

# BAROD, EWCH!

AUGUST 2021 | ISSUE 4

Carry  
naloxone.  
It could help  
save a life.

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

**barod**

# Mike Parry Art Award 2021

The Mike Parry Art Award competition is back for a third year.

This year's theme is based on 'FREEDOM', whether that be from Covid-19 related isolation, substance use or just the feeling of getting some control back in your life.

Once again we have three categories: Adults, Group and Young Persons and anyone who has accessed substance use support in Wales, past or present, is eligible to enter. Entries close 30th September.

For more information on this years competition and how to enter, visit

<https://barod.cymru/mpaa2021/>



# Be a HERO. Save a LIFE.

For the first time ever in the UK, naloxone was publicly promoted via paid advertising, as part of a disease awareness campaign, highlighting how to respond to an opioid overdose, earlier this year.

We were pleased to support this campaign, by disseminating the powerful posters, developed with those with lived experience of overdose, by Havas Lynx Group and funded by Ethypharm, within our own buildings and at partner agencies.



# RECOVERY WALKS

**DUE TO THE ONGOING COVID-19 PANDEMIC, FOR THE SECOND YEAR RUNNING, THERE WILL NOT BE A ONE-OFF ANNUAL RECOVERY WALK AT PEN-Y-FAN. HOWEVER, EACH SERVICE WILL BE FACILITATING THEIR OWN RECOVERY WALK(S) IN SEPTEMBER:**

**SERVICE: GWENT N-GAGE**

**DATE: 25TH AUGUST**

**TIME: 10AM**

**WHERE: MONMOUTHSHIRE CANAL (PONTYMOILE BASIN TO GOYTRE WHARF)**

**MEETING POINT: PONTYMOILE BASIN CARPARK**

**CONTACT: BECKY STARMORE 07765 268428**



**SERVICE: GWENT N-GAGE**

**DATE: 8TH SEPTEMBER**

**TIME: 10AM**

**WHERE: CWMCARN FOREST**

**MEETING POINT: CWMCARN FOREST CARPARK**

**CONTACT: BECKY STARMORE 07765 268428**

**SERVICE: DDAS**

**DATE: 9TH SEPTEMBER**

**TIME: TBC**

**WHERE: HIGGIN'S WELL (HAVERFORDWEST)**

**MEETING POINT: TBC**

**CONTACT: STEFF WARREN 07557 517818**



**SERVICE: DDAS**

**DATE: 17TH SEPTEMBER**

**TIME: TBC**

**WHERE: MILLENIUM COASTAL PATH**

**MEETING POINT: DISCOVERY CENTRE CAR PARK, LLANELLI BEACH**

**CONTACT: STEFF WARREN 07557 517818**

**THERE ARE ALSO TWO MORE WALKS TO BE CONFIRMED BY DDAS, BOTH TO TAKE PLACE IN CEREDIGION:**

**CARDIGAN - THE GORGE TRAIL AND NATURE PARK  
ABERYSTWYTH - CONSTITUTION HILL AND COASTAL PATH**

# Somebody's daughter, Somebody's son

EARLIER THIS MONTH, THE ANNUAL DRUG-RELATED-DEATH FIGURES WERE ANNOUNCED FOR ENGLAND AND WALES. BELOW IS BRIEF OVERVIEW OF THE 2020 STATISTICS.

**4,567** DEATHS RECORDED THROUGHOUT ENGLAND & WALES. THE HIGHEST ON RECORD.

DEATHS RECORDED IN WALES. THE LOWEST SINCE 2014.

**224**

**6.6%** REDUCTION IN DEATHS RECORDED IN WALES, IN 2020 COMPARED TO 2019.

DEATHS RECORDED IN ENGLAND AND WALES RELATING TO NOVEL BENZODIAZEPINES. UP FROM 24 IN 2019.

**67**

**70%** INCREASE IN COCAINE-RELATED DEATHS. A TOTAL OF 750 WERE RECORDED IN ENGLAND & WALES IN 2020

# Digital Services

If you are supporting anyone over 50 and they are affected by alcohol use, they can access support via the dedicated Over 50s Alcohol Helpline. This service is also available for concerned others, regardless of age, who are affected by someone else's alcohol use, who is over 50.



The service can be directly contacted on **0808 801 0750** or appointments can be booked directly via our dedicated page for the service on our website, [here](#).

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## Live Webchat



Don't forget our Live Webchat Service is available 7-days-a-week. The service is open 9am - 9pm Monday to Friday, and 10am - 4pm on Saturday and Sunday.

