients' needs.
3. All clients will be required to engage in the Abbeycare therapeutic programme.
4. All clients will be requested to consent to the terms of the Abbeycare treatment contract at point of admission.
5. Clients with diagnosed mental health conditions will be assessed on an individual basis to ensure they are able to engage and benefit from our treatment interventions.
6. Clients with physical health conditions will be assessed on an individual basis to ensure they are able to engage and benefit from our treatment interventions.
7. Clients with mobility restrictions will be assessed on an individual basis to ensure we can provide a safe environment and meet their mobility needs.
8. Clients with a history of sexual offences will be assessed on an individual basis.

NOT Suitable

1. Clients experiencing multiple, complex physical health conditions that require specialist or continual acute nursing care 24/7, unless external provision can be provided.
2. Clients with a diagnosed eating disorder as a primary need.
3. Clients with symptoms of COVID-19 prior to admission or who have tested positive and are still symptomatic or within their period of quarantine.

Assessment Process

Admissions Department Opening Hours 8am – 8pm 7 days a week.

Abbeycare can carry out assessment by video call or telephone to assess needs, aspirations for recovery and motivation.

Regular calls can be facilitated, to help sustain motivation and prepare for entry direct to Abbeycare prior to admission.

Contact Details	
Name	Gordon Peacock – Admissions Manager
Telephone	01603 513 091
Email	<u>admissions@abbeycare.co.uk</u>

Calderglen House

Locations	Off Blantyre Farm Road, Blantyre, South Lanarkshire, G72 9UG
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Ethos

Calderglen House rehabilitation is a multi-modal approach empowering individuals to achieve and sustain abstinence, improve psychosocial functioning, engage in goal directed structured rewarding activities, optimising Mental Health with emphasis on self-management, linking with community recovery activities, work towards/link with education/employment. Individuals with dual diagnosis also accepted to address both their addiction and mental health.

Calderglen has a multi-disciplinary team of therapists including Cognitive Behavioural Therapy, Person Centred Therapy, Occupational Therapy, Music Therapy, Twelve Step Facilitation Therapy, key workers, peer support workers (lived experience), and mental health nurses.

Daily programme is formed of Twelve Step Recovery, psychoeducational CBT group work, OT groups and one to ones, goal directed rewarding activities, one to one therapy and key working and third wave approaches which include yoga, mindfulness and meditation. Community as a method is also utilised.

Twelve Step Facilitation Therapy The intervention based on the behavioural, spiritual, and cognitive principles of 12-step fellowships such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA). & Cocaine Anonymous (CA).

Residents receive an introduction to CBT and group work session basic education on the CBT model. One to one CBT therapy conducted at Calderglen, firstly assessing individuals with a CORE 34 in session, as well as conducting a clinical assessment on the client's history and current presenting problems.

An eight-week self-esteem group based on Melanie Fennels model of low self-esteem (Fennell, 1999) provided.

Residents introduced to activity scheduling and the importance of these for recovery and relapse prevention.

Decider skills taught on a weekly basis in a group setting; two skills taught or practiced per session. Decider Skills based on 32 Cognitive Behavioural Therapy (CBT) and Dialectical Behavioural Therapy (DBT) informed skills under four core skill sets of distress tolerance, mindfulness, emotional regulation and interpersonal effectiveness.

All staff and individuals at Calderglen attend in house training on a trauma informed approach.

2 x gym and PT sessions every week. On-site gymnasium recently installed

Yoga sessions

Gardening and animal care (goats and hens on site)

Woodworking classes on-site

Walking groups, fishing on grounds (10 acres of woodland with access to it's own river)

Baking and cooking sessions plus community weekly Sunday Roast
Residents attend external mutual aid (12-step fellowship, local LERO Beacons) after
4 weeks of stay. Supervised off-site after 4 weeks

In house mutual aid meeting every Thursday

Admission & Medication Criteria

1. Clients accepted for placement at Calderglen House are 18 years old or over and male or female.
2. All patients referred to us undergo a pre-admission discussion involving the manager and peer worker. The Consultant Psychiatrist then accepts the admission if appropriate for Calderglen House.
3. We are able to have phone calls or video meetings with new admissions prior to them coming to Calderglen so that they can get to know some of our staff/peer workers and build a rapport and lessen anxieties of coming to a rehab.
4. No upper limits on medication doses such as methadone or Buvidal as each person assessed as an individual. We are guided by the individual's needs and goals and, in some cases; people may want to stay on the same dose during their time with us. If they wish to slowly reduce then we can also facilitate this via our 24-hour on-site Nursing care under supervision of in-house Consultant Psychiatrist.

