

# BAROD, EWCH!

JUNE 2022

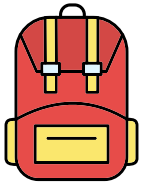
ISSUE 9

**Pen Y Fan Recovery Walk is back!  
Thursday 14th July**

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

**barod**

# THIS MONTH

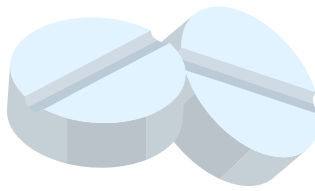


**ANNUAL RECOVERY  
WALK 2022**

**BAROD'S 50TH ANNIVERSARY  
CELEBRATIONS**

**50**

**£500  
CARERS  
ALLOWANCE**

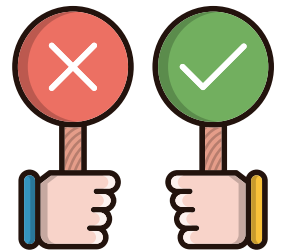


**MDMA PILLS  
TESTED AT  
PARKLIFE FEST**

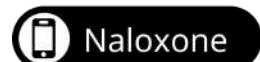


**CHOICES WEST  
'SESH DEN'**

**NEW OPINION-  
BASED SERVICE  
COMING SOON!**



**FOLLOW US**



# Annual Recovery Walk

**Pen Y Fan, Thursday 14th July 2022**

We are delighted to announce that the annual national recovery walk at Pen Y Fan is back for 2022. The event will be taking place on Thursday 14th July at South Wales' highest peak, within the Brecon Beacons National Park.

The meeting point and time for this year's recovery walk is Pont ar Daf car park (LD3 8NL) at 10.00am. There will be a short briefing at 10.15am with the aim of starting the walk at 10.30am. Our very own Tyfu cafe will be providing free refreshments to everyone who has taken part, between 2pm - 4pm.



If your service intends to take part in this year's recovery walk, we kindly ask you to complete the [following registration form here](#). If you would like to attend, please discuss with your line manager.

# MDMA PILLS TESTED AT PARKLIFE FEST

BY THE LOOP (11TH & 12TH JUNE 2022)

Bi-layer Louis Vuitton  
MDMA 199mg



Dollar Eyes Emoji  
MDMA 143mg



Small Lips Trump (r)  
MDMA 188mg



Lucky Clover w/ Pipe  
MDMA 208mg



Dollar Moneybag  
MDMA 118mg



Dutch/Canal House  
MDMA 160mg



Fist Emoji  
MDMA 223mg



60's VW Camper  
MDMA 163mg



THE LOOP - NEW MDMA PILLS IDENTIFIED IN JUNE 2022

The average MDMA pill strength was 170mg, which is 1.5x an average adult dose.

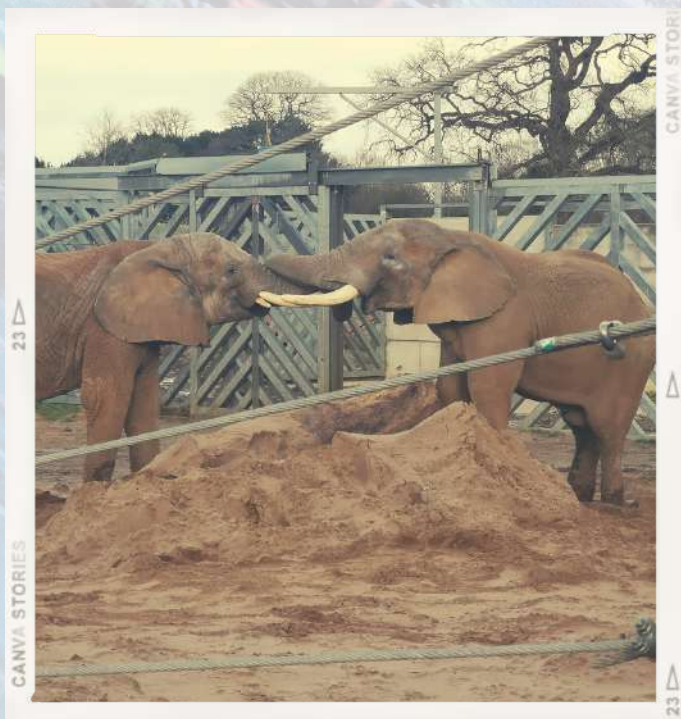
[@wearetheloopuk](https://www.instagram.com/wearetheloopuk)

# CHOICES SWANSEA

The Choices Swansea team have had a fantastic time taking part in activities these last few weeks as part of the Winter of Wellbeing funding!

