

BAROD, EWCH!

OCTOBER 2023
ISSUE 16



SOLIDARITY
#MPAA23

**Mike Parry Art Award
is back for its 5th year!**

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

barod

THIS MONTH



OUR LATEST PODCASTS



DEVELOPMENT DAY '23

INTERNATIONAL OD AWARENESS DAY

KNOW HOW TO RESPOND TO AN OVERDOSE



NEW CHOICES WEBSITE



LATEST DRUGS UNWRAPPED ARTICLES

KETAMINE STREET DRUGS

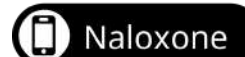


FOLLOW US



RECOMMENDED

OUR LATEST RECOMMENDATIONS





Drugs Unwrapped: The Podcast

You've watched the Netflix show 'Painkiller'. Now listen to our latest episode, exploring OxyContin and Canada's drug poisoning crisis. We chat to Petra, a Canadian drug policy reform powerhouse, based in Edmonton, Alberta, who lost her son, Danny, to a fatal fentanyl overdose in 2014.



Listen to our latest episodes on [Spotify](#) & [YouTube](#) or click on the images below.



MIKE PARRY ART AWARD 2023

We are delighted to announce that the Mike Parry Art Award is back for its 5th year. Each year, we have received some incredible submissions in the form of paintings, sculptures, poems and even music.

This year's theme is **Solidarity** and is open to anyone who has ever accessed substance use services in Wales. There are three categories: Young People (U18); Adults; and Group. There are prizes to be won for the top 3 in each category.

The deadline for entries is Friday 29th December. For more information please [click here](#).

SOLIDARITY

MIKE PARRY
ART AWARD '23



STREET DRUGS DISCUSSIONS

A SERIES OF WEBINARS

DEEP DIVE INTO KETAMINE

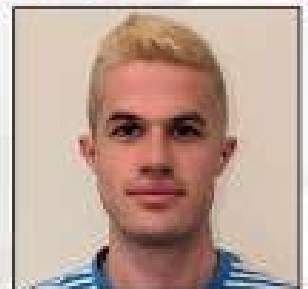
VAL CURRAN

EMERITUS PROFESSOR OF CLINICAL, EDUCATIONAL
& HEALTH PSYCHOLOGY, UCL



JOSH TORRANCE

RAVE AID CREW



KARENZA MOORE

READER IN SOCIOLOGY, NEWCASTLE UNIVERSITY



- TRENDS & CONTEXTS OF USE
- HISTORY & ORIGIN
- HARM & HARM REDUCTION
- POLICY & TREATMENT INTERVENTIONS

FRIDAY 17TH NOVEMBER 14-16:00 GMT

HOSTED BY JAMES MORGAN



**TO REGISTER FOR THIS
EVENT, [CLICK HERE](#)**

Gwent N-Gage

Gwent
N-gage

The Gwent N-gage team have enjoyed attending the College Freshers Fairs this year. The fairs have provided an opportunity for the team to meet with lots of young people and inform them all about the service and the support that we can offer.



“One thing that has really stood out was the amount of young people that came up to us and said that they remembered us from the drop ins at their schools and workshops that have been delivered to them. Really humbling to see the

impact of our work in schools and alternative education centres has been. We had a couple of young people ask about case workers/activity workers that they had previously worked with, asking to pass on how well they are doing now and to thank them for their guidance and support they gave them’.





**SCOTLAND SAYS YES TO
DRUG CONSUMPTION
ROOMS.
BUT WHAT DOES THIS
MEAN FOR WALES?**

[READ ONE OF OUR LATEST DRUGS UNWRAPPED ARTICLES HERE.](#)

OCTOBER
2023



DEVELOPMENT DAY '23

PATTI PAVILION, SWANSEA 27.09.23

YOU CAN NOW WATCH OUR 'SHORT' OF
THE DAY, ON YOUTUBE, HERE.

Trauma and Ace (TrACE) Informed Practice Steering Group

As you heard at the Barod development day we now have a well-established Trauma and Ace (TrACE) Informed Practice Steering Group within Barod. The group meets quarterly, to work through the TrACE action plan which is aligned to the Trauma Informed Wales Framework and the ACE's hub self-assessment tool kit.