Contact Details

Name	Billy Henderson
Telephone	01698 823 624
Email	Info@calderglenhouse.co.uk

Locations	West Linton, Peebleshire, EH46 7DH
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Ethos
<p>Castle Craig provides an abstinence-based, 12-step treatment programme. Our clinic is residential.</p> <p>At Castle Craig, we provide compassionate care to those suffering from alcoholism and other addiction, by treating the physical, mental and spiritual aspects of the disease. The hospital and its staff are committed to offering skilled professional medical, nursing and therapeutic services to patients and their families.</p> <p>We strive continually to demonstrate high standards of excellence, in the services we offer, to ensure that patients and their needs are at the Centre of what we do and to create an environment where everyone treated with compassion, dignity and respect. Our staff are dedicated to assisting those who seek our help to achieve stable abstinence, empowering them, so they may enjoy a fulfilling, sober, meaningful and productive life in recovery.</p>

Admission & Medication Criteria
<p>We treat all types of addictions to alcohol and drugs as well as dual diagnosis. We do not treat patients with severe psychosis or a history of violence.</p> <p>We do not admit patients experiencing multiple, complex physical health conditions that require specialist or continual acute nursing care 24/7.</p>

Contact Details	
Name	Victoria McCann
Telephone	10721 725 601 or 07765 236 341
Email	v.mccann@castlecraig.co.uk

Locations	<p>Residential Recovery Service, 21A Westland Drive, Scotstoun, Glasgow, G14 9NY</p> <p>Beechwood House, 71 Old Perth Rd, Raigmore, Inverness IV2 3JH</p> <p>Referrals from across Scotland accepted, with support to return to your local area.</p>
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Ethos

About us: CrossReach is one of the largest care providers in Scotland. Our Rehabs in Inverness and Glasgow have over 30 years of experience in supporting people to achieve and sustain abstinence.

CrossReach Abstinence Recovery Service provides personalised routes to abstinence, working in partnership with your Alcohol and Drug Recovery services. We provide ensuite accommodation staffed 24 hours per day. There are fully accessible bedrooms and a bathroom with a hoist. Communal lounges provide relaxation space to complement group workrooms, IT suite, art room, family visit room and individual key working rooms.

People will engage in a structured group work programme using the evidence-based Cognitive Behavioural Therapy model, where people are guided to understand their thoughts, feelings and behaviours and to make changes. Learning from groups is applied in key working sessions to develop a consistent approach. Groups will provide educational input, promote reflection and guide change.

The CBT and 12 step based therapeutic programme is provided by a skilled and experienced team including wakened night staff and Recovery Volunteers with lived experience, trained to complement the staff team and provide peer support and inspiration. Separate gender-specific groups have been developed with input from lived experience, to provide a safe space to address issues pertinent to each group. People can attend a minimum of 3 Fellowship Meetings a week if they choose.

Keyworkers meet with you weekly to understand how the service can best support their outcomes and agree how these will be achieved.

The Programme is for a minimum of 12 weeks. We can look at a different length of therapeutic stay if needed.

After rehab, you will have ongoing support and the option of Supported Accommodation in Glasgow, Edinburgh and Inverness.

Admission & Medication Criteria
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Our main admission criteria is motivation to be abstinent from all illicit drugs and requiring minimal detox (low levels of OST). Preferred admission is with detox completed prior to admission as Crossreach is a social model of support and there are no medical staff onsite.
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Contact Details

Name	Vic Walker or Cat McCabe
Telephone	07739 627408 / 0141 950 1772
Email	vic.walker@crossreach.org.uk cat.mccabe@crossreach.org.uk

Location	18 Bed Male Only Unit – Bank Street, Greenock, Inverclyde 10 Bed Female Only Unit – Shankland Road, Port Glasgow, Inverclyde 12 Bed Male Only Unit – Artillery Lane, Dundee
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Ethos

Jericho offers a valuable service to men and women who wish to take an abstinence-based approach to recovery. It is an important part of a spectrum of recovery services.

