

# BAROD, EWCH!

FEBRUARY 2022

ISSUE 7



## Drug Consumption Room coming to Wales

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

**barod**

# THIS MONTH



**GLASGOW OVERDOSE PREVENTION SERVICE VAN TO VISIT DYFED**

**2.5 MILLION STEPS REACHED FOR #ROTB**

**MIKE PARRY ART AWARD WINNERS ANNOUNCED**

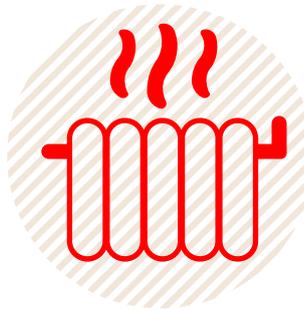


**XMAS CAMPAIGNS ROUND UP**

**#LOOKAFTERYOURELF**



**FINAL WINTER FUEL PAYMENTS REMINDER!**



**NALOXONE IN EMERGENCY DEPARTMENT'S**

**FREE STEROIDS WEBINAR – STREET DRUGS DISCUSSIONS**



**FOLLOW US**



**ZERO RACISM WALES**



**Naloxone**

# Run off the Blues

A total of 9 staff took part in our second annual Run off the Blues event. This January, it was all about completing as many steps as possible throughout the month in aid of raising money for local food banks. This year we have raised a total of £100, of which will be donated to one food bank selected from a hat. Well done all!

**TOTAL STEPS: 2,542,466**



# CAMPAIGNS

**International Day of Happiness** takes place on 20th March. In order for us to mark this, we are looking for quotes from staff, volunteers and those that access support, about where is your happy place and why?

To get involved, simply [click here](#) or scan the QR code below and answer that one question (deadline 15th March).



# DDAS

Allyson and Alana from DDAS took part in a fab initiative with the Salvation Army in Carmarthen just before Christmas, collecting and making packs of toys for families.



## NALOXONE IN ED'S

As part of a wider Wales wide Emergency Department (ED) Naloxone roll-out, DDAS (Ceredigion) have been facilitating overdose awareness training and supplying



Naloxone to anyone concerned with, or involved with an opioid overdose, at Bronglais ED. The team have also recently trained a variety of medical staff including junior doctors and ED charge nurses.

# FREE WEBINAR

# STEROIDS

## STREET DRUGS DISCUSSIONS

**A SERIES OF WEBINARS**

### DEEP DIVE ON STEROID USE

**PROF. JIM McVEIGH**  
MANCHESTER METROPOLITAN UNIVERSITY



**DR KATINKA VAN DE VEN**  
UNIVERSITY OF NEW ENGLAND, NSW



**DR MARK THOMPSON**  
LONDON METROPOLITAN UNIVERSITY



- UNDERSTANDING STEROID AND OTHER IPED USE
- THE PSYCHOLOGY OF DOPING IN SPORT
- INTERVENTIONS AND HARM REDUCTION
- POLICY OPTIONS

HOSTED BY JAMES MORGAN



**THURSDAY, 24TH FEBRUARY, 9.00AM GMT**

FREE TICKETS FROM EVENTBRITE:  
[tinyurl.com/dd-steroiduse](https://tinyurl.com/dd-steroiduse)

# 24TH FEBRUARY 9AM



FOLLOW @DRJAMESCMORGAN FOR MORE INFORMATION

# WINTER FUEL PAYMENT

Barod Floating Support have been busy over the last month supporting service users to claim their £100 Winter Fuel Payment announced by the Welsh Government that is being paid by the local authorities across Wales.

The scheme is open to households where one member is in receipt of either.

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

They must have been claiming these benefits at any time between 1 December 2021 and 31 January 2022 and also be responsible for paying the energy bills for the property.

Those eligible should have received an email from their local authority mid Dec however, we have found that some emails went into junk folders so many people are still missing out.

You must apply to your local authority and each authority has their own application process. This must be claimed by 18th Feb 2022.

Please note: This is in addition to the £140 Warm Home Discount from energy companies most of which have closed applications for 21/22.

# Equality, Diversity and Inclusivity (EDI)



The EDI working group is up and running and will be providing updates in every issue, updating you on the latest terminologies as well as what we are doing to mark current topics and issues.

**NOW IS THE TIME  
TO TAKE A STAND**

**#ZeroRacismWales**

Sign our policy today.  
[www.zeroracismwales.co.uk](http://www.zeroracismwales.co.uk)

Have you signed the [Zero Racism Wales](#) pledge yet? Barod have signed up and will be soon releasing English, Welsh and sign language videos to mark our commitment.



