

**barod**

# **ANNUAL REPORT 2021 - 2022**

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Welcome to our 2021 annual report. I didn't think that I had any more words to explain the extraordinary couple of years we have experienced. Yet there was more to come, a pandemic that mutated and wrongfooted us at every stage, a war in Ukraine and a cost-of-living crisis that threatens each and every one of us. However, despite the uncertain and volatile times that we are living through Barod continues to thrive and grow, helping individuals' families and communities across Wales.

This has been a busy year at Barod, in November we were recommissioned to deliver GDAS contract with our partners Kaleidoscope and G4S, in December we were awarded the contract to deliver substance use services in Bridgend, and in March, as part of the CAVDAS Alliance, with partners Kaleidoscope and Recovery Cymru we were awarded the contract to deliver services in Cardiff and Vale. Continuing to deliver our contracts and winning new ones takes a real commitment to consistent excellence and quality in our services.

**We also continued in the Barod tradition of developing an innovative and unique service offer in Wales. Our Spike on a Bike and Naloxone Click and Deliver are perfect examples of getting harm reduction to all our communities, you will read about many more in this report.**

We also want to challenge society's perception of people who use drugs and alcohol, we have had a number of campaigns that challenge stigma directly or indirectly. This is so important as our laws and policies can prevent people accessing support. No one should die as a result of stigma.

We have not been immune to recruitment crisis in social care, it is our very top priority to explore all options to attract and retain staff with the right values, attributes and skills to ensure we can continue to deliver outstanding services.

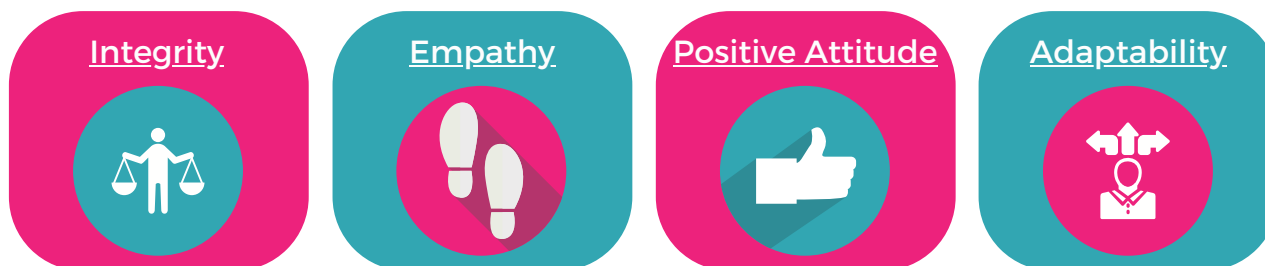
**In the coming year Barod will reach a huge milestone, we will be celebrating our 50th Birthday, established in Cardiff in 1972, it seems fitting that we will be back delivering services in our capital city.**

I just want to thank all our staff, past and present for all their hard work in a challenging environment. Without you we could not support the people who use our service to make positive changes in their lives.

Any finally to all the people who have used or are using our services, your achievements, big or small inspire us every day.

**Caroline Phipps, Barod CEO**

Everything at Barod starts from our values. They underpin our behaviours and our actions. They form the cornerstone of the organisation and the fabric of our culture.



## People Who Use Our Service

The primary purpose of Barod is to support people who use substances to reduce harm and maximise resilience. We want to ensure people who use our services are offered individual tailored support to meet their needs.

Barod believes that everyone is unique and equal, and are given the opportunity and support to make a difference in their lives and those of their loved ones. Barod commits to continue to be curious to innovative service development and design. We are always prepared to seek out and explore new ways of working based on harm reduction principles and facilitate a human rights-based approach to people who use drugs and alcohol.

## People who work for Barod

As part of the lessons learned from the Covid-19 pandemic, we recognise the need to develop more flexible and agile working practices for our staff. This will allow people to maintain and stronger work/life balance and be more adaptable to the needs of people who use our service. We also recognise that we need to continue to invest in our staff offering a diverse range of learning opportunities both in person and on-line.

We listen to and work with colleagues across the organisation, communicating clearly and appropriately and offering a range of ways to have their voice heard. This allows for challenge, growth and continuous improvement to our services and as employers.

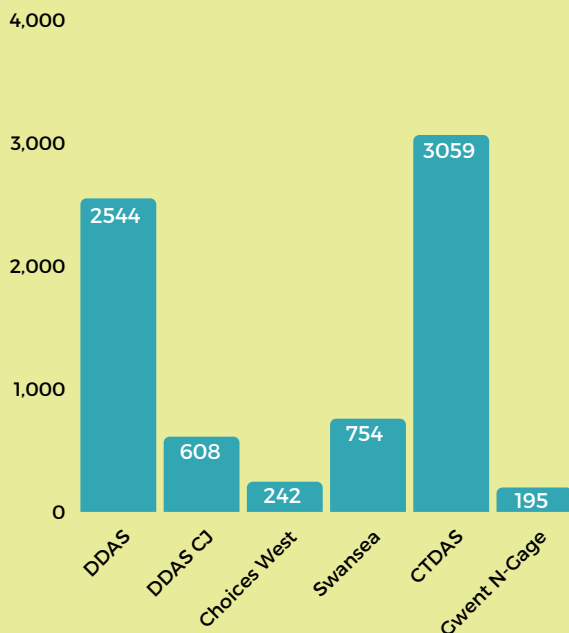
## People who volunteer for Barod.

Volunteering at Barod is a learning experience of working in the substance use sector. Volunteers are offered full training and support packages to enable them to get the best out of their volunteering experience. For Barod, volunteers provide extra capacity to reach more people and bring ideas and experience to help improve our services. We particularly welcome volunteers with lived experience, people who have used services or supported someone using services, as they can bring unique and valued insight.

