

BAROD, EWCH!

OCTOBER 2021 | ISSUE 5



It's all gone
MADD in
Cwm Taf

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

barod

P2P Naloxone



Six new peers have been trained to start dispensing naloxone in a bid to save lives and reduce drug-related-deaths in Merthyr Tydfil as part of a new **Peer to Peer Naloxone pilot**.

Simon, Lisa, Jey, Gemma, Bleddyn and Kelly, who now form **MADD (Merthyr Against Drug Deaths)** attended the two day training (27th & 28th September 2021) that was facilitated by the ever energetic, George Charlton and supported by Fiona Konteh from Ethypharm and South Wales Police.



The pilot will start on 7th October. To read more about this new initiative, [click here](#).

Celebrating Recovery

As part of Recovery Month, many services facilitated 'Recovery Walks' throughout September, in a bid to maintain people's wellbeing by being active and connecting with others.



The Cwm Taf team facilitated a walk at Barry Sidings in Pontypridd with a great turn out and time had by all!

Gwent N-Gage put on two recovery walks, one at Llandegfedd Lake and another up Twmbarlwm!



Emma from Choices West, took two young people on a lovely walk from Black Pill to the Mumbles in Swansea.



ADVERSE CHILDHOOD EXPERIENCES

"I feel my addiction to alcohol was a result of the trauma of my childhood" Mark

A four-part documentary, produced by Eternal Media, shows how Adverse Childhood Experiences (ACEs) can have lasting impact on someone's life. As told by those with lived experience, ACEs can play a significant role in the development of certain behaviours, including substance use.

This powerful short film highlights the impact that ACEs can have but also how services, like Barod, can support people moving forward.

Our Swansea service played host to many interviews, including that of Service Manager, Jamie Harris.



Jamie Harris
Barod Service Manager

You can now watch the full film on Eternal Media's Facebook page by [clicking here](#)

CEO appointed Visiting Fellow

Caroline Phipps has been appointed a Visiting Fellow at the University of South Wales, within the Substance Use Research Group (SURG).



As part of this new role, Caroline will facilitate lectures to students relating to substance use in Wales, as well as be a part of up-to-date research that can aid and influence substance use policy moving forward. We would just like to say a huge congratulations to Caroline on this appointment.

Extended deadline



The deadline for submissions to the Mike Parry Art Award Competition 2021 has been extended. The new deadline is 29th October 2021. For more information, [click here](#).

Just Ask Any Question

PSYCHOSIS.

Psychosis is a mental illness that causes someone to lose touch with reality. It affects the way their brain processes information, usually resulting in delusions and/or hallucinations.

[DISCOVER MORE](#)



DR. ERIN TURNER

PSYCHOSIS.

START A CONVERSATION

[VISIT DR. ERIN'S ROOM](#) →



DAVID HAREWOOD

PSYCHOSIS.

START A CONVERSATION

[VISIT DAVID'S ROOM](#) →

JAAQ is a free website for anyone to ask leading mental health professionals and people with experience, questions about different topics.

This is a revolutionary way for people to have access to experts; through the power of conversation.

Whether it's for yourself, wanting to support someone you know, or you're just curious to understand better, JAAQ is here. Just ask a question. Visit jaaq.co.uk.

WARM HOME DISCOUNT

Many of those that access our services could get up to **£140** off their electricity bill this winter, under the Warm Home Discount Scheme. The money is paid as a one-off discount on their electricity bill, between October and March.

It is possible to get the discount on their gas bill instead if their supplier provides them with both gas and electricity. The discount will not affect Cold Weather Payment or Winter Fuel Payment.

Eligibility

There are two ways to qualify for the Warm Home Discount Scheme:

1. If they get the Guarantee Credit element of Pension Credit - known as the 'core group'
2. You're on a low income and meet your energy supplier's criteria for the scheme - known as the 'broader group' They may be able to apply directly to their electricity supplier if:
 - a. Their energy supplier is part of the scheme
 - b. They're on a low income
 - c. They get certain means-tested benefits

To check if their energy supplier is part of the scheme, [click here](#).

