



Richmond Drug and Alcohol Services February Bulletin 2024

You are invited to join us at our RWCDAS Information Afternoon online event!

Richmond and Wandsworth Drug and Alcohol Service (RWCDAS) is a consortium led by South London and Maudsley Mental Health Trust that offers free and professional treatment for people living in Richmond & Wandsworth. The service supports individuals who require support to address their substance use.

We are dedicated to providing a holistic approach to support our clients, working with partner agencies to ensure we are able to deliver the right level support required for the individual.

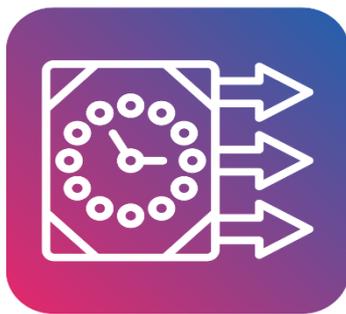
We are providing an online information session that is tailored for our external partners which will be an opportunity to get to know our service and what we are about.

The session lasts an hour and a half and covers a range of topics including:

- What our service does
- fundamental drug and alcohol information
- how to make referrals/referral criteria
 - Partner organisations
 - Treatment model

The session will take place on Tuesday 19th March at 10am. To book a place please contact the CEC team on:

RWCDASvolunteers@slam.nhs.uk



Moving Forward Group

Evening Aftercare Group

Tuesdays from 6.15-7.45pm
at 117 Cedars Road , SW4 OPW

Starts Tuesday 6th February 2024
For abstinent clients only



Food , Chai and Community Club ****NEW SOCIAL HUB ***

Connect with others , through food , workshops
and other activities weekly.

Come along and find out what else is going on in
your Recovery Community in both Richmond and
Wandsworth

Wednesdays from 1.30-4.00pm
at 117 Cedars Road , SW4 OPW

Starts Wednesday 7th February 2024

Just come along on the day , no referral needed

Allotment Group Weekly
TEDDINGTON
TUES AND WEDS
11AM - 1PM



Speak to your keyworker
about a referral

Open Art
Group
Sessions

EVERY THURSDAY FROM 1.00 -
2.30PM AT ILEX HOUSE MAIN
SITE , RICHMOND.

COME ALONG AND EXPLORE
YOUR CREATIVE SIDE , CONNECT
AND LET YOUR CURIOSITY LEAD
YOU WITHIN A SAFE AND
WELCOMING SPACE

SPEAK TO YOUR KEYWORKER
ABOUT BEING REFERRED INTO
THIS GROUP

How to access support

Walk-in for an assessment
Mon, Tue, Fri 9am, Thurs 9am – 10am

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.mecclink.co.uk

<https://richmond.drinkchecker.org.uk/>

[Richmond Drink Checker](https://richmond.drinkchecker.org.uk/)

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



CDARS HEALTH AND WELLBEING PROGRAMME

R.I.S.E. Financial Independence Hub



**On the Last Wednesday
of Every Month
2:30-4pm**

- ✔ Support
- ✔ Collaboration
- ✔ Financial Advice
- ✔ Help with Next Steps

Join us!

The hub supports a peer-led approach, skill-sharing, knowledge exchange, social connections and friendships, community building, centred around financial support.

For more information:

07393135503

mitchell.wesley@cdars.org.uk

Address

**CDARS 117 Cedars Road
SW4 0PW**

**February is LGBTQ+ history month and the theme for this year is ‘Medicine-
#UnderTheScope’.**



It is more important than ever that we celebrate the historical impact the LGBTQ community and LGBTQ+ identifying practitioners have had on healthcare and medicine, whilst recognising the inequalities faced within the community regarding medicine. It is important to listen to the lived experiences of those in the LGBTQ+ community and acknowledge their stories, in a time where hate crimes against LGBTQ+ people are on the rise.

Whether it is wearing a LGBTQ+ lanyard, researching the contribution of LGBTQ+ people within healthcare and medicine, proudly displaying our rainbow inclusive flag or asking an individual how they would like to be identified (they/them), let's all take some time this month to support the LGBTQ community and become an ally.