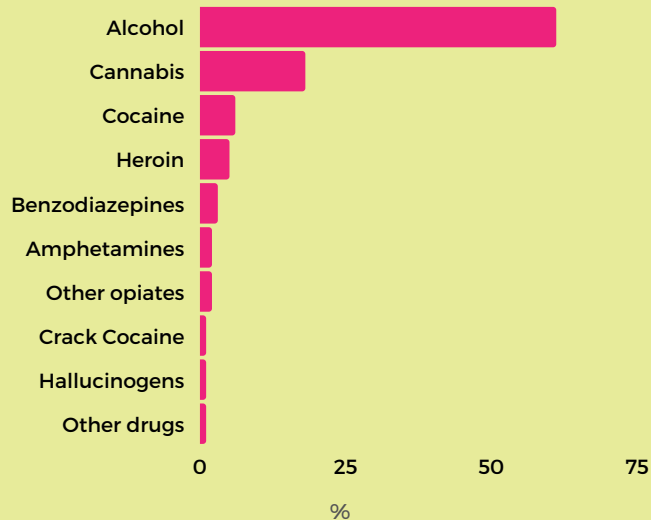


# Key data from 2021 - 22

## Total referrals: 7,402

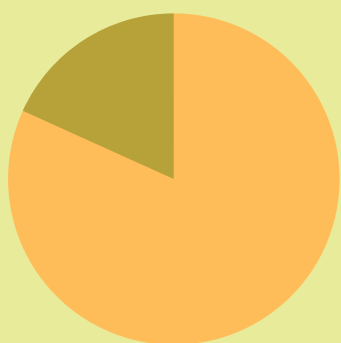


## Top 10 primary substances



## Naloxone & Dry Blood Spot Tests

Dry Blood Spot tests completed -  
**344**



Naloxone kits dispensed - 1,542

*Excluding GDAS figures*

## Gender



**Male - 59.82%**

**Female - 39.88%**

**Non-binary - 0.15%**

**Male (identifies as Female) - 0.08%**

**Female (identifies as Male) - 0.08%**

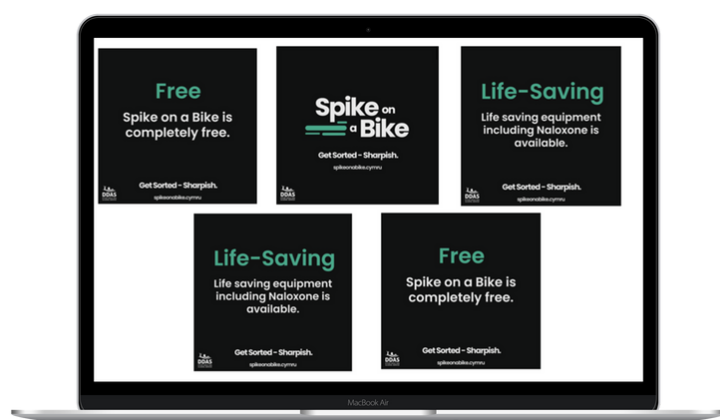
# Dyfed Drug and Alcohol Service (DDAS)

Spike on a Bike was launched on the 16th of March 2022. Spike on a Bike is a new service. The aim is to deliver harm reduction services straight to people's doors on motorbikes! It is a free, fast and life-saving service. The service is operating across all of Dyfed's counties: Carmarthenshire, Pembrokeshire and Ceredigion.



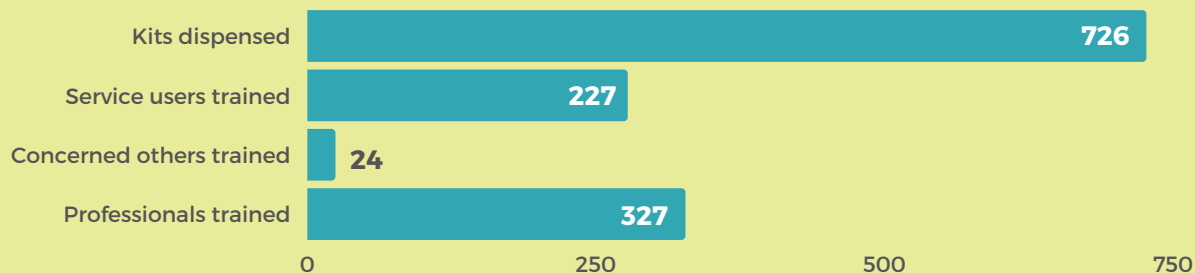
The aim is to make DDAS even more accessible to those who face barriers in getting the services they require, even more so since the coronavirus pandemic with this innovative outreach approach. We understand that accessing a needle exchange or a substance misuse service office is not always easy for people, this can be because of stigma, fears of contracting COVID-19, problems with mobility, mental or physical health restrictions as well as poor public transport in rural locations.

Spike on a Bike offers a needle exchange service, blood borne virus testing, naloxone training and dispensing, overdose prevention advice, responsive community discarded drug paraphernalia collection, collection of used sharps, safer injecting and harm reduction advice as well as the delivery of Foodbank vouchers. Our Spike on a Bike riders are discreet and highly trained substance misuse workers.



Throughout the month of March we posted the imagery to the left, on social media to publicize the service. The [Spike on a Bike](#) webpage is live and service users and professionals have been accessing the webpage.

## Data Alert - Naloxone





## It's in Our Blood

We joined forces with our commissioners and Hywel Dda Health Board to raise awareness about Blood Borne Viruses. We were grateful to get some additional funding to get some professional graphics made for the campaign. The areas had several areas of focus including defining what they are, how they are transmitted, dispelling unhelpful myths, how to get tested and the various treatment options on offer.



The campaign was delivered from the final week in June throughout July spanning 5 weeks. This was a social media campaign across Facebook, Twitter, Instagram and Tik Tok. Some of our content was also shared on the HDHB Facebook page. We also launched a website called the “Dyfed DBST Hub” where service users and members of the public could access all content shared during the campaign and book a dried blood spot test via DDAS.

**Dry Blood Spot testing grew by 100% in July compared to the previous months of May and June 2021.**

We also saw service users reaching out to us via Facebook messenger to arrange DBSTs. Our videos reached over 48,000 people and the number of people who saw our posts were raised by 17,500 compared to the previous month. We also gained new followers across all our social media platforms.

[itsinourblood.co.uk](https://itsinourblood.co.uk)



### Mike Parry Art Award 2021

Carmarthenshire service users have gotten together to put together a group entry for the art competition. It is based on sand art with clear messages of recovery.

**The theme was freedom, the concept was to create a large butterfly in the sand at Llanelli North Dock beach.**

That butterfly incorporated pebbles into the design which had been decorated with messages that represented freedom to our service users.

### Data Alert - DBST

A total of 202 Dry Blood Spot Tests were completed.

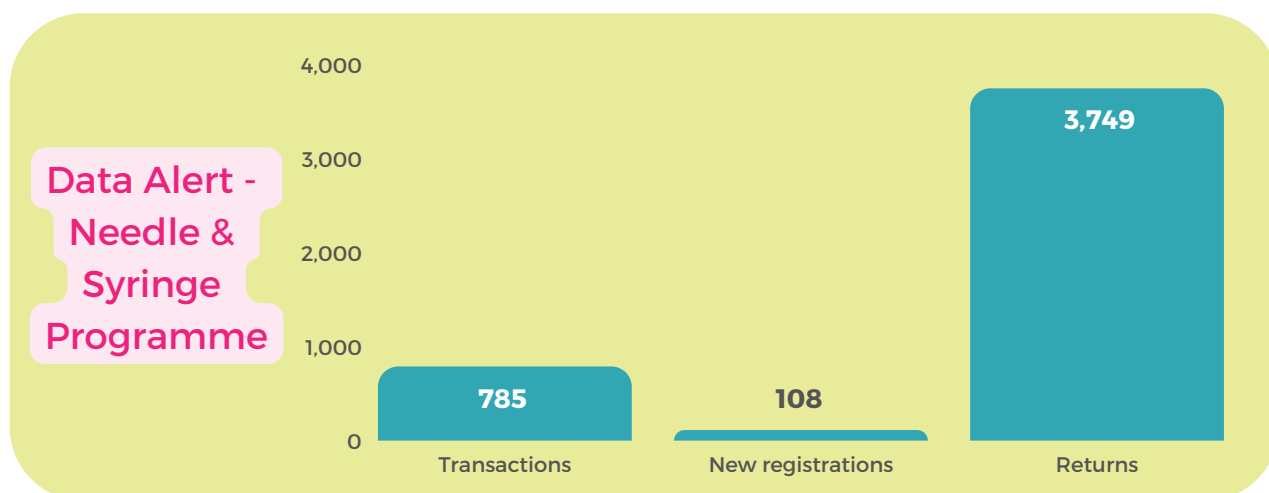
## Radio Aberystwyth



DDAS attended a live radio interview where we joined in on debates on the current community concerns, COVID-19 Recovery planning and how lockdowns have affected substance misuse service users accessing/missing support and how services were meeting the new needs of service users in a digital world. Our referral information was shared widely across the region.

