

## Richmond Community Drug and Alcohol Services

April Bulletin 2022

### New Website!

[www.rcdas.co.uk](http://www.rcdas.co.uk)

The RCDAS website is now live! It's in an early phase so over the coming weeks will be further updated, so please bear with us. Over time the site should remain up to date with what's on offer and how to access support:

#### Richmond & Wandsworth Community Drug & Alcohol Service Community Naloxone Training

Naloxone is a life-saving medication used to reverse opiate overdose. It's available without prescription to those at risk of overdosing or witnessing an overdose.

RWCDAS are keen to offer our community partners comprehensive injectable and nasal spray Naloxone training. It is also important to note that service users have had less face to face contact with services during the pandemic so our professional understanding and recommendation is that clients could be at increased of opiate overdose.

Clients at risk of opiate overdose should have access to their own Naloxone and be engaging with drug and alcohol services. However, we are keen to train staff potentially working with clients who use licit/illicit opiates so that they are prepared and trained to manage an opiate overdose.

#### General Criteria for Naloxone

Any drug user you suspect could be at risk  
Anyone who is in receipt of an OST prescription from us (they do not need to be using illicit drugs)  
Anyone who you feel is at risk of abusing illicit/licit opiates/opioids  
Anyone who is currently IVDU  
Anyone who could be in contact with an individual at risk of opiate OD  
Anyone who you have uncertainty about their current drug use and suspect opiates could be used  
A carer, a friend, or a family member of a drug user at risk

Upon completion of this training, attendees will be issued their own nasal naloxone spray to be used in the event of a suspected opiate overdose.

This training also aims to focus on signs and symptoms of an opiate overdose and our professional understanding of the contributing factors.

For more information please contact: [katy.eldon@slam.nhs.uk](mailto:katy.eldon@slam.nhs.uk)

### How to access support

*Telephone self-referral for assessment*  
Mon, Tue, Thu, Fri 9.00am -11:30am

*Opening times:* 9am - 4.30pm Mon, Tue, Thurs, Fri; Wed 1.30pm-4.30pm (closed am for staff training).

**Tuesday women only until 1pm.**

*Address:* Unit 2 Ilex House, 94 Holly Road, TW1 4HF  
*Tel:* 020 3228 3020

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

*Website:* <https://www.rcdas.co.uk>

*National Domestic Abuse Helpline:* 0808 2000 247

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

*'Making Every Contact Count'<sup>1</sup> - Signposting to Better Health and Wellbeing - [www.mecclink.co.uk](http://www.mecclink.co.uk)*

<https://richmond.drinkchecker.org.uk/>  
**Richmond Drink Checker**



# T.B BUS

Tuesday 12 th April



at the Vineyard 10:00 - 12:00 am , £5.00 Voucher

**Service Users! Please come to be tested for TB and receive a £5 voucher for your time!**



**UKRAINE:** RCDAS can work with refugees new to the area if they are temporarily resident in the borough of Richmond and in need of support with drug or alcohol issues. We are gathering information resources in Ukrainian and have access to translators as part of our treatment offer.

### **External Stakeholder Training**

WCDAS 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 next dates are 9<sup>th</sup> May, 8<sup>th</sup> August and 7<sup>th</sup> November from 9.30am – 12noon. Please contact [MKing2@slam.nhs.uk](mailto:MKing2@slam.nhs.uk)

## FOOTBALL AND FUN:



1307427105

Do you want to be able to better manage your mental well-being, get active, increase your support networks and connection, and have fun whilst doing this?

CDARS is starting local Football Session's in the Community for all those who may be socially isolated, need additional support and want to get fit in the process.

The first session will be on Monday 25th April 2022 from 1pm-2pm at the Rocks Lane Multi Sports Centre, Rocks Lane (Opposite Ranelagh Avenue), Barnes, London SW13 0BY

If you are interested and wish to attend, **please text Tim on 07398 591227.**

Travel costs and refreshments will be provided with the hope of full side 11-a-side matches in the future.

***"If you want something you've never had, you must be willing to do something you've never done."***  
Text and Sign up today!

*\*Happy Vaisakhi! Celebrating the Hindu and Sikh new year and spring harvest festival\**

*\*Happy Easter!\**

## I Am

A poem by a service user

I am the one thing that made you laugh  
You fell down in hysterics to your calves  
I made you feel confident, I made you smile  
I made you feel you could run a mile  
We become closer, just like friends  
Inseparable now I'm attached to the end  
I was so happy to make you feel so great  
Extremely happy to be your new mate  
Now look at us, it started slow  
But you're attached and I won't let you go  
We danced, raved, always played  
It was once a weekend, now it's every day  
But look at you now you're no fun  
You're a mess but still my number one  
For now I control your thoughts inside  
I am the best first part of a lie  
I made you believe you could be free  
And never again feel gritty  
But here I am watching you now  
You've lost everything, you always fail  
You will never let me go  
I hold the power, you have nothing to show  
Lost your children, money and food  
Personality destroyed becoming irritable and rude  
See, look who will be there for you  
Nobody, only me, I'm the only thing to get you through  
I can help you night and day  
What more can I say?  
We started as a bit of fun  
You didn't realise what was to come  
You couldn't see what I could do  
Oh you wouldn't be here now if you knew  
My name's Cocaine and I've got the power  
To ruin your life, for you to never flower  
I would love to carry on destroying you  
You're so weak- crack on with what you do  
I know every day or night I'll be back  
I will never cut you- weak people slack  
Unless you have the strength of the Earth  
Here I am to give you your curse  
Just remember you could've said no  
Now look, you're an addict so.

Written by Kelly