

# BAROD, EWCH!

APRIL 2023

ISSUE 14



Swansea Naloxone Peers Enhanced  
Harm Reduction Service

Barod's bi-monthly e-zine providing updates from across the organisation and the substance use sector

**barod**

# THIS MONTH

## NEW STUDENT PEER-LED SERVICE LAUNCHES



## DDAS POLY DRUG USE CAMPAIGN

## SERVICE UPDATES



## ASPIRING ACTOR OR FILMMAKER?

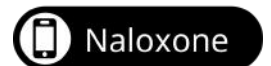


## SWANSEA S.A.F.E. PEERS



## CELEBRATING NEURODIVERSITY

## FOLLOW US





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# WESTERN BAY PEER TO PEER PROJECT S.A.F.E.

*(Swansea Against Fatal Episodes)*

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## HARM REDUCTION IN ACTION

**#NALOXONESAVESLIVES**

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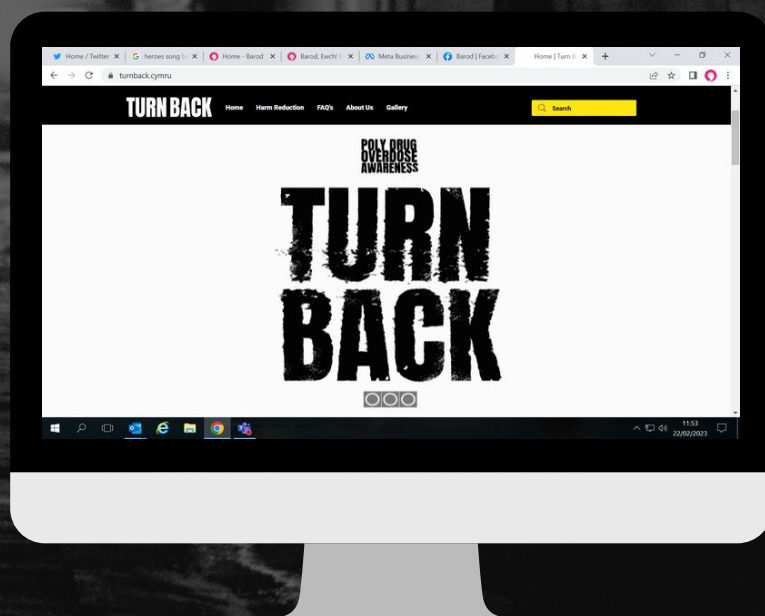
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THE WESTERN BAY PEERS HAVE BEEN BUSY DISTRIBUTING NALOXONE ACROSS THE PATCH. ALONG WITH THE INVOLVEMENT IN DISTRIBUTING THIS LIFE SAVING ANTIDOTE TO OPIATE USERS, THEY'VE BEEN DOING DRY BLOOD SPOT TESTING AND FACILITATING NEEDLE SYRINGE DISTRIBUTION. THEY'VE BEEN ACTIVELY INVOLVED WITH THE DRUGS COMMISSION, GIVING RESPONSE TO THEIR EXPERIENCES OF ACCESSING SERVICES AS PEOPLE WHO USE DRUGS AND HAVE MULTIPLE OVERLAPPING UNMET NEEDS.

# 'TURN BACK'

TURN BACK IS A POLY DRUG OVERDOSE AWARENESS CAMPAIGN, IMPLEMENTED BY DYFED DRUG AND ALCOHOL SERVICE WITH SUPPORT FROM HYWEL PDA HEALTH BOARD, SERVICE USERS AND EMINENT HEALTH CARE AND ACADEMIC PROFESSIONALS.