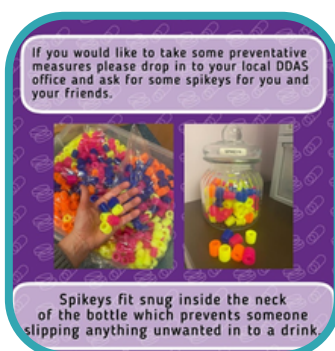
## Food Bank Christmas Collection

Across DDAS, Choices and Cyfle Cymru, we placed boxes in our office bases asking staff to contribute what they could in terms of goods that local foodbanks would have found useful over the Christmas period. We were able to make donations across all our geographical areas and were able to deliver Christmas good bags to service users in need this Christmas too.



## Response to spiking incidents in Dyfed

On our social media – we posted the following infographics about spiking. DDAS were recognised in the Drugs Threat Group for the “anti-fear and hysteria spreading, factual, balanced and best practice advice and information delivered across social media” with these posts.





Throughout the year, Choices West continued to promote its services as well as harm reduction via events and social media. Choices also developed some key partnerships and interventions to better support young people.



## Outreach and Multiagency working - Ceredigion

Ceredigion Multi Agency Working Group (MAWG) has been set up as a response to concerns of substance use increase in Ceredigion. Two collaborative outreach teams, in partnership with Dyfed Drug and Alcohol Service (DDAS) Domestic Abuse Services (DAS) were subsequently set up. The purpose is to have discussions with potential service users, offer naloxone training, and collaborate with the successful DDAS 'Spike on a Bike campaign.' Workers will have emergency kits on hand, promote the service, get a picture of improvements that could be made to identified areas/ hotspots and report this and perceived risk level back to the MAWG group monthly to prioritise resources and attention.

## Big Retreat Festival

On 3rd June 2022 Choices staff engaged with 35 young people and concerned others in the 'Mind Space' at the Big Retreat wellbeing festival in Lawrenny.

Choices provided harm reduction information surrounding the adolescent brain and substance use, mental health, and neurodiversity.

Activities were offered to young festival goers to simulate the debilitating effects that alcohol has on the senses by challenging them to undertake a route through cones while wearing beer goggles.

Many harm reduction conversations took place from included: the dangers of making own bongs; CBD and THC levels in current cannabis strains, mental health effects from cannabis consumption and alcohol harm reduction. Spikey's (anti spiking devices) were also given out to young festival goers.



## Bro Myrddyn School educational sessions

Ysgol Bro Myrddyn, a school which has proven hard to deliver sessions for in the past due to requiring sessions through the medium of Welsh reached out to Choices West following concerns about some pupils in the 6th form who were experimenting with different substances, predominantly vaping. On this occasion, However due to new staff fluent in Welsh, Choices were able to facilitate a session, presented via Microsoft Teams to all 6th form pupils, aged 17-18 years. The session covered various topics from different categories of drugs, the effects and risks of smoking cigarettes and vaping, and harm reduction advice, including that associated to Covid-19. As a result of this success, Choices West were asked back to facilitate cannabis sessions to the school's year 9 classes. Following the session, the head of 6th form emailed the Choices West team to say:

**“Just a quick note to thank you for the talk with Yr12 this morning. We very much appreciate the information, facts, and advice. We are especially grateful that it’s Welsh too – thank you.”**

## Referral pathways

Choices has been working closely with the Smoking Cessation team to develop a referral pathway.

**Choices has received multiple referrals from schools, professionals and parents and carers for individuals using nicotine and vapes.**

These referrals would have been better suited within the Smoking Cessation team as it is within their remit to complete this work. Any individuals reporting use of illicit substances will be referred to Choices. Choices and the Smoking Cessation team have provided this referral pathway to professionals and education providers.

### Data Alert - Naloxone





## Sesh Den

Choices staff identified a need for more interactive sessions following on from a 1:1 with a neurodivergent young person who was struggling to retain information. Choices staff introduced the 'Sesh Den.' This is used to replicate 'The Sesh,' where young people will be invited into a room with different scenarios they may encounter whilst using substances.



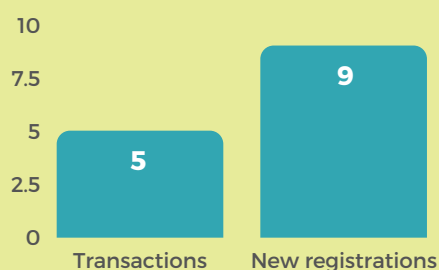
The Sesh Den was piloted in a Ceredigion youth club and included a group of five young people from local schools. The initiative concentrated on Cannabis, MDMA and Alcohol, substances which had been identified as concerns for that group of young people. The young people were asked to respond with harm reduction advice and safety information to different scenarios.

## Vaping campaign



Choices and the Smoking Cessation team have worked together to develop a poster and booklet to highlight the risks around Vaping and nicotine use. The poster will be distributed to local services, schools, and professionals. The poster includes a QR code which when clicked will lead to a booklet with information on vaping and nicotine use.

## Data Alert - Needle & Syringe Programme



# Supporting People

Barod's Floating support team is a team consisting of two part time Floating Support workers, one full time Floating support worker, one Kickstart administrator and a Senior worker who are managed by Barod Resilient Families Manager.



The teamwork across Ceredigion but also have a small remit to work on the boundaries of both Pembrokeshire and Ceredigion supporting those clients who have/had issues regarding substance misuse and tenancy related issues. Barod have offices in both Cardigan and Aberystwyth and workers base themselves in each office accordingly and travel around the county to meet service user needs..

**There have been 139 referrals to the project this financial year compared with 130 referrals last financial year.**

This slight increase in referrals is in line with the easing of Covid-19 restrictions across the area and services re-opening to customers. With an increase in funding, we have been able to increase the size of our team so there will be more opportunity to promote the service, start group activities and increase referrals.

The service has been successful in helping those that access Floating Support in claiming a range of financial benefits services including grants, state benefits, housing related costs and bus passes to the equivalent of £65,212.41.

Floating support provides an array of services in helping people with various issues from: housing people who are homeless; Discretionary Housing Payments; Discretionary Assistance fund for white goods and furniture: Discretionary Assistance Fund for emergency payment and Discount schemes for utility bills, among others.

