

# BAROD, EWCH!

JULY 2023

ISSUE 15



## Barod Conference 2023 Transforming the Narrative

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



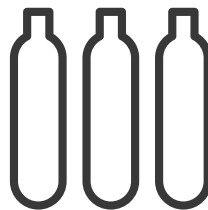
# THIS MONTH

## BAROD CONFERENCE 2023

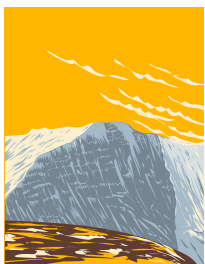


**SUPPORT. DON'T PUNISH**

**NEWS FROM  
AROUND THE  
WORLD**



**NITROUS OXIDE:  
WHAT COULD HAVE  
BEEN DONE?**



**PEN Y FAN  
RECOVERY  
WALK**

**EUROPEAN &  
WORLD DRUG  
REPORTS**



**FOLLOW US**



**RECOMMENDED**

**OUR LATEST  
RECOMMENDATIONS**



**Naloxone**

You can watch our [video](#) that highlighted some of the calls to action from speakers and delegates.



# #BAROD23 CONFERENCE

SWANSEA.COM STADIUM 31.05.23



Read Hannah Mealey's excellent [article](#) providing an insightful overview of the day and the key points from some incredible speakers.

# Service update

## GWENT N-GAGE/GDAFS DEVELOPMENT DAY

The day started with an icebreaker and a 'set the scene' introduction from director Huw Thomas. The team were then split into groups. The morning session consisted of two exercises. The first exercise provided an opportunity for the teams to reflect on the current N-gage and GDAFS service models. The second exercise focused on the future vision for both services. Following the morning activities, the team enjoyed lunch provided by the Bryn Bach Park café. The afternoon provided an opportunity for the team to enjoy the grounds of the park with a well-being walk around the lake and time to relax together as a team.



## N-GAGE AMBASSADOR'S PROJECT IS NOW UP AND RUNNING.

The project is available to any young person engaging with the service. Young people begin by completing a basic learning programme delivered by the N-gage Training team. Once completed they will join a team of N-gage ambassadors and will be offered a range of opportunities for engagement/consultation with the service including interview panels, focus groups, social media content development, events/workshops and opportunities to use their voice to improve N-gage service delivery. We currently have 5 ambassadors who have completed the learning programme and are actively engaging in a range of activities.

## NEW WEBSITES

[www.gdafs.cymru](http://www.gdafs.cymru) and [www.n-gage.cymru](http://www.n-gage.cymru) are both now live!



# Would you like to be part of our Podcast?

We are looking for staff or volunteers to be part of any of the following:

- Pre-Production - helping plan for upcoming podcasts
- Be a panel member on the podcast
- Filming - help with the filming of each podcast

If you are interested or want to know more, email Rob Barker.

