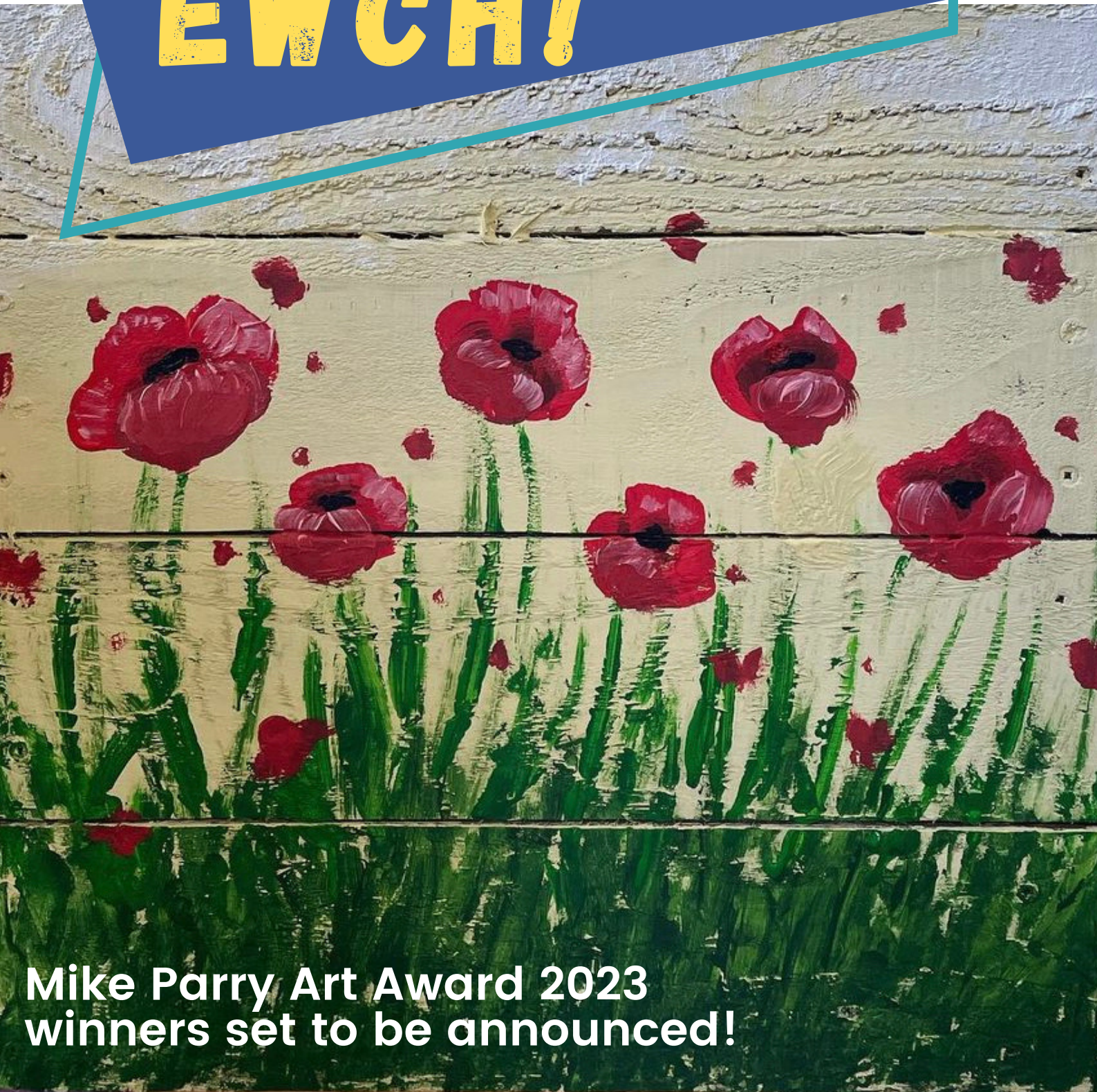


BAROD, EWCH!