Barod have been awarded a level 1 accreditation in relation to Disability Confident Employer.

At Barod, we no longer use the term BAME. We encourage all to use 'Black, Asian Minority Ethnic' or use more specific terms to describe ethnicity.



# Drug Consumption Room visit to Wales



On the 14th March, Peter Krykant's former Overdose Prevention Service Van will be visiting Wales. Peter set up this service in 2020, without legal sanction, in Glasgow, as a response to the growing overdose issue in the city.

**In the 12 months it operated, the van facilitated over 1,000 injecting episodes, reversed multiple overdoses and did not see any deaths.**



In partnership with Transform Drug Policy Foundation and Anyone's Child, we have organised for the van to visit

the Dyfed-Powys Police and Crime Commissioners office in the morning and Llanelli town centre (Central Square, Vaughan Street) from 1pm - 4pm, on Monday 14th March.

# NGGAGE

Gwent N-Gage's joint piece of work with Monmouthshire Youth Service has begun. This has included weekly outreach sessions, supporting youth service to develop their substance use policy and supporting them to develop an accredited substance use accredited unit for their youth work qualification.



## Welsh Language Audit

"BORE DA" "HWYL FAWR"



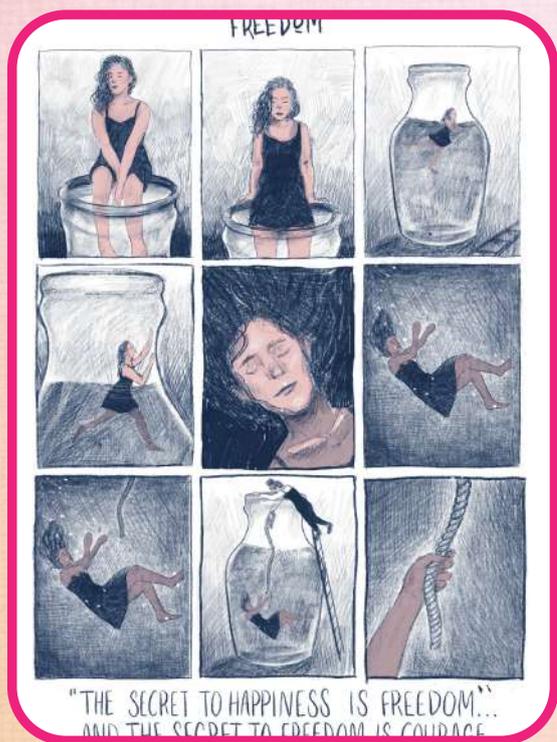
The Welsh Language Group, with the help of a young person, recently undertook a mystery shopper exercise of various front facing services including the Live Webchat Service and Single Points of Contacts. This was to audit and find out how they were adhering to Welsh Language Standards. Many responded successfully to the request for information through the medium of Welsh, however there are areas of development for others.

# Mike Parry Art Award

2021

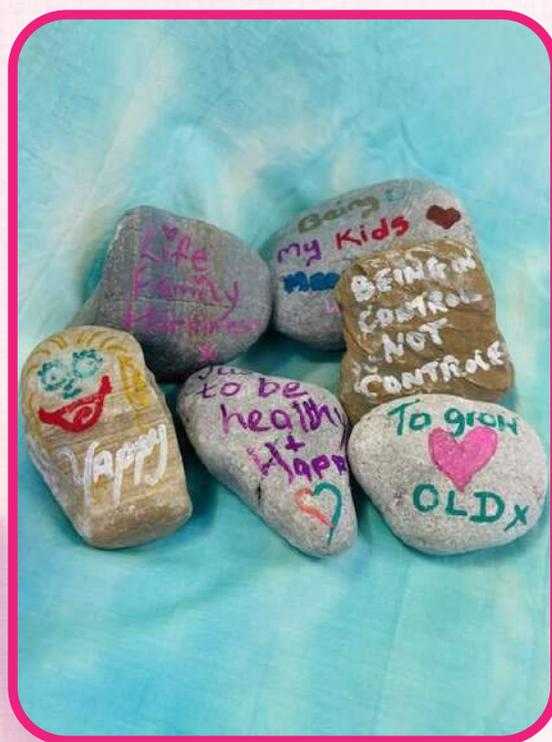
The winners of this last year's Mike Parry Art Award were announced just before Christmas. If you missed it, here's a recap!

