

**BAROD,  
EWCH!**

APRIL 2022

ISSUE 8

# Spike on a Bike

**Get Sorted – Sharpish.**

[spikeonabike.cymru](http://spikeonabike.cymru)

**A unique harm reduction  
service comes to Dyfed**

Barod's bi-monthly e-zine  
providing updates from across  
the organisation and services

**barod**

# THIS MONTH



**GLASGOW OVERDOSE  
PREVENTION SERVICE**

**BAROD JOINS DRUG  
SCIENCE ENHANCED  
HARM REDUCTION GROUP**

**SPIKE ON A  
BIKE LAUNCHES  
IN DYFED**



**UPDATE TO  
THE MISUSE  
OF DRUGS  
ACT**



**NEW LIFE SAVING  
APP IN THE  
EVENT OF AN OD**

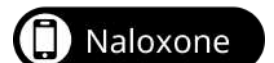


**PEER 2 PEER  
NALOXONE IN  
SWANSEA**

**NEW GWENT  
FAMILY SERVICE**



**FOLLOW US**



# ***SPIKE ON A BIKE***

Spike on a Bike is a service offered by Dyfed Drug and Alcohol Service (DDAS) where you can get clean injecting equipment and other harm reduction services delivered straight to your door – fast and for free. It is the first of its kind in the UK and second in the world, along with a similar initiative in Vancouver (Canada).



Across all of Carmarthenshire, Ceredigion and Pembrokeshire, DDAS motorbike riders are ready to provide an array of services to people's door's, including the provisions listed below. For more information, visit

[spikeonabike.cymru/](https://spikeonabike.cymru/)

Needle Exchange  
Equipment

Naloxone Dispensing

Overdose Prevention  
Advice

Responsive  
Community  
Discarded Needle  
Collection

Collection of Used  
Sharps

HIV, Hepatitis B & C  
Testing

Harm Reduction  
Advice

Safer Injecting  
Advice

Foodbank Voucher

Wound Care

Basic First Aid

Signposting

# GHB RECLASSIFIED TO A CLASS B SUBSTANCE

 **Home Office**  @ukhomeoffice · 13 Apr

Spiking has no place in our society. GHB is now a Class B drug.

This is part of the 10-year Drug Strategy to tackle drug misus.

## **HARSHER SENTENCES FOR 'SPIKING' DRUGS**

The Misuse of Drugs Act has reclassified GHB as a Class B drug. Those found guilty face up to **five years** in prison.

**BEATING  
CRIME** 





# PEER 2 PEER NALOXONE

## SWANSEA

Swansea has joined Cwm Taf and Gwent (within our operational areas) in setting up and facilitating a Peer to Peer Naloxone service.

Peers, who have formed Swansea Against Fatal Episodes (S.A.F.E), were joined by representatives from the Western Bay APB and South Wales Police on 3rd & 4th March.

Since the training, the peers have distributed over 70 kits and have played a part in two overdose incidents, which saved two lives.





# Choices West

Welcome to Lorien Morgan-Furbear, who has joined as a full-time worker in Ceredigion. Congratulations to Thea Meek-Wilson, who has been appointed as the new team leader and to Rachel Hooper, who has been promoted to a senior case worker.

## Upcoming campaign

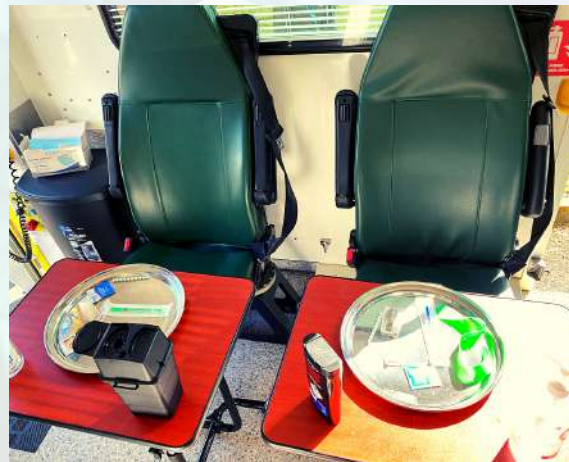
Choices West are due to launch their 'Sesh Den' campaign. This will be piloted in Pembrokeshire and rolled out into other counties, once complete. The 'Sesh Den' will recreate scenarios that young people may encounter whilst out and using substances, such as overheating from MDMA.



# Overdose Prevention Service van visits Llanelli

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, last month. Dyfed-Powys Police and Crime Commissioner, Dafydd Llywelyn said:

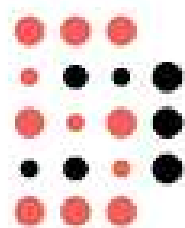
**“The visit here at Headquarters today allowed us the opportunity to have a look at a unique harm reduction intervention example and to talk to experts regarding overdose prevention services.”**





Barod have joined the Drug Science Enhanced Harm Reduction Working group, as a treatment provider. This group is a consortium of scientific experts, academics, policy makers, treatment providers and advocacy groups, working collaboratively to reduce the harms of intravenous drug use.

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**Drug  
Science**

## ***BRIDGEND***

A warm welcome to the new staff who have transferred over to Barod as part of the Bridgend service. Barod started providing services in the area from the 1st April 2022. The single point of contact for referrals within the Bridgend area is 01656 667717. Referrals can also be taken via our Live Webchat Service.






# CAMPAIGNS

Throughout March and April, we have been promoting our **Leave The Light On** concerned other campaign, providing information, advice and free eLearning for people affected by other people's substance use. For more information, [click here](#).