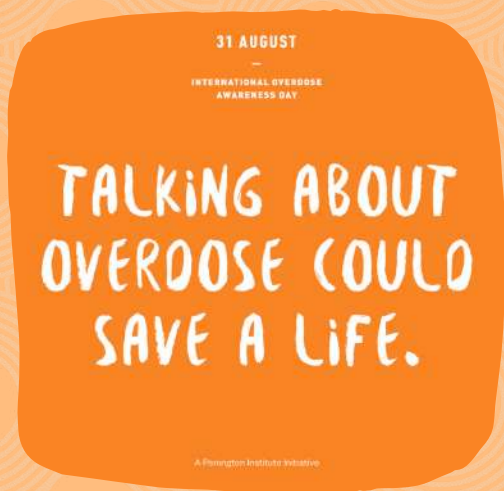
The Live Webchat Service is available via our [website](#). If you would like to develop your digital intervention skills and be a part of the Webchat team, email Rob Barker for more information.

# Past & Present

## CAMPAIGNS

### *Don't Sweat the Small Stuff*

THANK YOU TO EVERYONE WHO SHARED SOME PERSONAL STORIES TO HELP PROMOTE POSITIVE BODY IMAGE, HEALTHY AND HAPPY LIVING. ALL OF THE CAMPAIGNS' RESOURCES CAN BE FOUND ON SOCIAL MEDIA USING **#DONTWEAT**.



### *International Overdose Awareness Day*

THE ANNUAL CAMPAIGN TO END OVERDOSE WILL TAKE PLACE ON TUESDAY 31ST AUGUST 2021. YOU CAN FOLLOW THIS YEARS EVENT VIA **#IOAD2021**.

### *Recovery Month*

THIS YEAR'S THEME FOR RECOVERY MONTH IS: **"RECOVERY IS FOR EVERYONE, EVERY PERSON, EVERY FAMILY, EVERY COMMUNITY"**. WE WILL CELEBRATE PEOPLE'S SUCCESSES THROUGHOUT SEPTEMBER.



# L&D

## UPCOMING SESSIONS

### **Introduction to Motivational Interviewing**

This course is made up of two half day sessions, of which you must attend both (delivered online).

**8th & 9th September**

### **Sexual Violence and Substance Misuse**

This half day training is delivered by New Pathways, a specialist support service for those affected by rape and sexual abuse (delivered online).

**22nd September**

### **Adolescent Neglect**

This one-day course is facilitated by the highly respected trainer and author, Phil Harris (delivered online).

**23rd November**

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



# WE STILL NEED

# YOU!



We are looking to update the website and social media channels with various articles and looking for your help to develop the content for the following:

When do your **groups** and **mutual aid** sessions take place, where, and how do people access them?

.....

The **life of a drugs worker during the pandemic** – a testimony from staff on how lockdown has altered the way you support those affected by substance use

.....

A staff member or service user **experience of cutting down/** stopping their drug use (e.g. your experience of doing 'Dry January')

.....

Examples of how **service user voices** have been heard, listened to and help shape service provision and delivery

.....

Information and advice on how to **support a loved one** and start the conversation about their substance use

.....

Information and advice on **how to improve your mental health and wellbeing**

If you'd like to get involved, chat to your comms group rep or email Rob ([rob.barker@barod.cymru](mailto:rob.barker@barod.cymru))

# Barod Recommends...

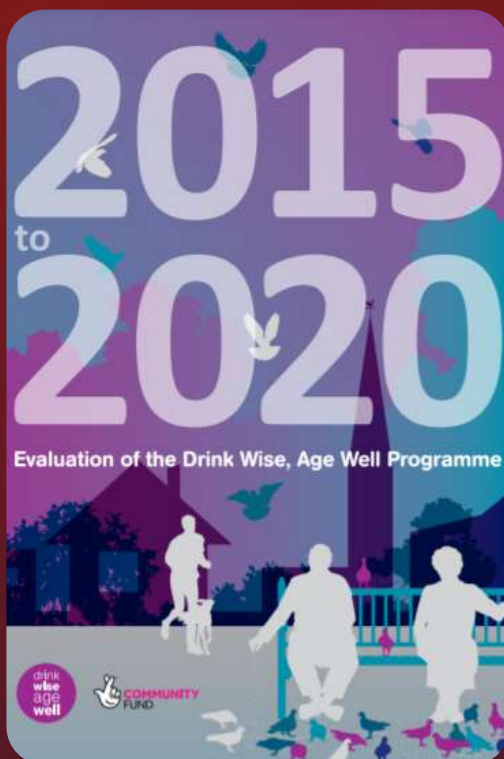
Looking for some new podcasts to listen to? Or want to keep up-to-date with the latest drug & alcohol news? Why not check out the following:

[Alternatives to prohibition](#) by Drug Science

[Information guide on amphetamine use](#) by Crew  
2000

[Review of drugs: Phase two](#) - Dame Carol Black

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## [Drink Wise Age Well](#)

Following the successful 5-year Drink Wise Age Well project, the final evaluation report, providing an in-depth analysis of its outcomes and impact, is now available to read, [here](#).

**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 October.

**barod**