JANUARY 2024
ISSUE 17



**Mike Parry Art Award 2023
winners set to be announced!**

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

barod

THIS MONTH



OUR LATEST PODCASTS



MIKE PARRY ART AWARD

LATEST RESEARCH FROM ACROSS THE UK



BAROD'S RESPONSE TO DRDS IN WALES



LATEST DRUGS UNWRAPPED ARTICLES

THE LOOP HARM RED. TRAINING



RECOMMENDED

OUR LATEST RECOMMENDATIONS



Naloxone

SOLIDARITY

MIKE PARRY ART AWARD '23



We had some incredible entries submitted to the 2023 edition of the Mike Parry Art Award.

We are currently adding up your votes to determine the winners, and second and third places, of the adult and group categories, with an announcement imminent.

Thank you for all your votes.



DRUGS UNWRAPPED



The need for flexible solutions to
problematic cannabis use

by Stephanie Coronado-Montoya

[Read here](#)

DRUG-RELATED DEATHS IN WALES

“Whilst we are relieved that the overall drug related deaths in Wales has reduced slightly, we must remember that every one of those individuals is not just a number, but a human being whose death could have been avoided.

“We must all continue to work together across sectors and organisations to provide the services that people who use drugs need and deserve. We must continue to challenge policies and laws that stigmatise and criminalise people, because until we see change, we will continue to mourn our sons and daughters, brothers and sisters, mothers and fathers.

“Something radical must be done to make changes to stop drug related deaths in Wales.”

Caroline Phipps, Barod CEO

DRUG CHECKING

'LANDMARK MOMENT'

The UK's first regular drug testing service has opened in Bristol. The free and confidential service will be open once a month initially.

[READ HERE](#) 

DRUGS UNWRAPPED: THE PODCAST

Latest episodes include:

#8 Are benzodiazepines a growing issue?

#9 How will Afghanistan's opium ban affect the UK?
(With Martin Powell from Transform)

#10 Drug related deaths in Wales

#11 Adults, young people and somewhere in between

#12 Solvents - is this where harm reduction ends?

Available on:



Spotify



Amazon



Apple



Castbox



YouTube

Housing Legislative Changes

The housing crisis continues to hit Wales with a rise in eviction notices in response to the change in legislation Dec 22 and a lack of affordable housing.



**FLOATING
SUPPORT
CEREDIGION**

Main points to the changes

- All tenants (now known as contract holders) should have received a new contract called an occupation contract.
- The “no fault” eviction notice period has been extended from 2 months to 6 months and there is now greater protection from eviction.
- Improved succession rights.
- Greater flexibility to add or remove names from the contract.

We would always recommend any SU to seek advice before moving out of their accommodation to ensure their rights are protected.

Warm Home Discount

- £150 off your electricity bill for winter 2023 to 2024 under the Warm Home Discount Scheme.
- The money is not paid to you - it's a one-off discount applied to your electricity bill between early October 2023 and 31 March 2024.
- This should be applied automatically to those eligible so does not have to be applied for. If you might be eligible, you'll get a letter by early January 2024.



- If you do not get a letter and you think you're eligible, you must contact the Warm Home Discount Scheme before 29 February 2024.
- You may be able to get the discount on your gas bill instead if your supplier provides you with both gas and electricity and you're eligible. Contact your supplier to find out.

Cost of Living payments 2023-24

There are extra payments to help with the cost of living if you're entitled to certain benefits or tax credits. Guidance can be found on

[Cost of Living Payments 2023 to 2024 - GOV.UK \(www.gov.uk\)](https://www.gov.uk/guidance/cost-of-living-payments-2023-to-2024)

“ *Male SU 37 years of age is claiming ESA and full enhanced rate PIP. Homeless since 2018. The SU self-referred accessed support December 2022 to support with Housing. SU has mental health concerns, alcohol dependency and on top substance misuse. SU has accessed support previously since 2018 building a relationship with support provider. On accessing support, the SU required support with housing to focus on detox and maintain wellbeing with family commitments.*

The Barod Floating Support Worker (FSW) supported the SU to completing Housing register applications for Ceredigion and Carmarthen. FSW supported for SU to access homeless support with Ceredigion and Carmarthen Council. FSW continued to support with both councils for a decision to be made to SU being placed with one council and a duty accepted for SU to be housed. Carmarthen council accepted duty to SU. FSW continued to support due to health needs, supported communication with Carmarthen Council, advocated to urgency for health needs and recovery by providing and communicating medical information.