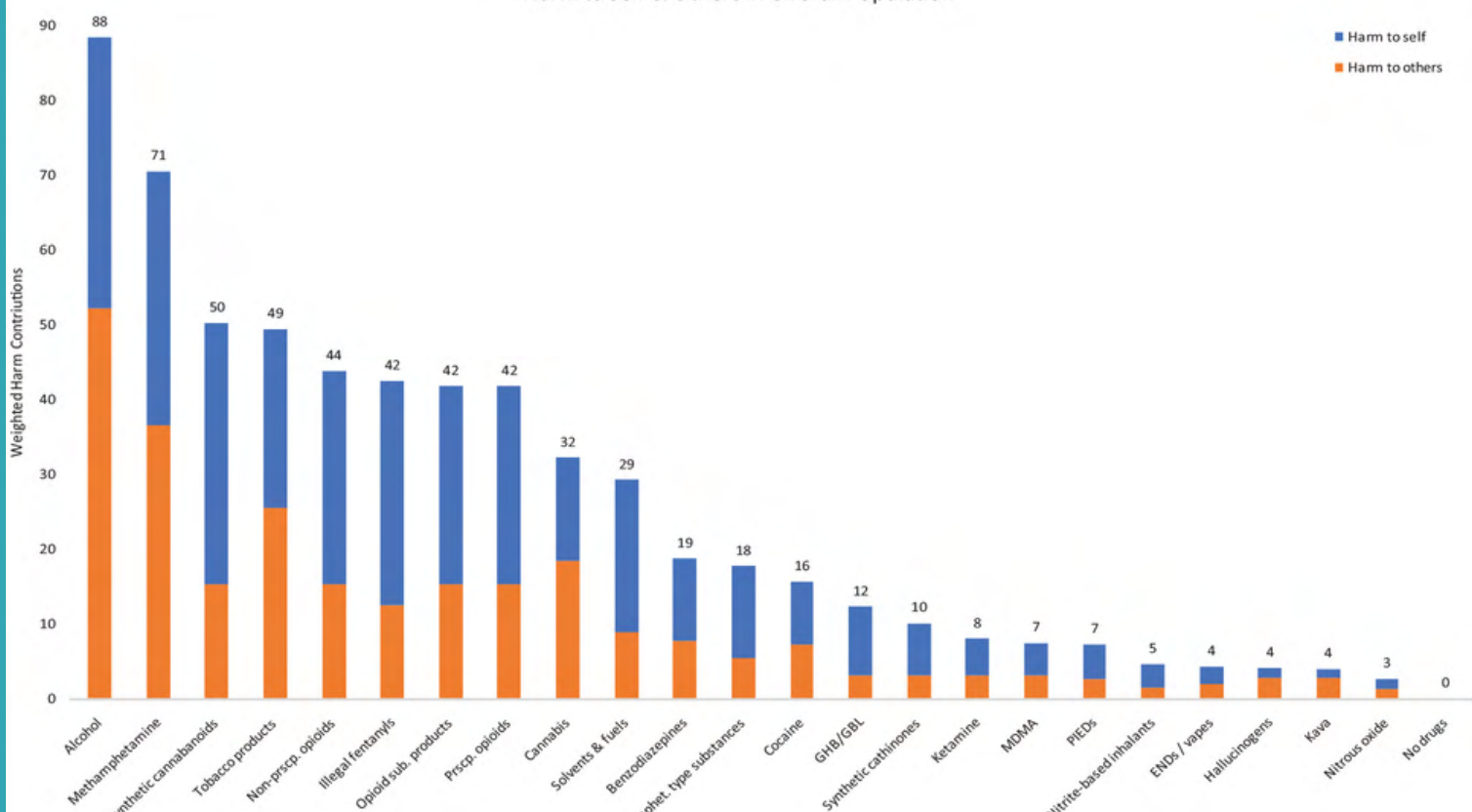
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Is drug use an accepted part of growing up?

Our first podcast is live and ready to be listened to. You can listen via Spotify and our YouTube Channel.



Harm to Self & Others in Overall Population



# THE NEW ZEALAND DRUG HARMS RANKING STUDY: A MULTI-CRITERIA DECISION ANALYSIS



For more information on this article, [click here](#).

According to the MCDA modelling results, when evaluating overall harm, alcohol, methamphetamine, and synthetic cannabinoids were found to be the most harmful substances for both the general population and young individuals. In terms of the entire population, tobacco ranked next in terms of harm.

Alcohol remained the most harmful drug for the total population when separately considering harm to those who use it, and harm to others