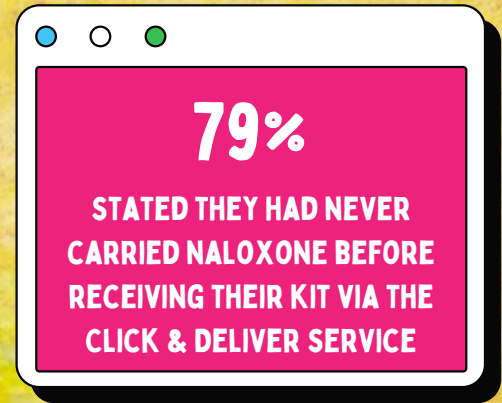
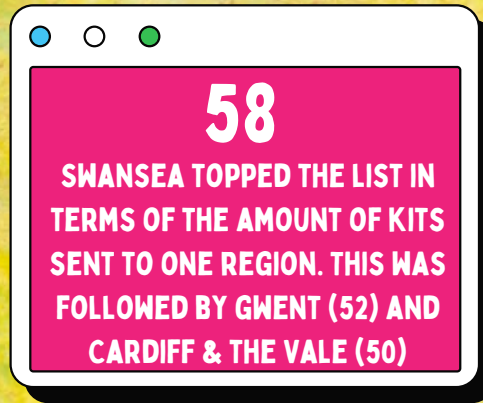
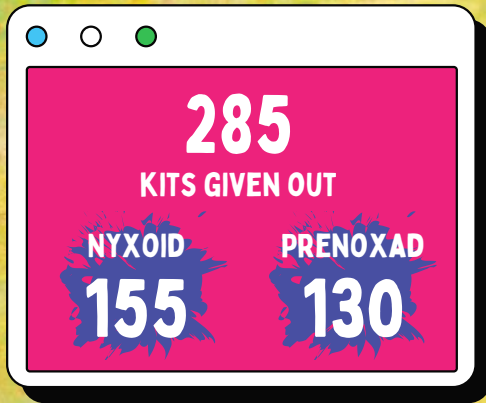
THE GOAL IS TO RAISE AWARENESS OF THE DANGERS OF POLY DRUG USE AND ULTIMATELY INSTIL THE NOTION OF BEING ABLE TO "TURN BACK" BEFORE IT'S TOO LATE AND RECOGNISE WHEN SOMEONE ELSE NEEDS TO DO THE SAME. YOU CAN VISIT THE TURN BACK WEBSITE HERE AND PDA'S WILL BE SHARING THE CAMPAIGN VIA THEIR SOCIAL MEDIA CHANNELS.



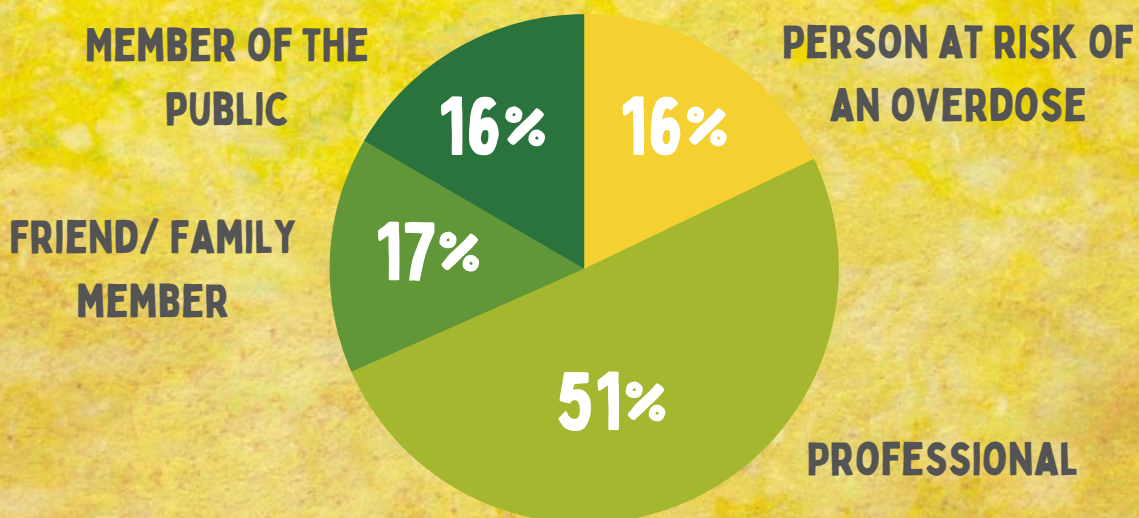


# Naloxone C&D

THE NALOXONE CLICK AND DELIVER SERVICE HAS BEEN IN OPERATION SINCE THE END OF NOVEMBER 2021. THE SERVICE CONTINUES TO GET BUSIER WITH DEMAND COMING FROM ALL CORNERS OF WALES. BELOW PROVIDES SOME OF THE KEY STATS FOR THE SERVICE IN THE LAST 12 MONTHS (APRIL 2022 - MARCH 2023):