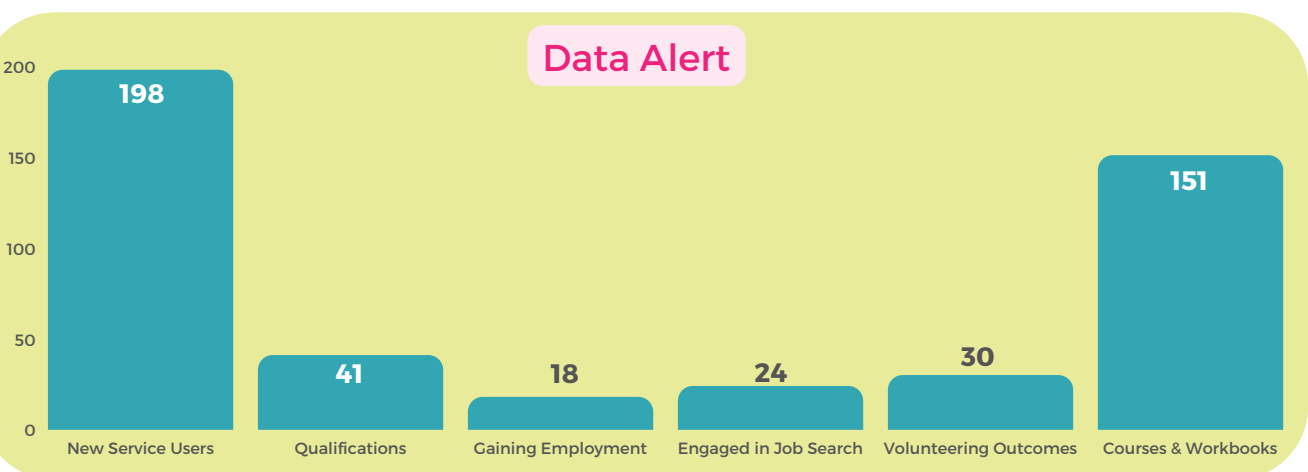


This period has been a challenging time due to the pandemic but our Peer Mentors have adapted and provided opportunities to our services users across Dyfed.



Through the development of online activities and resources we have been able to continue to provide meaningful support and engagement to our services users new and old. Peer Mentors have run photography competitions, Arts & Crafts sessions, Peer Mentoring Taster courses and employability workshops as well as supporting service users to achieve work related certificates online.

Wellbeing packs have been distributed throughout Dyfed which has included 'Family' editions. In early 2022 we were gifted an allotment for our service users to maintain and grow vegetables, service users can then pick their veg for themselves or these can be donated to local soup kitchens.



The preparation work took place during the latter part of the year for the launch of the new First Point of Contact. This service was a new initiative to redesign ease of access into service for people looking for support.



## Peer 2 Peer Naloxone

Barod Swansea had a great day of Peer 2 Peer Naloxone induction training during the month of March. It has been a continued success with over 120 kits being distributed by the peers.



**The peers have administered naloxone in 3 separate incidents, where they were present at suspected opiate overdoses.**

## Local Intelligence Network

Barod Swansea are now regular contributors to the Western Bay Controlled Drugs Local Intelligence Network (LIN) Newsletter. The LIN is to promote and facilitate the sharing of information regarding the management of controlled drugs across Swansea, Neath Port Talbot and Bridgend. This publication is aimed at professionals across all of health primary and secondary services.

In addition to this, Choices have liaised with the project and discussed any potential cases for referral. Feedback from young people is they feel they are being listened too and heard when it comes to discussing their mental health. Previously we delivered eight online sessions to young people being supported by Platform in providing information for the effects of substance use and emotional health. With the ease of restrictions and group work being maintained The Choices Team successfully completed five group sessions across five Swansea schools in partnership with Platform to provide advice on the effects of substances and emotional health.

## Data Alert - Rehab

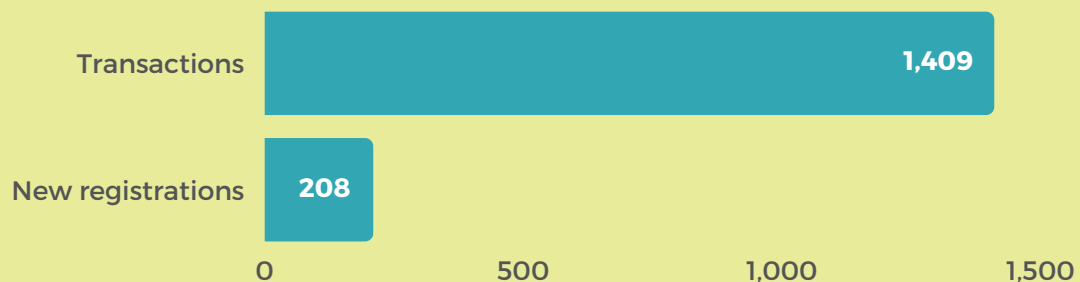
Barod made a total of 8 successful applications to rehab for those requesting support in a therapeutic community.

## Safer Swansea Christmas Chalet



Our Young person's team supported the Adult and Family team in completing an outreach day at the Swansea Council Christmas Chalet to promote a safer Swansea. This space was used to utilise support available within Barod, resources such as drug boxes, beer goggles and leaflets were available to engage young people in conversation. The young person team also provided drink covers to any individual passing to promote the importance of keeping your drinks safe following an increase in media coverage of drink spiking and the event being held on Black Friday.

## Data Alert - Needle & Syringe Programme





## State of Mind



In partnership with Platform - Platform4YP Swansea Bay. The project will work with 13-16 year olds in Swansea, Neath and Port Talbot, with a combination of one-to-one support, peer support groups and the [State of Mind Programme](#) (part of Platform). Young people don't need a diagnosis to access the project - as we will work with anyone who is

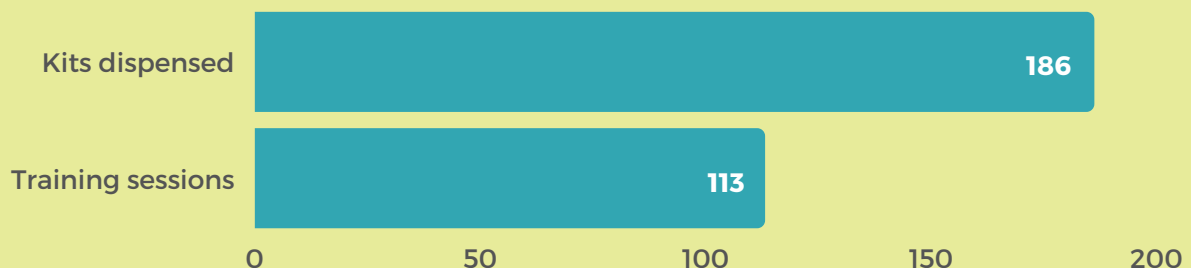
struggling. The messaging is "We don't try to 'fix' people", and that We listen and work with participants to find new ways and strategies that help to promote wellbeing. Anyone taking part will also have the opportunity to train to become a Volunteer Peer Mentor. Mentors work with the project to shape the project's future, ensuring that it's exactly what young people want and need.

## NaLPORS

Barod Swansea were chosen to take part in the Naloxone Prospective Observational Cohort Research Study (NaLPORS), in partnership with Public Health Wales and Kings College London. This research is a multi-national study of take-home naloxone provision and use in its various forms to reverse opioid overdose.



## Data Alert - Naloxone



## Crack Cocaine and Heroin Campaign

Choices launched an Under 25 campaign for Crack and Heroin during September across social media pages. This was completed to break down the barriers of stigma and language attached for substance users and those accessing needle exchange services. The Choices team began recording data on individuals known currently and previously under the age of 25 who has used/or using crack or heroin and identify what preventative tools can be used when this individual is under the age of 25 to raise awareness of services and support available.



**This was completed to break down the barriers of stigma and language attached for substance users and those accessing needle exchange services.**

The Choices team launched regular daily updates of overdose awareness, where to access Naloxone, videos of the needle exchange and information around the effects of the above substances. Previously The Choices team delivered Naloxone and overdose training to our partnership agencies regarding the contextual outreach and following the success of attendance with this the Choices team want to promote naloxone training across the Local Authority for social services. Following the success of promoting this campaign it was agreed to extend this campaign into the following quarter reporting to continue raising awareness of Naloxone, Needle Exchange Services and Overdose awareness.