SU offered a 2-bedroom property with a social housing provider. FSW supported viewing property and acceptance of property. SU accepted social housing. FSW supported SU to engage with social housing tenancy officer, completing required paperwork and applying for grants for white goods and furniture. SU can now focus on settling into a new property with support and concentrate on better health. ”



Safe inhalation pipe provision



PROTOCOL FOR A MIXED-METHOD EVALUATION OF AN INTERVENTION TO IMPROVE HEALTH OUTCOMES AND SERVICE ENGAGEMENT AMONG PEOPLE WHO USE CRACK COCAINE IN ENGLAND

Harris, M., et al (2024)

Harm Reduction Journal

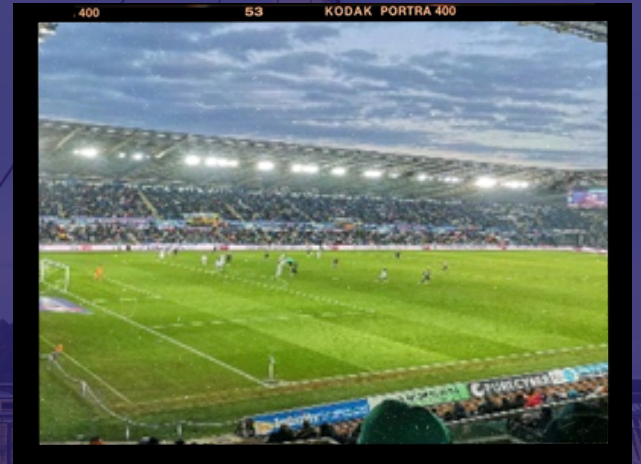


Image Source: [Exchange Supplies](#)

[READ HERE](#)

CHOICES SWANSEA

In December we were fortunate to be gifted tickets for our young people to see the SWANS as part of the Local Authorities allocation of tickets to the Swansea.com stadium. Our young people thoroughly enjoyed this event stating they had experienced something new and enjoyed the passion and build up of attending a Football match.



WE WANT TO HEAR YOUR VOICE!

AGE 11-25 AND LIVING IN SWANSEA?

JOIN OUR YOUTH PANEL TODAY!

HELP US

- Reduce stigma for drug users
- Provide safety for you
- Prevent overdoses

Contact your worker or ring 01792 472002 for more information

brand

The graphic is yellow with a grid pattern. It features a speech bubble at the top left containing the text 'WE WANT TO HEAR YOUR VOICE!'. Below this is a box with 'AGE 11-25 AND LIVING IN SWANSEA?' and another box with 'JOIN OUR YOUTH PANEL TODAY!'. To the right, there is a box titled 'HELP US' with a list of bullet points: 'Reduce stigma for drug users', 'Provide safety for you', and 'Prevent overdoses'. Below that is a box with the contact information 'Contact your worker or ring 01792 472002 for more information'. There are also icons of a smiley face and a thumbs up. The word 'brand' is in the bottom left corner.

Choices are continuing to support the Youth Panel and recruiting more members to ensure participation and young person's voices are at the core of our young person's service. The recent response topics of conversation showed young people reporting they feel unsafe within the City Centre of Swansea and wanted to identify community safety. With this response Choices invited the Police Chief Constable and Chief Inspector in addressing these concerns with the young people and providing reassurance of what support is currently in place and what the young people recommend moving forward. Young people reported having an open forum to discuss the

concerns with the Police supported the breakdown of stigma they view of the Police and an opportunity to build a rapport. This response played a key in our feedback following a contextual meeting regarding the rise in youth violence within the City centre and what young people currently witness at present.

CHOICES SWANSEA



The Choices team have been working hard behind the scenes in developing the woodland Wellbeing Programme in Partnership with Coed Lleol. We have had the privilege of offering a weekly woodland session once a week for 6 weeks to support our young people in developing skills outdoors in addition to woodcarving, cooking and building shelter. Our young people reported they felt a sense of grounding when being in the woods and agreed to continue taking part in a healthy woodland wellbeing walk weekly moving forward.

In December following a successful grant application for COAST funding the Choices team took 8 young people to Winter Wonderland where they had the opportunity to engage in activities such as ice-skating, rides and games. This successful activity supported young people in developing social skills and engaging with peers experiencing similar support. In addition to this Choices held their yearly Christmas Meal for young people with an attendance of over 25 young people! The team provided a two-course meal for young people aged 12-22 accessing our service. Staff reported it was great to see young people taking part in eating together and playing traditional Christmas games!