## WHO HAVE THE KITS BEEN SENT TO:





# Hi-House

The University of South Wales Peer Project 'Hi House' was officially launched in March with the support of the training team. The peers are now fully operational offering two student drug/alcohol drop-in sessions each week.



The Gwent N-Gage team will continue to support the project particularly with events planned for Freshers week in September to promote to new and existing students.







# GWENT DRUG AND ALCOHOL FAMILY SERVICE

Gwent DAFS is up and running and so are their social media pages. For more information about the service, facilitated by Gwent N-Gage, and for useful tools and advice for people affected by other people's substance use, why not give them a follow on [Facebook](#) and [Insta](#).

A white box with rounded corners and a blue border, containing the text "Concerned Other" in red. Below the title, it defines a concerned other as anyone affected by someone else's drug or alcohol use, listing examples: children, young people, adults, parents, neighbours, colleagues, employees, friends, and relatives etc.

**Concerned Other**

A concerned other is ANYONE who is affected by someone else's drug or alcohol use. This includes children, young people, adults, parents, neighbours, colleagues, employees, friends, relatives etc

As the stand-alone GDAFS service has become more established, the team have begun to promote the service locally within Gwent. This has included a service presentation to all 5 local safeguarding networks across the borough during March. A new family engagement worker has been recruited and will start in April. This worker will lead on promoting the service and maximising engagement within the community.



# *Lights, Camera, Action!*

WE ARE SOON TO START PRE-PRODUCTION WORK FOR MULTIPLE VIDEOS TO PROMOTE BAROD AND OUR WORK, INCLUDING THOSE FOR RECRUITMENT, VOLUNTEERING AND SHARING LIVED EXPERIENCED STORIES.

IF YOU WOULD LIKE TO BE INVOLVED, WHETHER IN FRONT OF, OR BEHIND THE CAMERA, LET US KNOW. EMAIL ROB BARKER FOR MORE INFO.





