

CONTACT US

OFFICE HOURS
MONDAY TO FRIDAY
9AM TO 5PM

Mid & East Lothian Drugs (SCIO)
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INFORMATION ADVICE COUNSELLING SKILLS SUPPORT

FOR SUBSTANCE USERS,
THEIR FAMILY & FRIENDS

MELD aims to provide locally accessible, confidential and non-judgemental services to promote recovery and reduce substance misuse related harm to individuals, families and the wider community across Midlothian and East Lothian. We provide this support both one to one and in group settings.



MELD receives funding from:



Midlothian 

MELD is an independent charity (SCIO) registered
in Scotland, Charity Number SC022494



Promoting Recovery from
Drug and Alcohol Misuse



AURICULAR (EAR) ACUPUNCTURE TREATMENT

ACUPUNCTURE

Auricular Acupuncture is the stimulation of acupuncture points on the surface of the ear. The practice application of acupuncture in substance misuse treatment evolved at New York's Lincoln Hospital in the 1970's.

It was found that there were consistent benefits from using a five point treatment approach. It is an effective treatment for any substance used. The treatment may help with the following symptoms:

- Headaches
- Body Aches
- Sweats
- Sleep Disturbances
- Tremors
- Anxiety
- Depression

Treatment works best when it is frequent and on-going. These treatments have a cumulative effect.

Avoid caffeinated, fizzy and energy drinks, cigarettes, heavy meals or being overly hungry before treatment. Please respect the people near you who may be enjoying the benefit of their treatment. This is a group experience. The practitioner has the right to terminate treatment if anyone disrupts the group in any way.

BENEFITS

- Reduced withdrawal symptoms
- Relaxation and a feeling of well-being
- Improved sleep patterns
- A 'clearer mind' which promotes receptive, rational thinking and therefore enhances the benefits of one to one support and group experiences
- Stimulation and strengthening of particular organ systems, especially the Kidney, Liver and Lungs

In addition Auricular Acupuncture also:

- Helps to reduce cravings for alcohol and other drugs
- Promotes recovery by stabilising both physical and emotional health bringing clarity and focus
- Effective for aftercare treatment and relapse prevention

Acupuncture is a silent therapy which encourages relaxation and wellbeing.

Group sessions

Limited places only on a first come basis.

Day: Wednesday **Time:** 11am – 12pm

Venue: Starfish Recovery Café, Lorreto Community Hall, Inveresk road, Musselburgh

INFORMATION FOR CLIENTS

Before:

- Consent for acupuncture **MUST** be read and signed before treatment begins
- Quietly enter the room
- No food and drink to be brought into the room
- Empty mouth of sweets, gum etc
- Clean the inside of both ears with a wipe provided
- Don't touch your ears after you have cleaned them
- Tell the acupuncturist each time if you are pregnant, have a history of a bleeding disorder, epilepsy or wear a pacemaker

During:

- Up to five sterile needles will be placed in each ear
- Sit comfortably and quietly for up to 45 minutes, your arms and legs uncrossed. Relax
- Do not walk around after the needles are in your ears. If the needles fall out they may not always be replaced. This is because the points in your ear have already been stimulated and may not need to be re-inserted
- Do not touch any needles but your own
- Practitioners will take out the needles and dispose of them

After:

- After treatment magnets may be placed over the ear points. These magnets will carry on stimulating the needle points after you leave the group. The acupuncture practitioner will advise you on how long to leave the magnets in for

