

Wandsworth Drug and Alcohol Services

April Bulletin 2021

Struggling to get out?

Why not join our walking group; if interested speak to your keyworker for further information.

For a relaxing walk and chat meeting at Battersea main gate on Tuesday from 11.00am

Battersea Walking Group



Bereavement Session

We will be delivering a bereavement training interactive session which covers the topic and

discussion of bereavement, loss and different forms of grief. The session will explore the concept of loss and the meaning of grief within a safe environment and develop an awareness of the impact of loss, grief and bereavement on self and others. Attendees will also have a chance to learn the language of grief and ideas about the possible meanings attributed to loss, grief and bereavement. The session will be held on 19/04/21 from 2.00pm to 3:30pm via GoogleHangouts. If you are interested, please ask your keyworker to contact the ETE team.

5 ways to wellbeing session lead by Melissa

Would you like to improve the way you manage your wellbeing? If so, we will be delivering an online workshop where clients will be offered a 2-hour session focusing on the '5 Ways to Wellbeing'. The session aims to support clients with tools to maintain the balance of being healthy, offering positive encouragement for daily routines. You will be supported by peers and staff developing ways to improve your wellbeing. If this seems of interest to you, please do not hesitate to contact the ETE team via your keyworker for more information.

New Needle and Syringe Exchange Finder

Please visit: <https://www.wearewithyou.org.uk/needle-syringe-services>

Stress Awareness Month

April 2021 marks this year's 'Stress Awareness Month', a time to increase public awareness of the causes and how to help combat stress in modern day life.

According to the Mental Health Foundation 74% of UK adults have had a moment where they've felt so stressed that they've been too overwhelmed or unable to cope with the situation.

65% of people in the UK said during COVID they have been more stressed than usual.

Stress is widespread and a feeling most of us will be familiar with- impacting on both our mental and physical health.

Learning the coping mechanisms and just being more aware of stress can certainly help an individual who is feeling overwhelmed by this emotion.

April 2021

The theme of this year's stress awareness is to complete the '30-day Challenge' this involves doing one action to promote your physical, mental and emotional wellbeing each day.

The aim of this is to help change our mindset and outlook on stress and helping individuals find ways to cope with their own stress and triggers.

For more information and tips on how to participate please visit: <https://www.stress.org.uk>

Calling all Service Users! **Happy Vaisakhi!**

Vaisakhi, also pronounced as Baisakhi is observed by Hindus and Sikhs. It marks the beginning of Hindu solar New year and is usually celebrated on 13 or 14 April every year and is a historical and religious festival in Hinduism and it is also a day to celebrate 1699 - the year when Sikhism was born as a collective faith. Many people celebrate Vaisakhi by dancing, singing, dressing in holiday finery, observing wrestling bouts and enjoying the many parades that take place at this time. Men dance the Bhangra and women dance the Gidda to celebrate this event.

Contact Martel Johnson on 07967 332 942 or email him at martel.johnson@slam.nhs.uk

Speak Up and become a service user representative

Why me... Why not you...

Service users have a voice and their views are critical to ensure that services meet the needs of its clients

Service user reps are fundamentally and having a meaningful non tokenistic say in how things are run

We are looking for clients to feedback on their services

Service user reps would be feeding back to an independent service user council which has been set up to support service user feedback (Good or Bad)

The only requirement is that you need to be using the service on a regular basis