## Adults

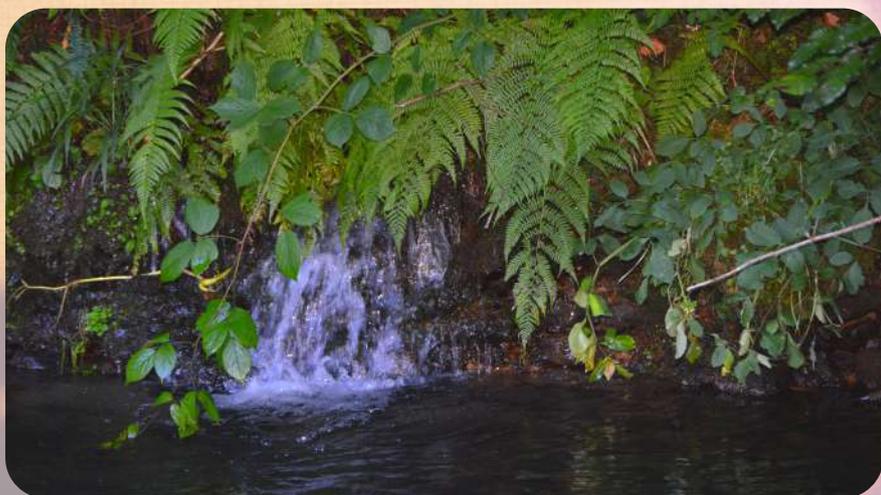


Annalise

## Groups



DDAG Carmarthenshire



Young Person  
Romeo

Well done to all the winners & runners up.

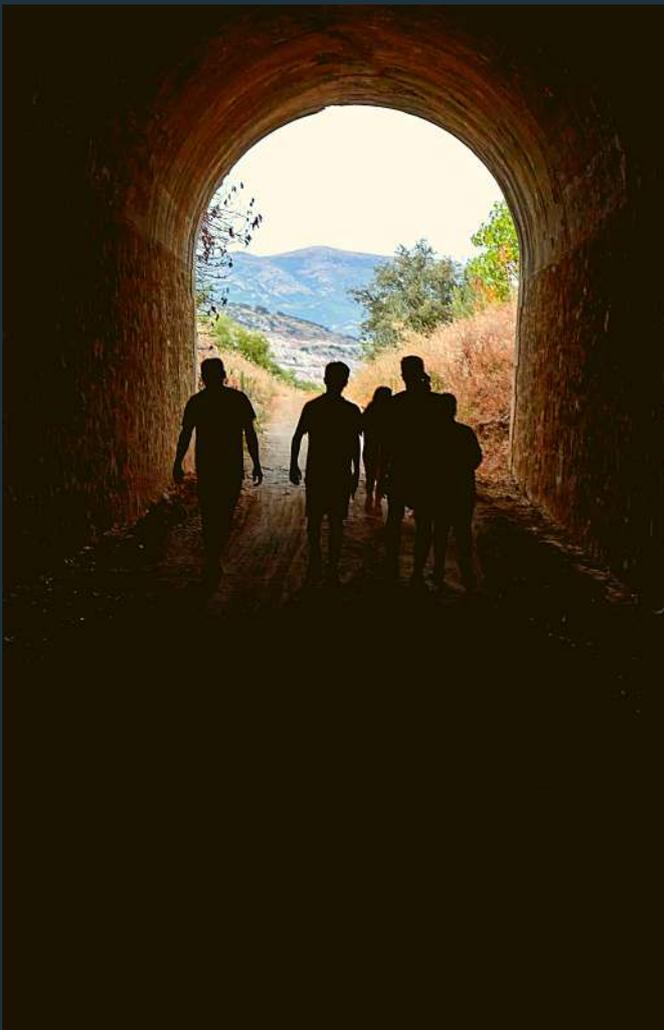
The Barod Floating Support Team attended a webinar with Shelter Cymru where the Opening Up of the Private Rental Sector in Wales was discussed along with recent research.

There has been a rising number of Section 21 notices given to renters in Wales as landlords seek to take back properties to sell due to the increase of house value or, renovate for short term lets such as Airbnb (Tourist Gentrification). This has affected a number of our service users, along with a shortage of housing, is making it difficult to find new accommodation.



