

# BAROD, EWCH!

FEBRUARY 2023

ISSUE 13

**Stigma, Oppression & Exclusion:**  
Transforming the Narrative | 31st May 2023

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

**barod**

# THIS MONTH

WE'D LOVE TO HEAR YOUR  
IDEAS!



**NATIONAL CONFERENCE**  
**31ST MAY 2023**

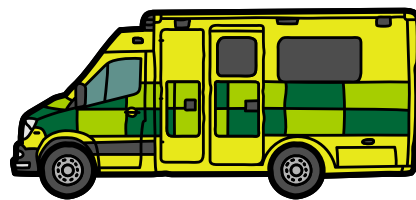
**LATEST DRUGS  
UNWRAPPED  
ARTICLES**



**THE REAL  
IMPACT OF WHAT  
WE DO**



**FREE BENZO'S  
WEBINAR**



**OPS &  
ANYONE'S  
CHILD**

**FOLLOW US**



# STREET DRUGS DISCUSSIONS

## A SERIES OF WEBINARS

### DEEP DIVE INTO BENZODIAZEPINES

**PROF GRAEME HENDERSON**  
UNIVERSITY OF BRISTOL



**JOANNA BRIGHT AND A J MARTIN**  
THE BENZO RESEARCH PROJECT, A STUDENT-LED  
GROUP RESEARCHING RECREATIONAL BENZO USE



**DR JUDITH YATES**  
RETIRED GP AND MEMBER OF INTERNATIONAL  
DOCTORS FOR HEALTHIER DRUG POLICIES



- THE PHARMACOLOGY OF BENZOS
- MOTIVATIONS AND EXPERIENCES OF YOUNG PEOPLE WHO HAVE USED BENZOS
- SIXTY YEARS OF BENZODIAZEPINES: WHERE ARE THEY NOW?



**FRIDAY 10TH MARCH, 12-2PM GMT**  
**HOSTED BY PROF JO NEILL**  
UNIVERSITY OF MANCHESTER

**FREE TICKETS FROM EVENTBRITE:**  
[tinyurl.com/dd-benzos](https://tinyurl.com/dd-benzos)



10th March 12pm - 2pm  
To book your free place, [click here](https://tinyurl.com/dd-benzos)

# CONFERENCE

31st May 2023

We are delighted to see the return of our annual national conference. This years theme is 'Stigma, Oppression & Exclusion: Transforming the Narrative' and hope it will be the most dynamic and thought provoking yet.



We are chuffed to have landed some incredible speakers on topics that are currently at the forefront of the substance use field. You can check out some of our keynote speakers on our [dedicated page on our website](#), with more still to be announced. You won't be disappointed.

# THE REAL IMPACT

Just before Christmas, a young person engaging with Gwent N-Gage, disclosed how the impact of the costs of living crisis has led to her going without food all day, on several occasions and gone to bed crying with frustration and hungry.

N-gage worked with the school to come up with a list of basic goods/food for her and her sister (who she lives with) and a list of gifts that would be suitable for Christmas. A shout out to local services and businesses resulted in donations including bags of store cupboard food and luxury items for Christmas, 2 large hampers including food and jewellery, a second-hand laptop, toiletries, chocolates and gifts, straighteners and hair products and a £40 voucher for Tesco. An electric clothes drier was also donated as the young person had reported not being able to afford to put the heating on to dry her clothes for school.

The items were taken to the young person and her sister on the 22nd December. She said that she was overwhelmed by the kindness shown to her by these services and she felt she could enjoy Christmas 'like normal people do' without worrying about feeling cold and hungry. She said that she felt 'spoilt' for the first time in her life.



With many young people and families reporting more challenges with increasing cost of living, the team have started a food/items bank that will be kept in the Newport office. Any donations are greatly welcomed.

# TALKING **DRUGS**

INTERESTED IN UNIQUE NEWS  
AND ANALYSIS ON DRUG POLICY,  
HARM REDUCTION AND  
RELATED ISSUES AROUND THE  
WORLD?

THEN TALKING DRUGS IS THE  
PLACE TO BE. YOU CAN ALSO  
SIGN UP TO THEIR  
NEWSLETTER TO GET ALL THE  
LATEST ARTICLES AND NEWS.

# We want your ideas

We are looking for any ideas around any topics you feel the organisation should be focusing on in upcoming campaigns. It doesn't matter how big or small, any and all suggestions are welcomed and will be considered.

Also, if you would like to be a part of a working group on a specific campaign, you are more than welcome to get involved too.



Our campaigns work towards providing tangible resources and calls to action, in multi-media formats from social media graphics to videos and short films, and everything in between.

