

# BAROD, EWCH!

MARCH 2021 | ISSUE 2



**MIKE PARRY  
ART AWARD  
WINNERS  
ANNOUNCED!**

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

**barod**



# MIKE PARRY ART AWARD 2020

## Adult Winner - Annalise

"One of the key moments in lockdown was everybody putting up rainbows in the window to support keyworkers. With everything feeling so dark and depressing, it was a nice break to see everybody come together to do a little something, to lift people's moods."



## Young Person Winner - Lenni

"How does the media influence body image? Social media is a huge part of our lives. So many girls/ boys go through school scared of being judged because they don't fit in to social media's beauty standards."



You can watch all our videos including a recoding of the virtual exhibition on our [YouTube channel](#)



# RUN OFF THE BLUES 2021



**£600** RAISED FOR LOCAL  
FOOD BANKS

A TOTAL OF **3,864KM**  
COMPLETED IN JANUARY



YOU CAN CHECK OUT A SHORT VIDEO  
CAPTURING EVERYONE'S EFFORTS  
**HERE.**

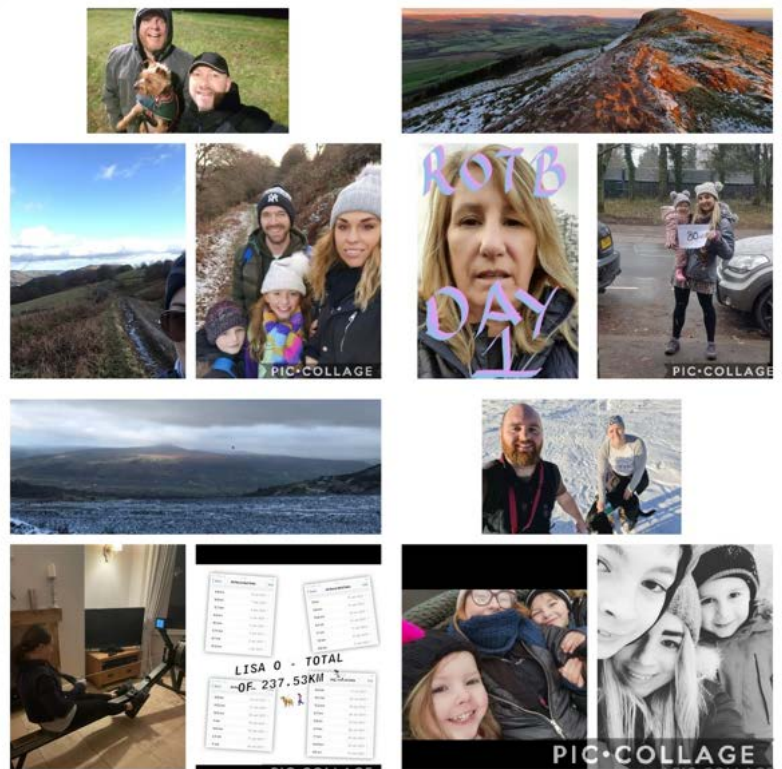
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FANCY A NEW CHALLENGE? YOU CAN  
SIGN UP TO TRUSSELL TRUST'S  
**#RACEAGAINSTHUNGER**, THAT TAKES  
PLACE ON 27TH MARCH. FOR MORE  
INFORMATION, **CLICK HERE.**

# Gwent N-Gage

The N-gage team took on the #ROTB January challenge and clocked up an amazing 1328.42km (at last count!). As well as raising awareness and money for local food banks, it also brought out the competitiveness in some of us!

Whether running, walking, cycling, or rowing; it made the month of January a much more active and happier month than usual. Well done team! Here's to an even bigger total next year!



Also, a big welcome to the newest member of N-gage, Dave, who will be one of our Activities workers.

## FLOATING SUPPORT



Since January, we have supported service users with claiming for warm home discount, emergency payments from the Discretionary Assistance Fund, discretionary housing payments to support with rent shortfall and Personal Independence Payment awards including **£8,483.99** worth of backpay. We have also become a referral agency to two brand new food banks in Ceredigion.





On the 4th February, the Choices West team took part in the annual 'Time to Talk Day'. The team checked in and supported one another over a virtual cuppa.

The team continue to run area-specific campaigns on xanax, depressants, overdose and 'coping, cravings & covid'.

# CYFLE CYMRU

Throughout the month of March, Cyfle Cymru are running their very own

**Cyfle Cymru's Got Talent.**

Entries can be sent to [ask@cyflecymru.com](mailto:ask@cyflecymru.com) by 2nd April, 2021.

