

Wandsworth Drug and Alcohol Services

November Bulletin 2020

New Lockdown Restrictions

To reassure everyone, current lockdown rules have not affected our immediate service provision. Our core sites remain open. We continue to offer remote phone/ online support where possible but also face to face options where necessary. Please keep any appointments you have already arranged with the service as they are, and if you have any concerns about your current treatment arrangements please discuss with your key worker.

Christmas Activities

With Christmas just around the corner, we are starting to plan this year's Christmas activities. Unfortunately, due to Covid-19 restrictions, we are unable to arrange activities in services. We do, however, have a number of ideas for some online Christmas fun, including online wreath making, online chocolate making and more! Watch this space... dates to be confirmed.

External Stakeholder Training

RWCAS are providing quarterly on-line training events that are tailored for our external partners. The morning session lasts two and half hours and covers a range of topics including fundamental drug and alcohol information and Naloxone training. The Service is using Microsoft Teams to deliver the training, though participants do not need to have any pre-installed software. Please contact the service if you would like to attend the training. The dates for the sessions are Monday 7th December and Monday 8th March from 9.30am – 12noon. Please contact MKing2@slam.nhs.uk

Covid Relief Fund

We Are With You have an emergency Covid Relief Fund to help people who use our services in Richmond and Wandsworth. This fund is part of money we've been awarded from the National Lottery Covid Fund. You can make a request via your keyworker to use the fund to buy things such as winter clothing, food parcels, etc.

How to access support

Telephone self-referral for assessment Battersea and Tooting
Mon, Tue, Thu, Fri 9am -11:30am

*WCDAS Battersea: St. John's Therapy Centre, 162 St John's Hill, SW11 1SW. Tel: 0208 812 4120. **Thursday women only until 1pm.***

*WCDAS Tooting: 1079 Garratt Lane, London, SW17 0LN.
Tel: 0203 228 8080. **Tuesday women only until 1pm.***

*Recovery Hub: Tel: 0207 501 2615
Day Programme: 0207 498 6149*

Workers linked to GP surgeries: Chatfield, Mayfield, Heathbridge, Battersea Fields, Putney Mead, Tudor Lodge, Bollingbrook, Lavender Hill, Danebury, Balham Park.

National Domestic Violence Helpline: 0808 2000 247

Want to Support Your Peers?

Training course for people who have lived experience of homelessness, drug or alcohol, mental health, probation and recovery services.

Every Thursday, from 29th October – 17th Dec 1.30 – 4pm

Training will be held on Google Meet. Join via video call or by dialling in (phone credit will be provided). I can support you with getting set up if you haven't used it before.

Getting to know the course, getting to know each other, Communicating with confidence, Assertiveness, Confidentiality, safeguarding & boundaries, How to manage a group, Practice your facilitation skills, Learn to run group and facilitate discussions, Build your skills and confidence

If you're interested in the course, please contact Emma Friend:
07834176623 / emma.friend@mungos.org

I met some amazing special people yesterday, they totally got me in every way,
It really is a special group and on WhatsApp they always keep you in the loop,
And they always help you when you're down to turn that frown upside down, and keep going when you're
low don't give up have another go, encouraging you every day to keep strong and stay connected because in
this group we are all protected,
Hells Belles I think they call themselves, everyone a beautiful soul helping you not to lose control,
Each one has their story to tell and they've all been through their private hell,
The Lockdown lovelies, the musketeers, with them beside you there are no fears
All for one and one for all,
We help each other when we fall,
I'm so blessed to be in this group, because I really would be in the soup,
So stay safe and keep strong, with Hell Belles you can't go wrong
(Submitted anonymously)

Alcohol Awareness Week

Alcohol awareness week is a public health campaign to get people thinking about alcohol use in the UK- this is an opportunity to think and talk openly about alcohol and its affects on our own lives and those around us.

Alcohol is a part of many of our lives and most of us will have noticed its effects. The harm caused by alcohol affects millions of people every day, putting individuals, families and society under increasing pressure.

Data from Alcohol Change UK show that more than 20 people each day die as a result of the harm caused by alcohol with 600,000 dependent drinkers in the UK.

This data also found that less than one in five of those individuals were currently in treatment.

Alcohol Awareness Week 2020 will take place from 16th-22nd November with the theme of 2020 being Alcohol and Mental Health. We are aware here at WRCDAS that this year has shown extraordinary change and uncertainty and we are keen to offer support to those who have used alcohol to cope when feeling low, anxious or worried. One in five (19%) who took part in a recent alcohol survey report an increase in their drinking during lockdown.

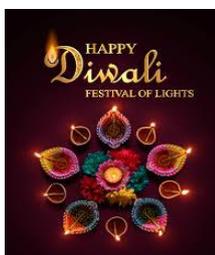
We also hope that we can use this as an opportunity to highlight the more serious mental health problems associated with heavy drinking. One in four people in the UK experience a mental health problem each year and many are often unsure about the link between alcohol and poor mental health.

We are aware that services are not functioning as usual however we have aimed to continue our work both at the core sites and in the community to support our service users and colleagues during this time.

So for this Alcohol Awareness Week we want to support one another to-

- Raise awareness of the links between alcohol & mental health
- Provide clear information and support for individuals keen to make changes to their drinking pattern
- Signpost to help and wider recovery which continues to run in our local community
- Challenge the shame and stigma around alcohol use and mental health and encouraging people to feel able to speak openly about this

Please speak to a key worker or a member of staff for further information.



Diwali, Divali, Deepavali is the Hindu festival of lights, usually lasting five days and celebrated during the Hindu Lunisolar month Kartika (between mid-October and mid-November). One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance".