

Wandsworth Drug and Alcohol Services September Bulletin 2021

The Blue Light Project- Training Event

Responding to high risk and dependent drinkers who are change resistant.

At any one time the majority of problem drinkers are not engaged in services, and of those who do engage approximately 50% will quickly drop out.

This course will help participants to work more effectively with change resistant drinkers.

By the end of the course participants will be able to:

- Identify change resistant clients who need to be targeted
- Understand the rationale for attempting to intervene with this client group
- Understand the range of techniques available for use with this group
- Formulate a realistic intervention plan for a change resistant drinker

The next session will be held via Teams on 12/10/2021 from 10.00am - 4.30pm. Please email

Vannesa.Samuels@slam.nhs.uk or

Corey.Hemmings@slam.nhs.uk to join the session.

How to access support

*Telephone self-referral for assessment at Battersea
Mon, Tue, Thu, Fri 9.00am -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.**

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 Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

Naloxone training opportunities in response to contaminated illicit opiates

RWCDAS are keen to raise awareness on an increased number of heroin drug overdoses, due to potentially contaminated drugs. Sadly, a number of these overdoses have been fatal and many involving hospital admission. As these incidents are in the local area and within a short period of time this has been made into a formal regional drug alert.

Drug services are able to issue staff, service users and associated professionals with Naloxone, this medication is used to attempt to reverse the effects of an opiate overdose.

With regard to this drug alert it's crucial to check with clients whether they have access to Naloxone, they are trained to use it and whether their Naloxone is in date- staff working with individuals who use opiates should also be encouraged to attend official Naloxone Training via RWCDAS.

General Criteria for Naloxone

- Any drug user at risk of using opiates/opioids
- Anyone who is in receipt of an opioid/opiate substitute prescription
- Anyone who is at risk of abusing illicit/licit opiates/opioids
- Anyone who is currently injecting drugs
- Anyone who could be in contact with an individual at risk of opiate overdose
- A carer, a friend, or a family member of a drug user at risk

- Please be aware that RWCDAS offer official Naloxone training to service users as well as external professionals/agencies
 - Naloxone medication will be made available to anyone who has completed official training
 - In house training and refreshers can be requested within the team or by service users

For more information please talk to a member of staff



Come along and join the fun in Celebrating Recovery Month throughout September.

Together We Are Stronger

Day/Date	Event	Time	Venue
Every Tues & Weds Every Tues & Fri	Richmond Allotment Taster Sessions Richmond Allotment	11am – 2pm 12:30pm-2:30pm	Allotment, Shacklegate Lane, Teddington, TW11 8UJ
Every Tuesday	Wandsworth Walking Group	11am - 12noon	meet at the Rosary Gate at 11am
Friday 3 rd Sept	RECOVERY MONTH SUMMER EVENT SUNSHINE OLYMPICS	11am - 4pm	Wix Lane, 117 Cedars Road
Saturday 6 th Sept	Richmond Allotment Group Open Day	11am – 3pm	Allotment, Shacklegate Lane, Teddington, TW11 8UJ
Thursday 9 th Sept	Yoga	2pm - 3pm	Wix Lane, 117 Cedars Road
Saturday 13 th , 20 th and 27 th Sep	Open Groups	10.30am – 2pm	Wix Lane, 117 Cedars Road
Wednesday 15 th Sept	Victoria and Albert Museum Outing	10.30am meet	Please speak to your keyworker
Friday 17 th Sept	Sound Healing	12noon – 1pm	Wix Lane, 117 Cedars Road
Monday 20 th Sept	Art Session	11am – 1pm	Wix Lane, 117 Cedars Road
Wednesday 22 nd Sept	Kew Garden Visit	10.45am meet	Please speak to your keyworker
Tuesday 28 th Sept	Chocolate making and Tie Dye	12pm - 2pm	Wix Lane, 117 Cedars Road
Wednesday 29 th Sept	Richmond Rounder's Clients & Staff	5pm - 7pm	Marble Hill Park, Richmond Road, Twickenham, TW1 2NL
Thursday 30 th Sept	Online Quiz	1pm - 3pm	Online
TBC	Football Match	TBC	TBC

Women's Health Survey

RWCDAS are exploring how we best support Women's Health and Wellbeing across both boroughs. As part of these we would encourage all women to take part in this survey so we can tailor our support accordingly.

The survey can be accessed via the following link until Thursday, 30th September 2021.

<https://www.surveymonkey.co.uk/r/womenhealth>

Sexual and Reproductive Health Awareness Week 2021

September 13th-19th 2021

September welcomes Sexual Health Awareness Week 2021 the National theme of this year's event is 'youth and consent'- this being among many important factors to consider when addressing sexual health.

RWCDAS in collaboration with Falcon Road Sexual Health Service continue to facilitate access to confidential, postal sexual health kits- The kits offer a full sexual health screen which includes blood for HIV, Syphilis and in some cases Hepatitis B and or C, urine or vaginal swab and or throat and rectal testing for chlamydia and gonorrhoea testing.

These kits are available for all service users residing in the boroughs of Wandsworth & Richmond and staff are available to support in test completion, if required.

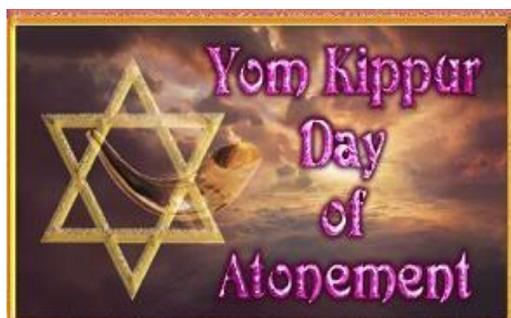
The resources below share a weekly programme of the event and access to online workshops- focusing on consent, myths and promotion of health and wellbeing.

For more information on testing please speak to a member of staff.

For access to online event, please see *Options for Sexual Health*:

<https://www.optionsforsexualhealth.org/srh-awareness-week/>

Yom Kippur - Day of Atonement



Yom Kippur, also known as the Day of Atonement, is the holiest day of the year in Judaism and observed on Thursday, September 16th, 2021. Its central themes are atonement and repentance. Jews traditionally observe this holy day with a day-long fast and intensive prayer, often spending most of the day in synagogue services. "G'mar chatima tova" is the customary greeting on Yom Kippur. In English, it means "May you be sealed in the Book of Life."