Taking young people to Noah's Ark, Heatherton, Graffiti workshops and much more has received positive feedback with attendance at it's highest from young people across Swansea!

The young people are eager to hear what activities are planned for the summer holidays! Watch this space!



# SWANSEA TO BE ONE OF THE PILOT AREAS, ACROSS THE UK, FOR THE NEW BUDDY UP APP.



We have partnered with Cranstoun, who have launched their new **Buddy Up** app.

People who are using drugs alone can download the app and be connected to a volunteer, with whom they can build a rescue plan in the event of an emergency.

If the person overdoses, it will send an emergency message to them, triggering the appropriate medical attention. This app, available to anyone within the UK, is all about preventing avoidable, fatal overdose.

**NEW**



# New Service Announcement

We will soon be launching a brand new 'think-tank' service. We will be inviting internal and external people to write short articles on various topics from cannabis legalisation and the use of psychedelics in treatment to the role and influence of drug policy reform groups and lived experience.

We aim for most of these articles to have a Welsh context with some providing a UK or international perspective.

If you feel you have an expertise or special interest in a substance use topic and would like to write an article that educates, raises awareness and challenges current thinking, then get in touch with [Rob Barker](#).

# Down West

Choices West attended 'The big retreats festival' on 3rd June to provide resources and support for concerned others and young people. This invite was a result of support provided to a parental concerned other who's son had experienced a lot of challenges with his mental health.



DDAS were present at the launch of the Knife Angel in Aberystwyth on the 1st June, at the start of a month long residency confirming we are against violence in all forms.

DDAS and Choices West have been, and will continue to, attend education sessions and manning information stands as part this campaign led by Dyfed-Powys PCC.



# UNPAID CARER FINANCIAL SUPPORT SCHEME

Welsh Government have announced a £500 payment will be provided to unpaid carers who are receiving Carer's Allowance as of the 31st March 2022.

Unpaid carers will be able to submit their claim to local authorities with the registration process closing at 5pm on 15th July.

£5000

For more information please [click here](#).

# Gwent N-Gage

Gwent N-gage were pleased to be able to meet in person for their annual development day. The session was held at The Christchurch Centre in Newport.

The team took the opportunity to review the service by reflecting on successes and challenges over the past 12 months and discussing future considerations alongside well-being. There were also some games throughout the day and a very nice lunch!

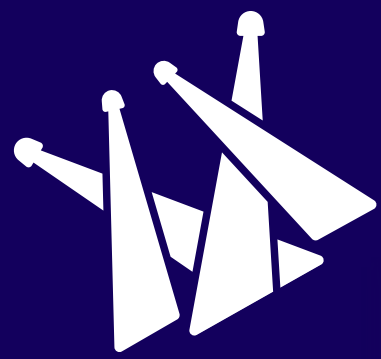


## Barod turns 50!

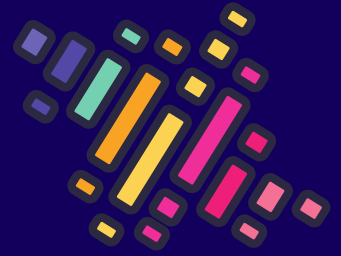


This year marks Barod 50th anniversary! We are looking to mark this special occasion by hosting a variety of events including a festival in Cardiff, this September (watch this space!).

If you have any ideas on how you think we can mark our 50th birthday, email [Rob Barker](mailto:Rob.Barker@barod.org).



# SESH DEN



Choices West recently ran their first successful 'Sesh Den' campaign. This campaign recreates scenarios young people may encounter whilst out and about, using substances and asks them to provide correct harm reduction advice. Young People were walked through three different areas of 'The Sesh' - Drink Driving; attending a house party where there was MDMA being used and supported someone who was overheating; and the session concluded with a discussion around Cannabis and the implications on mental health.