So if you have any ideas for topics or would like to know more about how to get involved in the development of campaigns, email Rob Barker, Campaigns and Communications Lead.

# Drugs Unwrapped

We have recently released two brand new articles within our Drugs Unwrapped series.

Snap. Click. Delivered: The purchasing of drugs online has been written by our very own Lisa Osmond from Gwent N-Gage. Lisa explores the constant evolving world of drug availability online and outlines how amendments to the online safety bill has ensured such content will be viewed at an individuals discretion.



"How can treatment services improve the health and wellbeing of people who struggle to achieve positive outcomes from Opioid Substitute Treatment?"

Inform. Educate. Challenge.

#DrugsUnwrapped

barod

Our most recent article, Why are some people still not benefitting from treatment?, written by Sharmila Kumar, outlines the findings from her recent PhD, exploring why many on Opioid Substitute Treatment struggle to achieve positive outcomes.



# DEADLINE FOR WELSH GOVERNMENT WINTER FUEL PAYMENT SCHEME APPROACHING

FOR ANYONE IN WALES ELIGIBLE FOR THE ADDITIONAL  
£200 ONLY HAS UNTIL THE 28TH FEBRUARY TO APPLY  
TO THEIR LOCAL COUNCIL.

FOR MORE INFORMATION INCLUDING ELIGIBILITY CRITERIA,  
[CLICK HERE.](#)

# Swansea CHOICES

Choices Swansea have continued supporting their youth panel in addressing challenges with Stigma, mental health and exclusion, following the 'what matters conversation'. Their engagement and views have been raised for discussions with the Western Bay Safeguarding Board and as part of the Participation and Children's Rights team within Swansea Local Authority.



The Swansea Choices team enjoyed their team building activity, bowling this year. We identified some very competitive individuals amongst the team!

The Info-Nation drop in opened its doors following two years of being closed as a drop-in, due to Covid19. Multiple services from across Swansea attended and young people received free prizes upon entry and plenty of food!



# OPS VISITS MERTHYR

*The Overdose Prevention Service van once again visited Wales on 26th January. This time, in partnership with Transform, the van visited Merthyr Tydfil and highlighted how such harm reduction services can have multiple, significant benefits to people who use drugs, their families and the local community.*



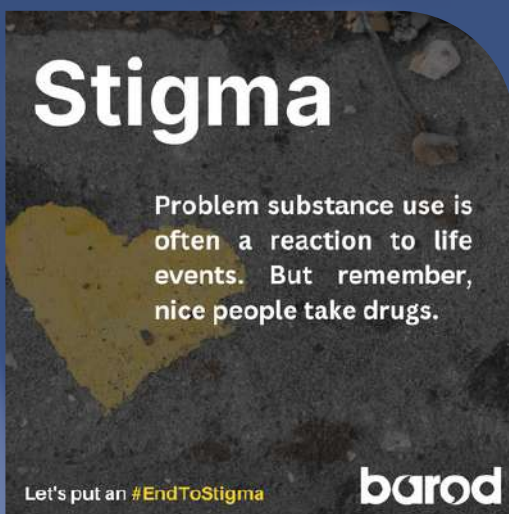
*Following this, over 70 people attended an Anyone's Child Event in Aberdare, where bereaved loved ones shared incredibly impactful stories of those they have lost to substance use and how current policies failed them. We also heard from Neil Wood, an ex-undercover policeman and Barod's own Rob Barker.*

# Social Media



As ever, Barod continues to be active on social media on a daily basis, marking relevant awareness days along the way, in line with our EDI objectives.

We have been promoting our Live Webchat Service, which is open 7-days a week.



Following recent media attention around people who use drugs, we have run a mini **#EndToStigma** campaign.

We have also marked many other occasions such as LGBTQ+ History Month, Race Equality Week and Children's Mental Health Week.

# Recruitment & Volunteering



SCAN ME

Our updated training for Volunteers and Link Workers will be finalised soon, meaning that we will be ready to train new Link Workers and introduce new Volunteers to the Volunteer Programme. If you know anyone who is interested in joining Barod as a volunteer, information on how to submit applications can be found on our [website](#). More information on becoming a Link Worker will be coming soon.



Currently, we are working to spread the word of Barod and attract interest to our job opportunities, from recruitment open evenings to careers fairs all across Wales. See below for details of upcoming fairs that Barod will be attending, and please feel free to

let anyone know who may be interested in coming to chat with us about a career within the organisation. Furthermore, if you are interested in supporting Barod at your local careers fair, please speak to your service manager who will be able to let you know if support is needed.

