

BAROD, EWCH!

OCTOBER 2022

ISSUE 11



barod
50th

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

barod

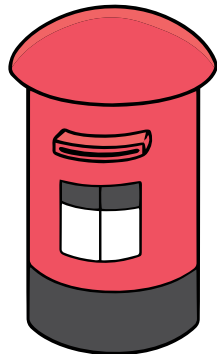
THIS MONTH

MIKE PARRY ART AWARD 2022 WINNERS



BAROD'S 50TH BIRTHDAY BASH

**NALOXONE
CLICK &
DELIVER**



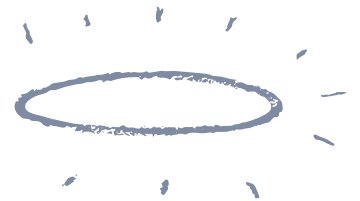
**SERVICE
UPDATES**



NEWS

**BAROD IN
THE NEWS**

**DYFED
NALOXONE
ANGELS**



FOLLOW US



Naloxone



Barod's 50th birthday



What a wonderful day we had, celebrating our 50th birthday on Wednesday 28th September at DEPOT, Cardiff.

We had some fantastic presentations delivered by George Charlton, Niamh Eastwood and Dawn Russell, that left people 'feeling emotional, inspired and determined to make changes for those within our communities'.



We also had some brilliant workshops delivered by Danielle Kitson-James and Patricia Underwood. A huge thank you to all of them for taking time out of their busy schedules to help us put on such an event and celebrate our birthday.



Barod's 50th birthday



A total of 47 new people were trained in Naloxone on the day, as well as people having the chance to enjoy various fairground activities including a coconut shy and giant buzz wire.



We also had some wonderful art on display at the exhibition which showcased some truly inspiring talent of those that access our services. Well done to Nicola who won the adult category of the Mike Parry Art Award Competition 2022 and to DDAS Carmarthenshire, who won the group category.

Thank you to everyone who helped this event happen, from the working group, those who helped set up and those who undertook tasks on the day.

Nitrous Oxide

STREET DRUGS DISCUSSIONS

A SERIES OF WEBINARS

DEEP DIVE INTO NITROUS OXIDE

DR SUZI GAGE
UNIVERSITY OF LIVERPOOL



PROF HARRY SUMNALL
LIVERPOOL JOHN MOORES UNIVERSITY



DR PLINIO FERREIRA
IMPERIAL COLLEGE, LONDON



- EFFECTS OF NITROUS ON BRAIN AND BODY
- MEDICAL AND RECREATIONAL PATTERNS OF USE
- RISKS AND HOW TO MINIMISE THEM
- ENVIRONMENTAL IMPACTS
- CURRENT POLICY AND ALTERNATIVES

FRIDAY 28TH OCTOBER, 2-4PM BST
HOSTED BY **DR JAMES MORGAN**
LONDON METROPOLITAN UNIVERSITY



FREE TICKETS FROM EVENTBRITE:
tinyurl.com/dd-nitrous-oxide



Book your place [here](#).

CHOICES WEST

Choices staff met at a local village hall to conduct their team meeting, followed by lunch before heading out into the woods to forage different mushrooms (no magic ones).



We found lots of different edible and inedible mushrooms, our resident forager Danielle led us on a walk round Ty Canol woods and ensured we didn't pick anything poisonous. The team really enjoyed the day and it was lovely to see how excited everybody was getting over finding mushrooms. We all agreed that our well-being and mood had improved finishing the walk.



We have also welcomed Angharad Warren, our new transitions and preventions worker into the role and are looking forward to getting to know her more and settling her into the team.

NALOXONE

In the last quarter (July - September), we have given out 97 naloxone kits via our Click and Deliver Service. To date, we have supplied 180 kits via this additional avenue to dispensing the life saving medication, across Wales.