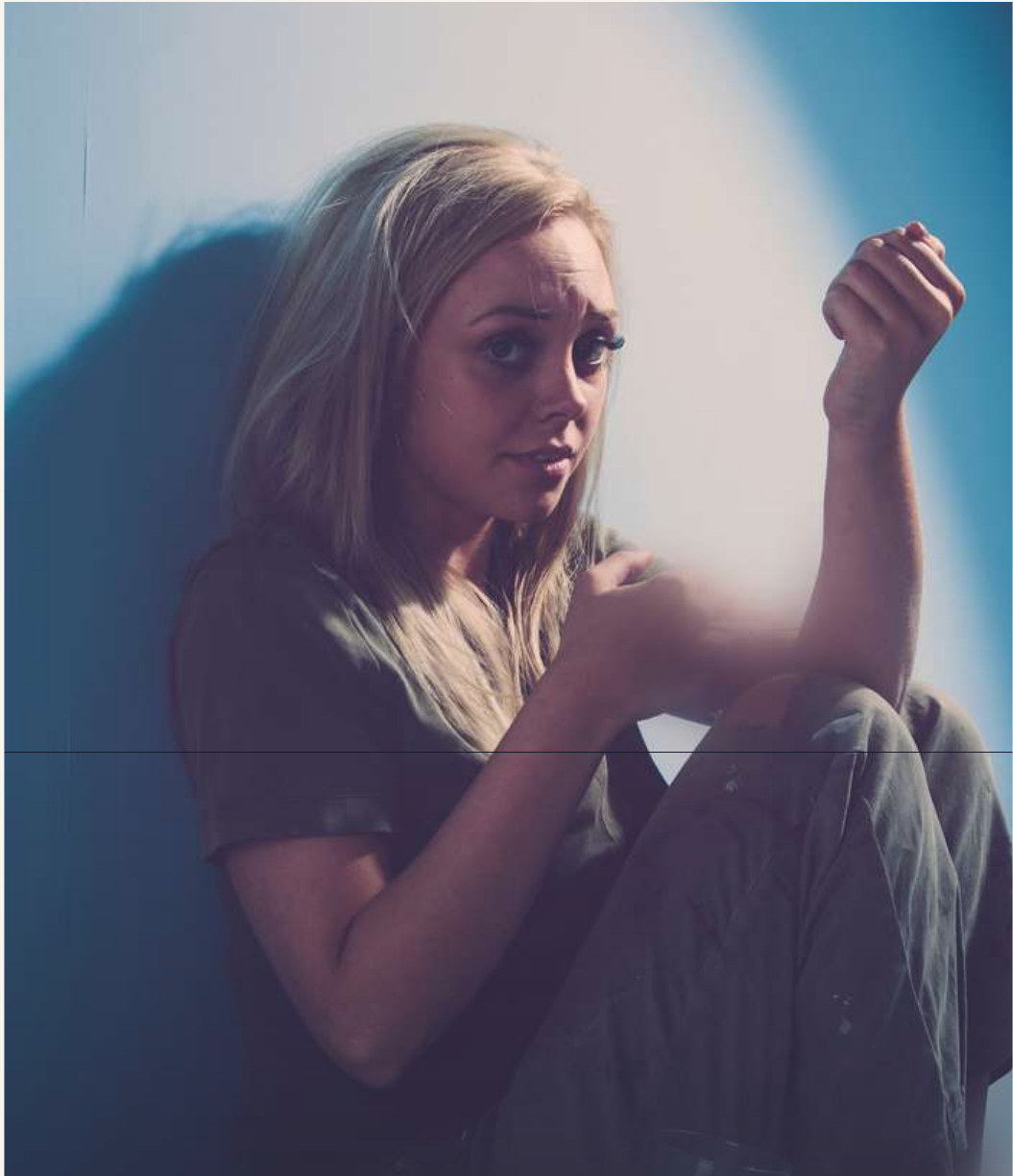
Our current priority pieces of work include:

- Raising the profile of TrACE informed practice and increasing levels of understanding across the organisation.
- Piloting a Barod environment audit tool across all Barod services and developing improvement plans.
- Embedding the ACE's hub policy guidance document into all policy reviews.
- Developing a resources library to share with staff.
- Incorporating TrACE informed practice into Barod's recruitment process review.
- Rolling out the ACE's hub e-learning training to all staff.