2021

CYFLE CYMRU'S GOT

★  
Talent

SHOWCASE YOUR TALENTS

PRIZES TO BE WON

CATEGORIES INCLUDE:

ART & CRAFTS • SINGING • MUSIC

MAGIC • POETRY • DANCE • VIDEO

COOKERY AND MORE...

MOST TALENTED FAMILY AWARD

ARE YOU OUR MOST TALENTED FAMILY?

ENTER AS A FAMILY IN ANY OF THE CATEGORIES

ABOVE TO BE INCLUDED IN OUR SPECIAL AWARD

Contact your Cyfle Cymru Peer Mentor

for more information and details of how to enter

Entries to be sent to [ask@cyflecymru.com](mailto:ask@cyflecymru.com) by

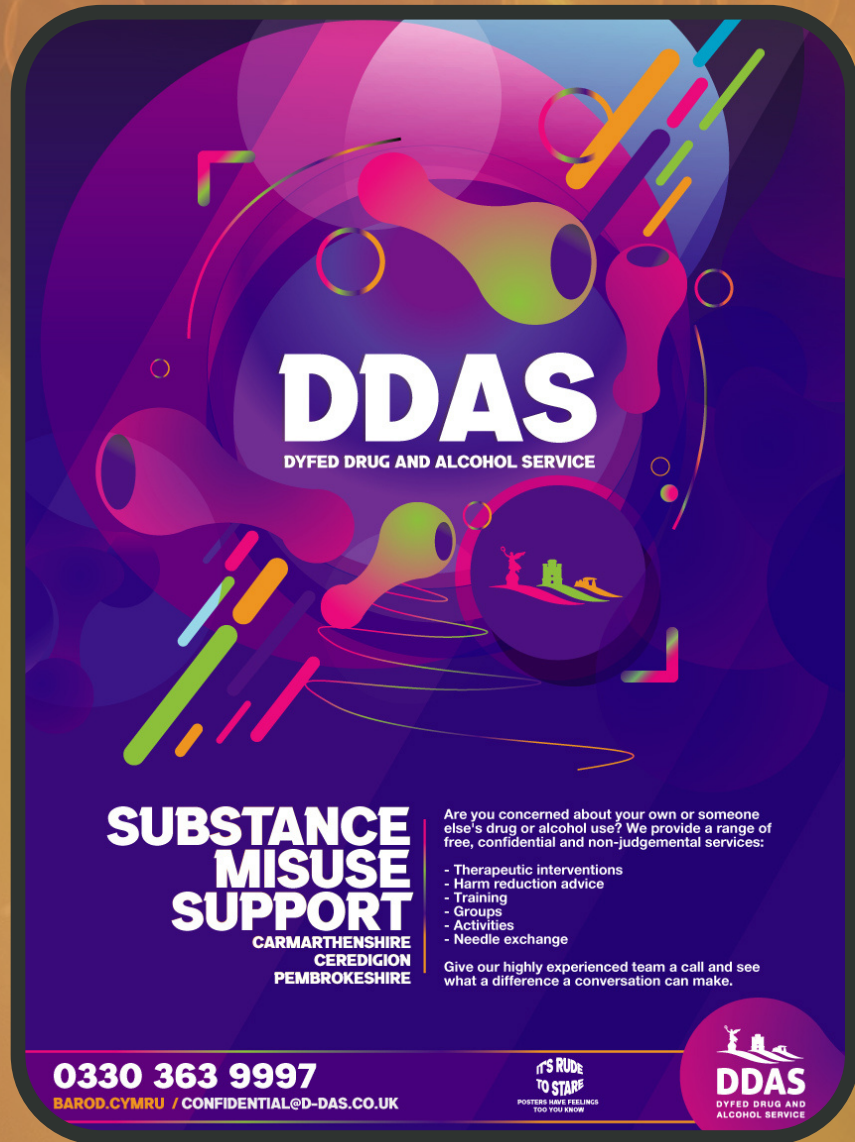
2.4.21 - please include your age and County

Cyfle Cymru  
Gwasanaeth Mentori Cyfoedd



DDAS have been working hard in developing their promotional materials including their brand new poster and logo, as well as increasing their social media presence via a new **TikTok channel** showcasing harm reduction videos.

Ceredigion Team Leader, Adam Whitehouse, took part in '**Commissioner in Conversation**' with Dyfed-Powys PCC, Dafydd Llywelyn, discussing all things DDAS and harm reduction.



Listen out across Heart South Wales WEST, Smooth South Wales and Smooth North West & Wales for our **Over 50's Alcohol Helpline** radio campaign! This runs until the middle of April.

Those seeking support via the helpline can now book a phone call or video chat via the Over 50s Alcohol helpline page, on our website.