# EuroNPUD



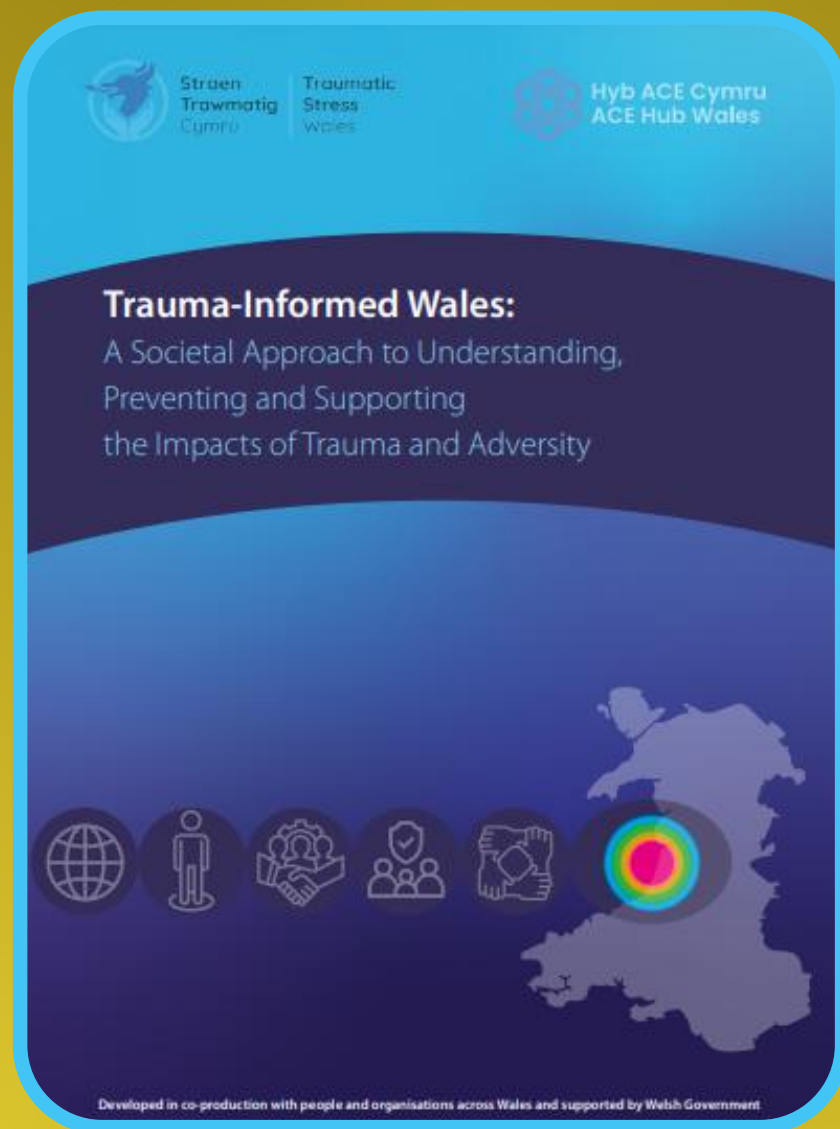
## **SWANSEA**

Swansea Barod have been involved with The European Network of People Who Use Drugs (EuroNPUD), in conjunction with Public Health Wales, they have been consulting with people who access services and use drugs in Wales about their experience and wishes around community-led representation and peer involvement. This is an integral part of our harm reduction work, to engage with people who still use drugs and get the appropriate harm reduction messaging and are a major part of decision making in the development of services. Wales already has peer-to-peer Naloxone. Public Health Wales wants to support people who use drugs to review and develop this experience so Wales can benefit from the meaningful participation and living experience of people who use drugs.



# Trauma-Informed Wales Framework

A Societal Approach to Understanding, Preventing  
and Supporting the Impacts of Trauma and Adversity



The Framework establishes how individuals, families/other support networks, communities, organisations and systems take account of adversity and trauma, recognising and supporting the strengths of an individual to overcome this experience in their lives.



# Equality

# Diversity

# Inclusion

# Update

**Did you know  
Anthony Hopkins  
is Autistic?**



**Known in Hollywood for his  
extraordinary ability to  
memorise lines, attributing his  
success to being autistic**

Anthony Hopkins, Award-winning Actor  
[www.neurodiversityweek.com](http://www.neurodiversityweek.com)

In March, Barod and members of Barod's Equality, Diversity and Inclusion group supported Neurodiversity Celebration Week, which is a worldwide initiative that challenges stereotypes and misconceptions about neurological differences. It aims to transform how neurodivergent individuals are perceived and supported by providing schools, universities, and organisations with the opportunity to recognise the many talents and advantages of being neurodivergent, while creating more inclusive and equitable cultures that celebrate differences and empower every individual. There is a resource hub on their website which has some great tools for us to use. You can find it [here](#).

As diversity is a trait possessed by a group, rather than an individual - there are debates around whether people who have autism, aspergers, ADHD, Tourettes, dyspraxia, dyslexia and dyscalculia should be called 'neurodiverse'. There is a grammatical objection. The following language has been suggested as preferred options:

- Neurodivergent
- Neurodifferent
- Neuroatypical
- Neurominority
- Neurodistinct

Other accepted terms for people who have a style of neurocognitive functioning that falls within the dominant societal standards include:

- Neurotypical (the opposite of neurodivergent)
- Neuromajority
- NT

The important thing with all language is that we are using person-first language (e.g. "I am a person with autism") instead of identity-first language (e.g. I am an autistic person).