## Mike Parry Art Award 2021



Choices young person participated in the Mike Parry Art award and was successful with receiving 1st place for her entry. She shared the image with her allocated keyworker with the message;

**"Thank you again for everything, you were the one who helped pull me out of my worst place with everything so thanks for the inspiration".**

## Data Alert - DBST

A total of 70 Dry Blood Spot Tests were completed.

# Cwm Taf Drug and Alcohol Service (CTDAS)

“Barod groups have been a ray of hope in a dark time, helped my routine and structure my days”. The co-produced Service User Involvement group, facilitated by Barod in partnership with the APB, has continued to progress during the year.



## Service User Involvement Group

The members of the group have increased. Face to face meetings recommenced in Ynys Angharad War Memorial Park in Pontypridd. due to Covid-19 restrictions . Member feedback was positive regarding this move with a picture of the first session and quotes from members included below.



“The isolation was crushing through lockdown, it was amazing to be back in group.....this time they were happy tears”

There have been several examples within of SUIG coming together to support the community and each other. During the year the group decided they would like to engage in additional activities and a litter pick was highlighted as a productive option. Group members were supported to engage with ‘Keep Wales Tidy’ who in turn gave a presentation to members and offered support. The outcome was a group litter pick from Ynysangahrad Park to Treforrest, along the Taf Trail.

Members and staff involved all fed back how enjoyable an experience it was, as well a feeling of giving something back to the community.



## Data Alert - DBST

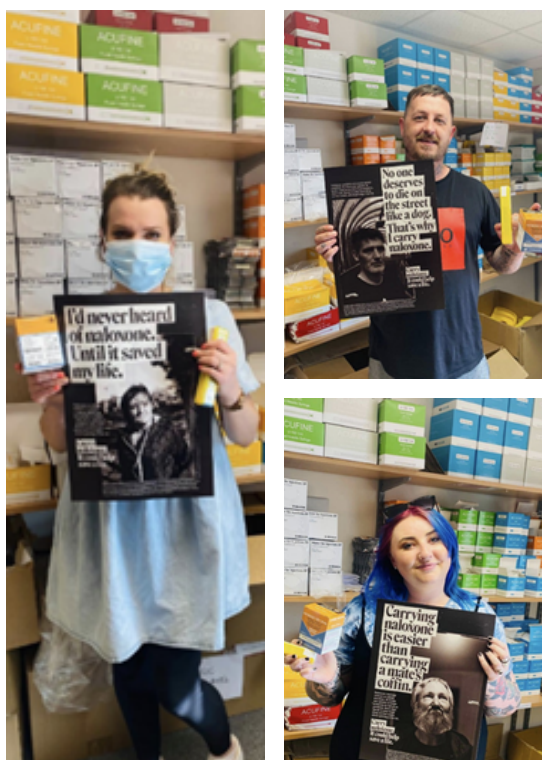
A total of 72 Dry Blood Spot Tests were completed.

## Data Alert - Training

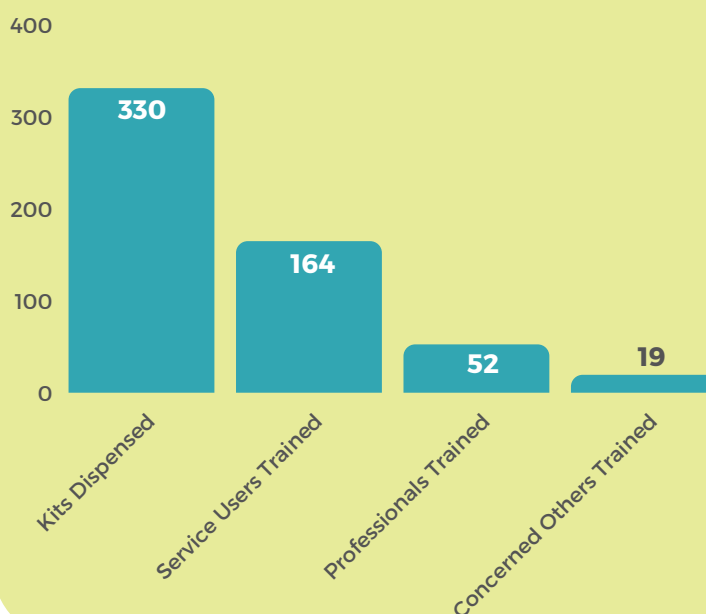
A total of 30 training sessions, all delivered online, were facilitated throughout the year. A total of 137 participants attended these courses.

## Naloxone

During the year we delivered a Naloxone poster campaign in pharmacies and community hubs. These posters were created by service users and we have publicised them on social media by our workers having pictures taken with them.



## Data Alert - Naloxone



The team have visited Pharmacies and community hubs to give out Naloxone posters and start conversations around needles exchange and gathering local knowledge to help inform us of mobile needle exchange sites etc. The outreach van now has signage (that can also be removed) so when out and about in the area, it is visible for people.





## Merthyr Against Drug Deaths (MADD)

The P2P Naloxone Pilot was launched during this year with the aim of reducing drug related deaths in Cwm Taf by increasing the training and supply of naloxone in the area. The pilot started in Merthyr Tydfil with the aim of rolling out to other areas of Cwm Taf later in the year. Barod recruited George Charlton from GC Training & Consultancy Services, also known as “Naloxone Man” to lead the pilot, with George’s involvement being funded by Welsh Government (WG). Barod with the support of Harm Reduction Co-Ordinator, Geraint Davies involved South Wales Police (SWP) in the project and other agencies including CDAT, Dyfodol and Merthyr Local Authority (housing). Several peers were recruited and the two-day peer to peer naloxone training event took place in Merthyr Town Football Club.



**The launch for the P2P naloxone project in Merthyr- Merthyr Against Drug Deaths (MADD) was held in the Oldway House, Barod office on 7 October 2021.**

During the two days, peers and staff were trained in naloxone supply by Ethypharm. Six South Wales Police Officers were also trained. The peers were provided with uniforms and back packs with all stock necessary for the peer work they will be undertaking.



In total the peers have dispensed 88 kits during the first year of the project.

There have been two reports of naloxone dispensed by the peers being used to reverse overdoses and save lives.

The peers have provided feedback on the project being a positive focus and a change to help others in their local community.

“I feel proud about being part of this because I know I am helping.”

“I have used kits in the past and save lives. No bad can come from this.”

“If someone didn’t save my life with naloxone, I wouldn’t be here today.”

## No Bad Vibes

Seven volunteers continue to support the service and were recently recognised in the Volunteers week in May. They received the Barod “No Bad Vibes” Campaign merchandise gift bags shown below as recognition for their contribution to volunteering in Barod.