MIKE PARRY ART AWARD

WINNERS



"I have been a co dependent my entire life and when I finally had my own safe place to live, I turned to painting to try to become less dependent. The wolf to me, describes my journey from addiction to alcohol, people and substances, to living a life where I feel strong enough to be alone like the lone wolf."

Nicola Thomas

"This tree of celebration was created for International Overdose Awareness Day 2022, it's accompanied by a book of remembrance which visitors to the Vaughan St office have been filling with messages celebrating the lives of those that have passed on.

The tree and book will remain in place until the Barod Celebration on 28th of September."

DDAS Carmarthenshire



Staff from Integrated Substance Misuse Service in Cwm Taf and Bridgend (Community Drug and Alcohol Team, Barod, Dyfodol) recently attended a Development Day where all staff met face to face to look at service provision and better ways of working.

During the day, focus was on harm reduction and drug related deaths and how we can make a difference. It was a positive day and great to meet face to face as this has not happened as an integrated team since 2019!

Other news, Eryl and Nik attended RCT recruitment fayre promoting Barod and our current vacancies.



New Floating Support Drop in

barod
FLOATING SUPPORT

DROP-IN SESSION

Do you need help with?

- Housing
- Bills
- Benefits
- Food vouchers
- Emergency funds
- Applications
- Signposting

Come and speak to us!

Contact us:
07889408146
07442909791

Wednesdays 1pm-4pm

**@ Barod, 25 North Parade,
Aberystwyth SY23 2JN**



cefnogipobl
supportingpeople
supporting independence
cefnogi annibyniaeth

The team will soon be running group sessions with guests to advise on different issues such as energy advice, tenancy right and benefits.

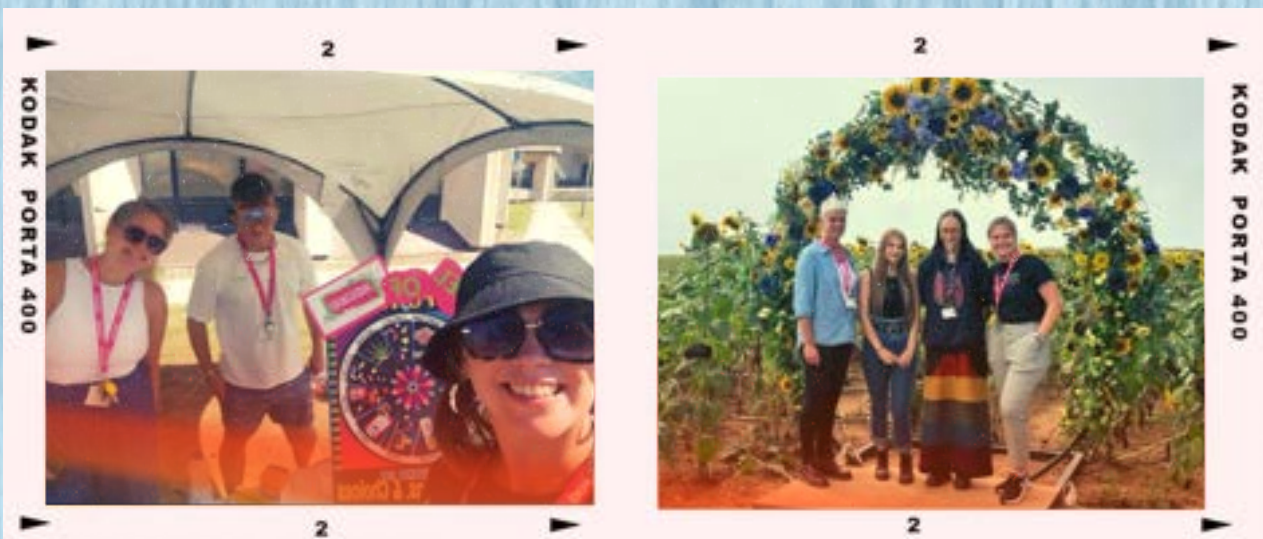
SWANSEA CHOICES

This summer Swansea Choices took 12 young people to Down to Earth for an overnight residential stay! This was funded as part of the summer of fun grant in supporting young people take part in activities over the summer holidays.



