

BAROD, EWCH!

DECEMBER 2021 | ISSUE 6



Wales' first Naloxone Click and Deliver service launched!

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

barod

Naloxone Click & Deliver



On the 30th November, Barod launched Wales' first Naloxone Click and Deliver Service. This enables anyone in Wales to gain access to the life-saving medication and have it delivered to their door, for free.

Caroline said "Naloxone is a life-saving intervention and the more ways people can gain access to it, the better. Our learning from Covid-19 has enabled us to broaden and innovate our services."

"This can only be good for those affected by substance use, including loved ones and our communities"

Caroline added, "We have increased our digital services over the last 18-months, and this new naloxone Click and Deliver offers an additional way for people to get hold of the life-saving drug."

<https://barod.cymru/naloxone-click-deliver-service/>



Welsh Overdose Awareness Day



After a break of a few years, Barod have reinstated Welsh Overdose Awareness Day on 13th December and it will now be an annual fixture within our calendar.



This year's theme is 'I am Someone' with the main aim of simply raising awareness of drug-related overdoses in Wales. To mark this event, we have developed a wide range of bilingual social media resources, from harm

reduction messages and signs of different forms of overdoses, to testimonials from those with lived experience. For more information, visit

<https://barod.cymru/welsh-overdose-awareness-day/>.

You can follow the day on social media via the hashtags **#IamSomeONE** and **#WOAD2021**.



Alcohol Awareness Week

15th - 19th November

Throughout the week, many services raised awareness of alcohol and harm reduction by informing the public in their local areas.

The Cwm Taf team visited multiple areas including Tesco in Merthyr, Asda in Aberdare, University of South Wales and Merthyr Valleys Youth Project.



Police carrying Naloxone



Barod initiated the first discussions with South Wales Police just over 2 years ago to highlight the role the first response from police can play in responding to an opiate overdose.

"There are now 50 volunteer officers who are now carrying Naloxone"

If they can save the life of one person, it will allow the officers to refer them to Barod, and our partners, for treatment and intervention, with the aim of preventing further such incidents and giving the person a chance to make a choice. Watch the launch of this pilot [here](#).

DDAS and Choices West have also been training police officers in overdose awareness and naloxone, with Dyfed Powys Police set to start carrying the life-saving medication.



Research

Swansea has been identified as one of the areas to take part in the international **NalPORS** study, led by King's College, London.

By recruiting 6,000 participants, this study aims to assess the effectiveness of take-home naloxone (THN) to reverse opioid overdose when administered by lay persons in a real world setting.



If you are based in Swansea and work with someone who has been supplied naloxone, or has witnessed an overdose, they could help with this significant research.

Speak to Jamie Harris for more information.

WINTER FUEL SUPPORT

This is separate from the Warm Home Discount. Eligible households will be able to claim a one-off £100 cash payment. It will be available to all eligible energy customers regardless of whether they pay for their fuel on a pre-payment or a credit meter.

Eligibility

The scheme is open to households where one member is in receipt of certain welfare benefit.

A member of the household must have been claiming these benefits at any time between 1 December 2021 and 31 January 2022.

- Income Support
- Income Based Job Seekers Allowance
- Income Based Employment and Support Allowance
- Universal Credit
- Working Tax Credits

How to find out more:

This fund is being administered by local authorities in Wales. Households should be directed towards their local authority for more information. Payments will be made from 13 December 2021 until 31 March 2022. Further announcements about the Household Support Fund will be made in the coming weeks, please follow the links below for the Welsh Government announcement and guidance available:

Welsh Government Announcement: [£51m support fund to help families hardest hit by cost-of-living crisis | GOV.WALES](#)

Welsh Government guidance: [Winter fuel support scheme | GOV.WALES](#)

L&D

UPCOMING SESSIONS

Needle Exchange Training

This one and half hour course is delivered via Zoom.

7th January 2022

Relapse Prevention

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

11th February 2022

Cognitive Behavioural Therapy

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

14th February 2022

Positive Psychology

A 3-session course, whereby you are be required to attend all sessions

10th, 17th & 24th March 2022

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

Global Drugs Survey



The GDS is the biggest drug-related survey in the world and we have teamed up with them in a bid to increase the number

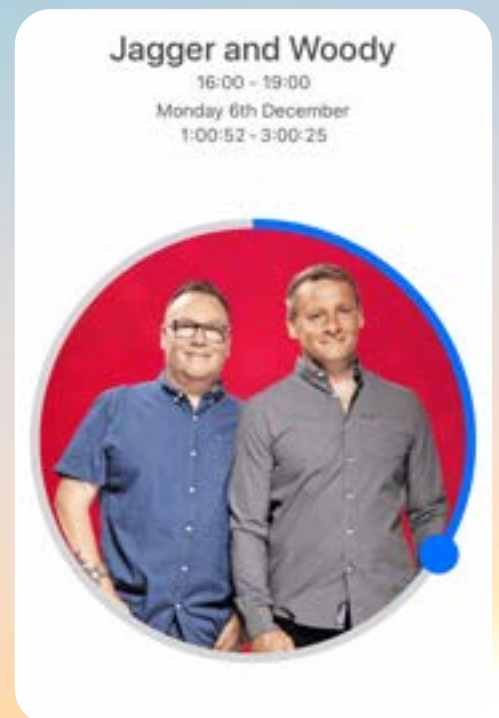
of responses from Wales. This year's survey is looking at drink spiking, drug policy and the law, as well as low/non-alcoholic drinks, and sex and psychedelics. To complete the survey, [click here](#).



