

Richmond Community Drug and Alcohol Services

February Bulletin 2023

Teaching Sessions for GPs and other Professionals

The following topic will be available to join via Teams and delivered by Dr. Seth Bhunnoo.

CPD: Opioids, pain killers and pregabalins –
Different types of painkillers, how opiates work, national statistics, scenarios, risks and danger

Tuesday, 11th April 2023 from 12.00noon – 13.30pm

Please contact Jane.Eastaway@slam.nhs.uk to book your place.

Upcoming Recovery Activities

In February, RWCDAES ETE team will be hosting a number of activities to support people's wellbeing, creativity and awareness of LGBTQ plus community. All activities will be held at The Wellbeing Centre - 117 Cedars Road, SW4 0PW and are open to all RWCDAES clients. If you would like to attend please speak to your key worker or call 07702 561432/ 07813 038284 to find out more. Activities' details are below:

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

<https://richmond.drinkchecker.org.uk/>
Richmond Drink Checker

CDARS 24/7 Helpline for crisis support out of normal hours
07944 506 036

Himalayan Hatha Yoga on Monday 6th February **1:00pm to 2:00pm**

During this session, participants will be taken through a special sequencing of yoga poses which combines subtle body exercises and breathing, working through the entire body.

The session will leave participants feeling revitalised and relaxed.

Portrait Workshop on Monday 6th February from 3:00 pm to 5:00 pm

Artist Andrew Wright will teach participants 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.

Participants will be using a variety of mediums such as pencil charcoal, pastels and markers.

Card making Date: Thursday 9th February from 11:00am to 13:00pm

Pop in and make lovely little cards for your dear ones. All materials will be provided

Laughter Yoga Wellness on Tuesday 14th Feb from 12:00pm to 1:00pm

Laughter yoga is a powerful wellbeing tool which is fun, induces stress release, increases motivation, lifts mood and energises. After the laughter session, individuals will feel fabulous, energised, uplifted and connected with other participants

LGBTQ plus screening event on Friday 17th February from 12:00pm to 2:00pm

Join us for a film screening and discussion to raise LGBTQ plus community history and rights awareness.
Lunch will be provided.

Printing Workshop on Friday 24th February from 10:30am to 1:30pm

Leaving a mark is to do something relevant/impactful in our environment that has a lasting effect. What makes you happy/brings you joy? What are your gifts and what would you like to share with the world? Using meditation/mindfulness modalities and the technique of calligraphy (building a printing plate with collaged materials) participants will be encouraged to tap into their inner potential to explore, through imagery and text, what 'mark' they would like to leave in the world.

RESILIENCE BUILDING DAY: CDARS

CDARS

Mindbody tools to build resilience

In this workshop we will explore how the practise and use of accessible mindbody techniques can be used to manage our stress and build resilience in the long term

Monday 27th February
1.30-4.40pm

117 Cedars Road
SW4 0PW

Refreshments will be available

For information and to book

Email Leanne - leanne.antonia@cdars.org.uk
or call Tim - 07930 237056



ALL-IN-ONE HUB



We are currently running the all in one hub which takes place on a Thursday morning from 11am – 1pm at the rear annexe of Richmond Library, Quadrant Road, Richmond, TW9 1DH and have a variety of different partner agencies on hand to deliver specific interventions which include:

MIND and a permanent mental health worker – any clients that you think would benefit from a mental health intervention would be more than welcome to attend during the times stated above; also a reminder that we have representatives from Citizens Advice Bureau, Job Centre Plus who can offer advice on benefits etc and SPEAR housing support in attendance as well as workers from RCDAS Drug and Alcohol Service

This is a service open to anyone so please encourage anyone who would benefit from this one stop shop intervention to come and get the support they need.

Refreshments are also provided.

National HIV Testing Week



(HIV Prevention England, 2023)

When: 6-12 February 2023

Why: To promote regular testing of HIV, blood borne virus (BBV) screens and general phlebotomy to promote health and wellbeing, to reduce the number of people living with HIV, to promote treatments and to raise awareness of the disease- ultimately aiming to reduce stigmas associated.

The theme of 2023 is, '**I Test.**', across all National HIV Testing Week replacing 'Give HIV The Finger', which has been in place for the previous five years.

'I Test' promotes a person centred experience of HIV and the screening process. This also aims to promote flexibility in responding to different audiences. The campaign also aims to empower individuals to consider a BBV screen or accessing support and information.

RWCDAS offers a complimentary £5 voucher for all BBV screens

- BBV screens can be completed via finger prick (capillary) blood tests or full venous bloods
 - Sexual health screening kits are also available within RWCDAS

Speak to a member of staff for further information.

Or visit <https://www.hivpreventionengland.org.uk/>