"I have only liaised recently with Isabelle and Keri via email regarding Residential Rehab placements and I have to say their care and compassion for the clients comes across and they always keep the commissioning team up to date with all matters and it is evident that their support has been life changing for some." Sian Bunston (APB)

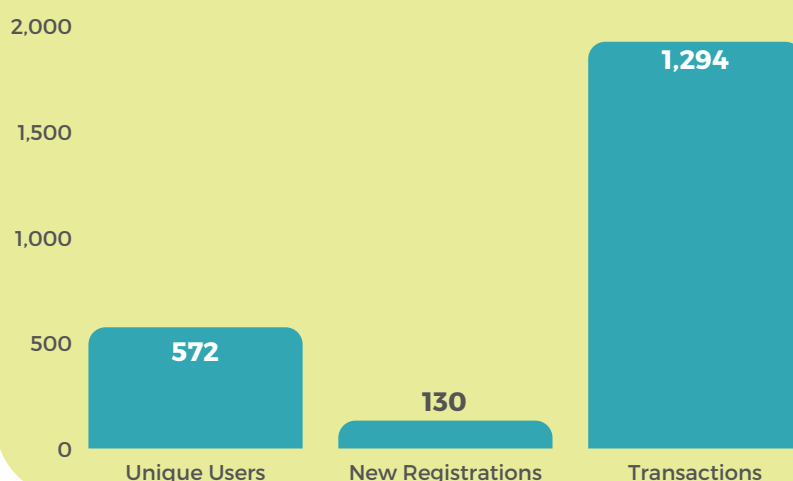


## Awareness raising

CTDAS marked ‘Alcohol Awareness Week’ (AAW) and ‘Welsh Overdose Awareness Day’ (WOAD) with campaigns at a local and Barod wide level. Taking Covid restrictions into account we were able to engage within the community, and Prevention Stalls were held at nine locations across Cwm Taf, including supermarkets, colleges and community projects.



### Data Alert - Needle & Syringe Programme



In April 2021 Gwent N-gage launched a new refreshed service model which resulted in two new transitions and young adult worker posts and increased engagement workers within the team.

Gwent  
N-gage



There has also been an increased remit of family workers to include family support for parents/carers of young people using substances. Wellbeing has also become embedded within the service practice and provision. The changes implemented under the new model have enabled the team to adopt a more focused, specialist approach to their work with young people, families, and professionals. Feedback from the team has been positive and they have reported the new approach has enabled them to better meet the needs of our service users with the individual service strands complementing each other to provide a holistic approach.

Following the success of the increased remit within the family service, Gwent N-gage were awarded all drug and alcohol family services for Gwent under the GDAS adult service re-commissioning process. The Gwent Drug and Alcohol Family Service which would go live on 1st April 2022.

## Training

During the year the training team further developed the core professionals training package to include two new courses 'Working with Families' and 'Substance use and well-being'. Both additional courses have been well received by professionals within Gwent and have enabled the team to offer a more comprehensive menu of courses.



**barod**

Gwent N-gage

**Hyfforddiant i Weithwyr Proffesiynol**  
**Am ddim ac ar-lein dros Zoom (hyd: 3 awr)**

NPSau - Sylweddau Seicoweithredol Newydd

Canlyniadau Dysgu:

- Archwilio sut a pham y patrymau defnyddio cyffuriau yn newid.
- Archwilio effaith NPS gan gynnwys dealltwriaeth o'r problemau sy'n gysylltiedig â'r sylweddau hyn
- Archwilio cyngor priodol ar leihau niwed i roi i'r rhai sy'n defnyddio NPS
- Cwmpasu yn rhannol codau NOS: AD1.2012 / AB2.2012 / AA1.2012



## Service resources

The team have continued to develop new resources and highlights for the year include the development of an anger management workbook and harm reduction drug and alcohol cards.



## Partnership working

Gwent N-gage and Monmouthshire Youth Service (MYS) were successful in a joint bid application for a Youth Support Grant 2021-22 which was made available as additional funding for youth work approaches to emotional mental health and wellbeing support. Despite a quick turnaround, the two services came together to fully maximize the opportunity to deliver a successful project. All expected outcomes of the project were met or exceeded.

**By increasing capacity through funding, N-gage were able to fully embed themselves within MYS and increase levels of support.**

Through increased contact with young people and staff they were able to promote harm reduction messages, support the team with queries, develop rapport with young people attending MYS settings and promote the N-gage service and support available. This project was an excellent example of strong partnership working that will continue to be of benefit to young people following project completion.





In the last year, one of the major changes was the introduction and implementation of a new prescribing model with three distinct pathways: High intensity, Low intensity and Enhanced Low intensity.



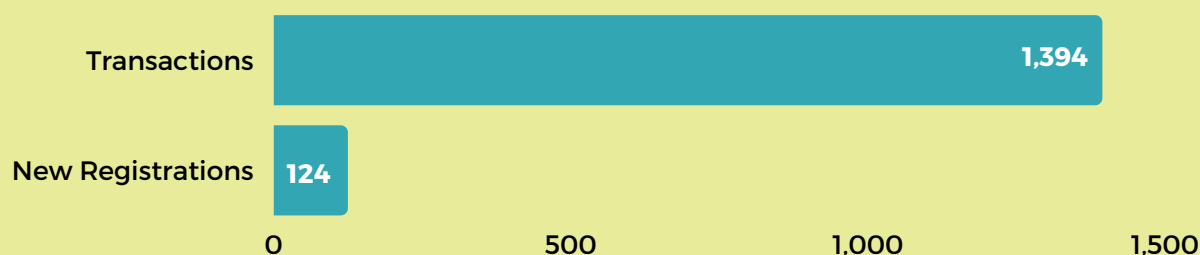
The inclusion of the peers into the AO Team has strengthened GDAS' reputation and reach in the local areas, and they are expanding the Peer programme across Gwent and Wales to introduce peers in each locality to replicate the positive impact this has had in Newport. The AO team have also been invited to and have a significant presence in several Gwent Police operations and meetings - Operation Arreton, a drop in hub for homelessness advice and support and Operation Pathway, an evening outreach service for sexually exploited men and women.

## Co-production

Peers took part in the ACES Steering Group, the planning stage of a pilot project to make GDAS a leading Trauma-Informed Service in Wales. Peers have also reopened the Hub as a Drop In space for service users and vulnerable people.. Peers have offered connection, companionship, naloxone training, motivation and bacon sandwiches, and report increased self confidence and sense of purpose. The Welsh government funded Peer Researched Buvidal Review was published. The quality of the data gathered was exceptional, and the peers were invited to talk about their experience of participating in the interview process.



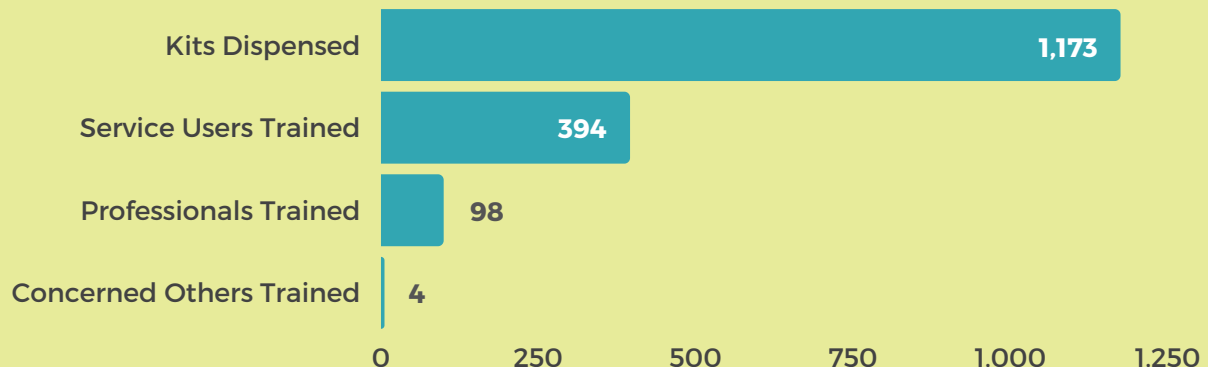
## Data Alert - Needle & Syringe Programme



## Clinical

The team have implemented the new clinical booking system which offers a variety of clinical interventions with specialist clinics running for health and well being, mental health and alcohol care. The new model has allowed the nurses to focus more on clinical issues such as poor physical/mental health/medication management. GDAS have recruited for the complex care nurse who now covers across Gwent supporting staff and service users. These clinics support service users who need additional support accessing community mental health teams, home treatment teams and primary care. .