Pre-pay or pay-as-you-go meters

They can still qualify for the discount if they use a pre-pay or pay-as-you-go electricity meter.

Park (mobile) homes

You apply a different way if you live in a park home. More information can be found [here](#).

Freshers Week



Choices West have been busy attending 6 Fresher's events in colleges across Pembrokeshire, Ceredigion and Carmarthenshire. The team agree it has been great getting back to face to face work and engaging with students for the first time in well over a year.

On the right is Steph, the new Choices Transitional and Prevention Lead with Jess, a Peer Mentor from Cyfle Cymru, at the Ammanford Campus of College Sir Gar, Carmarthenshire.



DDAS & Choices West were excited to be back at Aberystwyth University's freshers week, after a two year break.

Harm reduction, young people specific support, as well as information regarding concerned other services and bilingual support, were provided to those who are due to start their uni life in Aberystwyth. DDAS also sits on the universities' substance misuse group, which aims to continually improve information and advice for both students and staff, regarding substance use.

L&D

UPCOMING SESSIONS

Safeguarding Professional Discussion

Through a selection of group tasks, discussions and case studies you will get a better awareness of safeguarding in practice, have more confidence in knowing when to make a referral and get familiar with the Welsh Safeguarding App.

21st October

Adolescent Neglect

This one-day course is facilitated by the highly respected trainer and author, Phil Harris (delivered online).

23rd November

Working with Treatment Resistant Clients

This one-day course is facilitated by the highly respected trainer and author, Phil Harris (delivered online).

19th January 2022

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

UPCOMING CAMPAIGNS

We will soon be launching 'Run off the Blues 2' in a few weeks. This is Barod's annual food bank fundraiser that takes place throughout January. Following last years success of raising over £600, #ROTB is back with a difference, for 2022. Watch this space (and your emails!).



To check out last year's efforts and get you in the mood for the 2022 event, [click here](#).



We are in the process of setting up a task and finish group for a 'Concerned Others' campaign. We hope to launch this multi-faceted campaign in the first few months of 2022. If you've got a passion for concerned other work or would like to be part of this group, email **Rob Barker** by **14th October**.

Barod Recommends...

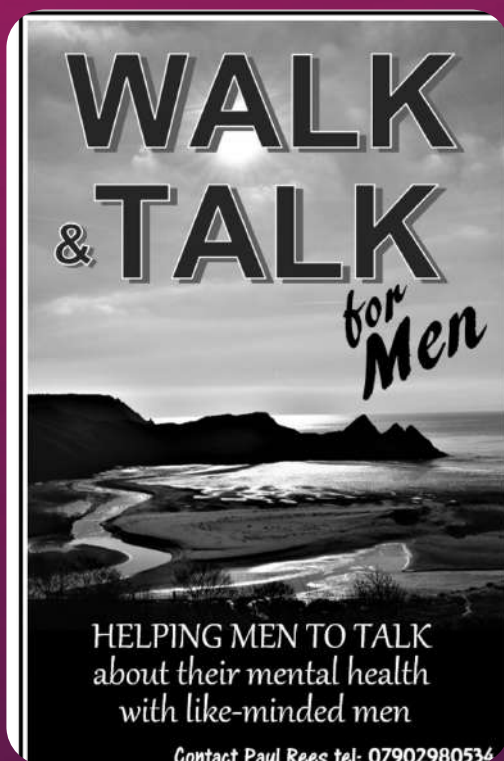
Looking for some new podcasts to listen to? Or want to keep up-to-date with the latest drug & alcohol news? Why not check out the following:

[The Sober Girls Society Handbook](#) by Millie Gooch

[Jacob Hawley: On Drugs](#) by BBC Sounds podcasts

[Young People, Mental Health & Body Image](#) -

Natasha Devon



Walk & Talk for Men

In Swansea, a walk and talk group for men takes place every few weeks. The main focus is on talking about mental health and gaining peer support. For more information, [click here](#).

**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 December.

barod