

# RICHMOND DRUG AND ALCOHOL SERVICE

'Empowering Change Within You'

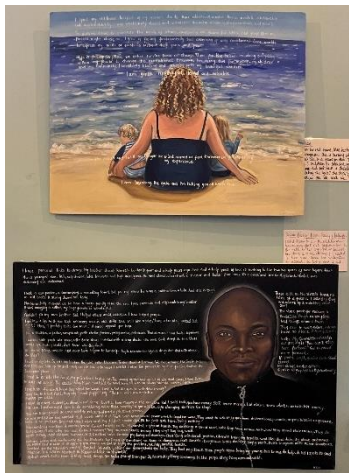
OCTOBER BULLETIN 2024

## Celebrating Recovery Month: Celebrating Community & Resilience



This September, we hosted a series of vibrant events dedicated to celebrating recovery and fostering community connections! From lively festivals to inspiring art workshops, our lineup offered something for everyone. Participants experienced the joy of creativity at our art sessions, savoured delicious dishes in friendly cooking competitions, and explored the city on guided trips designed to uplift and inspire.

Community events promoted vital drug and alcohol services, showcasing the strength and resilience of those on their recovery journeys. Together, we supported one another, shared stories, and celebrated the freedom that comes with recovery. Thank you to everyone who joined us in making this empowering month a success!



### Addictions: It shouldn't define you.

The exhibition unveiled the raw and profound depths of human struggle, offering glimpses of resilience and hope through the transformative power of art. Each piece captured the complexity of the battle between darkness and healing, inviting you to explore the spaces where pain, vulnerability and redemption intertwine.

A wonderful collaboration of Sean Martin and Antonia Rolls. In the spirit of Recovery month, this art gallery was open for 4 days from 10th-14th September at Battersea Arts Centre. We were joined by Cheryl Stapleton, daughter of Dorothea Bickerton.

**The Cake bake-off workshop** on 11th September at CDARS was a successful event, clients showed great enthusiasm and participated in the event where we had a winner who won a smart watch!



The **Drive for Change Bus** was launched at the start of September and the Outreach team attended on behalf of RWCDAS. The event was used to promote the services available to our homeless and vulnerable clients in the community. The Outreach Team highlighted the importance of Naloxone, an antidote to opiate overdose,

to the Mayor of Wandsworth as a result of the upsurge of Nitazine use in the community. It was an enjoyable day, and we look forward to promoting the service across the boroughs.

# BREAST CANCER AWARENESS MONTH



October marks **Breast Cancer Awareness Month** where people all over the world unite to show their support for everyone who has been affected by breast cancer.

The aim of this is to increase awareness and raise money for the cause- accelerating research and providing vital support in advancing care and treatment for those experiencing breast cancer.

## What is Breast Cancer?

Breast cancer can present itself in many ways, it is so important that people are empowered to check their breasts and escalate any concerns to their GP as soon as possible.

## Symptoms?

Examples of signs and symptoms of breast cancer include

It is important to remember that any change is worth checking with a health professional. Breast cancer is not exclusive to women, although rare, men can get breast cancer too.

## How to check your breasts

Checking your breasts is as easy as TLC:

- Touch your breasts: can you feel anything new or unusual?
- Look for changes: does anything look different to you?
- Check any new or unusual changes with a GP

Everyone will have their own way of touching and looking for changes.

It is important to check regularly and notice anything that is unusual for you.

Check your whole breast area, including up to your collarbone (upper chest) and armpits.

For more information on where to seek advice or support please speak to a member of staff or visit: <https://breastcancernow.org/> or <https://coppafeel.org/>

# STOPTOBER

Thinking about quitting smoking? Stoptober gives you the perfect opportunity to give it a go! If you can stay smoke-free for 28 days you are 5 times more likely to quit for good.

## NHS Quitting Tips

You have made a great decision to give up smoking. Here are some tips to help you succeed.

Once you have picked your quit date, remember to add it to your calendar.

- List your reasons to quit.
- Tell people you're quitting.
- If you have tried to quit before, remember what worked.
- Use [stop smoking aids](#).
- Have a plan if you are tempted to smoke.
- List your smoking triggers and how to avoid them.
- Keep cravings at bay by keeping busy.
- [Exercise](#) away the urge.
- [Join the Facebook group](#) for support and advice.