### Data Alert - Naloxone



Just over 66% of the kits dispensed were done so via the GDAS Peer 2 Peer Naloxone project

## Learning and practice

### Quality

Psychology Led Practitioners and Enhanced Practitioners completed intensive online training in Dialectical Behaviour Therapy and Working with Service Users with Dual Diagnosis, both facilitated by the Association for Psychological Therapies.

### Horizontal Scanning

Building horizon scanning capability within GDAS will ensure that the service continues to development and improve in a fast-changing and uncertain world.

### Trauma and Recovery

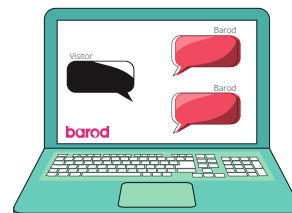
The ACES steering group have completed an audit of GDAS bases and have drawn up a series of recommendations for creating more psychologically informed environments.

### Data Alert - DBST

A total of 525 Dry Blood Spot Tests were completed.

# Live Webchat Service

Throughout the year, the Live Webchat service has responded to 1,551 chats. This is an average of 387 chats per quarter. It is also a 10.7% increase in the amount of chats received compared to the previous year (2020/21).

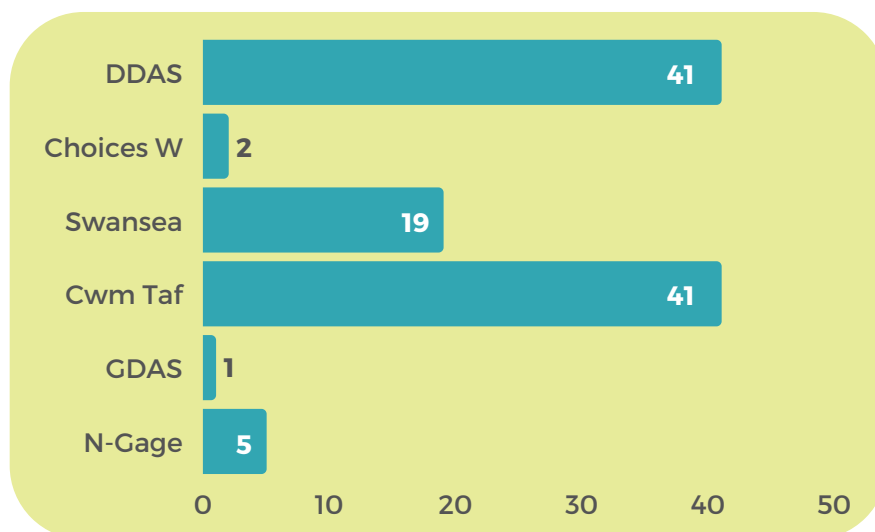


At the end of the year, a total of 46 staff were currently trained and able to facilitate the Live Webchat Service. Over the twelve months, a total of 475 shifts were facilitated, which equates to 1,900 hours worth of Live Webchat availability.

Throughout the year, the Live Webchat Service received a 96% satisfaction rate. This was based on 163 chats being rated over the 12 months.

## Referrals

A total of 109 referrals were received by the Live Webchat Service throughout the year with 70 being self-referrals, 56 for support around alcohol use and 6 for support for loved ones.



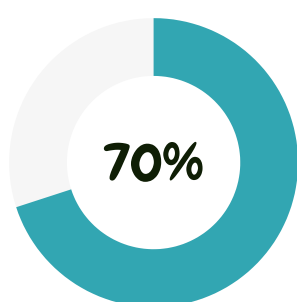
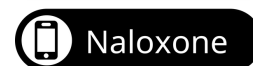
63% of the respondents said that accessing the Live Webchat was the first time they had ever reached out.

## Compared to previous year

In relation to the tagging of chats for 2021/22, there were significant increases compared to the year before. We saw a 132% increase in the amount of referrals, as well as a 78% increase in the amount of people accessing the Live Webchat, seeking support.

# Naloxone Click and Deliver Service

On 30th November 2021, Barod launched their national Naloxone Click and Deliver Service, the first and only of its kind in Wales. This new service allows anyone throughout the country to have the life-saving medication delivered to their door for free.



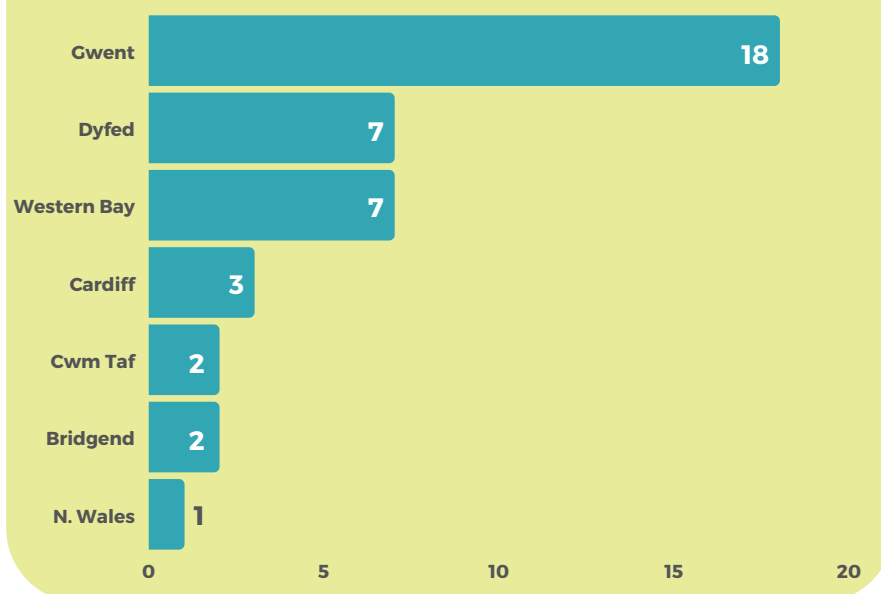
## First Kits

The majority of requests for Naloxone were for first kits, while 22% were resupplies due to previous kit expiring. The rest were made up of resupplies for 'other' reasons.



Over the four months since the new service was launched, a total of forty-one Naloxone kits were dispensed to people across Wales. A total of twenty-three of these kits were Nyxoid, the nasal spray form of the medication, while the remaining eighteen were Prenoxad. The service also received a total of four out of area requests, with two coming from England and the other two from the USA.

## Regions kits were sent to



## Who were the kits for?

A total of 21 kits were ordered by professionals likely to come across an overdose situation. Another 11 were ordered by people at risk of an overdose, while 8 were ordered by members of the public and 1 by a family member.



