



**BAROD,
EWCH!**

DECEMBER 2022

ISSUE 12

**DRUGS
UNWRAPPED**

Inform. Educate. Challenge.

#NothingIsOffLimits

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

barod

THIS MONTH



**CORRELATION EUROPEAN
HARM REDUCTION NETWORK**

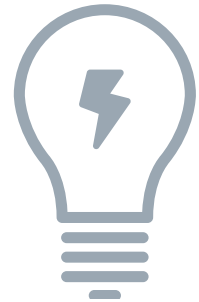


**WELSH OVERDOSE
AWARENESS DAY**

**ANYONE'S
CHILD EVENT**



**DRUGS
UNWRAPPED**



UPDATE

**SERVICE
UPDATES**



**UPCOMING
CAMPAIGN**

FOLLOW US



HO-HO-HO!

Welsh Overdose Awareness Day

13th December 2022

This year's theme was 'Many Faces', outlining that there are numerous individuals that play a part in overdose from those directly and indirectly affected by it, those who respond to such situations and people who actively work to try and implement services and harm reduction interventions, to reduce and end overdose in Wales.



We produced three short films, two capturing people's own experience of an overdose with the third, called 'The Other Side', highlighting the efforts of professionals dealing with overdoses within their respective roles. You can watch all our films on our [YouTube Channel](#).

#WOAD22

Celtic Court Open Day

Staff from the Integrated Substance Use Service in Cwm Taf and Bridgend held a multi-agency open day on Thursday 1st December 2022. Barod staff, alongside Dyfodol and Community Drug and Alcohol team, welcomed service users



and professionals to the multi-agency building for an afternoon of networking and activities.



Numerous stalls greeted visitors in the reception area of the building, and included the launch of the new Choices service for young people in the area. Additionally, activities were ongoing throughout the building including pizza making sessions in the custom designed kitchen, an hour-long gong bath sound therapy session, overdose awareness training, naloxone dispensing and blood borne virus testing.

The afternoon was a great success and provided an opportunity for Celtic Court to showcase all the provisions available service users to access in a one-stop-shop for specialist support.

Drugs Unwrapped

Barod recently launched their new [Drugs Unwrapped](#) series. This where nothing is off limits in relation to substance use and challenging the status quo.

Drugs Unwrapped is a multi-media think tank, of which the first part, that has since been launched, showcases articles written by experts, on their own speciality within substance use, that aim to inform, educate and challenge current thinking and practice, in Wales.

We have a variety of articles already available for you to read, from recent research around the LGBTQ+ community, those with lived experience, as well as how a harm reduction service, unique to Europe, is happening right here in Wales. Our latest article, ['It is the difference between living or existing'](#), written by Jon Fisher, is live now!

Drugs Unwrapped will continue to develop in 2023 with its second and third phase launches, so watch this space!

**"EVERY PERSON HAS A
BACK STORY. IF WE
DON'T ASK WHY, THEN
MORE PEOPLE WILL
LOSE THEIR LIVES."**

Inform. Educate. Challenge.

[#DrugsUnwrapped](#)

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European Network

We are delighted to announce that Barod has been accepted to join the Correlation European Harm Reduction Network as an active member.

This will enable Barod to sit on various working groups, learn from the practice of other countries and establish partnerships across the continent.



Correlation
European
Harm Reduction
Network

GWENT *N-Gage*

Gwent N-gage have started a focus group for young people. The aim of the focus group is for young people to give feedback and have input on aspects of the service as well as developing life skills.

The first focus group session supported young people to attend the local supermarket to purchase the ingredients to make scrambled eggs on toast and mug cakes. While the young people were engaged in making their lunch and mug cakes, they were asked their opinions on Gwent N-gage's social media pages and what they liked and disliked about the content. The young

people shared their thoughts and suggestions and this information was fed into the N-gage social media working group. The group also participated in consultation with the commissioning team who are currently undergoing a review of the service in preparation for re-commissioning.



The second focus group included the making of Christmas decorations and decorating the drop in room in Lower Dock Street whilst discussing the topic of NOS and providing key information on how to maximise engagement with young people.

ANYONE'S CHILD

26TH JANUARY

Anyone's Child: Families for Safer Drug Control is an international network of families whose lives have been wrecked by current drug laws and are now campaigning to change them.

On the 26th January, in partnership with Barod, they will be hosting an event in Aberdare, where those who have lost loved one's will talk about how they believe current drug laws played a significant role in the death of their respective son's and how they feel things can and should change.

The keynote speaker will be Neil Woods, who served as an undercover police officer for 14 years and is the best-selling author of *Good Cop Bad War*. He is also Chair of UK LEAP. The Glasgow Overdose Prevention Van will also be in attendance.

For full speaker line up & to book your tickets, [click here](#).



“

The police thin out the competition for the most successful gangsters. Police can never reduce the size of the market, they just change it.

