

BAROD, EWCH!

AUGUST 2022

ISSUE 10



Barod's 50th Festival

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

barod

THIS MONTH

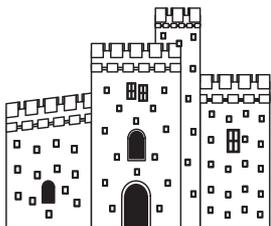


**PEN Y FAN RECOVERY
WALK 2022**

**COST OF
LIVING
SUPPORT**



**BAROD IN
THE NEWS**



CAVDAS

**OUR FIGHT
AGAINST STIGMA**



FOLLOW US



**DRUG-RELATED
DEATHS
2021 FIGURES
RELEASED**



Naloxone

BAROD'S 50TH BIRTHDAY

WEDNESDAY 28TH SEPTEMBER

This year marks our 50th birthday since we were established in 1972 in Cardiff by Rev. Peter Keward. Barod today is significantly different from its beginnings, comprising of over 200 staff and volunteers. We will be hosting a festival-themed event celebrating our 50 year history with guest speakers, fairground activities, live music, free food and much more at Depot Cardiff.



You can check out the full line up and list of activities throughout the day, [here](#)

Mike Parry Art Award

2022

*Mike Parry Art Award
2022*

*Your chance to win £100 Amazon voucher
#MPAA2022*

barod.cymru/artaward2022/

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Competition closes Friday 2nd Sept

CHOICES WEST

Choices had a stall at the Big Retreats festival in Lawrenny, Pembrokeshire. They provided harm reduction advice and concerned other support. The festival is focused on wellbeing so we tailored our information on substances and mental health.

Choices were invited to attend after a concerned other who had lost her son to suicide requested our attendance. She could recognise the importance of having services like theirs at events and reducing the stigma around services.



GWENT N-GAGE



The activities and well-being team are thrilled to be starting group activities again with young people and have run well-being walks, cold water dips and paddle boarding. They are planning a trip to the sunflower maze and a mini young person's festival, in the next few weeks.

Drug poisoning fatalities rise by 44%

On the 3rd August, the latest drug-related-death figures for England and Wales were announced. Unfortunately in Wales, this figure rose from 224 in 2020, to 322 in 2021.

The biggest increase by substances was benzodiazepine related fatalities, which rose by 74%, This was followed by heroin/ morphine related deaths, which increased by 41% compared to the previous year.



CAVDAS

CARDIFF & THE VALE DRUG AND ALCOHOL SERVICE

Launched on the 1st August 2022, CAVDAS is now the main service within the Cardiff and Vale area, supporting people affected by substance use. CAVDAS is an alliance between Barod, Recovery Cymru and Kaleidoscope, with strategic partners G4S and Pobl.

From a Barod perspective, delivering services in Cardiff feels nostalgic, as it was in the capital city that the organisation's journey began, known at the time as SWAPA (South Wales Action to Prevent Addiction), back in 1972.

We are every excited about this new alliance and providing services in Cardiff and the Vale again. We welcome all the new staff who will be facilitating CAVDAS, especially those who will be joining Barod.



To access support in Cardiff and the Vale, contact CAVDAS on 0300 300 7000 or email info@cavdas.com

RECOVERY WALK

Well done to everyone that took part in this year's annual Pen Y Fan recovery walk. Just over 80 people attended from various organisations across Wales, on the 14th July.



Life Saving App is looking For volunteers

We are supporting Cranstoun and their new life saving app 'Buddy Up'. They are looking for volunteers, so please spread the word. They could help reduce and prevent fatal overdoses and save lives by becoming a volunteer.

The next training date is Friday 16 September from 9.30am.

Book your place [here](#).