Good luck. Throw away all your cigarettes before you start. Remember, there is never "just 1 cigarette". You can do it!

<https://www.nhs.uk/better-health/quit-smoking/>



# WELLBEING ACTIVITIES

(Get ahead and book in for November!)



## Art Workshops: 'Exploring Emotions Through Colours'

**When: 1st October 2024, between 11:00 - 13:00**

**Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW**

Join Art Therapist Sue Davies for the sixth in the series of 'Exploring Emotions through Colour' workshops. You will be taken through a colour journey to foster and stimulate the inherent human qualities and strengths that we all possess but sometimes find easy to forget! In previous sessions we have focussed on trust and feeling safe; potential, possibility and hope, vulnerability and courage, and, last month, communicating truth. In this next workshop we will be discussing insight, vision and self-love, using indigo and other shades of blue. No art experience necessary. Everyone is so welcome. **To secure your spot, ask your key worker to sign you up or ring 07702 561432/07813 038284.**

## Sound Bath

**When: 4th November 2024, between 14:15-15:15**

**Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW**

A sound bath is a meditative experience where participants are immersed in deep sound vibrations. A sound bath can help managing anxiety, sooth the nervous system and promote better sleep. **Ask your keyworker to book your place or call 07702 561432/ 0781038284 for more info and booking.**

## Indian Head Massage in Richmond 1:1 treatment

**When: 21st November, 35 min slots available from 12 - 4 pm**

**Where: Ilex House, 94 Holly Road , TW1 4HF**

Indian Head Massage aims to release tension in the muscles and joints of the head, face, neck, and shoulders. The experience is deeply calming and relaxing, leaving a feeling of increased energy, concentration, and revitalisation. **To secure a slot, ask your key worker to sign you up or ring 07702 561432/ 07813 0382**

## Reflexology in Wandsworth 1:1s treatment

**When: 19th November 2024, 35 min slots available from 12 - 4 pm**

**Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW**

Reflexology is a type of massage that involves applying pressure to the feet, hands, and ears. Some benefits of Reflexology include reducing stress, anxiety, and minimising pain. To secure a slot, ask your key worker to sign you up or ring 07702 561432/ 07813 038284.

# GROUP OFFER



**CHEMSEX SUPPORT GROUP**

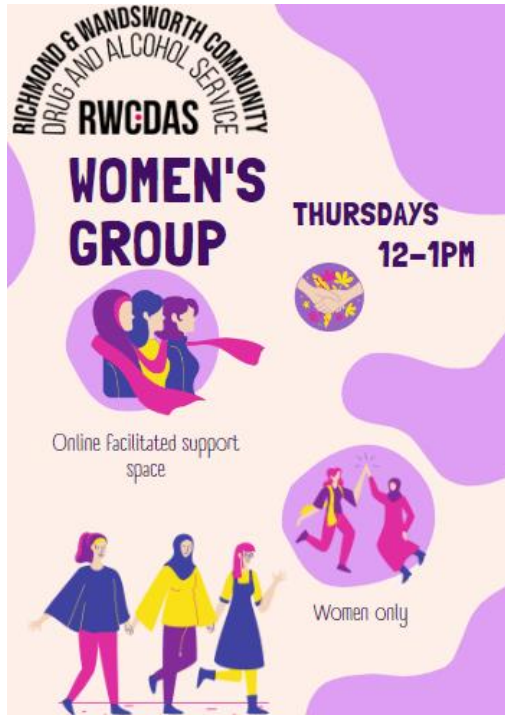
WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE  
WCDAS

**Join our weekly Chemsex Support Group**

Every Friday at 15:00 at  
Wandsworth Community Drug and Alcohol Service  
St. John's Therapy Centre, 162 St. John's Hill,  
Wandsworth, London, SW11 1SW

If you are interested, please talk to your keyworker!