Wednesday 8th March – UK Careers Fair at The Lysaght Institute, Newport  
Thursday 23rd March – UK Careers Fair at The Dragon Hotel, Swansea  
Friday 24th March – UK Careers Fair at Principality Stadium, Cardiff

# PROGRESSING DECRIMINALISATION IN SCOTLAND, IRELAND, NORWAY, POLAND AND MAINE

## FREE WEBINAR

Learning together:

Progressing Decriminalisation  
in Scotland, Ireland, Norway,  
Poland and Maine

Friday 3 March  
13.00 - 14.30 GMT



SDF  
Scottish Drugs  
Forum



ANA LIFFEY  
DRUG PROJECT

**To sign up to this free event, [click here.](#)**

# Run off the Blues

Well done to everyone that took part in this years #ROTB. In total all that took part completed a total of 1,507km throughout the month of January. That's further than #Cardiff to #Lisbon (as the crow flies)!



"ROTB has been a good reminder for me of how much I enjoy getting out and about. Walking to & from work allowed saved me money on bus fares and is obviously better for the environment. I hate the colder & darker months, so at first did not enjoy walking home in the dark but it meant that as the nights have slowly been getting lighter I have appreciated that walk far more as it was extra time enjoying the daylight hours that would have otherwise been spent on the bus & then at home. In that respect it was definitely a boost to both my physical & mental health (even on the days when I really didn't want to walk uphill anymore). I do wish I had been able to run more, but otherwise I am glad that I challenged myself."

# L&D

## Upcoming sessions

### **Boundaries and Code of Conduct**

This course is delivered online

**2nd March 2023**

### **Menopause and Andropause workshop**

This course is delivered online

**20th March 2023**

### **Safer Injecting and Needle Exchange**

This course is delivered face to face at Celtic Court, Bridgend

**14th March 2023**

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

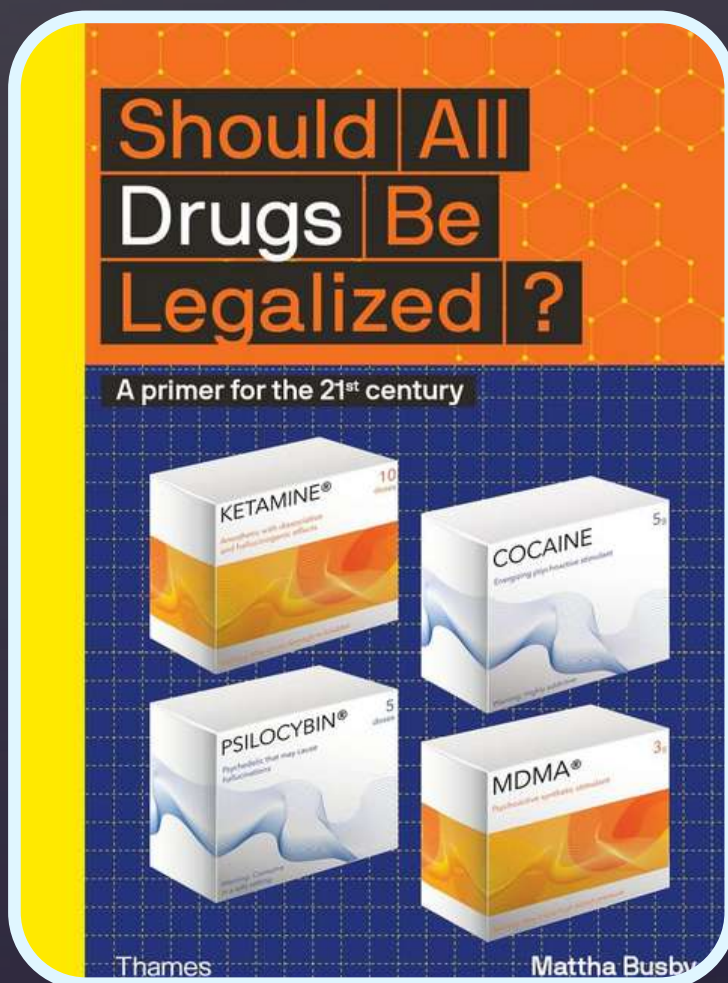


# Barod Recommends...

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:

[Check Your Drugs \(and yourself\): the impact of drug checking services on consumer behaviours](#) - Talking Drugs

[Regulating Right, Repairing Wrongs: Exploring Equity and Social Justice Initiatives within UK Cannabis Reform](#) - Release



## Should all drugs be legalized?

By Mattha Busby

Written by one of our keynote speakers for our upcoming conference, Mattha Busby explores the history of drug use, a review of the impact of the war on drugs, an appraisal of the effects of legal vs illegal drugs and an evaluation of the impact of the decriminalization of drugs.

**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 April.

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