

Richmond Community Drug and Alcohol Services

June Bulletin 2022

PTSD Awareness Day June 27th

Post-Traumatic Stress Disorder (PTSD) is an anxiety disorder caused by very stressful, frightening or distressing events. Symptoms can include:

- **Reliving the traumatic event through nightmares and flashbacks**
- **Feelings of guilt, isolation, irritability**
- **Problems with sleep and concentration**

These symptoms are usually severe and persistent enough to impact on the person's day-to day life. They can occur immediately after the traumatic event, or weeks, months or years later. Approximately 1 in 3 people who have a traumatic experience go on to develop PTSD.

Treatment

This can include monitoring, anti-depressant prescribing, psychological therapies including CBT and EMDR. If you have concerns about PTSD symptoms you can talk to your GP or key worker for sign-posting. RWCDAS' psychology team can speak with your key worker and offer input to your case, sometimes including assessment and treatment, or liaison with other appropriate services regarding your case.

For more information visit: <https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/>

[Post-traumatic stress disorder \(PTSD\) - NHS \(www.nhs.uk\)](https://www.nhs.uk/mental-health/conditions/post-traumatic-stress-disorder-ptsd/)

Military Veterans Support

CDARS offer support to ex-military veterans through our Veteran's Service which includes one to one support for all recovery, housing, financial and well-being needs for veterans. There is also a weekly Veterans Breakfast open to RWCDAS service users. The programme is also designed to support the families and carers of veteran.

For more information: <https://www.cdars.org.uk/ex-military-veterans-support>

[Ex-Military Veterans Support | CDARS](https://www.cdars.org.uk/ex-military-veterans-support)

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](https://richmond.drinkchecker.org.uk/)



VETERANS'

FAMILY

COMMUNITY

HUB

REFRESHMENTS, ADVICE,
ACTIVITIES FOR THE
FAMILY & SPACE TO
TALK TOGETHER

**EVERY 3RD
MONDAY IN
THE MONTH**

Our Community hub aims to offer support to Veterans, their families and carers in accessing the support they need to improve their wellbeing, resilience and wider needs in the community.

CONTACT ALICIA FOR FURTHER DETAILS 07375886383
ALICIA.GRADON@CDARS.ORG.UK

NEXT MEETING 2PM - 4.30PM

MONDAY
20 TH
JUNE 2022

MORDEN PARISH HALL
CENTRAL ROAD, LONDON,
SM4 5SR

www.cdars.org.uk

ARMED FORCES
COVENANT
FUND TRUST



WARNING

Drug Alert: Isotonitazene, a synthetic opioid has been found in heroin supplies in local area.

This follows a similar drug alert in August 2021 where sadly RWCDAS saw a sudden increase in accidental overdoses, misadventure, and fatality

Isotonitazene is similar to other opioid analgesics such as morphine and fentanyl, however evidence suggests this substance is more potent and less controlled

Isotonitazene is a benzimidazole compound known to treat nematode and trematode infection (Roundworm and threadworms) in domestic animals

Acute effects of this include sedation, bradycardia (slowing of the heart), hypothermia (dangerously low body temperature) and respiratory depression (slowing down of breathing)

This substance is known for causing serious threat to life from respiratory depression. Left untreated, this can lead to respiratory arrest and death



Highly likely to increase dependence potential, like other opioid analgesics and in turn risks associated

Important to be mindful that you may expose yourself to this risk when purchasing illicit opioids- consider your source, route of ingestion as well as your tolerance and consumption- RWCDAS recommend trying smaller amounts in the first instance

Staff and clients MUST prioritise access to Naloxone and be trained how to recognise and respond to a suspected opioid overdose

Naloxone is available from RWCDAS in the form of a Nasal Spray (Nyxoid) and IM Injection (Prenoxad)

Anyone at risk of using opioids or at risk of knowing someone who uses opioids, prescribed and/or illicit should have access to Naloxone.

For more information and advice on how to minimise harm if using illicit opioids, please speak to a member of staff.



It's time to talk about Smear Tests!
Cervical Screening Awareness Week June 20-26

Cervical Screening is often known as a 'Smear Test'. Cervical screening helps prevent cervical cancer and currently in England prevents 70% of cervical cancer deaths. If everyone attended this number could be increased to 83%. In England, around 2,600 are diagnosed with cervical cancer and 690 die from it each year. (PHE, 2021)

Who should be screened?

Cervical screening is for women and people with a cervix. Screening is offered every 3 years to individuals aged 25-49 and every 5 years to those aged 50-64. This is because most cervical cancers develop between these ages.

You should consider having screening regardless of your sexual orientation, sexual history, or whether you have had the human papillomavirus (HPV) vaccination.

HPV Virus

Nearly all cervical cancers are caused by a virus called human papillomavirus (HPV). HPV is very common and is spread through close skin to skin contact during any type of sexual activity. HPV often does not cause any symptoms and can stay in the body for many years. In most cases a person's immune system will get rid of the virus however sadly in other cases this HPV can lead to abnormal cell growth which can develop into cancer.

Having cervical screening lowers your chances of getting cervical cancer. Screening finds abnormal cells, so they can be removed before they become cancer.

Myths

I'm too young to get cancer -25-29 year olds are the least likely to attend routine smear tests yet most likely to have an abnormality detected with 63% pre-cancers being found in this age group

I'm terrified I'll find out I've got cancer - I'd rather not know -Screening aims to pick up cancers at an early stage when they are more treatable- cervical screening also picks up pre-cancerous changes so it actually works to prevent you getting cancer at all.

It's too embarrassing -It's important to remember that your Nurse or Dr will have most likely performed hundreds or possible thousands of smears. If you feel more comfortable with a female smear-taker this is often a common request and can usually be arranged. The procedure is over in minutes and feel empowered to let your smear-taker know if you want them to tell you what they're doing at every step – if this makes you feel more comfortable.

It hurts! -Your smear should not be painful. If you're anxious, it can make you tense up more: let your smear taker know if you're feeling a bit nervous, and they will stop immediately if you're uncomfortable. Smears are often more uncomfortable after the menopause, when vaginal dryness becomes an issue. Give your GP a ring a few weeks before you attend to discuss this.

If I develop signs of cancer, I can always go then -Often at this stage treatment is likely to be much more extensive- having regular smears aims to combat this at the early stages.

If you do develop bleeding between periods or after the menopause, or before or during sex, prioritise to see your GP.

For more information, please speak to a member of staff today or visit the following sites for more information and first-hand experiences: <https://www.jostrust.org.uk/get-involved/campaign/cervical-screening-awareness-week>

<https://www.gov.uk/government/publications/cervical-screening-description-in-brief/cervical-screening-helping-you-decide->