RICHMOND COMMUNITY DRUG AND ALCOHOL SERVICE  
RCDAS



RICHMOND & WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE  
RWC&AS

**WOMEN'S GROUP**

THURSDAYS 12-1PM

Online facilitated support space

Women only



RICHMOND & WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE  
RWC&AS

**KETAMINE SUPPORT SPACE**

Facilitated by Clinical Psychologist and Drug & Alcohol Professionals

Tuesdays 1.15-2.30  
Ilex House



WANDSWORTH DRUG & ALCOHOL SERVICE  
**WELLBEING WORKSHOPS**

WEDNESDAYS 2-3:15PM

AT St Johns Therapy Centre (162 St John's Hill, SW11 1SW)

Based on the Cognitive Behavioural Therapy framework, these groups aim to help you make steps to improving your overall wellbeing and mental health.

ASK YOUR KEY WORKER FOR A REFERRAL

**SESSIONS INCLUDE:**

- > Motivation
- > Mood & Activity
- > Anxiety
- > Self-Esteem
- > Sleep
- > Emotion regulation



RICHMOND COMMUNITY DRUG AND ALCOHOL SERVICE  
RCDAS

WANDSWORTH COMMUNITY DRUG AND ALCOHOL SERVICE  
WCDAS

**CANNABIS GROUP**

Thursdays at RCDAS  
Ilex House  
94 Holly Road  
Twickenham, TW1 4HF  
1:30-2:30pm

An open group to discuss cannabis use with drug and alcohol professionals

SLEEP: Does smoking help you sleep?  
ANXIETY: Does cannabis help with anxiety?  
PARANOIA: Is it true that cannabis causes paranoia?  
RELATIONSHIPS: Is it helping with/interfering with relationships in any other way?  
MOTIVATION: How does it affect your motivation?

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING				10.00am - 11.00am WCDAS Breakfast Club (in person, St John's)	10.00am - 11.00am RCDAS Breakfast Club (in person, Ilex House)
LUNCH			12.00 - 1.00pm Women's Group (Online)	12.00 - 1.30pm Stimulant Group (Cedar's)	
AFTERNOON	1.15pm - 2.30pm Ketamine Group (in person, Ilex House)	2pm - 3.15pm WCDAS Wellbeing Workshop (in person, St John's)	1.30pm - 2.30pm Cannabis Group (in person, Ilex House)	1.30pm - 3.00pm Richmond Alcohol Group (in person, Ilex House)	3.00-4.00pm WCDAS Chems Group (in person, St John's)



# Walk & Talk

Join our friendly walking group for a relaxing stroll along the riverside and Marble Hill park.

We then head to a local cafe for coffee and possibly take in a walk around the Stables Art Gallery.

It's a great activity to take in sights and sounds of nature.

Taking place every Wednesday, leaving Ilex House, Twickenham at 1:30pm finishing at around 3pm.

Please speak to your RCDAS keyworker if you'd like to be referred.



# Auricular Acupuncture

Ear acupuncture stimulates endorphins in the brain and assists with both detoxification and addiction.



Drop in takes place:

Every Wednesdays from 13:30 - 14:30 pm, Unit 2, Ilex House, 94 Holly Road, TW1 4HF.  
Every Thursdays from 13:30 - 14:40 pm, Wellbeing Centre, 117 Cedars Road, SW4 0PW.

Call TC on 07874 874823 or Paul on 07872 871 767 for more information



CDARS - DAY PROGRAMME



## NEURODIVERSITY GROUP FOR ADDICTIONS & RECOVERY

Neurodiversity Support Programme

When: Thursdays @3:00pm-4:15pm

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

Discover what Neurodiversity is and how it can impact recovery and addiction

Learn ways to regulate nervous system, explore sensory tools, discover healthy coping mechanisms, and the unique version of you!

Strengthen your skills set to support yourself, and develop your understanding and acceptance of Neurodiversity

Engage with a community that relates to you, and build connection through being seen, heard and validated through your shared experiences

For more info & to be referred contact M Gallego  
Email: m.gallego@cdars.org.uk  
Phone: 07852291151

## Himalahian Hatha Yoga for RWCDAS clients

When: Every Monday from 12:50 to 13:50

Where: Wellbeing Centre, 117 Cedars Road, SW4 0PY



No referral required. All abilities welcome. Mats and blocks provided.  
For more info call 07702 561432 or 0781 3038284



# Join Us for the RCDAS Service User Rep Meeting!

Time  
2.30pm -  
3.30pm

**RCDAS**  
Illex House  
94 Holly Rd  
TW1 4HF

Upcoming dates  
18th September  
16th October  
20th November

Your voice matters!

