

# BAROD, EWCH!

JUNE 2021 | ISSUE 3

# NEVER

# GIVE

# UP



# barod

**NO BAD  
VIBES!**

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

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# Service Use Involvement

After months of zoom meetings, the Cwm Taf Service User Group were able to meet up in person, for the first time in over a year, while showcasing some of their new 'No Bad Vibes' T-shirts.

Plenty was on the agenda, none more so than the transitioning of services back to face-to-face support when restrictions ease.

Weather permitting, the group will continue to meet up outdoors, socially distanced!





# Swansea



Choices Swansea have been delivering detached outreach, making sure young people are safe in and around Swansea. They have been supporting partner agencies in relation to 'Contextual Safeguarding', a method to understanding and responding to, young people's experiences of significant harm beyond their families.

Attendance at the online SMART Recovery meetings has been extraordinary! With the twice weekly meetings occurring, we have also had attendees from Europe partaking in the sessions, with partner agencies supporting their service users to access the online support groups. Online meetings, along with face to face, look like they will be here to stay!



The Swansea team will be taking part in a multi-national study of the effectiveness of naloxone administration in reversing an opioid overdose. The primary objective is to determine the effective administration rate of Take Home Naloxone by people who inject drugs (opioids) to prevent fatal outcomes from opioid overdose, within 24-hours after administration of naloxone, in a real-world setting.





# DON'T SWEAT THE SMALL STUFF

AS COVID-19 RESTRICTIONS EASE, THERE MAY BE ADDITIONAL PRESSURES BY THE MEDIA AND SOCIETY TO LOSE THAT 'LOCKDOWN WEIGHT' OR TO GET 'BEACH BODY READY' FOR THE SUMMER. OUR CURRENT CAMPAIGN, #DONTWEAT AIMS TO PROMOTE POSITIVE BODY IMAGE AND HEALTHY, HAPPY LIVING THROUGHOUT JUNE AND JULY, ON SOCIAL MEDIA. YOU CAN FIND OUT MORE BY VISITING OUR DEDICATED PAGE [HERE](#).

THE CAMPAIGN INCLUDES HONEST AND CANDID TESTIMONIES FROM STAFF REGARDING THEIR EXPERIENCE RELATING TO BODY IMAGE; WAYS TO PROMOTE POSITIVE BODY IMAGE; AS WELL AS HINTS AND TIPS TO WORK TOWARDS HEALTHY, HAPPY LIVING. THIS INCLUDES OUR 30 STEPS CALENDAR BELOW AND ILLUSTRATIONS FROM 2020 MIKE PARRY ART AWARD WINNER, ANNALISE.

*30 steps to a healthier body and healthier mind*

Look in the mirror & tell yourself "You're AWESOME!"	Add some fruit to your cereal or toast, to kick start the day	Take 10 minutes out of your day to concentrate on your breathing	Come rain or shine, go outside for a walk & take in the fresh air	Do your favourite hobby today & enjoy!	Put on your favourite song & dance away
Try a vegetable you have never eaten before	Have a day off social media	Sit out in the garden or at your local park & enjoy the scents of the flowers	Get lost in the book you're reading, or start one you've been meaning to read	Aim to achieve 10,000 steps today	Take 5 minutes to think about your own body & what it has & can achieve
Take time out to stretch at various times of the day	Get outside & appreciate the nature all around you	Pick up the phone & ring someone you haven't spoken to for a while	Check out a 'Wednesday Workout' video from Gwent N-Gage	Do something that lets your body know you appreciate it	Aim to eat 7 pieces of fruit & veg today, each at least 70g
Check out the local walking trails that may be right on your doorstep	Treat yourself today for just being you!	Invite a friend to a press-up challenge - feel the burn!	Wear clothes that make you feel good about your body	Cook your favourite meal from scratch with fresh ingredients	Go screen free for a day? No TV, no phone
Ask your partner, friend or family member, how they are	Do 10 bicep curls per arm with your milk bottle, while waiting for the kettle to boil	Look at yourself as a whole person & don't focus on specific body parts	Go meat-free for the day	Mindfulness can aid relaxation & sleep. Why not try a body scan?	Head to the beach or your local park & take in the scenery







# LIVE DIGITAL SESSIONS

With limited face to face contact with young people, Choices West have been holding monthly live digital sessions.

The sessions have included: cooking, mocktail making, tea making, planting seeds and growing sun flowers. With the easing of restrictions, the next planned activity is going to be a socially distanced litter pick in each of the counties. All the sessions are posted on our social media and YouTube Channels.

Here is Sarah delivering the planting session.



## *Naloxone*

Between DDAS, Swansea and Cwm Taf services, we gave out a total of:

# 1,038

Naloxone kits in 2019-2020

# Learning at Work Week 17th - 23rd May 2021

Learning at Work Week is an annual celebration, led by Campaign for Learning, that promotes lifelong learning in the workplace. This year the theme was 'Made for Learning'.

This year's activities included:

**Three new e-learning packages** covering Cannabis and Synthetic Cannabinoids, Harm Reduction and NPS.

**Three live workshops** - 'Welsh in the Workplace (Beginners)', 'Advanced Welsh' and 'Social Media and Substance Misuse'.

**Three graphic guides** including 'Places to Learn - Barod Staff's Guide to Substance Misuse podcasts' and speakers and a Kratom Infographic.

**Two new bitesize videos** focusing on Drug Consumption Rooms and Basic Substance Misuse awareness. The videos are available on [Barod's YouTube channel](#) and were promoted on social media.