If you are interested in being part of the group or have any questions about this work please contact Rachel Wilson or Sarah Walsh.



● [READ HERE](#)



Why it's time to stop believing the 'addictive personality' myth

Paula Goodyer
29th September

DRUGS UNWRAPPED

We have two excellent articles that explore vaping and the medicinal use of psychedelics, respectively.



New Article

Psychedelics and the dying - small steps to big policy changes?

by Sam Moore



New Article

Smoking vs. Vaping: Debunking Myths and Navigating the Substance Use Landscape in Wales.

By Tirion Meredith



choices
young person substance use support

check out choices west brand new website by clicking here

UK drug advisers recommended decriminalising possession in 2016, leak reveals

Exclusive: Guardian has seen copy of 27-page report that Home Office attempted to keep confidential



WRITTEN BY

Mattha Busby
Freelance journalist

[READ THE ARTICLE HERE](#)

“The Guardian has seen a copy of the 27-page pro-decriminalisation report, which the Home Office ignored at the time but then fought a three-year battle to keep confidential after a freedom of information request.”

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INTERNATIONAL OVERDOSE AWARENESS DAY 2023

AHEAD OF INTERNATIONAL OVERDOSE AWARENESS DAY ON 31ST AUGUST, WE TEAMED UP WITH OTHER DRUG & ALCOHOL SERVICES ACROSS THE UK, TO SHARE A NUMBER OF IMPORTANT MESSAGES.

THESE MESSAGES WERE ADAPTED FROM/ ORIGINALLY DEVELOPED BY EURONPUD.

**AVOID USING
DRUGS ALONE.
STAGGER YOUR
DOSES.**



**CARRY
NALOXONE**



**CHECK YOUR
DRUGS**



**START LOW,
GO SLOW**



**KNOW HOW TO
RESPOND TO
AN OVERDOSE**



**SEEK SUBSTITUTE
MEDICATION AND
PRESCRIBING
SUPPORT**



Join our mailing list



Receive our monthly newsletter, sharing our latest news, upcoming events and conferences, our latest podcasts and thought-provoking articles, campaigns and more.

SUBSCRIBE



We now circulate a monthly newsletter to external stakeholders, sharing our latest news, podcasts & articles, upcoming events and conferences and more. Please feel free to share the link to your external partners, in order for them to subscribe and to not miss out!

<http://eepurl.com/h38jPb>

Upcoming sessions

Please refer to the WDP for the booking links for the below courses.

**25th
Oct**

Leadership Stories

Where: Online

**8th
Nov**

Webchat Training

Where: Online

**14th
Nov**

Intro to MI

Where: Mansel St, Swansea

**21st
Nov**

Boundaries & Code of Conduct

Where: Online

**22nd
Nov**

Casenote Training

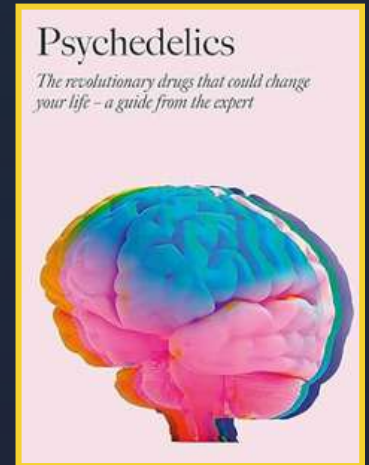
Where: Online

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:

[Cannabis: Prescription Pot Luck? BBC iPlayer](#)

Psychedelics: The revolutionary drugs that could change your life – a guide from the expert by Prof. David Nutt



[Big Vape: The Rise and Fall of Juul](#) [Netflix](#)

In this docuseries, a scrappy electronic cigarette startup becomes a multibillion-dollar company until an epidemic causes its success to go up in smoke. Limited series coming on 11th October, on Netflix.



**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 January.

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