Neil Woods, ex-undercover police officer

Cynon Valley: Take Drugs Seriously

Hear Neil speak in Cynon Valley.



26th Jan, 6:30 PM - 9 PM
St Elvan's, Church Street,
Aberdare, CF44 7AB

Social Media



As ever, Barod continues to be active on social media on a daily basis, marking relevant awareness days along the way, in line with our EDI objectives.

Check out our video for 'Mae Gen i Hawl' (Welsh Language Rights Day) [here](#).



Did you know?


Punitive drug laws have provided the architecture within which racist and discriminatory policing practices operate.

#HumanRightsDay

3600+ people executed for drug offences in the past ten years | 2 Million+ people detained for drug offences worldwide

Source: Harm Reduction International

Saturday 10th December marked the 75th Anniversary of the Universal Declaration of #HumanRights.

As ever, World AIDS day was marked on 1st December #RockTheRibbon 



BAWSO is an organisation that was established in 1995 and have pioneered work in areas such as forced marriage (FM), female genital mutilation (FGM), honour-based violence (HBV) and modern slavery and trafficking. BAWSO's services extend across Wales and delivered by trained and experienced staff and volunteers.

BAWSO has recently recommended that in addition to a DASH assessment where domestic violence is suspected, that we add 9 additional questions to screen for modern slavery and domestic servitude. These 9 questions are below for you to include in your assessments:

1. Does the victim do the majority of the housework and cleaning?
2. Are there/would there be consequences if they refused/to do work around the house?
3. Do they have restrictions on their life outside of the family/relationship?
4. Do they have lower living standards than others? (separate places to eat for example)
5. Are there any cultural pressures on the victim(s)?
6. Are they unable to access medical assistance in private?
7. Do they have little or no access to money?
8. Does the person stand out from other family members? E.g. poorer quality clothes
9. Do they have restricted access to own belongings e.g. ID, phone

If answered yes to more than 3 of the above, professionals are advised to consider that domestic servitude or modern slavery might be going on. Where you think this might be the case - contact BAWSO's helpline on 0800 7318147 which is available 24/7.



IT'S CHRISTMAS!!

Staff within our Cwm Taf and Bridgend services, rocked the Christmas Jumpers for Save the Children, on 8th December



CHRISTMAS JUMPER DAY



Upcoming Campaign

Barod are currently working on a campaign that addresses the language we use in our sector. We want everyone working for Barod to change the words '**substance misuse**' to '**substance use**'. We also want to encourage and promote others to do the same.

The campaign will be 3-pronged:

- All our internal documents will need to be amended including, service specific literature, policies, our website and social media accounts and our training packages.
- We will be delivering training workshops explaining why language is important and why we are making this change. This will be done in the form of workshops for internal and external staff as well as a Dysgu e-learning module.
- Our Directors will be constructing a letter to WG as a call to action, to encourage them to change their language too, in strategy documents and policies.

LX ADDICTIONS

INTERESTED IN THE LATEST RESEARCH
WITHIN THE SUBSTANCE USE FIELD?

YOU CAN CHECK OUT ALL THE
PRESENTATIONS FROM THE MOST RECENT LX
ADDICTIONS CONFERENCE, WHICH BRINGS
TOGETHER ACADEMICS AND THEIR
RESEARCH, FROM ACROSS THE WORLD.

CHECK IT OUT [HERE](#).





Cwm Taf

Service User Group

Cwm Taf Service User Involvement Group is a well established group that is run by the Cwm Taff Morgannwg Area Planning Board, supported by Integrated Substance Use Services, including Barod. The group meet weekly and have consulted on a number of services and projects over recent months.



On Wednesday 7th December, Barod staff supported the SUIG Group Christmas trip to Cardiff for lunch, a walk around Cardiff Museum and the Christmas event at Bute Park.

Despite the cold temperatures, the group wandered around the spectacular mile-long light festival situated in Bute Park. The day was a great success and enjoyed by all!

L&D

Upcoming sessions

Mental Health First Aid

This course is delivered by Uplifted Wellbeing
9th & 10th January 2023

BBV Training

This course is delivered by the Hep C Trust
18th January 2023

Introduction to Motivational Interviewing

This course is delivered face to face at Celtic Court, Bridgend
26th January 2023

Image & Performance Enhancing Drugs

This course is delivered face to face at Celtic Court, Bridgend
21st February 2023

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:

[Soft White Underbelly YouTube Channel](#) - Mark Laita

[Known Unknowns: A report examining clinician perspectives on medical cannabis](#) - Volteface

High

Confessions of an Ibiza Drug Mule

Michaella McCollum tried to smuggle £1.5m of cocaine through Lima airport and failed. This is the story of how a teenager from Northern Ireland ended up a cartel drug mule. This five-part documentary is available to watch, for free, via the BBC iPlayer, [here](#).



Nadolig
Llawen
Merry
Christmas



**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.

barod