

Report for Mid-Argyll Kintyre and The Isles Area Community Planning Group

Meeting 28.4.21

Dear MAKICPG

I am a new member of this group and representing my organisation.

We Are With You Argyll and Bute Project, I work as a team leader for Mid-Argyll Kintyre and the Isles. I'm also Islay and Jura Living Well Coordinator.

Our remit is to support individuals who are looking to address their substance misuse & also offer support to people who are concerned about someone else's substance use. This is a free, non-judgemental and confidential service for the whole of Argyll and Bute.

With the onset of the pandemic we had to quickly change the way we delivered our service as there was no face to face allowed during lockdown. As we take risk management seriously, we moved a lot of our service online and by phone. We offer classes in Exercise, Art , Peer-to -Peer and social chat groups.

We also continued our one-to -one service by phone , whatsapp and google meet.

Now. We hope to open our face to face appointments again in the next few months within the covid-19 regulations and with full PPE in place.

Already our staff has been creative with using social distance walking and door stepping. Our staff member in Campbeltown is qualified in Forrest Breathing techniques.

We offer Injecting Equipment Provision through click & collect, or phone requests which can be posted out or dropped off. As well as naloxone training and distribution , naloxone is an opiate reversal drug.

We offer a local Argyll wide digital Mutual Aid Meeting (Peer to Peer) as well as a national MAP meeting once per week.

We offer webchat through www.wearewithyou.org.uk where people can access online one -to-one support.

We offer CRAFT: Community Reinforcement and Family Training for family , spouses and friend's of people who have substance misuse issues.

Our key workers use whatsapp by phone and google meet where the person has WIFI and the technology. We also offer a peer to peer group online on Friday mornings.

I hope to expand our service in MAKI by asking you to bring us to your organisations, community and employer notice.

We have a small dedicated team and we couldn't do our job without the support of our partners.

Carr Gomm, Housing and Social Care Partnership, Public Health, NHS Primary Care , A&B Addiction Team, Community Mental Health Team, Job Centre Plus, the Police and many others. Thank you for your support and ongoing inclusion.

Sandra Macintyre We Are With You Team Leader, I&JLW Coordinator.

Our free phone number is **0800 206 1460**