Share Your Thoughts - Help us improve our services.  
Get your Questions Answered - We're here to address  
any queries you have.

Enjoy Refreshments - Drinks & snacks provided.

Let's come together to create positive changes.  
We can't wait to hear from you!

For more information call: 020 3228 3020

## ALLOTMENT WELL BEING DAYS

"To see things in the seed, that is  
genius." - Lao Tzu

### When

Tuesdays and  
Wednesdays  
From 11:00 -2:00 PM

Curiosity Gardens  
Shackelgate lane Allotment  
Teddington  
TW11 8UJ

### Address

Please speak to you keyworker  
about referral into these sessions OR  
TEXT Sue on 07769686539 to get  
address and access details



# USEFUL RESOURCES



## Breaking Free

'I've been using Breaking Free for 3 weeks now and I love how accountable it has helped me become. It has a feature where you can put your trigger locations on a map and the app will notify you motivation when you enter that space which has been helpful. There are many other tools on the app which do not require any effort, you can simply play them when in need! I highly recommend setting this up if you are in the early stages of your new journey'- RCDAS service user

Please ask your key worker for access codes to the free **Breaking Free Online** app

**Richmond** **jobcentreplus**  
DWP Telephone Numbers

*Live your purpose.*  
For the next 6 weeks Richmond Mind, Citizen Advice, DWP, Spear Housing  
**All in One Hub@ RWCDS**  
UNIT 2 ILEX HOUSE  
94 HOLLY ROAD TW1 4HF

**Advice & Information TO DISCUSS MENTAL HEALTH**  
**GET BACK TO WORK**  
**Health & Wellbeing**

- 26TH OF JULY - ISABELLA (RICHMOND MIND)
- 2ND OF AUGUST - DENISE (CITIZEN ADVICE)
- 9TH OF AUGUST - CHRISTINA (DWP-DEPARTMENT OF WORK & PENSIONS)
- 16TH OF AUGUST - GERRY (SPEAR HOUSING)
- 23RD OF AUGUST - DENISE (CITIZEN ADVICE)
- 30TH OF AUGUST - ISABELLA (RICHMOND MIND)

EVERY FRIDAY  
11AM-1PM

**SPEAR**  
homelessness to independence

**CHANGE PLEASE**  
COFFEE

**DRIVING FOR CHANGE RICHMOND**

Come and see the services that we can provide for the homeless and vulnerable on board Driving for Change:

Oral Health Care | Nurse | Hairdresser | HSBC No Fixed Abode Bank Account information | Drug and Alcohol Services | Pathway services for people experiencing homelessness and the vulnerable | Virgin Media O2 data bank

Civic Centre 44 York House Twickenham TW1 3BZ	22nd Feb - 10am to 4pm 28th March - 10am to 4pm 25th April - 10am to 4pm 30th May - 10am to 4pm 27th June - 10am to 4pm 25th July - 10am to 4pm
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**NEEDLE EXCHANGE**

We have Needle Exchanges at both Wandsworth and Richmond Services

Open to all, both clients and drop ins/non clients.

**Wandsworth:**  
Mon, Tues, Fri 9-4:30pm | Weds 1-4:30pm | Thurs 9-4:30pm - (women's only until 1pm)

**Richmond:**  
Mon and Fri 9am - 4:30pm | Tues 9-4:30pm - (women's only until 1pm)  
Weds 1:30pm-6:30pm, Thurs 9-11:00am and 1:00-4:30pm

We stock:

- Safer Injecting Equipment
- Needle Bins
- Condoms
- Lube
- STI Kits

Please feel free to ask staff any questions that you may have!

# HOW TO ACCESS SUPPORT

*'Empowering Change Within You'*

*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.**

*Please note walk in assessments are not available for criminal justice clients who are seen by referral only. This includes Prison, Courts, Probation, Police, Approved Premises.*

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

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

**'Empowering Change Within You'**

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

CDARS 24/7 Helpline for crisis support (open normal hours - 07944 506 036)