Harvey Fierstein- 'Accept no one's definition of your life; define yourself.'

Elliot Page- 'This world would be a whole lot better if we just made an effort to be less horrible to one another.'

Notable British LGBTQ+ Contributors to Medicine and Health Care:

Kevin Fenton

Oliver Sachs

Michael Dillon

Sophia Jex-Blake

Please visit <https://lgbtplushistorymonth.co.uk/> for further information.

National HIV Testing Week



When: 5th-11th February 2024

Why: To promote the regular testing of HIV, blood borne virus (BBV) screens and general phlebotomy to promote health and wellbeing with the aim to reduce the number of people living with HIV and to promote treatments. This also helps to educate on HIV and to raise awareness of the disease to combat the stigmas and stereotypes commonly associated.

The theme of 2024 is, '**I Test.**', across all National HIV Testing Week, with the sub themes of '**HIV can affect anyone**' or '**HIV testing is quick, confidential and free**'.

These themes encourage a person-centred experience of HIV and the screening process, therefore promoting flexibility regarding the different reasons that people want to get tested and, as such, reaches a more diverse audience. The campaign also aims to empower individuals to consider a BBV screen or accessing support and information.

BBV screens can be completed at WRCDAS 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/>

Faith and Cultural Events



Lailat al-Miraj (Islam)

Date: 8th February

Also known as Shab-e-Miraj, Lailat al-Miraj is a Muslim holiday celebrated each year. It celebrates Isra and Miraj, or the Prophet Mohammad's miraculous two-part journey taken in one night – First from Mecca to Jerusalem, and then from Jerusalem to the heavens. Observing Muslims will celebrate Lailat al-Miraj on the evening of Wednesday 7th February to the evening of Thursday 8th February.



Shrove Tuesday (Christian)

Date: 13th February

Shrove Tuesday also known as 'Pancake Day' is the traditional feast day before the start of Lent on Ash Wednesday. It is meant to be the last chance to use up any eggs and fats before the start of Lent. Traditionally this is done by clearing the kitchen cupboards of all eggs, flour and sugar and making pancakes in order to alleviate any temptations during the fasting period.



Ash Wednesday – Lent Begins (Christian)

Date: 14th February

Ash Wednesday is a holy day of prayer and fasting in many Western Christian denominations. It is preceded by Shrove Tuesday and falls on the first day of Lent. Ash Wednesday is observed by the Roman Rite, Lutherans, Moravians, Anglicans, Methodists, Nazarenes, as well as by some churches in the Reformed tradition.



Saint Valentine's Day (Christian)

Date: 14th February



Saint Valentine's Day or the Feast of Saint Valentine is celebrated annually on the 14th of February. It originated as a Christian feast day to honour one or two early Christian martyrs named Saint Valentine. Through later folk traditions it has become a significant cultural, religious and commercial celebration of love and romance in many parts of the world.



Vasant Panchami (Hindu)

Date: 14th February

Vasant Panchami is celebrated on the fifth day of Magh by the Hindu calendar. This year it falls on the 14th of February. The festival is also known as 'Sarasvati Puja' and marks the beginning of Spring. It is observed by Indians all over the world and celebrated in different ways depending on the religious sect and region.



Nirvana Day (Buddhist)

Date: 15th February



Nirvana Day is a Mahayana Buddhist holiday celebrated in East Asia. It celebrates the day when the Buddha is said to have achieved Parinirvana, or complete Nirvana upon the death of his physical body.

Happy Chinese New Year



Chinese New Year 2024 is the Year of the Dragon according to the Chinese zodiac. Each year in the Chinese zodiac is associated with an animal sign, and the Dragon is considered a symbol of strength, courage, and good fortune. It is a time to embrace Chinese traditions, enjoy delicious food, and wish for prosperity and happiness in the year ahead. Celebrations coincide with the Lantern Festival on February 24th.