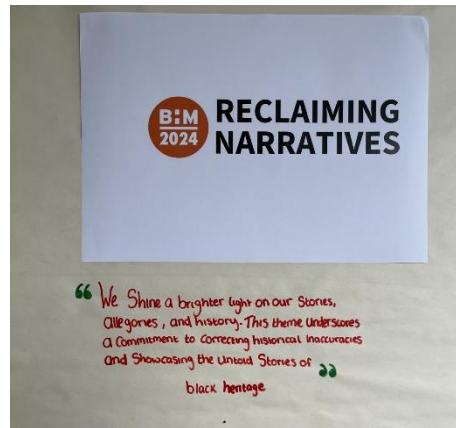


RICHMOND DRUG AND ALCOHOL SERVICE

'Empowering Change Within You'

NOVEMBER BULLETIN 2024

Celebrating Black History Month



Celebrating Black History Month, our recent event was a powerful day of unity, reflection, and community spirit. Staff showed their solidarity against racism by wearing red, creating a striking visual reminder of our shared commitment to justice and equality.

The day was filled with activities that brought people together in meaningful ways. From engaging art stations where attendees could express themselves creatively and share their history and knowledge regarding the continent of Africa and Caribbean islands. To a lively quiz competition with prizes for those who tested their knowledge of Black history, each part of the event was both educational and uplifting.

Attendees enjoyed delicious food that celebrated the diversity of Black cultures, creating opportunities to connect and share stories. Together, we honoured the rich history, achievements, and contributions of Black communities while reinforcing our stand against racism in all its forms. Thank you to everyone who made the day both inspiring and impactful!

ALLOTMENT UPDATE

With the season winding down, it's time to put our allotment to rest for the winter and reflect on all the vibrant growth and hard work of the past months. From the first sprouts to the generous harvests of potatoes, cabbage, onions, carrots, and fresh lettuce, each row tells the story of dedication and shared effort.

As we clear the beds and tidy up the tools, let's celebrate everything we've grown and learned along the way. This year's yield has been a testament to our community's passion for gardening and resilience, bringing friends together and filling our baskets with nature's best. Here's to a fruitful season well spent, and to all the hands that helped make it happen!



INTERNATIONAL DAY FOR THE ELIMINATION OF VIOLENCE AGAINST WOMEN AND GIRLS

What is it?

The United Nations General Assembly has designated **25th November** as the International Day for the Elimination of Violence Against Women to raise awareness about all forms of violence against women.

Why is it important?

The UN states that Violence against women and girls remains one of the most prevalent and pervasive human rights violations in the world. Almost 1 in 3 women have been subjected to physical and or sexual intimate partner violence, non-partner sexual violence, or both, at least once in their life. The solution requires governments to invest more in women's organisations, improve legislation, the prosecution of perpetrators, more services for survivors and training for law enforcement officers. International Day for the Elimination of Violence against Women aims to raise awareness and continue to demand better (#NoExcuse).

What can you do to raise awareness?

Give Space for Survivors: Support survivors by listening with empathy and validating their experiences.

Educate: Education is a robust tool in fighting violence against women. Take time to interact with and share useful information on social media. Initiate discussions with friends and family. Conversations can help with understanding, empathy and challenge harmful attitudes and behaviours.

Advocate for Change: Engage with local and national policymakers to promote laws and policies that protect women from violence.

See what Richmond Council are doing to support Women and Girls:

<https://www.richmond.gov.uk/VAWG>

Have you experienced domestic or sexual abuse? *You are not alone.*

Access confidential, expert support for all Londoners.



Women and Girls Network Sexual Violence Helpline

Free and confidential emotional support for any self-identified woman (14+) affected by any form of sexual violence, at any time in their lives. Telephone helpline and Online Live Chat open Mondays to Fridays 10am-12.30pm, 2.30pm-4pm. Late opening on Wednesdays 6pm-9pm. ☎ **0808 801 0770** 🌐 **www.wgn.org.uk**

Respect's Men's Advice Line

Free and confidential support for male victims of domestic abuse and those supporting them, offering advice, emotional support and signposting that help men keep themselves and their children safe. Telephone support: Monday to Friday, 10am – 5pm. Email support available: Monday to Friday, 9am – 5pm, Webchat support open Wednesday, 10 – 11.30am and Thursday, 2 – 4pm. ☎ **0808 8010 327** 🌐 **mensadvice.org.uk**

24/7 Rape and Sexual Abuse Support Line, run by Rape Crisis South London and Rape Crisis England and Wales

Free, confidential, emotional support for anyone aged 16+ who has experienced rape or sexual assault. 24/7 phone and Online Live Chat support. ☎ **0808 500 2222** 🌐 **247sexualabusesupport.org.uk**

The 24-hour National Domestic Abuse Helpline, run by Refuge

Free emotional and practical support, including signposting and referrals to refuge accommodation, for any woman experiencing domestic abuse, or those worried about a woman. 24/7 phone support, Online Live Chat open Monday - Friday, 3pm - 10pm, British Sign Language interpretation available Monday - Friday, 10am - 6pm. ☎ **0808 2000 247** 🌐 **nationaldahelpline.org.uk**



All Helplines have interpreters available.