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## Multi Agency Working Group - MAWG



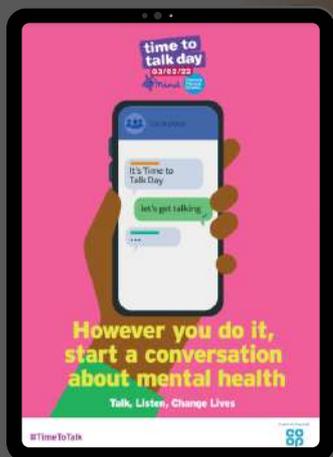
The Pembrokeshire Choices team have established the MAWG group, with partner agencies, looking at contextualised safeguarding. Since the start of the MAWG and outreach work, there has been a **79% decrease** in anti-social behaviour and a **50% decrease** in ASB calls. This demonstrates the impact that this work is having on the community and highlights the pooling of resources and staff can achieve such profound results.

# BAROD ON SOCIALS



February is LGBTQ+ History Month, with this year's theme 'Politics in Art'. We will be posting on social media throughout the month to mark this campaign.

Monday 21st March see's the introduction of a new law in Wales, ending physical punishment towards children. We are posting every Monday in the lead up to the implementation of this important legislation.



The 3rd March marked #TimeToTalk day, encouraging everyone to start a conversation about mental health. Remember you don't need to be an expert or have to fix anything. Just ask and listen.

# SWANSEA

## Winter Wonderland

Following a successful Winter of Wellbeing grant funding application, the Choices Swansea team arranged a Christmas activity of ice skating at Winter Wonderland.

This was an offer to all Choices' young people, to participate in a wellbeing activity.

Going forward the team are planning to complete further wellbeing activities for their young people.



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## "We Don't Try to Fix People"

Choices Swansea will work with Platform4YP to support 13-16 year olds across Swansea, Neath and Port Talbot to find new ways and strategies that help to promote wellbeing via 1-2-1 sessions, peer support groups and the State of Mind Programme.



Anyone taking part will also have the opportunity to train to become a Volunteer Peer Mentor. Mentors work with the project to shape the project's future, ensuring that it's exactly what young people want and need.

# Christmas Campaigns

## Choices West

chose to do a festive advent calendar theme. Inside the boxes were a range of replica substances such as ecstasy, solvents and cannabis. Alongside this, the team posted harm reduction narratives with tips on how to say safe.



## Gwent N-Gage

ran a #lookafteryoureelf harm reduction campaign throughout December that showed some elves getting up to some sneaky stuff in the run up to the big day.



# L&D

## UPCOMING SESSIONS

### **Young People and the Needle Exchange**

This is for adult and young persons workers and should be attended by anyone who covers the needle exchange

**22nd February 2022**

### **Vicarious Trauma**

This half day session covers how to recognise and respond to vicarious trauma for ourselves, colleagues and organisations.

**7th March 2022**

### **Positive Psychology**

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

**10th, 17th & 24th March 2022**

### **Relapse Prevention**

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

**26th April 2022**

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:

Curious About The Impact Of Drugs On Society -  
The Lovejoy Hour (Podcast)

How Peter Krykant Tackled the UK Drug Death Crisis - Transform Drug Policy Foundation (Video)

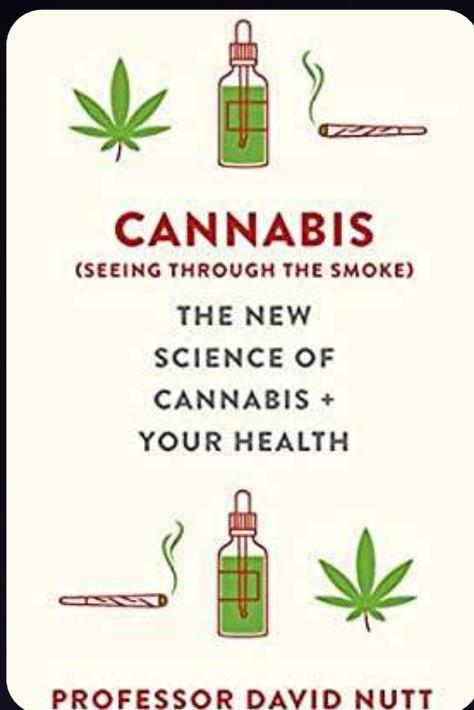
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## Cannabis

### (Seeing Through The Smoke)

In David's first ground-breaking book on the subject, he will cover its impact of all areas of the body and the brain and its effective use for treatment of illness from chronic pain, epilepsy, multiple sclerosis and

PTSD, to anxiety and depression. This is the essential knowledge that cuts through the noise and give us evidence-based information that will change people's lives.



**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 April.

**barod**