

Wandsworth Drug and Alcohol Services

March Bulletin 2022

External Stakeholder Training

WCDAS are providing quarterly on-line training events that are tailored for our external partners. The morning session lasts two and half hours and covers a range of topics including fundamental drug and alcohol information and Naloxone training. The Service is using Microsoft Teams to deliver the training, though participants do not need to have any pre-installed software. Please contact the service if you would like to attend the training. The next dates are 9th May, 8th August and 7th November from 9.30am – 12noon. Please contact MKing2@slam.nhs.uk

HOLI

The Hindu festival of colours is celebrated March 17th for two days, with 'gulaal' (coloured powder) thrown over each other, symbolising joy and love, and celebrating the victory of good over evil.

Wishing all a very Happy Holi.

How to access support

*Telephone self-referral for assessment at Battersea
Mon, Tue, Thu, Fri 9.00am -11:30am*

WCDAS Battersea: St. John's Therapy Centre, 162 St John's Hill, SW11 1SW. Tel: 0208 812 4120. **Thursday women only until 1pm.**

Recovery Hub: Tel: 0207 501 2615
Day Programme: 0207 498 6149

Workers linked to GP surgeries: Chatfield, Mayfield, Heathbridge, Battersea Fields, Putney Mead, Tudor Lodge, Bollingbrook, Lavender Hill, Danebury, Balham Park.

National Domestic Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

<https://wandsworth.drinkchecker.org.uk/home>
Drink Checker - WANDSWORTH

www.wcdas.com

World Tuberculosis (TB) Day 2022 Thursday March 24th 2022

World tuberculosis day occurs on March 24th every year to raise public awareness on the ongoing devastating health, social and economic consequences of TB. Over **41,000** people lose their lives to TB every day and approximately 28,000 are diagnosed.

March 24th marks the date that Dr. Robert Koch discovered the bacterium which causes this disease but aims to also shed light on the advances in screening, diagnosing and curing the disease.

This year's theme is '**Invest to End TB. Save Lives.**' – Sadly, research has found that there has been an increase in TB related deaths, throughout the COVID-19 pandemic. There is an urgent need to invest resources into raising awareness on TB and how to protect yourself against it. RWCDAS are keen to support clients to be screened for TB and support each other to consider how we can promote good respiratory health.

For more information please speak to staff.

CELEBRATING INTERNATIONAL WOMEN'S DAY 8th MARCH



Wandsworth Family Safeguarding Project

WCDAS are excited to be involved in Wandsworth Children's Services Family Safeguarding Project, recruiting three recovery workers and a recovery team leader to work alongside child social workers, adult mental health and domestic abuse specialists, with parents open to child safeguarding teams. Wandsworth are the only London borough involved in this grant roll out following successful pilots elsewhere in England.

Please see job ads below:

https://ce0023li.webitrent.com/ce0023li_webrecruitment/wrd/run/ETREC107GF.open?VACANCY_ID=6704758BR&WVID=3947853XDw&LANG=USA

https://ce0023li.webitrent.com/ce0023li_webrecruitment/wrd/run/ETREC107GF.open?VACANCY_ID=3370158BR&WVID=3947853XDw&LANG=USA

Please contact jane.eastaway@slam.nhs.uk for more information about the posts. There will also be a **LAUNCH CELEBRATION EVENT** 16th March; please click this link for more information and to join:

<https://forms.office.com/Pages/ResponsePage.aspx?id=rPXT2QP4vkmUnxSnB010pyMbEE6GhhdGmX1rffAigANURUMwTVhMSURYVkJISEcxQkE4TEIRNEE2Qj4u>

[The campaign - It Starts With Me](#)



[The campaign - It Starts With Me](#)

You can stop HIV. We can stop HIV, but it takes each of us to make it happen. It Starts With Me is a national campaign which brings together real people and their stories to stop HIV.. Here's the plan: Test – Treat – Protect – Take Action

www.startswithme.org.uk

National No Smoking Day March 9th 2022

This date aims to support those who want to consider reducing their nicotine consumption as well as spreading awareness on the impact of nicotine on our body.

Research shows the number of people around the world who still smoke cigarettes — and are not actively trying to quit — is severely dwindling. The stigma surrounding smoking and the dangers of first-hand and second-hand smoke tend to get more severe as time goes on. But on National No Smoking Day, many are encouraged to help others quit.

What can you do to take part?