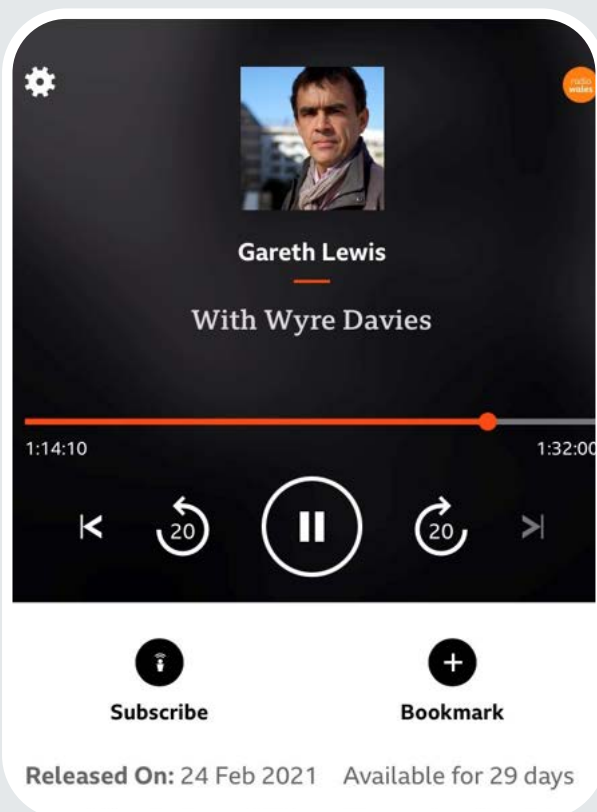


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## Barod in the News

Steff Warren, DDAS Carmarthenshire Team Leader, spoke to S4C about the growing issue of illegal benzodiazepine use in Wales. Quotes from Steff within a BBC article on the matter can also be found [here](#).

We also talked to Wyre Davies on [BBC Radio Wales](#) regarding the 127% increase in Benzodiazepine referrals to Barod and consortium-based services in 2020, compared to 2019.



# L&D

## UPCOMING SESSIONS

### **Victim Support Hate Crime Workshop**

This session, delivered by Victim Support, will be interactive and have discussions around how our service users are impacted by hate crime, how we can best support them and what additional support is available

- **Wednesday 17th March 10 - 12**
- **Monday 29th March 10 - 12**

### **DANGOS Benefits Awareness Session**

This 3 hour awareness session is an interactive workshop aimed at anyone who supports vulnerable people, what benefits they are entitled to and how to go about accessing it.

- **Friday 9th April 10 - 1**
- **Friday 23rd April 10 - 1**
- **Wednesday 12th May 10 - 1**

As always, you can book onto these and other ongoing sessions, via the WDP on [Dysgu](#)



# Barod Recommends...

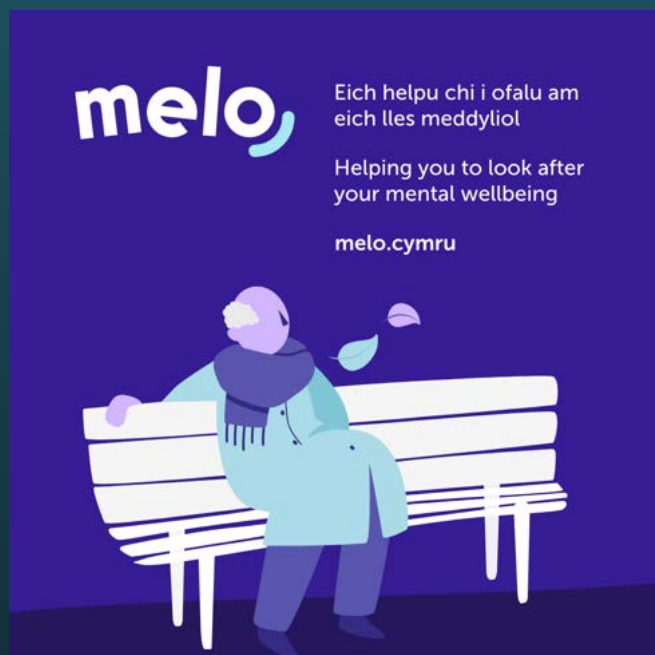
Looking for some new podcasts to listen to? Or want to keep up-to-date with the latest drug & alcohol news? Why not check out the following:

[Say Why To Drugs?](#) podcast series with Dr. Suzi Gage

[Street Drugs Discussions: Alcohol, Harms & Harm Reduction](#) - with Prof. Jo Neil & Prof. David Nutt

[What Really Happened to Britain's Drug Supply During the First Lockdown?](#) (Vice)

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[Melo Cymru](#) is a new website developed by Aneurin Bevan University Health Board, providing resources on how to look after our mental wellbeing.

**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 June.

**barod**