We work with individuals who find themselves left vulnerable due to addiction, domestic violence or homelessness. We build on our experience gained from working in these areas over the past thirty years.

Our services are open to all irrespective of class, creed, colour, religion, or sexual orientation.

An Abstinence-based Recovery project employing both Group-Working and one-to-one sessions and, through our key-working system, are focused on person-centred planning. We have regular reviews (which allow for inter-agency attendance), a Service User Involvement Group, a Family Support Group and Parenting Classes. The programme includes:

Education (core skills),

Leisure/Sports Activities

Complementary Therapies (including our widely acclaimed Drama-based therapy)

A range of counselling methods is used in our person-centred work. Resettlement Support is an important provision of our recovery programme which may extend to six months or more, according to individual person-centred need (in line with our national strategy).

Central to our Ethos is the addressing of underlying 'Causes and Conditions', especially trauma as we believe that, if these are left unaddressed, people will resort to self-medicating and therefore relapse.

Residents are also accountable for building an extensive, drug free network of support in the community, whilst in Jericho.

Admission & Medication Criteria

An applicant will be assessed via a phone call using a holistic assessment tool, covering all ROSC areas, by an addiction specialist. A medical questionnaire has to be completed by G.P. or Healthcare team.

This questionnaire is accompanied by our Policies on 'Working with Dual Diagnosis' and 'Working with Anxiety and/or Depression'. £65/week is deducted from benefits, required to cover costs of subsistence and travel to evening NA meetings.

If Assisted Withdrawal/Detoxification is required, Abbeycare can provide this with duration of stay, 28 days then a direct transfer to the appropriate Jericho House.

Prospective service-users; Need to be benzodiazepine free, unless detoxed in controlled environment. Methadone – maximum of 30mls. Suboxone – maximum of 4mg.

Contact Details

Name	Michael Trail (Greenock Houses) & David McEnroy (Dundee)
Telephone	01475 741 950 (Bank St) - 01475 742 383 (Shankland Rd) - 01382 223 627 (Dundee)
Email	jerichosociety@gmail.com

Location	Anniesland, Glasgow
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Ethos

Phoenix Futures Scottish Residential **service offers a drug and alcohol free environment and structured support for men and women looking to address their drug and/or alcohol use.**

The service has 31 large modern en-suite single rooms and is highly accessible for people with additional mobility needs. The service is registered with the Care Inspectorate and supports service users aged 16+ operating 52 weeks per year, 24 hours per day.

Our team of Therapeutic workers provide personalised recovery support through one-to-ones support, support in groups and alternative therapies. Residents spend their first few weeks in a dedicated 'welcome house' while they settle into their new surroundings and then move into the main programme for the rest of their stay, which lasts between 3 and 6 months.

Supported by staff, residents are responsible for the day-to-day running of the house and supporting each other throughout the programme with more senior residents becoming 'buddies' and role models for new residents. The service has excellent links with the local community and service users have great opportunities to gain volunteering and educational opportunities. After completing treatment at the residential, residents are supported to move onto our supported housing services or their own accommodation.

Facilities

- 31 bedroom all single rooms with en suite accessible wet rooms
- 4 large modern lounge areas with 4 large activity spaces for group activities and interventions
- Large communal dining area and social space which accommodates the whole community
- On-site leisure activities include a Pool table, gym, TV/games consoles, games, arts & crafts, music room with instruments, gardening
- Ability appropriate off-site activities which could include walks, sailing, cycling, canoeing, football, gym, swimming, badminton, ten-pin bowling, drama and dance, art therapy, shopping trips, trips to museums and art galleries, cinema and Recovery through Nature
- Dedicated family meeting spaces for residents to have visits with family and children, also for contact visits with children where social services are involved.
- 2 gardens with our own food growing project and reflection area

Treatment

- Therapeutic Community Model
- Psycho-Social / Cognitive Behavioural therapy
- Mental Health support / Trauma informed service
- Life story work

- Full group work programme focusing on personal development, relapse prevention, life skills and planning for the future
- Complementary therapies and various Health and Wellbeing activities for example Yoga, Creative Writing, cycling.
- Department work – supporting the running of the house and learning key employability skills.