# Campaigns

Over the course of the last twelve months Barod have facilitated multiple campaigns that have all aimed to raise awareness, educate and challenge the current status quo.

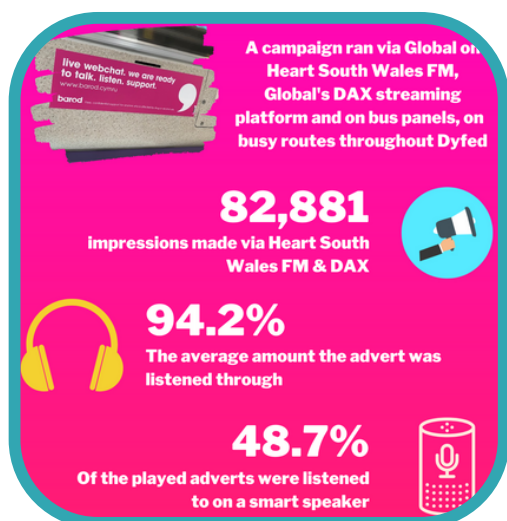


## Overdose Prevention Service

In partnership with Transform Drug Policy Foundation, the Glasgow Overdose Prevention Service (OPS) van, set up by Peter Krykant in 2020, as a peer-led response to reducing drug related deaths and rising HIV infections among people who inject drugs, visited Dyfed-Powys Police Headquarters and Llanelli town centre on 14th March 2022. Dyfed-Powys Police and Crime Commissioner, Dafydd Llywelyn said:



“Is it important that we look to develop targeted prevention and interventions to address overdose deaths here in Dyfed-Powys, and we need to explore a variety of opportunities by continuing discussions with organisations and partners.”



## Live Webchat Service

Following funding received by Hywel Dda University Health Board, The Live Webchat Service was advertised via multiple streams throughout Dyfed, in May 2021. The Live Webchat was promoted via transit adverts on various bus routes throughout the region as well as via digital adverts on Heart South Wales FM and Global's DAX platform, that allows listeners to access various local and national, radio stations and podcasts.

## Run off the Blues

For the second year running, Barod facilitated the Run off the Blues campaign throughout January. This not only helps to raise money for local food banks, of which £100 was raised, but also aims to promote health and wellbeing among those that take part. This year's campaign focused on how many steps could be achieved throughout the month. The nine staff that took part completed a total of 2,542,466 steps, which is equivalent to over a 1,000 miles.



NAWR YW'R AMSER  
I SEFYLL AM

#DimHiliaethCymru

Llofnodwch ein polisi heddiw.  
[www.zeroracismwales.co.uk](http://www.zeroracismwales.co.uk)

## Zero Racism Wales

In March, Barod, and individual staff members, signed to the Zero Racism Wales pledge. The organisation marked this occasion by posting three separate social media video's, one in English, one in Welsh and the other via British Sign Language.

## Welsh Overdose Awareness Day

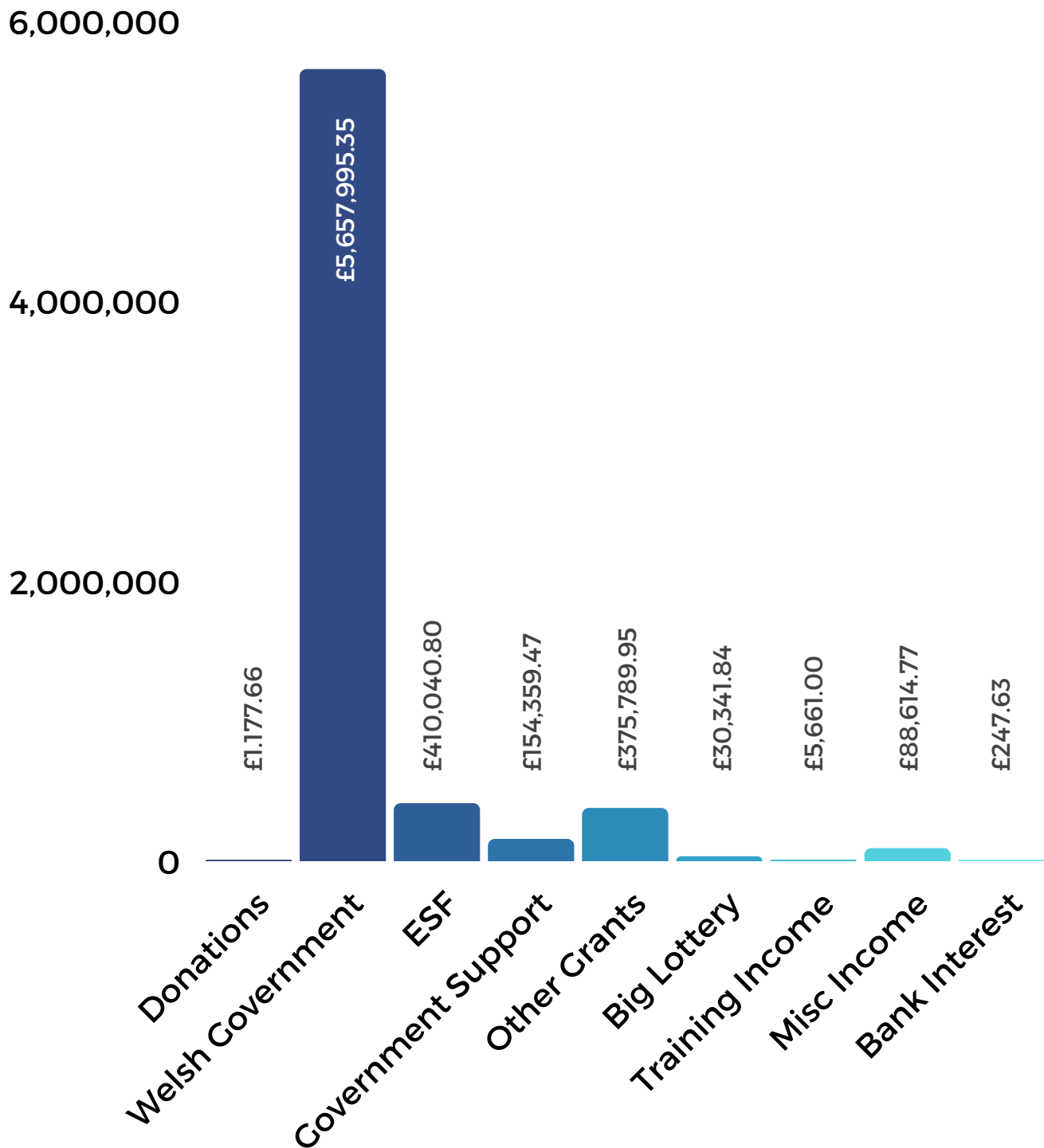
Barod reintroduced the national Welsh Overdose Awareness Day, on 13th December, with the theme 'I am Someone'. This day aims to raise awareness of all forms of overdose in a bid to end such situations. Social media graphics were developed and shared by Barod and multiple external organisations on the day.



## Other campaigns

Barod also developed other dedicated campaigns including 'Don't Sweat the Small stuff' that focused on positive body image and health and happy living in June 2021 and 'Leave the Light On', a dedicated campaign in March 2022, aimed at concerned others. Barod also raised awareness of and contributed to other important occasions, including International Women's Day and International Overdose Awareness Day.

Below provides an overview of the various income streams for 2021 - 2022:



# #WeAreBarod



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