News from around the world



**Thank you to everyone who helped us mark Support. Don't Punish's global day of action on the 26th June.**

# Service update

## 'WHAT DO YOU KNOW?' CAMPAIGN HAS NOW LAUNCHED

WHAT DO YOU KNOW?	BETH YDYCH CHI'N GWYBOD?	WHAT DO YOU KNOW?	BETH YDYCH CHI'N GWYBOD?
<b>RISK AND EFFECTS OF USING DRUGS</b>	<b>RISG AC EFFEITHIAU O DDEFNYDDIO CYFFURIAU</b>	<b>HARM REDUCTION ADVICE</b>	<b>CYNGOR I LEIHAU NIWED</b>
<b>BEING UNINFORMED</b> There is no way in knowing what is in drugs you buy or what they could do to your health.	<b>BOD YN ANWYBODUS</b> Nid oes yna unrhyw ffordd o wybod beth sydd mewn cyffuriau rydych chi'n prynu neu beth gallen nhw gwneddu i eich iechyd.	<b>PRESCRIPTION ONLY</b> Only take medicines that are prescribed to you. Never take other peoples.	<b>PRESGRIPSIWN YN UNIG</b> Cymwch meddygyr/iaethau mae doctor eich hunan wedi rhoi i chi yn unig. Peidwch byth cymryd meddygyriaethau pobl eraill.
<b>OVERDOSE/DEATH</b> Each year, an estimated 250,000 children around the world die as a result of fake malaria and pneumonia drugs alone.	<b>ORDDOS/MARWOLAETH</b> Pob blwyddyn, mae amcangyfrif o 250,000 o blant ledled y byd yn marw fel canlyniad o gyffuriau malaria a niwmonia flug.	<b>TEST</b> Test your drugs before you take them. Check out www.wedinos.org for details.	<b>PROFI</b> Profwch eich cyffuriau cyn i chi cymryd nhw. Ymwelwch @ www.wedinos.org am fanylion.
<b>MIXING</b> When you use more than one drug, this increases the risk of overdose/death.	<b>CYMYSGU</b> Pryd ydych yn defnyddio mwy nag un cyffur, rydych yn cyrryddu y risg o orados/manwolaeth.	<b>START LOW, GO SLOW</b> If you are going to use them, despite advice not to, then start low and go slow.	<b>DECHREUWCH YN ISEL, EWCH YN ARAF</b> Os ydych chi'n mynd i ddefnyddio nhw, er gwaethof chi'n rhoi i bedd, wedyn dechreuwch yn isel ac ewch yn araf.
<b>MENTAL HEALTH</b> Taking drugs can lead to long term mental health problems. Increasing your risk of conditions like depression and anxiety.	<b>IECHYD MEDDWL</b> Gall cymryd cyffuriau arwain at broblemau iechyd meddwl tymor hir, yn cynyddu eich risg o gyffirau fel seidr a phryder.	<b>SET AND SETTING</b> Use in a safe place with people you know and trust.	<b>EICH AMGYLCHEDD</b> Defnyddiwch mesur fuddod digelwr gyda pobl rydych yn gwybod ac yn ymddiried ynada.
For more info contact Choices on 01554 755779 or check out our social media	Am fwy o wybodaeth, cysylltwch â Choices ar 01554 755779 neu ymwelwch â'n cyfryngau cymdeithasol.	For more info contact Choices on 01554 755779 or check out our social media	Am fwy o wybodaeth, cysylltwch â Choices ar 01554 755779 neu ymwelwch â'n cyfryngau cymdeithasol.

## NEW STARTERS

Welcome to Carla Vickers and Scott Jenkins who have recently joined the Choices West team.

## DYFED AWAY DAY

The team thoroughly enjoyed the Dyfed away day that took place at the National Botanical Gardens, just outside of Carmarthen.

## 6 STEPS TO WELLBEING

All activities, highlighted in the graphic on the right, as part of '6 steps to wellbeing' are now available to young people who access the service.



**CHOICES WEST'S 6 STEPS TO WELLBEING**

This Summer, we are inviting you to take 6 steps to wellbeing, with fun and relaxing activities to try.

- STEP 1 Pottery**  
Date & Time:  
Location:  
Worker: Ellie  
Bring:
- STEP 2 Painting**  
Date & Time:  
Location:  
Worker: Angharad  
Bring:
- STEP 3 Relaxation**  
Date & Time:  
Location:  
Worker: Lorien  
Bring:
- STEP 4 Water Sports**  
Date & Time:  
Location:  
Worker: Ellie  
Bring:
- STEP 5 Tonic Surf**  
Date & Time:  
Location:  
Worker: Danielle  
Bring:
- STEP 6 Disc Golf**  
Date & Time:  
Location:  
Worker: Scott  
Bring:

We hope to see you there!





# European Drug Report

Trends and Developments

Amphetamines

Injecting drug use

Cannabis

Heroin and other opioids

Cocaine

MDMA

COVID-19

Drug law offences

New psychoactive substances

Drug-induced deaths

# EUROPEAN DRUG REPORT

2023

THIS IS AN ANNUAL REPORT FOCUSING ON  
ILLICIT DRUG USE, RELATED HARMS AND  
DRUG SUPPLY. FOR MORE INFORMATION,  
[CLICK HERE.](#)

# NATIONAL RECOVERY WALK

Over 150+ attended this years Recovery Walk at Pen Y Fan, on Thursday 13th July. We experienced all kinds of weather but it didn't stop people getting to the top and taking in the breath-taking views.

Well done to everyone who attended and a special thank you to the marshals - Mark Evans, Cath Smith, Jon David, Natalie Stevens and Kevin Buckley, as well as Jo and Dianne from Tyfu Cafe, providing the much earned refreshments, once we were back down!



News from around the world



# Scottish government wants drug possession to be decriminalised

IT WANTS THE UK GOVERNMENT TO CHANGE THE LAWS TO ALLOW PEOPLE TO BE "TREATED AND SUPPORTED RATHER THAN CRIMINALISED AND EXCLUDED".