The overnight stay consisted of a BBQ on the beach, swimming in the sea, movie night, sleeping in a tepee full of cockle shells, tree climbing and wood burning in addition to a session facilitated by an external service. All young people and staff thoroughly enjoyed.

Swansea Choices have also completed multiple diversionary activities this summer holidays such as a Chit Chat BBQ, Football tournament, Laser zone, rock climbing, gaming workshops and much more!



DYFED NALOXONE ANGELS

The Dyfed Naloxone Angels (DNA) are the latest peer to peer naloxone group in Wales. The peers were trained on 4th and 5th October 2022, and gave out an astonishing 30 kits within the first hour of hitting the streets of Llanelli. With the establishment of DNA, this now means that Wales is the first country in the world to have national coverage of peer naloxone distribution.



Gwent N-Gage

As the new academic year has started the team have been busy attending freshers fairs and picking back up with school workshops and drop in's.

The peer support project with University of South Wales is now underway. The first cohort of 7 students have completed their initial 3 days of training. This included work with a designer to develop the project name and branding. The next stage is to support the students to set up a regular drop in session within the student union.



We are liaising with Public Health's ACE support hub to begin the work on implementing the TrACE tool kit within Barod. This will include the pilot of an ACE's recording tool within young person's services, which Rachel Wilson has been leading on.

The GDAFS logo has now been finalised and we are working with a website developer to create a stand alone website for the service.



The family team have signed up to The Parents under Pressure (PuP) programme which is an evidence-based parenting and family support programme specifically developed as an early years' intervention for children and families with complex needs. This training is scheduled for November.

WE FEATURED IN THE LATEST EDITION
OF THE WELSH PHARMACY REVIEW

A DIVIDING OF OPINION

Consider the complexities of substance dependency and the strides which must be taken to secure better support for those impacted, with the help of the Barod team.

Substance use is a topic that often divides opinion. While many will not condone such behaviour, they will be compassionate and empathetic as to the reasons behind it, while others will instinctively see drugs as 'bad' and therefore view people that use them, in the same light. What is a matter of fact though is substance use has been part of our society for a long time. There is a human instinct to often see, and give the world, in a different light to married or to experience a different level of consciousness. This can ultimately be achieved from many drugs, from alcohol to heroin, and when people's expectations and needs are, can determine which substance they use.

Barod is a harm reduction organisation that supports anyone affected by substance use across South Wales. People from all walks of life enter through our doors, from

those within highly-respected professions, to people who are experiencing homelessness and significant mental health issues, and everyone else in-between. There has yet to be a case where the person seeking support outlined that one day, they woke up wanting to be reliant and dependent upon a substance. It just doesn't happen. And yet, there are still debates of why can't people just stop using? It's not that simple and the complexities of dependency means that for people to have the best chance possible in overcoming such health issues, multiple factors need to be considered from social, biological and environmental to current brain function. Drug use can change the way a person's brain develops and operates in terms of their neurotransmitter functions, resulting in once natural pleasures no longer hitting the spot, at least, not in comparison to the use of certain substances.

Substance use, and more so dependency, can often be a reaction to something. A coping mechanism. What we tend to hear too often is a story of trauma, abuse and neglect at a young age. Stories of families going through the vicious cycle from one generation to the next. Many who seek support for their substance use are trying to end this cycle. Trying to end the social marginalisation and isolation that often comes with such behaviour. Some with success, others not so much. But for the latter, many will return, to try again. A report by Public Health Wales in relation to Adverse Childhood Experiences (ACEs) in 2015 found that people who experience four or more ACEs, such as parents getting divorced, at least one parent being incarcerated, mental health issues in the family, history of drug use in the family, experience of any form of abuse, and so on, are 16 times more likely to go on to use heroin or crack cocaine within their lifetime, compared to someone who has experienced none. Often, many are fighting an uphill battle from the start. From someone's point of view, this correlation is as clear as

day, confirmed by the fact many are now taking a more trauma-informed approach in their delivery.

