

## Richmond Community Drug and Alcohol Services

December Bulletin 2022

### External Stakeholder Training

RWCDAS 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 date is Wednesday, 25<sup>th</sup> January 2023 from 10.00am– 12noon. Please contact [katy.elsdon@slam.nhs.uk](mailto:katy.elsdon@slam.nhs.uk)

**FRIDAY 15<sup>TH</sup> DECEMBER 2022, 11AM-4PM AT  
ENTRANCE ON WIX'S LANE, 117 CEDAR'S ROAD, SW4  
OPW**

### XMAS BUFFET AND FESTIVE ACTIVITIES

Join us for a Xmas celebration at Wix's Lane on Friday 15<sup>th</sup> December 2022 from 11am for:

- Fun and games
- Pamper sessions including pedicure, manicure and facial
- Karaoke Sing-along
- Connection and Community
- Xmas Buffet Food from 1pm

No need to book; simply come along on the day; meet others, have some fun and get involved in Recovery Support networks with other peers.

Look forward to seeing you there!

### Upcoming ETE Courses/Activities

On **Thursday 1<sup>st</sup> and Friday 2<sup>nd</sup> December** there will be a **Level 2 Drug and Alcohol Awareness Course** 10:00-16:00 (lunch included) at 117 Cedars Road, SW4 OPW. This course is open to anyone and will be ideal for those who would like to explore a career in support work in the future. Please let your keyworker at RWCDAS know if you'd like to attend or contact Maddie on 07813 038 284.

Join us on **Monday 5th December** for an afternoon packed with fun and relaxing activities to recharge and boost your wellbeing. From 1:30 to 2:30 pm, we will hold a **Himalayan Hatha Yoga** session where participants will be working through the entire body, revitalising through special sequencing with a combination of subtle body exercises

### **How to access support**

*Walk-in for an assessment*

*Mon, Tue, Fri 9.30am -11:30am, Thurs 9.30am – 10.30am*

*Opening times: 9am - 4.30pm Mon, Tue, Fri; Wed 1.30pm-4.30pm (closed am for staff training) and Thurs closed between 11:00am – 1:00pm for staff meeting.*

**Tuesday women only until 1pm.**

*Address: Unit 2 Ilex House, 94 Holly Road, TW1 4HF  
Tel: 020 3228 3020*

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

*Website: <https://www.rcdas.co.uk>*

*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.meclink.co.uk](http://www.meclink.co.uk)*

*<https://richmond.drinkchecker.org.uk/>  
[Richmond Drink Checker](#)*

and breathing. Following this we will be hosting a **Sound Bath** involving Tibetan Singing Bowls to create sound vibrations that evoke calmness. This session will run from 3:00pm-4:00pm.

All activities will take place at the Wellbeing Centre, 117 Cedars Road, SW4 0PW. If you would like to attend please speak to your key worker at RW-CDAS. For more information, please call Alessandra on 07702 561 432 or Maddie on 07813 038 284.

On **Thursday 15<sup>th</sup> December**, the ETE Team will be hosting a **festive games morning, with mince pies and Christmas card making** at 117 Cedars Road, SW4 0PW. Everyone welcome. If you would like to attend please speak to your key worker at RWCADS or call Alessandra on 07702 561 432 or Maddie on 07813 038 284 to find out more.

Andrew Wright will be coming to **117 Cedars Road, SW4 0PW** on to hold a **Portrait Workshop in December date to be confirmed**. Andrew will teach his methods for producing interesting visual art. His step by step tutorial will cover things like composition, face structure, best practice and some basic colour work. We will be using a variety of mediums such as pencil charcoal, pastels and markers. If you would like to attend please speak to your key worker at RWCADS or call Maddie on 07813 038 284 to find out more.



# BRIGHTER LIVING FAIR 2022

Celebrating 5 WAYS OF WELL-BEING

Connecting Being Active Taking Notice  
Keep on Learning Giving

**Join CDARS Digital Inclusion Workshop!**

This event consists of 4 workshops starting at every hour to build awareness of the benefits of digital inclusion. We will provide tablets for usage and provide a clear and simple understanding of how to use a tablet for your needs. You will gain a better understanding of digital inclusion and a spot in our IT program!

In succession, CDARS offers a Digital Inclusion program that welcomes all residents from Wandsworth to join a 6 week IT course including a tablet that can be yours for free after the course is finished.

**When:** December 7th @ 10am-2pm

**Where:** 117 Cedars Rd, London SW4 0PW

**Contact M Gallego to book your spot and for more details:**

[m.gallego@cdars.org.uk](mailto:m.gallego@cdars.org.uk) OR 07852 291 151

visit: [wandsworth.gov.uk/brighterliving](http://wandsworth.gov.uk/brighterliving)



## **RWCDAS Harm Reduction Over Christmas**

The Christmas period can present its challenges in regard to drug and alcohol use.