Barod in the news

Caroline, Barod's CEO, was interviewed by Global, Europe's largest radio company which owns stations including Heart, Capital and LBC, among others, on 6th December, to comment on the new UK 10-year drug strategy. You can hear Caroline [here](#).

The launch of the Naloxone Click and Deliver Service was also picked up in the media. Read more [here](#).



FOOD BANK DONATIONS

Following last years successful food bank fundraising efforts, teams across the organisation have started collecting donations within their offices to then deliver to their local food bank.

Cwm Taf are leading the way having already provided Merthyr Cynon food bank with a large donation. Well done everyone involved.

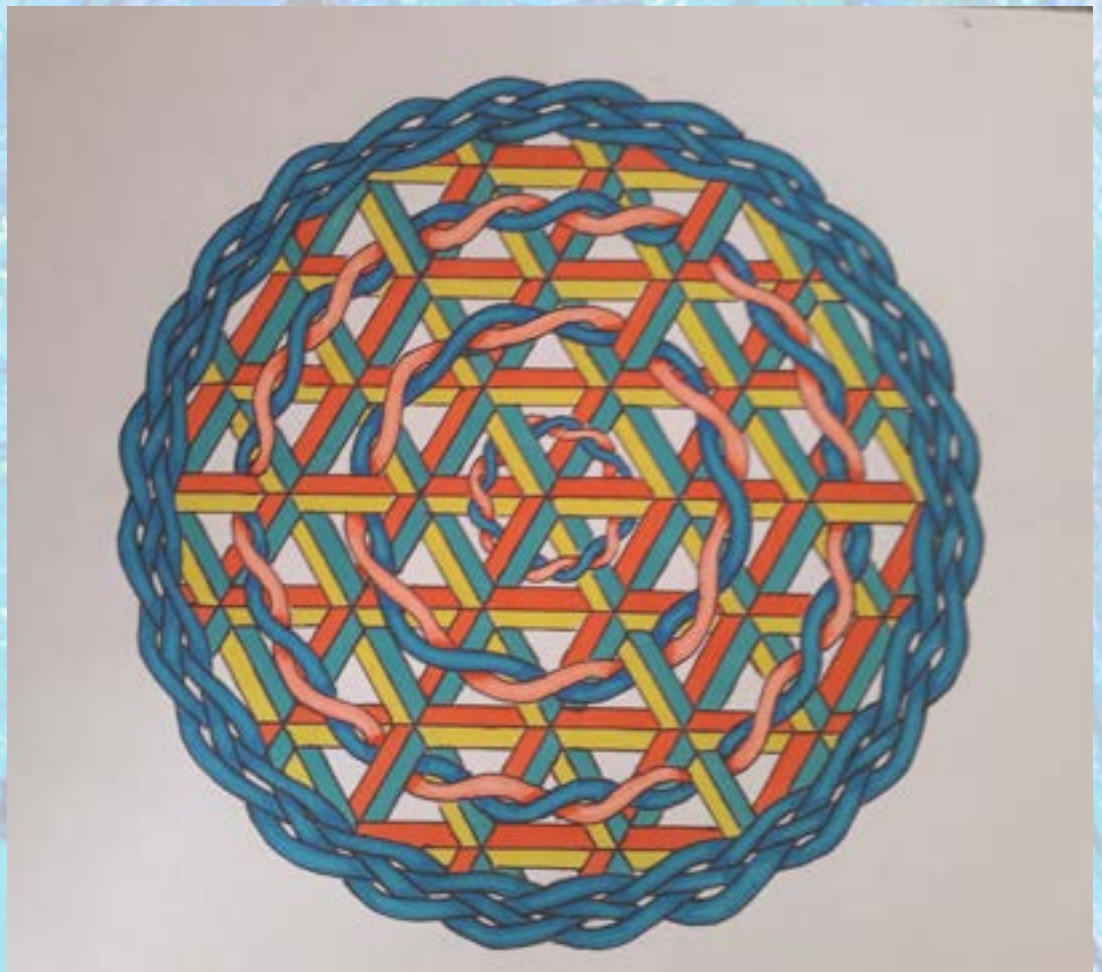


There is also still time for you to sign up to **Run off the Blues 2022**, in a bid to fundraise for local food banks. The deadline to sign up is 15th December.

To sign up, [click here](#) and for more information, just refer back to the email sent by Rob Barker on 16th November.

Mike Parry Art Award Vote

The deadline to submit your vote for this years Mike Parry Art Award Competition winner within the Adult category, is Friday 10th December.



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:

Christiane F. A 1981 German biographical drama

No filter podcasts by Gwent N-Gage

Drug Laws with Niamh Eastwood Podcast by Drug Science

Dopesick



“Dopesick” examines how one company triggered the worst drug epidemic in American history. The series takes viewers to the epicenter of America’s struggle with opioid addiction, from the boardrooms of Big Pharma to a distressed Virginia mining community to the hallways of the DEA.

Available on Disney+

**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 February.

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