

Recover!

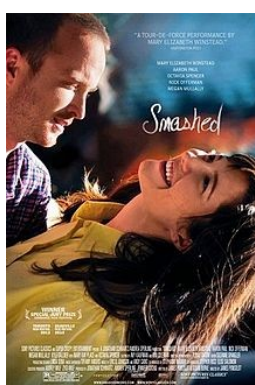
Shropshire DAAT Newsletter

WELCOME to Recover!

Recover! Is the quarterly newsletter for The Shropshire Drug & Alcohol Action Team which brings you up-to-date with the world of drug and alcohol treatment; recovery; and related services in Shropshire.

Inside this issue:

Welcome to Recover!	1
Shropshire Recovery Film Season	1
Needle Exchange	2
Service User Network	2
Dry January	3
Recovery Grant	4
Alcohol Awareness Week:	4
Make You Think	5
Mutual Aid: SMART	6
Merry Christmas	6



Shropshire Recovery Film Season 14th—19th November 2016

Throughout Alcohol Awareness Week 2016, Shropshire DAAT will be running the Shropshire Recovery Film Season, a selection of films exploring recovery from alcohol addiction:

The Lost Weekend (certificate PG, 1945) 7.30pm, Monday 14th November, Ludlow Assembly Rooms. Tel: 01584 873229 / www.ludlowassemblyrooms.co.uk

Days Of Wine And Roses (certificate PG, 1962), 7.30pm, Wednesday 16th November, The Festival Drayton Centre, Market Drayton. Tel: 01630 654444 / www.festivaldraytoncentre.com

When A Man Loves A Woman (certificate 15, 1994) 7.30pm, Thursday 17th November, Wem Town Hall. Tel: 01939 232299 / www.wemtownhall.co.uk

Smashed (certificate 15, 2012), 8.00pm, Saturday 19th November, The Hive, Shrewsbury. Tel: 01743 234970 / www.hiveonline.org.uk

We have aimed to show a diverse range of films, with the season including two examples of classic cinema, alongside mainstream Hollywood and contemporary independent cinema. It was important that the films show an honest and realistic portrayal of both alcoholism and recovery and with this in mind selections were made in collaboration with the Shropshire Service User Recovery Form (SURF Shropshire), a community group who support and represent service users from Shropshire treatment services.

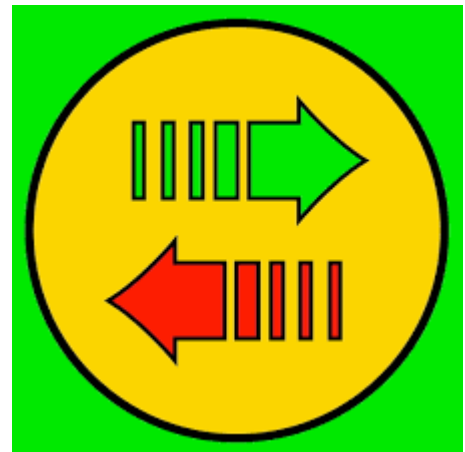
The film screenings are open to the general public with tickets available directly from the venues. However, in order to increase accessibility there will be 25 tickets available for each screening for Shropshire treatment service users at a reduced rate of £1. These tickets are available through the Shropshire Recovery Partnership. Please contact Chris Blackadder on 01743 294700 for more details.

Shropshire Needle Syringe Programme

The new Community Pharmacy Needle Syringe Programme for Shropshire commenced on the 1st October 2016, this service is a vital part of the treatment service reducing the spread of blood borne viruses in the community through the non-sharing of needles. The number of community pharmacies offering the needle syringe programme service has now increased from ten to twenty one. As well as the increase of provision in market towns such as Shrewsbury and Oswestry, pharmacies in more rural areas such as Highly and Cleobury Mortimer are also participating in the scheme.

The new service is now fully compliant with recommendations made by NICE (The National Institute for Health and Care Excellence). The new scheme records information on the Pharmoutcomes database, a confidential web based system, this will help provide valuable information to inform future planning. The monitoring of the needle syringe programme also enables the DAAT to have much more detail on the provision and services required in areas throughout Shropshire so that both targeted health and referral messages can be given to service users.

For further details in on the locations of pharmacies participating in the needle syringe programme across the county please see [here](#)



Service User Network

On the 4th November the DAAT facilitated the inaugural meeting of the Shropshire Recovery Network (SRN). This network will bring together representatives from both statutory and voluntary sectors, including mutual aid organisations such as Alcoholics and Narcotics Anonymous who are investing in recovery throughout Shropshire.

Going forwards the network will share ideas, map current activities, identify gaps in areas, identify potential funding streams, support and promote the recovery agenda throughout Shropshire. Service user forums have the potential for improving awareness of services, which in turn empowers service users and strengthens community partnerships within an inclusive treatment and rehabilitation framework.

The SRN will also play an integral part in the development and delivery of a planned Service User Involvement Strategy which will aim to ensure that service users continue to have a meaningful voice within service provision.

The three year strategy will detail how the DAAT will strive to ensure that service users alongside their families and carers will be involved in the future planning, commissioning and evaluation of services accessed by drug and alcohol users in Shropshire.



Dry January



DRY JANUARY®

January 2017 see's the return of Dry January!

Organised by national charity Alcohol Concern, the Dry January campaign aims to highlight the benefits of cutting down on drink by challenging people to cut out alcohol for 31 days. The charity is aiming to encourage people to sign up for the 2017 challenge. As part of the campaign we are encouraging as many people to sign up and get family and friends to sponsor them to raise money for the national charity.