Accessibility and exposure to substances/alcohol during social gatherings/festivities can be triggering but we also understand that this is a period where routine services are often closed or operating at a reduced pace, increasing loneliness and isolation.

With this in mind, RWCDAS are keen to highlight some key points aimed to minimise harms associated to substance use and promote health and wellbeing over the festive period:

- **Know the harms associated to substance of choice- follow harm reduction recommendations**
- **Be aware that illicit substances may not be what you expect them to be- try a smaller 'test dose' in the first instance**
- **Don't use alone- always aim to create a safe environment with trusted peers who would be able to support in the event of a crisis**
- **Avoid mixing drugs and avoid mixing drugs with alcohol- often the effects of these substances exacerbate one another increasing the potency and detrimental effects**
- **Avoid new batches/suppliers during festive period where services are operating at reduced hours**
- **Prioritise hydration and nutrition**
- **Be mindful of your current circumstances/contributing factors to your use**
- **Do not share or re-use paraphernalia- ensure you can access sterile equipment and have enough supplies**
- **Identify and ensure you are utilising appropriate resources- drug and alcohol services, needle exchange, health services, mutual aid, crisis support services**
- **Ensure you have access to medication and prescriptions during festive period so you are not without medications**
- **Being prepared for the event of overdose- ensure you have an appropriate crisis plan, understand the importance of seeking emergency support if required (A&E/999)**
- **If you are using opioids ensure you have access to Naloxone and you/peers are trained how to use this**
- **Consider your own protective factors as well as triggers and warning signs**
- **Consider social circles where drugs may be available and risks associated to them**
- **Ensure you have a working mobile phone to contact 999/111 in an emergency**
- **Be aware of typical signs and symptoms of withdrawals/overdose to substance they have consumed**
- **To understand your own tolerance/dependence and the risk of stopping some substances such as alcohol, benzodiazepines abruptly**
- **To identify and recognise signs of deterioration in regards to their physical health and mental wellbeing**
- **To consider nominating a next of kin - to consider the warning signs of concern**
- **To consider informing GP of their substance use or any other associated health professional**
- **Consider treatment goals and whether professional treatment supports are required.**



# **RWCDAS CHRISTMAS & NEW YEAR OPENING TIMES**



Mon 19<sup>th</sup> December 2022: 09.30am-4.30pm

Tues 20<sup>st</sup> December 2022: 09.30am-4.30pm (**RCDAS women only 09.00-13.00**)

Wed 21<sup>st</sup> December 2022: 1pm-4.30pm

Thurs 22<sup>nd</sup> December 2022: 09.30am-4.30pm (**WCDAS women only until 1pm**)

Fri 23<sup>rd</sup> December 2022: 09.30-4pm

**Sat 24<sup>th</sup> December 2022: CLOSED**

**Sun 25<sup>th</sup> December 2022: CLOSED**

**Mon 26<sup>th</sup> December 2022: BANK HOL CLOSED**

**Tues 27<sup>th</sup> December 2022: BANK HOL CLOSED**

Wed 28<sup>th</sup> December 2022: 1pm-4.30pm

Thurs 29<sup>th</sup> December 2022: 09.30am-4.30pm (**WCDAS women only until 1pm**)

Friday 30<sup>th</sup> December 2022: 09.30-4pm

**Sat 31<sup>st</sup> January 2023: CLOSED**

**Sun 1<sup>st</sup> January 2023: CLOSED**

**Monday 2<sup>nd</sup> January 2023: BANK HOL CLOSED**

Tues 3<sup>rd</sup> January 2023: 09.30-4.30pm (**RCDAS women only 09.00-13.00**)

The last day for triage and clinical assessment will be Tuesday 20/12/2022 and will resume  
Tuesday 03/01/2023

Please contact WCDAS 0203 228 1777/ RCDAS 0203 228 3020 with any questions



## RWCDAS Online Zoom Groups for Support and Strategies for Staying Connected

Sat 24<sup>th</sup> – Face to face group 11am - 1pm for all Wix lane – Chris

Sun 25<sup>th</sup> – On Line Group 11am -1pm for all – **Meeting ID: 883 2772 5649 Passcode: 928037**

Mon 26<sup>th</sup> – On Line Group 11am-1pm for all – **Meeting ID: 895 1770 7573 Passcode: 463800**

Tues 27<sup>th</sup> – Evening On Line Group 7pm for all - **Meeting ID: 812 4694 8070 Passcode: 354306**