If you are working with any concerned others, willing to provide a testimony that could help others in a similar situation, email Rob Barker.

#LeaveTheLightOn


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## Setting boundaries



By setting boundaries, you ensure everyone knows where they stand

YES/NO



Boundaries encourage people to take responsibility for their own actions and behaviour

It's most effective to set boundaries together, be honest, and direct



Consequences need to be determined too, if either side don't adhere to what has been mutually agreed



## International Women's Day



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#BreakTheBias  
#IWD2022

Alison Osborn  
DDAS Team Leader



International Women's Day

Thank you to Sian Roberts, Alison Osborn and Catherine James for sharing their ideas on how we can [#BreakTheBias](#) and forge a more gender equal world, as part of International Women's Day, on the 8th March.

You can read more from Sian, Alison and Catherine, [here](#).

# Other News

We were sad to learn that a harm reduction powerhouse, Sara McGrail, sadly passed away last month. Sara was well known across the UK for her advocacy for people who use drugs and services who support them.

Sara spoke eloquently at our 2014 conference and was part of our '[A Failed War](#)' film in 2015. But is most well known by many for her key note speech at [HIT's 2012 Hot Topics conference](#) in Liverpool, where she rightly criticised the UK government's inadequate approach to reducing the harms associated to drugs:

"If harm reduction is out of fashion, then to hell with fashion! Harm Reduction is as relevant, and possibly more important, than it has ever been before."

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## LAST WEEK TONIGHT

With John Oliver

On the 28th March, in season 9 episode 5, the American political, with a satirical twist, Last Week Tonight show, focused on harm reduction and Overdose Prevention Centres. You can watch a short clip, uploaded to the All Barod Communications 'General' TEAMS channel or watch the whole episode on [YouTube](#).





# GWENT N-gage

From 1st April 2022, the Gwent family team will be managed by Barod. From this date all family referrals will come via the N-gage Single Point of Contact (SPOC). This will include family support for young people and adults. The N-gage SPOC phone number is 0333 320 2751 and email is [gwentn-gage@drugaidcymru.com](mailto:gwentn-gage@drugaidcymru.com).

There will be an implementation period for the family service whilst they look at paperwork, digital presence, branding etc. but in the interim period, we will refer to the Family Service as GWENT (DRUG & ALCOHOL) FAMILY SERVICE so that we are all calling it the same name to external organisations, stakeholders, service users and concerned others.

We appreciate your support with this exciting development and please don't hesitate to email/phone if you have any queries.





## A potential life saving app for people who use drugs

People who are using drugs alone can download the Buddy Up app and be connected to a Cranstoun volunteer, with whom they can build a rescue plan in the event of an emergency. If the person overdoses, it will send an emergency message to them, triggering the appropriate medical attention. This app, available to anyone within the UK, is all about preventing avoidable, fatal overdose.



# L&D

## UPCOMING SESSIONS

### Relapse Prevention

This half-a-day course is delivered via Zoom.

Attendees will learn to : •Define key terms such as urges, cravings, lapse and relapse •Recall what is meant by relapse prevention •List the stages within the cycle of change •Learn of and practice the use of interventions.

**26th April 2022**

### Positive Psychology

These three sessions will provide participants with: • An understanding of the key principles of positive psychology and wellbeing • Practical ways to begin to apply the principles of positive psychology in their personal and professional life • A chance to try different practices and discover what works for them, as part of a wellbeing framework.

**12th, 19th, 26th May**

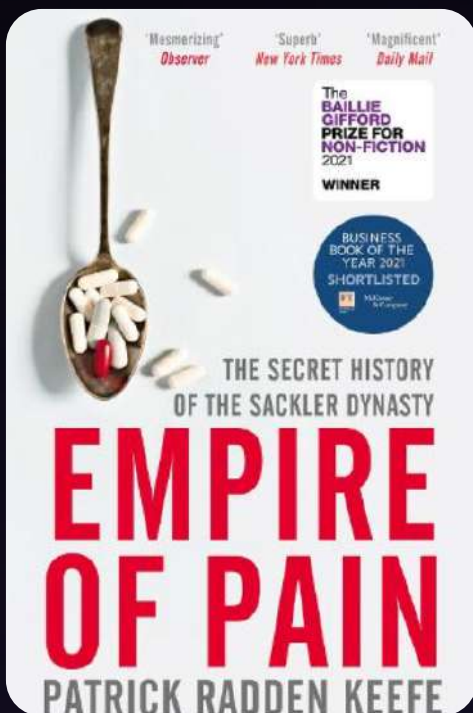
To book on to these courses, and others, please refer to the WDP for the appropriate booking links.

# Barod Recommends...

Looking for some new podcasts to listen to? Or want to keep up-to-date with the latest drug & alcohol news? Why not check out the following:

Central Club - interview with Mark Drakeford (from 46 minutes onwards, they discuss substance use and Drug Consumption Rooms)

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## Empire of Pain

The gripping and shocking story of three generations of the Sackler family and their roles in the stories of Valium and Oxycontin. The source of the family fortune was vague, however, until it emerged that the Sacklers were responsible

for making and marketing Oxycontin, a blockbuster painkiller that was a catalyst for the opioid crisis—an international epidemic of drug addiction which has killed nearly half a million people.



**Would you like something  
put in the next edition?**

Just get in touch with your service  
Communications Group rep and  
they will put it forward as content  
for the next issue in June.

**barod**