Other proposals from the Scottish government include more substance checking services and increased access to emergency treatments for drug overdoses.



[Click here](#) for more information

# Service update

## MANY TEARS ANIMAL RESCUE

On a monthly basis Cyfle Cymru volunteering group attend Many Tears Animal rescue centre to help walking the dogs. Clients always enjoy and the activity supports mental well being.



## KINGS CORONATION

Cyfle Cymru, held a Kings Coronation themed Coffee and cakes, drop in at Allied House, Haverfordwest office. In attendance in addition to Cyfle Cymru clients were lechyd da, Careers Wales, DDAS and Choices. We currently have 5 ambassadors who have completed the learning programme and are actively engaging in a range of activities.



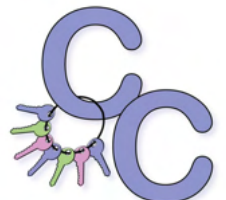
## STRESS AND ANXIETY

Cyfle Cymru holding one of their regular 'managing stress and anxiety course', which helps clients spot the signs of anxiety and learn techniques to ease symptoms.



## MEGAN'S STAR FOUNDATION

Community engagement officers, Rachel Marsh and Richard Evans meeting with Megan's star foundation, founder Nicola Hartevelde. Megan's star foundation was set up to promote a shared conversation and response to Mental Health and Bullying in which everyone works together to create safe environments for young people.



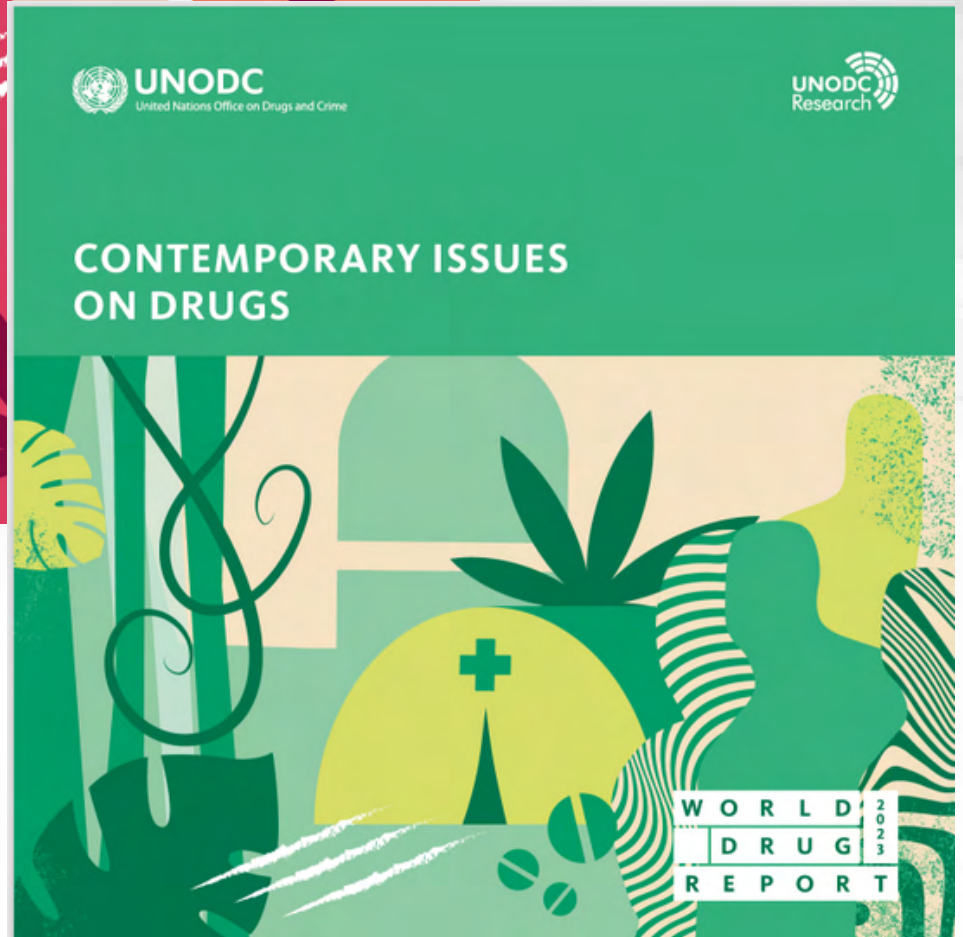
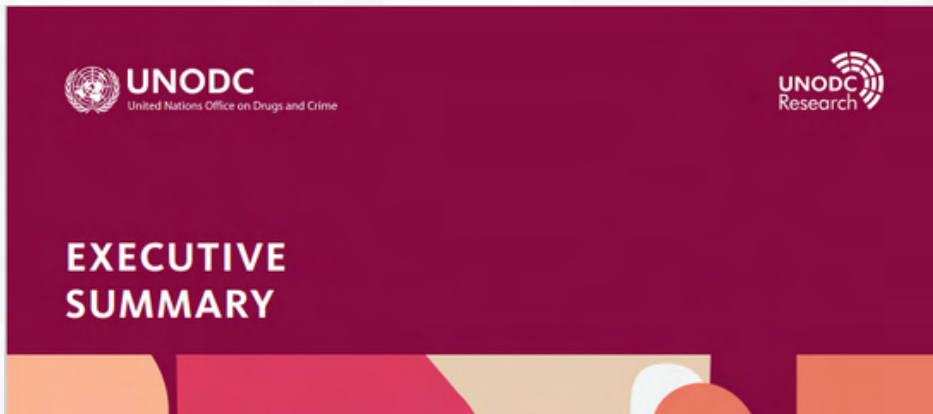
# DRUGS UNWRAPPED