- 1. Reduce consumption/quit-** RWCDAS offer specialist Smoking Cessation support and a variety of nicotine replacement therapy. Please speak to a member of staff
- 2. Support someone to quit-** Ways to help include sharing information about the event, encouraging people to consider the benefits to physical, mental and financial health. As well as being there as a support as well as getting the conversation started.
- 3. Shop where tobacco products aren't sold-** The absence of tobacco can be a positive influence in reducing consumption or abstinence. Consider stressors and triggers in your own personal life that may contribute to the need to use tobacco.

For more information please speak to a member of staff today.

Neurodiversity Week

As part of St Mungo's Neurodiversity Celebration week, on Wednesday 16 March from 10:00am to 4:00pm, St Mungo's Client Involvement Team will be delivering a Neurodiversity Celebration Day at the Wellbeing Centre, 64-100 Wix's Lane, London SW4 0AQ. There will be various face-to-face activities including:

- a drop in taster session from 10:00am to 2:00pm with Putting Down Roots
- St Mungo's gardening project
- a creative session from 11:00 to 12:30 pm where there will be an opportunity to get creative and make art inspired by famous artists who are neuro-divergent
- a talk from 2:00 - 3:30pm where Dr Katherine Hewlett MBE, Founder of Achieve Ability will look at what is meant by neurodiversity and the positive aspects of being neuro-divergent and will take attendees on a journey of discovery about the talents and attributes neuro-diverse people bring to society.

Refreshments will be available throughout the day, and a yummy lunch will be provided from 12:30 to 2:00 pm.

Interested In?? Drug and Alcohol Awareness Training

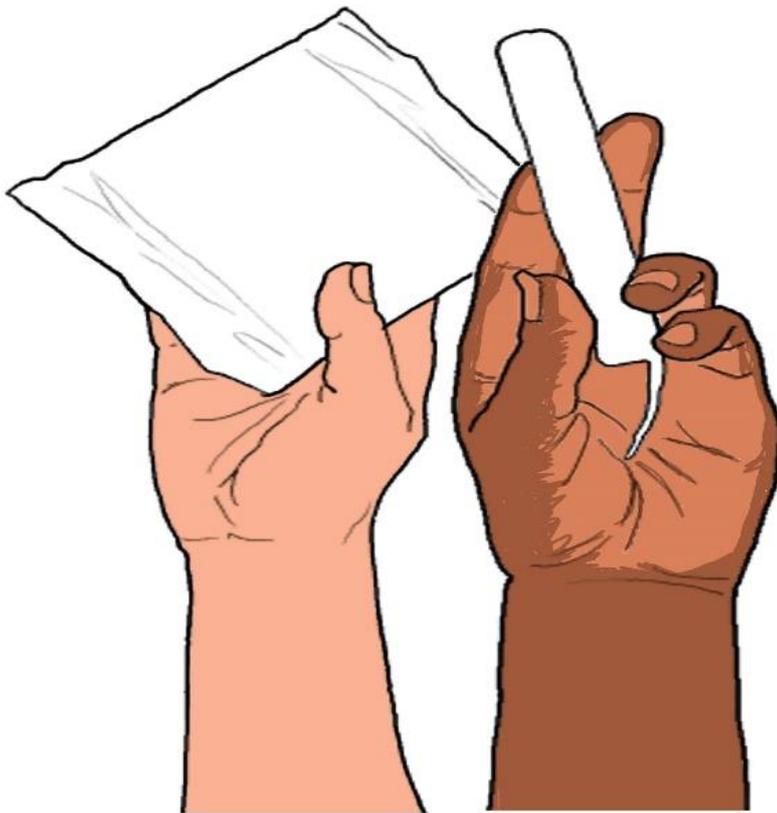
Level 2 accredited

On 15th & 18th March we will be delivering a Level 2 Accredited Drug and Alcohol Awareness Training. The course will be held at the Wellbeing Centre, Cedars Road Clapham and will run from 10am to 4pm on both days. Lunch will be provided. On the second day, learners will complete a 45 min test which will enable them to get a certificate. The course provides a great opportunity to develop a better understanding of the reasons why people use drugs and of the impact that substance abuse has on physical and mental wellbeing. It also looks at tools commonly used by professionals in this field such as risk assessing, motivational interviewing and the cycle of change. The course is delivered by an outstanding trainer with many years of experience in the field and is very popular. As places are limited, please contact your RWCDAS key worker as soon as you can to reserve a place. This is aimed at current RWCDAS service users who have an interest in drug and alcohol awareness and if you are thinking of volunteering or working in the field this is a great next step. . This is aimed at current RWCDAS service users who have an interest in drug and alcohol awareness and if you are thinking of volunteering or working in the field this is a great next step.



R.W.C.D.A.S

Free Sanitary Products



Pads, Liners, Tampons and sustainable options available.

Please speak with a member of staff.