Admission & Medication Criteria

We undertake robust assessments with each individual and ensure responsive recovery and risk management planning. As part of the assessment you will be asked about your past and current circumstances including your willingness and motivation to be a part of a therapeutic community, taking an active part in the programme.

We will support arranging:

- Support for your family members and loved ones
- Detoxification and health requirements
- Aftercare planning – including housing

There are no blanket exclusions – each individual will be assessed separately as we recognise that everyone’s circumstances are different.

We can also take referrals at Scottish residential service for all of our residential services – this means if our Glasgow based service is full we can offer support to admissions at our Sheffield or Wirral services. If Glasgow was the preferred option for rehab and housing/aftercare – transfers can be offered to relocate back to Glasgow once it is safe to travel and a placement becomes available.

Contact Details

Name	David Brockett
Telephone	0141 332 0121
Email	David.brockett@phoenixfutures.org.uk glasgow@phoenixfutures.org.uk

Location	Auchencruive, Ayr
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Ethos
<p>3 year programme</p> <p>Social enterprise</p> <p>Stage 1 , 0 – 3 months volunteer lives and learns about and contributes to live at RGA</p> <p>Stage 2, 3 – 12 months develop work focus, contributions to life in RGA. Actively develop and maintain recovery from addiction.</p> <p>Stage 3 12-18 months become ready for full time work and prep for life outside of RGA</p> <p>Stage 4 Employee 18 – 36 months integration to wider community</p> <p>All times are flexible and dependent on physical and mental wellbeing, capacity and progress of individuals.</p> <p>RGA does not have a therapeutic programme like many of the other providers. Residents learn to establish healthy relationships with other community members/residents and gradually builds up the level of their contribution to the work programme and running of the community and social enterprise. The key idea is based on the principles of learning new skills, in a supportive, healthy recovery oriented environment. Therefore there are not psychosocial interventions to link with LPASS matrix.</p> <p>Stage One goals:</p> <ol style="list-style-type: none"> 1. The volunteer lives at, learns about and contributes to life at River Garden Auchincruive for 3 months before being fully adopted as a member of the community. 2. The volunteer develops a sustainable support system for his or her own recovery from addiction. <p>Stage One values : focus on connection, respect, open mind set, hard work, responsibility, willingness to change, nonviolence, gratitude, and acceptance.</p> <p>Stage 2 Goals:</p> <ul style="list-style-type: none"> • To develop their work focus and specific contribution to River Garden’s enterprises. • To develop their contributions to community life in River Garden • To actively develop and maintain their recovery from addiction <p>Stage two values:</p> <p>Patience, sustainability, trust, teamwork, accountability, resilience, honesty, value of ‘enough’.</p>

Stage 3 Goals:

To become ready for full time work and making a life for themselves outside of RGA

Stage 3 Values:

Integrity, empathy, kindness and compassion.

Stage 4 Goals:

1. Has made plans for life after the completion of the three year programme (housing
 2. Start integrating in the wider community
- Develop tools and supports that are sufficient for them personally to maintain their recovery over the long term.

Admission & Medication Criteria

In order to join us at River Garden, we require prospective residents to go through a structured application process. This involves getting clean and sober for an agreed period and working with RGS staff to arrange both a day and overnight visit. In the run up to your admission we also require potential residents to keep in touch with their progress and show a level of commitment to the application process.

While there is no exact timeframe for recover, the River Garden programme is structured over the course of three years. In order to build a sustainable and long-term recovery, we encourage all residents to complete the programme in full. RGA take a flexible approach however and work with individuals based on their needs. River Garden will become your home, your family and your community.

It will help you find yourself again through teamwork and building relationships, working in the garden and building a range of new skills across our social enterprises. You will also learn how to cope with the stresses such as anger and alienation. But most importantly, you will leave to accept who you are.

Contact Details

Name	Mikael Heddelin
Telephone	01292 521164
Email	enquiries@ifdas.net

Residential Rehabilitation Coordinator Details

For further information, details and/or to make a referral please contact;

Nicola Blackwood

Telephone – 01563 555671

Email – nicola.blackwood@east-ayrshire.gov.uk

Address: North West Kilmarnock Area Centre NWKAC, Western Road, Kilmarnock.
KA3 1NQ