Weds 28<sup>th</sup> – Allotment, Shackelgate Lane, Teddington 11-2pm for all

Thurs 29<sup>th</sup> – Evening On Line Group 7pm for all – **Meeting ID: 571 231 401 Passcode: 543090**

Friday 30<sup>th</sup> – Face to face 12 noon for abstinent at Wix Lane

Sat 31<sup>st</sup> - Face to face group 11am for all at Wix Lane

Sun 1<sup>st</sup> - On Line Group 11am-1pm – **Meeting ID: 868 5863 3075 Passcode: 456275**

Mon 2<sup>nd</sup> – On Line Group 11am -1pm for all – **Meeting ID: 823 2858 4091 Passcode: 406712**

Tues 3<sup>rd</sup> – Normal groups resume

### Kew Gardens Lights – Wednesday, 14<sup>th</sup> December

*Limited tickets available – please speak with your keyworker for a referral*



15th December-15th January 2022

## CELEBRATING CREATIVITY



### by the SUNSHINE RECOVERY CAFE

**OPEN Day 15th December 11-3pm**

AT: Sunshine Recovery Cafe 296a Kingston Road, SW20 8LX  
Nearest Station: Wimbledon Chase

[www.cdars.org.uk](http://www.cdars.org.uk)

@cdarslondon

### **World AIDS Day 2022**

**When:** Thursday December 1<sup>st</sup> 2022

World AIDS day is an annual event committed to stopping new cases of HIV, promoting rights of people living with HIV and challenging stigma and discrimination.

The event aims to celebrate the diverse group of those living with HIV and those allies who support HIV rights.

- Today over 105,000 people live with HIV in the UK
- 63% of the public do not remember seeing or hearing about HIV in the past six months
- Only 16% knew if someone is on effective treatment, they can't pass HIV on and can expect to live a long and healthy life.

World AIDS Day is the perfect time for us to raise much needed awareness about HIV.

#### **How are RWCDAS supporting World AIDS Day 2022**

- Offering free, drop in blood borne virus testing without appointment: Mondays 2-4pm (WCDAS), Tuesdays 2-4pm (RCDAS). All attendees will receive a £5 voucher for their participation
- Access to free sexual health testing in collaboration with Sexual Health London
- Access to free contraception from core site and outreach staff
- Partnership working with specialist BBV services locally, and supporting access to treatment options
- Access to specialist staff for support around HIV, Sexual Health, Blood Borne Virus and risk exposure

RWCDAS are also keen to promote SLaM's HIV Mental Health Team, CASCAID's online event for World AIDS Day on December 1<sup>st</sup> 13.30-17.00. For more information on accessing this event: please speak to RWCDAS Harm Reduction Nurse

For more information on World AIDS Day 2022 please visit:

<https://www.worldaidsday.org/>

[World AIDS Day | Terrence Higgins Trust \(tht.org.uk\)](http://World AIDS Day | Terrence Higgins Trust (tht.org.uk))



# RCDAS

## RICHMOND COMMUNITY DRUG & ALCOHOL SERVICE

# WINTER WARDROBE

**Shepherd's Star is working together to support the community at RWCDAS's All in One Hub.**

Items offered are complimentary, keeping vulnerable Londoners warm this winter.

Available on Thursday 8th December 11am-1pm



Your needs met in one place, The All in One Hub (Thursday's 11-1pm): Spear (housing & health), Richmond Mind (mental health), Drug & Alcohol (RCDAS), CAB (advice & info), DWP



Complimentary hot drinks and freshly baked cakes by trainee pastry chefs

Reborn has supplied comfy socks and other warm items



Calling London has been working hard with Estate Agency Chestertons in Richmond to collect donations of warm coats. Sizes and quantity is stock dependant.

## REBORN.

**CHESTERTONS**



## Find us at:

## Richmond Library Annexe, Quadrant Road, TW9 1DH



[shepherdsstar.org](http://shepherdsstar.org)  
Connecting communities, helping others

Registered Charity Number 1196520



**One man in five dies before the age of 65  
Together we can change that**

**Free health support and advice including  
blood pressure checks, weight  
maintenance, alcohol and drug service,  
mental health and tenancy support**

# **Men's health morning**

**Monday 12 December**

**9am - 12 noon**

**Alton Hall Community Centre  
1 Petersfield Rise, SW15 4AE**

**A Roehampton Community Champion event supported by The Alton Practice**

**Building a healthier future for Roehampton**



**NHS**  
South West London  
Clinical Commissioning Group

**THE BRIGHTER BOROUGH**  
Wandsworth