## NITROUS OXIDE: WHAT COULD HAVE BEEN DONE

Written by Beth Hart Dyke, discussing the recent legislation that classified nitrous oxide as a Class C drug, criminalising its possession, and questions the effectiveness of prohibition-focused drug policies while suggesting alternative approaches.

# World Drug Report 2023



## ANNUAL REPORT

The latest global, regional and sub regional estimates of, and trends in, drug demand and supply. To find out more, click [here](#).

# LIVE WEBCHAT

We have now changed systems for our Live Webchat Service. While this does not impact the functionality and the service that we provide, there is a slight change for those that help facilitate the service. We are now using a new system provided by WhosOn and continue with our working relationship with 'We Are With You' in facilitating the Live Webchat.

**WhosOn** 

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# FREE DRUG CHECKING SERVICE NOW AVAILABLE IN BERLIN

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A free and anonymous drug-checking service is now available in Berlin.

According to a new report by German news outlet rbb, people in the city can have drugs their tested free of charge, anonymously and legally in three advice centres. Germany's Senate Department for Health exclusively informed rbb of the move.

The report mentions that the project, which is called Drug Checking, allows interested parties to have "party drugs such as cannabis, ecstasy, speed, coke and LSD checked for their composition and purity."

Berlin.de, the official website of Berlin, reported the news on 6th June: "Consumers of drugs can now have their purchased substances tested free of charge in Berlin. After years of discussions and preparations, the so-called drug checking project, which aims to analyse ingredients and detect impurities, has begun. This was announced by the Senate Department for Health on Tuesday."

The project is the result of years of planning and several weeks of testing. Facility manager Ulrike Scherling said: "Berlin revelers also travel internationally, they know this from other cities and have a great interest in consuming healthily and less harmfully."

**News from around the world**





# L & D

## Upcoming sessions

**26th  
July**

**Casenote Training**

Where: Online

**24th  
Aug**

**Crack Cocaine**

Where: Celtic Court, Bridgend

**20th &  
21st  
Sept**

**Mental Health 1st Aid**

Where: Celtic Court, Bridgend

**22nd  
Sept**

**Emotional regulation  
& the nervous system**

Where: Celtic Court, Bridgend

**26th  
Sept**

**Safeguarding discussion**

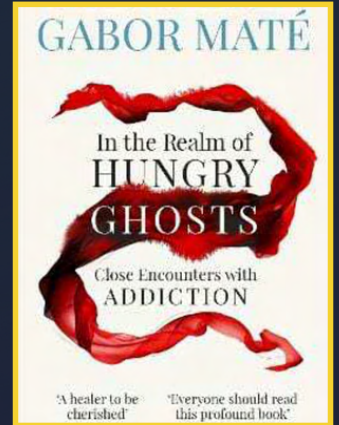
Where: Allied House, Haverfordwest

# 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:

[Uncharted Territory: Episode #1: Sarah Tilley on sex and psychedelics](#)

Dr Gabor Maté: In the Realm of Hungry Ghosts: Close Encounters with Addiction



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## [Matt Willis: Fighting Addiction](#) BBC iPlayer

Busted's Matt Willis opens up about his struggles with addiction and the pressure it puts on his family, as well as looking into what helps him and others stay abstinent.





**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 October.

**barod**