# First Point of Contact (FPOC) - Swansea

**newid**

DRUG & ALCOHOL  
SERVICES IN SWANSEA  
& NEATH PORT TALBOT

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**Email: SWANSEA@newidcymru.co.uk**

**Visit: www.newidcymru.co.uk**



Scan the QR Code and complete the short survey to help  
us improve to support our communities

For more harm reduction information visit:

**WWW.NEWIDCYMRU.CO.UK**

## The new number to access substance use services in Swansea

# FLOATING SUPPORT CASE STUDY

SU came into service when their benefits were stopped suddenly due to their employer submitted incorrect information to HMRC. With rent arrears being accrued and rising debts, food parcels were arranged, and Floating Support spoke with utility companies and the housing officer to inform them of the situation and place accounts on hold. In this period, we were able to apply for 2 successful Discretionary Assistance Emergency Fund of £50 each time and an application was started for universal credit.

Eventually, the decision to stop SU's benefits was partially overturned with the evidence we could provide but SU had to remain on universal credit going forward. SU was given a small portion of back payment but was still liable for 3 weeks of council tax and rent due to the decision only being partially overturned. We applied for a Discretionary Housing Payment to cover the rent arrears and set up a payment plan with utilities including moving SU onto the HelpU scheme tariff to help with water payments. We were also able to apply for the Warm Home Discount (£150) and then the Winter Fuel payment (£200) from the Welsh Government which enabled SU to clear their energy debt.



SU's Discretionary Housing Payment application was successful, and her rent arrears were not only cleared but, SU was also granted £60 a week in addition to help alleviate their financial situation.

We are still awaiting the outcome of the Health Assessment Questionnaire to place SU on Limited Capability for Work (due to a backlog at the DWP). In the meantime, SU has had a referral back to the Mental Health team and is engaging with Cyfle Cymru who are supporting with work preparation. SU has also applied to volunteer at a local food bank in the garden and looking to complete an application for a provisional driving license.

# L&D

## UPCOMING SESSIONS

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

This course is delivered online

**5th July 2022**

### **Boundaries Code and Conduct**

This course is delivered online

**5th July 2022**

### **Safeguarding Professional Discussion**

Celtic Court, Bridgend

**6th July 2022**

### **Relapse Prevention**

This course is delivered online

**15th July 2022**

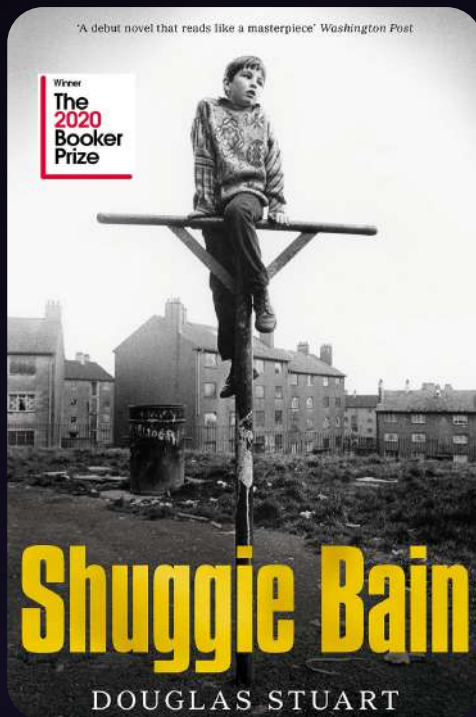
To book on to these courses, and others, please refer to the WDP for the appropriate booking links.

# 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:

[Gwent N-Gage Affirmation Cards](#) - A useful tool to use with people you support

[Addiction, Rats and Nazi Germany with Professor Bruce Alexander](#) - Drug Science Podcast



2020 Booker  
Prize Winner

## Shuggie Bain

Shuggie Bain is the unforgettable story of young Hugh “Shuggie” Bain, a sweet and lonely boy who spends his 1980s childhood in run-down public housing in Glasgow, Scotland. Thatcher’s policies have put husbands and sons out of work, and the city’s notorious drugs epidemic is waiting in the wings.

**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.

**barod**