Services are forever trying to realign, innovate and develop, to break down barriers in accessing support and provide best-practice provisions. In the last two years, given the pandemic, Barod has significantly increased its digital, online services, from a Wales-wide Live WeChat Service open seven-days a week, to a national click and deliver service for Malsone, a lifesaving medication that temporarily reverses the effects of an opioid overdose, that can be delivered for free, to any door in the country. Dyfed Drug and Alcohol Service, a consortium service led by Barod, has recently launched 'Spoke on a Bike', a unique provision delivering harm reduction interventions throughout Dyfed, a service not seen elsewhere throughout Europe.

What is always at the forefront of service design and delivery is that we are dealing with, and supporting, people. Every person that walks through our door and every person that uses substances, is a person. They are someone's daughter, someone's son. They deserve to be treated with dignity and respect and without judgement, just like the next person. There are fundamental messages that need to be conveyed and repeated, some more so than when the annual drug-related-death figures are announced every August.

This year we see an increase of nearly 41 per cent of drug poisoning fatalities in Wales. This shows that more needs to be done and more can be done, to support those affected by substance use and to reduce and end preventable fatal overdoses and early mortality. As we say in this game, you can't recover if you are dead.

For more information, visit www.barod.org.wales.

barod

BAROD IN THE NEWS

Barod's Director of Operations, Huw Thomas, was interviewed in the ITV Wales studios, on 20th September, on how the cost of living crisis may affect those experiencing issues with drug and/ or alcohol use.



Barod Recommends...

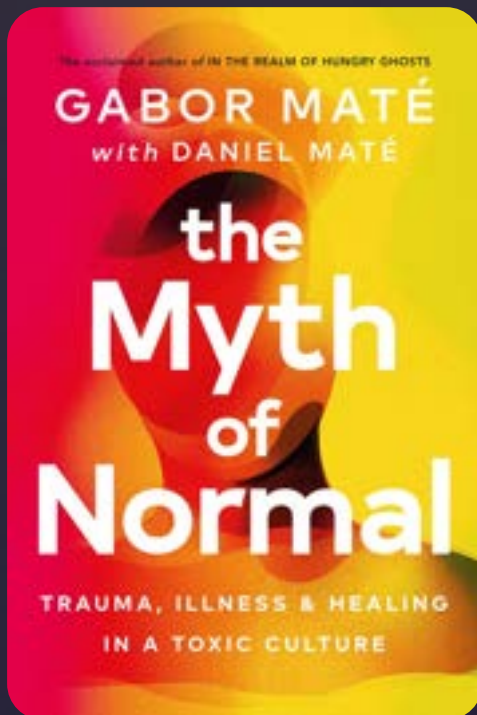
Looking for some new podcasts to listen to? Or want to keep up-to-date with the latest drug & alcohol news? Why not check out the following:

[Overdose Prevention Centres with Gillian Shorter and Mat Southwell](#) - Drug Science Podcast

[The new over the counter drug that's sweeping British prisons](#) - Dr. Rebecca Tidy

The Myth of Normal

Trauma, Illness and Healing in a Toxic Culture



Western countries invest billions in healthcare, yet mental illness and chronic diseases are on a seemingly unstoppable rise. Nearly 70% of Americans are now on prescription drugs. So what is 'normal' when it comes to health?

Over four decades of clinical experience, renowned physician and addiction expert Dr Gabor Maté has seen how health systems neglect the role that trauma exerts on our bodies and our minds. Medicine often fails to treat the whole person, ignoring how today's culture stresses our bodies, burdens our immune systems and undermines emotional balance.

**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.

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