Respect
Men's advice line



Refuge
For women and children.
Against domestic violence.



Funded by
LONDON COUNCILS



**WOMEN & GIRLS
NETWORK**

**BELIEF
RESPECT
CHOICE**

0808 801 0770

**Women and Girls Network
Free Sexual Violence Helpline**

*Run By Women,
For Women*

NATIONAL SERVICE STANDARDS
NHS Charities Professionally Approved

LONDON COUNCILS

Free Sexual Violence Helpline

Have you been affected by sexual violence and want to talk to someone? You are NOT alone. We believe. We listen. We are here for you.

Women and Girls Network has been supporting survivors of sexual violence for over 30 years. Our Helpline offers free and confidential emotional support for anyone in London, who self identifies as a woman (aged 14+), and has been affected by any form of sexual violence at any time in their lives.

You can access the Helpline as a one off, every now and then or on an on-going basis; however you wish. Our specialist team of women will offer you a safe space to explore your feelings in your own way. The Helpline also provides support to professionals and supporters of survivors, to help them understand how best to support survivors of sexual violence.

When you call us, we will:

- Believe you
- Never judge you
- Treat you with respect
- Honour your wishes and never tell you what to do

You can access the Helpline anonymously. Helpline calls are free and do not show on your phone bill.

Our team speak several languages and can access phone interpreting. The Helpline is accessible for Deaf or hard of hearing people via Text Relay.

FREE & CONFIDENTIAL LONDON SEXUAL VIOLENCE HELPLINE

0808 801 0770 (Freephone)

Webchat: www.wgn.org.uk

(click on 'CHAT' & select 'Emotional Support')

Email: svhelpline@wgn.org.uk

Open: Mon to Fri 10am-12:30pm, 2:30pm-4pm

Also Wednesday evenings from 6pm-9pm

Reg. Charity 1150354 Company No: 8286856

WELLBEING ACTIVITIES

(Get ahead and book in for December!)



Art Workshops: 'Exploring Emotions Through Colours'

When: 3rd December 2024, between 11:00 - 13:00

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

Join Art Therapist Sue Davies for the final 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, communicating truth and, last month, insight and self-love. In this next workshop we will be using purple and violet and discussing intuition and wisdom. 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.**

Reflexology in Wandsworth 1:1s treatment

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

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

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.**

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 Richmond 1:1s treatment

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

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

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

UPDATED ACTIVITIES



The poster features a central yellow silhouette of a human head in profile, facing right. Surrounding the head are four interlocking gears of different colors: a pink gear at the top labeled 'Regulating emotions', a yellow gear to the right labeled 'Managing addiction', a blue gear to the left labeled 'Embracing our strengths and weaknesses', and a green gear at the bottom labeled 'Building resilience'. A rainbow infinity symbol is positioned between the yellow and blue gears. Green leafy branches extend from the left and right sides of the head. The background is a light pink with wavy orange and yellow borders at the top and bottom. The CDARS logo is in the top left corner.

CDARS Neurodiversity & Addiction Support Group

Come join us!
We'll chat about:

- Embracing neurodivergent strengths in recovery
- Managing triggers, and
- Building emotional resilience.
- Navigate relationships
- Sensory overload and
- Self-empowerment

When: Thursdays; 1:45 – 3 pm
Where: CDARS, 117 Cedars Rd
SW4 0PW



The poster has a light orange background with decorative elements: a yellow zigzag line on the left, blue star-like patterns in the top right, and a purple heart with three horizontal lines next to it in the bottom left. The title 'MINDFUL ART STUDIO' is in large, bold, maroon letters.

MINDFUL ART STUDIO

Come along and explore your creative side and let your creativity lead you in a safe and welcoming space that fosters healing and community

Speak to your key worker about being referred to this group.

Every Thursday from 1:30 - 3:00 PM
at The Exchange, 3rd floor studio 4.
75 London Road, Twickenham TW1 1BE

Starting Thursday 3rd October

For more information, please
contact Freddie on 07939291132

GROUP OFFER



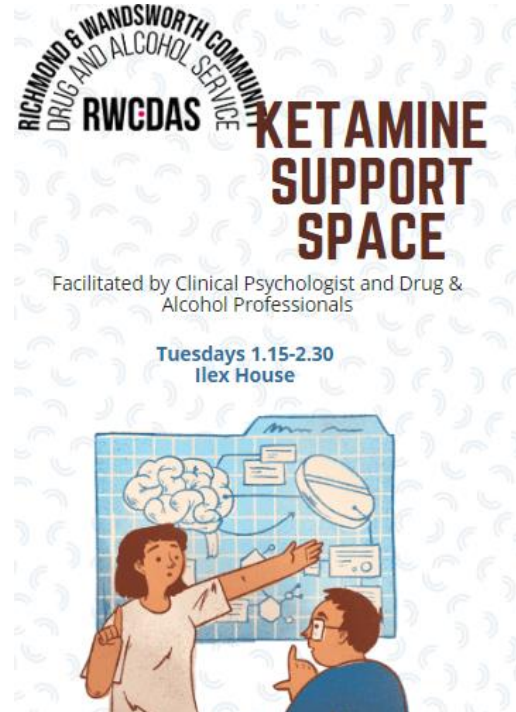
CHEMSEX SUPPORT GROUP

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 & WANDSWORTH COMMUNITY
DRUG AND ALCOHOL SERVICE
RWCDAS**



**RICHMOND & WANDSWORTH COMMUNITY
DRUG AND ALCOHOL SERVICE
RWCDAS**

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 John's 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 & WANDSWORTH COMMUNITY
DRUG AND ALCOHOL SERVICE
RWCDAS**

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 your anxiety?