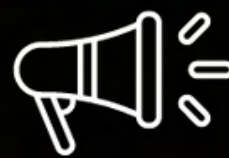


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<http://eepurl.com/h38jPb>



● NEW ARTICLE



DRUGS UNWRAPPED

Drug related deaths in Wales highlights greater challenges ahead.

[Read here](#)

#DrugScience

OVERDOSE PREVENTION CENTRES

A rapid review

[Read here](#)

Image Source: [DrugScience](#)

CAVDAS

CAVDAS signs are now up!



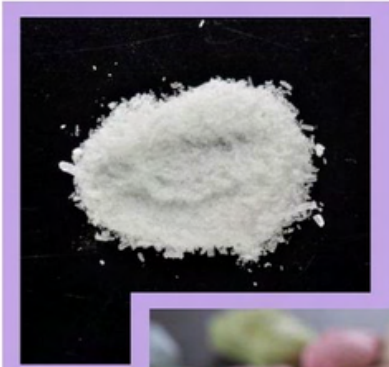
TRAINING

THE LOOP IS RUNNING 11 ONLINE TRAINING SESSIONS, INFORMED BY DRUG CHECKING RESULTS AND THE LATEST DRUG MARKET TRENDS.



EVENTBRITE SESSIONS:

- [Drugs Awareness: Adopting a Harm Reduction Approach](#): (27/2/24: 1800 - 2130)
- [Drink Spiking in the Night Time Economy](#): (6/3/24: 1800 - 2130)
- [Chemsex & Sexualised Drug Use](#): (22/3/24: 1300 - 1630)
- [Responding to Drug Use at Music Festivals and Outdoor Events](#): (3/4/23: 0930- 1700)
- [Drug Markets & Latest Trends from Testing](#): (18/4/24: 1800 - 2130)
- [Responding to Drug Use in the Night Time Economy](#): (30/4/24: 0930 - 1700)
- [Harm Reduction](#): (2/5/24: 1300 - 1630)
- [Ketamine: A Deep Dive](#): (8/5/24: 1800 - 2130)
- [Responding to Drug Use at Music Festivals and Outdoor Events II](#): (7/6/23: 0930- 1700)
- [Drug Markets & Latest Trends from Testing](#): (18/6/24: 1300 - 1630)
- [MDMA: A Deep Dive](#): (24/6/24: 1800 - 2130)



[Click here to book on to any of the courses above](#)

The Loop also provides **bespoke training courses**, available both **online** and **in-person**. Courses are delivered by our team of **expert trainers**. For enquiries or to receive a **2024 training brochure**, email adam@wearetheloop.org



**The Buddy Up app
offers remote,
confidential support to
people who use alone**

Download from Google Play and the App store

Upcoming sessions

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

**20th
Feb**

Safer injecting & NEX

Where: Swansea

**23rd
Feb**

De-escalation skills

Where: Bridgend

**1st
Mar**

Casenotes training

Where: Online

**21st
Mar**

BBV Training

Where: Bridgend

**27th
Mar**

**Substance Awareness
& Harm Reduction**

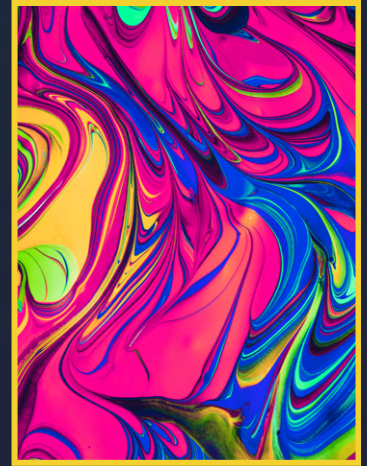
Where: Swansea

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:

David Nutt and Amanda Fielding: The psychedelic renaissance - podcast

The Mental Health Challenges Faced by Harm Reduction Staff - Webinar



Griselda Netflix

Inspired by real events, this fictional dramatization shows Griselda Blanco's journey from Medellín to becoming "the Godmother" of Miami's drug empire.

Streaming now 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 April..

barod