

CONFIDENTIAL ADVICE SERVICES FOR PEOPLE WHO USE DRUGS

You can get advice about your drug use, health and other matters such as money and housing even if you don't want to cut down or stop using.

Treatment services can help you to reduce your risk of infection and injury from injecting.

Open Access services offer regular drop-in sessions where you can talk to a drugs worker in confidence without having to make an appointment.

The Open Access service provides an outreach service and will arrange for you to be seen somewhere locally.

To find out more about your nearest Open Access service contact:

East Riding Partnership (ERP)

Tel: (01482) 344690

The Open Access Service
The East Riding Partnership
74 Lairgate
Beverley
HU17 8EU

USEFUL CONTACT NUMBERS

Young People

There are separate services for young people with drug or alcohol problems.

Contact any of the localised numbers below:

Beverley
(01482) 391300

Bridlington and Driffield
(01482) 391380

Goole, Howden and Snaith
(01482) 391360

Holderness
(01482) 391320

Haltemprice
(01482) 301340

Wolds and Dale
(01482) 391320

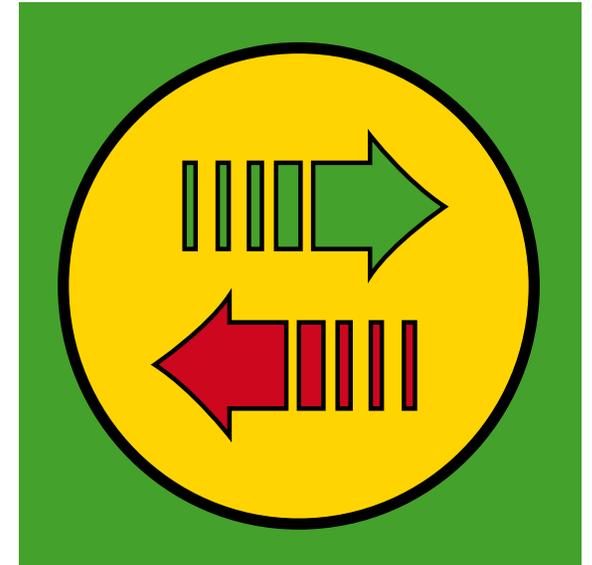
Email: yfs@eastriding.gov.uk

Support for all people affected by addiction

Humbercare Changes Service
(01482) 586633

Pharmacy Needle Exchange Services

Available where
you see this sign.



If you are a drug user who does not inject there is no need to read any further, the advice is simple - **don't start**.

Injecting any drug carries a risk of infection and injury and increases your risk of overdose. One of the risks is **Hepatitis B** - talk to the pharmacist or GP about getting vaccinated.

If you do inject you need to take care of your veins and protect your health. You can reduce the risk of damaging your veins by taking some simple precautions.

Read this leaflet and find out where you can get advice and sterile equipment.

Using Needles Responsibly

- Wash your hands thoroughly before injecting.
- Always use your own sterile injecting equipment - sharing needles and syringes or even using the same water or filters as someone else can lead to infection.
- Try not to reuse needles - once they have been used needles quickly become blunt. Sharp needles cause less damage to your veins. Reusing also increases the risk of accidentally using someone else's works.
- Rotate your injecting site, using the same site can cause the vein to collapse.
- Use as little citric or other acidifier as possible, acid burns the inside of veins.

PHARMACIES OFFERING NEEDLE EXCHANGE

Beverley

Boots UK Ltd

43-45 Toll Gavel, Beverley

Bridlington

Boots UK Ltd

9-13 The Promenade, Bridlington

Bridlington Late Night Pharmacy

86 The Promenade, Bridlington

Meds UK Ltd

29 Bessingby Gate, Bridlington

Driffield

Boots UK Ltd

55 Middle Street, Driffield

Goole

Tesco Pharmacy

Boothferry Road, Goole

Lloyds Pharmacy

Goole and District Hospital,
Woodland Avenue, Goole

Hessle

Hessle Pharmacy

225 Boothferry Road, Hessle

Hornsea

Day Lewis Pharmacy

85 Newbegin, Hornsea

Market Weighton

Market Weighton Pharmacy

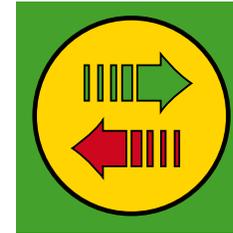
4 Londesborough Road, Market Weighton

Withernsea

Boots UK Ltd

124 Queen Street, Withernsea

USING THE NEEDLE EXCHANGE



When you visit the needle exchange you will need to speak to the pharmacist who will register you with the service. You only need to give your initials.

Five different packs of needles are available, including packs for steroid users. The pharmacist will discuss these with you to make sure you get the right equipment.

The packs contain 10 - 20 needles and swabs to clean the injecting site, some of the swabs contain citric acid.

Each pack contains a sharps disposal container. This allows you to store your used needles safely until you can return them to the exchange.

Dispose of Needles Responsibly

Always return used needles to the container provided.

Leaving used needles around can put other people at risk and causes anger and fear in the community.

When this happens needle exchanges can be forced to close.