**One Facebook livestream** on learning, outlining the ways that we can all get the most out of our own learning.

All of the content from this year can be found via the dedicated page on our website <https://barod.cymru/learning-at-work-week-2021/>

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Our guide to great substance misuse related content

The Drug Science Podcast with Professor David Nutt | [DRUGS UNCUT Scottish Drugs Forum](#) | [Say Why to Drugs Podcast Suzi Gage](#)

[Growtherapy Facebook Page](#) | [WHAT'S THE CRACK? Podcast](#) | [AFTER SKOOL YouTube channel](#)

Other notable people who speak about substance use and related issues:  
Shaun Attwood | Dr Gabor Maté | Johann Hari

*A quick guide to...*  
**Kratom**

Kratom (Mitragynine) comes from a tree that is found in countries in South East Asia. This makes it a little different to other NPS (Novel Psychoactive Substances) but it fits in this category as its use has become more prevalent in recent times.

It can be sold as a green powder (sometimes in capsule form), an extract or gum. It is often drunk as a tea or mixed with other drinks to help minimise the pungent taste.

In small doses, it is reported to have a stimulant like effect, but at high doses and in long term use it is reported to have opiate like effects.


There is currently not much research in the use of Kratom, however we know that users may experience an increase in tolerance. Withdrawals of Kratom closely resemble that of opiate withdrawals.

Below is some harm reduction advice for someone using Kratom:





# Floating Support



## CASE STUDY

'Andi' was referred to Floating Support last August from DDAS, for support with making a claim for Personal Independence Payment (PIP). Following a recent hospital admission for alcohol withdrawal, 'Andi' also started to engage with the Social Services Substance Misuse Team. 'Andi' has high levels of anxiety and struggles to meet new people or go out but has attended weekly meetings over zoom.

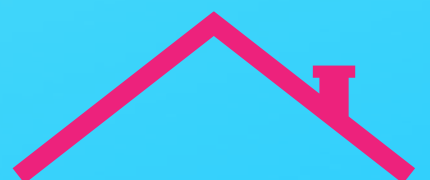
'Andi' has lived alone for ten years and since moving into their property, they had not paid their water bill. They were unsure about how much they owed due to throwing any correspondence from Welsh Water in the bin. Following a successful Welsh Water Customer Assistance Fund and HelpU scheme application, the amount owed has considerably reduced and should enable 'Andi' to clear their outstanding water bill within 12 months.

Since a discretionary housing fund was applied for and granted, 'Andi' was awarded various white goods. Floating Support also supported 'Andi' with an application for a PIP.

'Andi' noticed money being taken from their bank account that they did not recognise. It appeared to be a couple of subscriptions they had unwittingly signed up to and were no longer using the service. Subsequently, 'Andi' was supported in attending a meeting with the bank and arranged for the payments to stop and also be registered as a vulnerable customer.

An application for the Warm Home Discount was also successful, which cleared the outstanding amount on a recent electricity bill.

Floating Support have also supported 'Andi' with correspondence to their GP and had a food parcel.



Throughout May, our Live Webchat service was advertised throughout Dyfed via bus panels on popular routes, Heart South Wales (West) FM and on Global's streaming platform, DAX.



*"If you can't talk about it...type it"*

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## Barod in the News

Barod's CEO, Caroline Phipps, spoke to BBC Wales regarding the impact of the Psychoactive Substance Act 2016.

Caroline's interview was broadcasted on the evening news, on 26th May, five years since the inception of the legislation that aimed to close headshops and online sites, selling New Psychoactive Substances.

Caroline's interview can be found in the All Barod Communications TEAMS channel.







In addition to our usual escapades, we have also had a tweak to make sure we offer even more to the young people and those around them in Gwent. We now have a number of exciting new roles within the team that we would like to share with you all! These are:

### **Transition and Young Adult worker:**

- Support for under 21's to ensure a seamless transition to adult services.
- Flexible approach – home visits, support to GDAS bases and joined up working alongside adult services.



### **Family workers:**

As well as continuing with our concerned other work for all under 18s, we are now offering support to parents and carers of young people. This enables us to offer a more tailored and joined up approach for those that are referred.

### **Engagement team:**

We now have a dedicated engagement team to build up better community links and also help to increase our presence and referral numbers!

They will focus on:

- Social media
- Targeted community work & outreach
- Workshops & awareness raising sessions
- Events, campaigns & networking



# L&D

## UPCOMING SESSIONS

### **ASIST Suicide Prevention Training**

In person training in accordance with social distancing and Covid-19 guidelines

**21st & 22nd June in Llandybie Memorial Hall, Carms.  
7th & 8th July in Cornelly Community Centre, Bridgend**

### **Vicarious Trauma**

This training is delivered by New Pathways, a specialist support service for those affected by rape and sexual abuse (delivered via Zoom)

**1st September**

### **Introduction to Motivational Interviewing**

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

**8th & 9th September**

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



# WE 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:

Your **top 5 tips** to cutting down on the use of a specific drug

.....

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:

[Addiction in Psychiatry E-Learning](#) by Drug Science

[Power Talk Podcasts](#) by Power The Fight

[The Misuse of Drugs Act at 50](#) - A fifty year history of one of the UK's main drug laws (Transform)

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## [The Wisdom of Trauma](#)

An upcoming movie exploring trauma as the invisible force that shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds.





**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 August.

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