PARANOIDA
Is it true that cannabis causes paranoia?

RELATIONSHIPS
Is it helping or hindering your relationship with others?

MOTIVATION
Does it help 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 Johns)
							1.30pm – 3.00pm RCDAS Wellbeing Workshop (in person, Ilex House)

**RICHMOND & WANDSWORTH COMMUNITY
DRUG AND ALCOHOL SERVICE
RWCDAS**

WOMEN'S GROUP

**THURSDAYS
12–1PM**



Online Facilitated support space



Women only

Dried flower display workshop
The Wellbeing Centre
117 Cedars road Clapham SW4 0PW



Wednesday November the 20th
All Welcome
Come and join in
10am til 2pm

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.

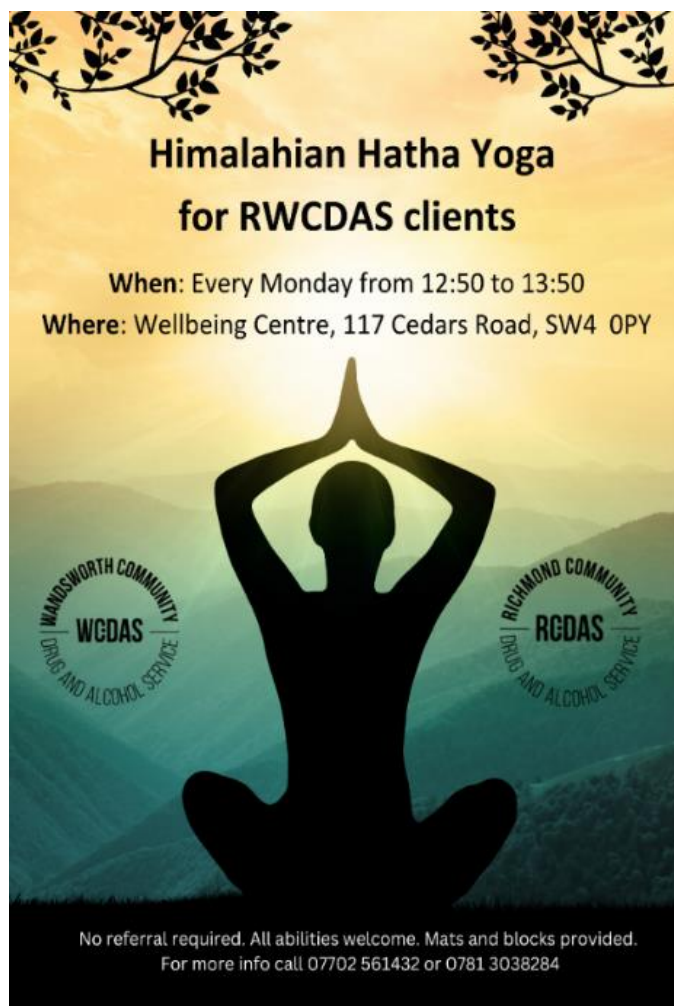
Call TC on 07874 874823 or Paul on 07872 871 767 for more information



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
Ilex 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



Live your purpose.



For the next 6 weeks Richmond Mind ,
Citizen Advice , DWP, Spear Housing
All in One Hub@
RWCDAS
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:

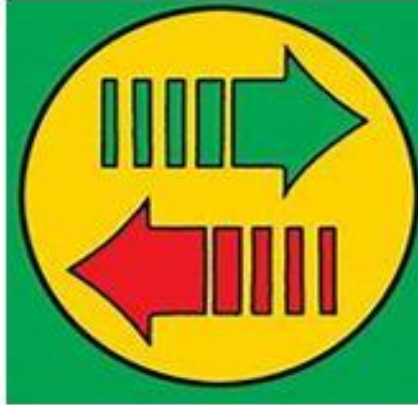
Oral Health Care | Nurse | Hairdresser | HSBC No Fixed Abode
Bank Account information | Drug and Alcohol Services | Pathway
services for people experiencing homelessness and the
vulnerable | Virgin Media O2 data bank

Civic Centre
44 York House
Twickenham TW1 3BZ

22nd Aug	- 10am to 4pm
26th Sept	- 10am to 4pm
24th Oct	- 10am to 4pm
21st Nov	- 10am to 4pm
19th Dec	- 10am to 4pm
23rd Jan	- 10am to 4pm



NEEDLE EXCHANGE



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-4.30pm 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

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

'Empowering Change Within You'

[Richmond Drink Checker](#)

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