**Did you know  
Emma Watson  
has ADHD?**



**"I don't want other people to decide  
what I am. I want to decide that for  
myself"**

- Emma Watson, Actor / Activist

[www.neurodiversityweek.com](http://www.neurodiversityweek.com)



# Belfast councillors support supervised injecting facility proposal

## Belfast councillors support safe injecting facility proposal

© 2 March



Belfast city councillors have voted to pass a motion to set up a safe injecting facility to help prevent overdoses among drug users. Green Party leader Mal O'Hara tabled the motion and said it would help to save the lives of the most vulnerable. But despite the council vote, a change in the law would be required before any such centre could be set up.

Since 2018, 814 people have died from drugs overdoses in Northern Ireland. With drug deaths at an all-time high, Cllr O'Hara said he hoped "a facility like this will prevent the spiralling drug deaths in the city".



# L&D

## Upcoming sessions

### **ASIST: APPLIED SUICIDE INTERVENTION SKILLS TRAINING**

This course is delivered by Uplifted Wellbeing  
**18th & 19th May 2023**

### **Brief Solution Focused Therapy**

This course is delivered by Phil Harris  
**4th & 11th May 2023**

### **Domestic Abuse & Older People**

This course is delivered by Llamau  
**9th May 2023**

### **Mental Health 1st Aid**

This course is delivered at Celtic Court, Bridgend  
**6th & 7th June 2023**

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

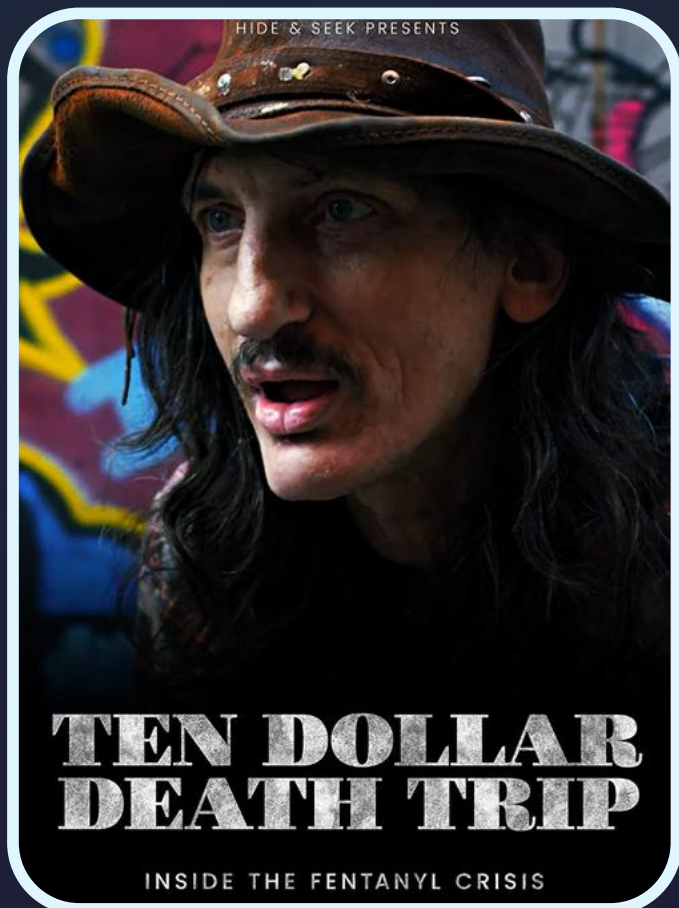


# Barod Recommends...

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:

[Drug Science Live \(Part 1 & 2\)](#) - Drug Science Podcast

[Undoing Drugs: How Harm Reduction is Changing the Future of Drugs and Addiction](#) - Maia Szalavitz



## The Ten Dollar Death Trip (Netflix TV Movie)

In North America a new synthetic drug is killing more than gun crime and car accidents combined. Fifty times stronger than heroin, the deadly opioid fentanyl is cheap, potent and small enough to post from China via the dark web. Ten Dollar Death Trip is the story of a crisis that became an epidemic, an epidemic that became a pandemic, and a pandemic that became the new norm.



**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**