Since its launch in 2012 Dry January has rapidly grown in popularity. A YouGov survey in early February 2016 showed that 16% of the adult population attempted to go dry in January 2016 and 14,000 downloaded the Dry January app to help motivate themselves to stick to the challenge.

In 2016:



79% of
participants
saved money



64% of
participants had
better sleep and
more energy



49% of
participants
lost weight

For more information about signing up to the Dry January campaign, visit www.dryjanuary.org.uk. You can ask family and friends to sponsor your big challenge through Just Giving.

Once signed up, you'll receive a range of information and top tips to keep you motivated and help you cut down. You will also be able to share your experience through twitter, Facebook and Instagram.

Recovery Grant

Just a reminder that the DAAT has a small grant fund available and are seeking bids of between £250 to £1000 from any Shropshire based service user groups, carer groups,



mutual aid groups or small organisations.

Project ideas and bids are required to Demonstrate that they contribute towards delivering successful recovery outcomes.

The Recovery Grant application form and further information is available [here](#) or contact Simon Haydon by phone on 01743 253981 or by e-mail at simon.haydon@shropshire.gov.uk

Alcohol Awareness Week: Shropshire Mobile Libraries

Alcohol Awareness Week 2016 runs from the 14th—20th November. The aim of the campaign is to encourage people to 'think about alcohol', how it affects us as individuals, families, communities and society as a whole. Each year Alcohol Awareness Week has a theme, for 2016 this is 'Know The Risks' .

This year, there will be an exciting partnership project between the DAAT, Shropshire Library Service and ' Shropshire Help2Change' a project which aims to help people to live healthier lives, improve wellbeing and prevent illness.

Staff from Help2Change will be accompanying the Shropshire Mobile Library Service throughout the week on a number of routes providing the public with an opportunity to access information and advice on their alcohol use.

Full information on the routes on which Help2Change staff will be available can be found [here](#)



UK Chief Medical Officer guidelines state that men and women should not regularly drink more than 14 units a week.

Make You Think: Supervised Injection Facilities

Supervised injection facilities (SIF) are legally sanctioned healthcare facilities where people who use intravenous drugs, such as heroin, can inject pre-obtained drugs under medical supervision.

The overarching objective of SIF's are to reduce the health and societal problems associated with injection drug use through the provision of sterile injection equipment, information about reducing the harms of drugs, health care, treatment referrals, and access to medical staff. Some offer counseling, hygienic amenities, and other services.

The first officially sanctioned SIF was opened in Berne, Switzerland in 1986. There are now approximately 100 SIFs operating in at least 66 cities around the world in nine countries (Switzerland, Germany, the Netherlands, Norway, Luxembourg, Spain, Denmark, Australia and Canada). located in areas with a high rates of fatal drug overdoses and public harms such as discarded injecting equipment and, high prevalence of blood borne viruses

Research has shown the

positive impacts of SIFs, including:

Increased uptake into Treatment services, especially among people who distrust services and are unlikely to seek treatment on their own.

Reduced public disorder, public injecting and increased public safety.

Attracting and retaining a high risk population of people who inject drugs, who are at heightened risk for infectious disease and overdose.

Reducing HIV and Hepatitis C risk behaviour (i.e. syringe sharing, unsafe sex)

Reducing the prevalence and harms of bacterial infections.

Successfully managing hundreds of overdoses and reducing drug-related deaths

Cost savings resulting from reduced disease, overdose deaths, and need for emergency medical services.

Providing safer injection education, and a subsequent increase in safer injecting practices.

Increased delivery of medical and social services.

No increase in community drug use., initiation into injection drug use or drug related crime.

There are currently no SIF's in operation in the UK. In 2002 the Home Affairs Select Committee recommended that a pilot programme of SIF was initiated although this was rejected by the government on the grounds of insufficient evidence of effectiveness from European facilities and the potential for legal challenge.

In 2013 a local independent commission on drug related harms recommended exploring the feasibility of establishing a SIF in Brighton & Hove although it was subsequently concluded that there was insufficient evidence of need

October 2016 saw the announcement that Glasgow had approved in principle the establishment of a SIF in the city centre as a means of addressing high numbers of street injecting and drug related deaths. A final decision on the establishment of this facility will be made in 2017 following a full report detailing a business case, costings and an operational plan

Mutual Aid ... SMART Recovery

Self Management and Recovery Training (SMART) Recovery is a science based programme to help people manage their recovery from any type of addictive behaviour.

SMART began in 1994 in the United States and has grown into a worldwide network of self help meetings, both face to face and online, where participants can get help and support from others in recovery.

SMART helps participants to decide whether they have a problem, builds up their motivation to change and offers a set of proven tools and techniques to support recovery. The SMART Recovery 4 Point Programme is:

- Building and maintaining motivation.
- Coping with urges.
- Managing thoughts, feelings and behaviours.
- Living a balanced life.

In Shropshire, SMART meetings run in Shrewsbury (Monday, Tuesday & Friday) and Whitchurch (Wednesday).

For further information please see www.smartrecovery.org.uk



Merry Christmas

There are opportunities around the county for people who are alone to have a free Christmas lunch and enjoy the day with others on Christmas Day:

The Centre, Oswestry will be hosting lunch and entertainment from 10.00am—2.00pm, call 01691 655895 or email chalkoswestry@gmail.com

The Ploughboy Café, Shrewsbury will host lunch from 11.30am—2.30pm, call 01743 354331

.... And finally A very Merry Christmas from Ali, Irfan, Gavin, Jayne, Jonathan, Nicola & Simon

... Have a fantastic festive season!



For more information go to the 'Drugs and Alcohol' pages of the Healthy Shropshire Website: www.healthyshropshire.co.uk

Contact us on: Email: gavin.hogarth@shropshire.gov.uk Phone: 555-555-5555