

Richmond Community Drug and Alcohol Services

May Bulletin 2022

Eid Mubarak!

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 9th May, 8th August and 7th November from 9.30am – 12noon. Please contact MKing2@slam.nhs.uk

Level 2 Accredited Drug and Alcohol Awareness Training

On 26th and 27th May, we will be delivering a Level 2 Accredited Drug and Alcohol Awareness Training for clients. The course will be held at the Wellbeing Centre, Cedars Road, Clapham and will run from 10am to 4pm on both days. Lunch will be provided. On the second day, learners will complete a 45 min test which will enable them to get a certificate. The course provides a great opportunity to develop a better understanding of the reasons why people use drugs and of the impact that substance abuse has on physical and mental wellbeing. It also looks at tools commonly used by professionals in this field such as risk assessing, motivational interviewing and the cycle of change and thus provides useful knowledge for anyone looking to work in the field. **If you would like to attend, please speak to your key worker at RWCADS or call 07702 561432 to find out more.**

The Allotment

We are open to all, not only for the enjoyment of growing Vegetables, herbs and flowers, but very importantly the company of others, working together, and supporting each other, having the odd party. We even have music sessions and quizzes. Of course under the watchful eye of Moriarty our scarecrow in charge of allotment security! Ask your key worker if you'd like to visit!

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' - Signposting to Better Health and Wellbeing - www.mecclink.co.uk

<https://richmond.drinkchecker.org.uk/>
[Richmond Drink Checker](#)

Views From The Allotment!



Psychology For Change Course- June 2022

For over 6 years, we have been successfully working in partnership with Foundation for Change to enable individuals with experience of addiction to drugs or alcohol to change their lives through education. Foundation for Change works with people at the latter stages of their treatment journeys and bridges the gap between people leaving treatment services and being engaged with society. Their work compliments and builds on the positive steps forward people have made in treatment and continues this momentum, supporting those they work with to begin making the shift from being a service-user to simply a person. They do this through their accessible and stimulating educational courses in which people can explore different theories and ideas drawn from psychology, philosophy, sociology and more. This understanding, hearing others share their experiences, and having the space to apply what they learn to themselves, helps them develop more accurate and compassionate understandings of their life experiences. The process helps remove the shame and stigma that tends to keep people feeling 'othered' and separate and supports people to feel more able to build better futures for themselves and their families. There are now some spaces available on their flagship course, 'Psychology for Change' starting on 21st June. The course will run on Tuesdays and Thursdays for 8 weeks and will be an in-person course. **Please reach out to your key worker if you would like to find out more about their learning opportunities and application process.**

Sound Healing and Auricular Acupuncture Session

On Thursday 9th June, we will be holding a Sound Healing and Auricular Acupuncture session at the Wellbeing Centre, 117 Cedars Road from 11am to 3 pm. This is a perfect opportunity if you are looking for a peaceful space to relax and feel grounded. Sound Healing involves using Tibetan Singing Bowls to create sound vibrations that evoke calmness. Auricular Acupuncture works by placing needles or magnets in your ears on points that connect to your body's organs and nervous system, lowering your cortisol level and producing endorphins. The sessions can be attended by anyone who has an interest in learning new skills to help promote better self-care and relaxation techniques which they can take forward within their personal recovery. You are welcome to attend one session or both. Lunch will be provided from 1 pm -2 pm. Please reach out to your key worker to book your space.

Mental Health Awareness Week

When? 9-15th May 2022

This year's theme: **'Loneliness'**

In light of the pandemic this year's theme is key to encouraging us to build meaningful and positive connections to those around us both personally, professionally and within our own community.



It's important to remember that loneliness can affect anyone at any point of their life and this can be both the driver and the product of poor mental health.

For those experiencing loneliness, it can pose as an incredible barrier for making and seeking connection and this has been exacerbated for all throughout the pandemic:

- Less access to loved ones
- Less access to services
- Society ever more dependent on technology

Mental Health.org have summarised some key points to consider throughout Mental Health Awareness week, considering how we can all combat loneliness:

- Raise awareness of the links between poor mental health and loneliness
- Consider the impact of loneliness on our own lifestyle
- Provide safe and welcoming spaces to talk and support each other
- Upskill people to use technology and keep in touch with loved ones
- Create an army of volunteers to support lonely people
- Recognising that reducing loneliness is a major step towards a mentally healthy society

RWCDAS are keen to capture this event within the 5 ways to wellbeing:

1. Connect

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.

- Prioritise the personal and professional connections in your life
- Consider the effectiveness of your contact with RWCDAS, is there scope to develop this?
- Talk to someone instead of sending an email
- Can you improve your own recovery capital to be more connective?

2. Be active

Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Exercise is essential for slowing age-related cognitive decline and for promoting well-being

- RWCDAS Football Sessions for clients, commencing April 2022
- RWCDAS have a peer led walking group aiming to promote health and wellbeing of attendees
-

3. Take notice

Reminding yourself to 'take notice' can strengthen and broaden awareness.

- Take time to consider your own actions and be aware of how this may impact others
- Be mindful of your treatment experience and consider ways this may be developed
- Consider what is and what is not working for you by means of mindfulness and reflective practise

4. Learn

- Consider the impact of learning new skills and benefiting from another person's perspective
- Consider developing your own 'Recovery Capital' – mutual aid, group work, activity etc
- Consider Employment, Training and Education skills with specialist staff at RWCDAS

5. Give

- Consider how your own experiences may benefit someone else
- Consider the importance of volunteering and peer work
- Give back by engaging in meaningful activity- feedback from our allotment project has been significant in regard to promoting health and wellbeing through the means of a collaborative and ongoing responsible activity.

**For any further information on any of the above please speak to a RWCDAS member of staff or visit:
<https://www.mind.org.uk>**