**We can all play
our part
in saving lives**

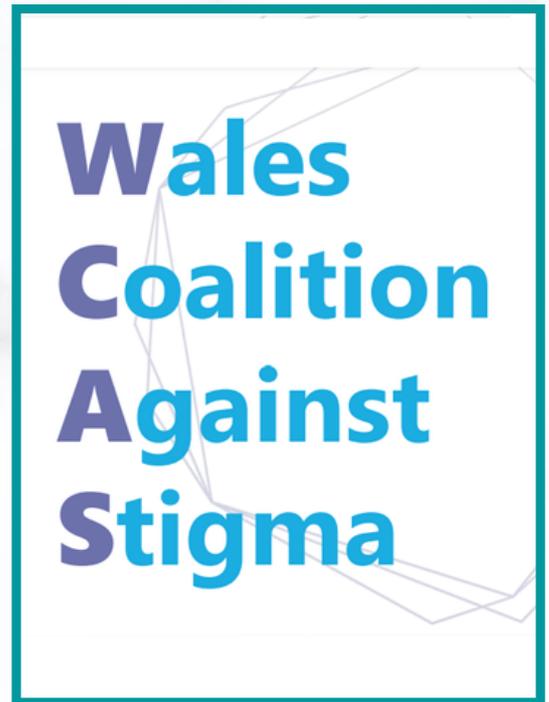


Our fight against stigma

Barod is part of a multi-disciplinary group, Wales Coalition Against Stigma (WCAS), that is striving for a future where problems with alcohol, other drugs, or gambling, do not lead to stigma and discrimination.

The group has many aims from increased understanding around the reasons behind substance use to a recognition that people can, and do, make sustained changes to their lives.

WCAS will be working with Welsh Government to develop a strategy in addressing stigma and related issues and for this to be rolled out across the country in the form of training and awareness raising.



SOCIAL ACTION

Choices Swansea were delighted to receive a £1000 grant from students at Birch Grove comp, representing Barod.

They were judged as having carried out the most effective social action amongst their peers, as part of the FirstGiveUK programme.



BAROD IN THE NEWS

Barod worked with, and commented on, two separate BBC Wales stories in the last month, including 'Online drugs: Easy access fed mum's addiction to benzos' and 'Covid lockdowns normalised harmful drinking, medic says'.



GWENT N-GAGE

The development work for the peer support project with University of South Wales is underway. The training team are writing the peer training package which will be delivered to 6 students in September.



Cost of living support

British Gas Energy Fund

You do not need to be a British Gas customer to apply for this fund – you can be a customer from another supplier but check if your supplier has their own Trust Fund first.

Cost of Living Payments

The government has released more details on the Energy Bills Support Scheme including the £400 non-repayable discount that will start from October'

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:

[Keir Starmer is out of excuses on drug policy reform](#)

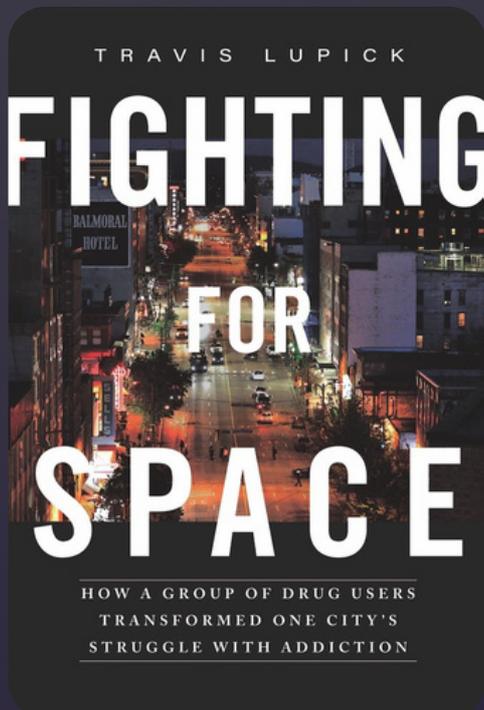
- Politics.co.uk

[The Taliban Vowed to End Afghanistan's Heroin Trade.](#)

[What Happened Next?](#) - Vice

Fighting for Space:

How a Group of Drug Users Transformed One City's Struggle with Addiction



Telling the story of a grassroots group of addicts in Vancouver's Downtown Eastside who waged a political street fight for two decades to transform how the city treats its most marginalised citizens.

**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.

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