

### Your monthly information pack!

In May RCDAS staff celebrated Wear It Green Day to help raise awareness for mental health.



Widening Communities Team spreading awareness of RCDAS at the Richmond Fair!



CELEBRATE PRIDE MONTH  
AT RWCDAS

LGBTQ+

Together, let's create a world where everyone can love freely and be authentically yourself.. Join us in this journey of love, understanding, and respect. Together, let's make a difference and make every day a Pride Day!



**CELEBRATING  
WANDSWORTH  
PRIDE  
MONTH**



GOODIE & GIVEAWAYS

WEDNESDAY 12TH JUNE  
FOOD , CHAI AND CHAT HUB &  
PRIDE AWARENESS STALL @117 CEDARS ROAD SW4 OPW  
STARTS 1.30PM

Friday 28th June  
Pride Awareness  
stall @ Unit 2 Hex  
house  
94 Holly Road TW1  
4HF starts 10am

*CHEMSEX PACKS*

DEFEND EQUALITY, LOVE DIVERSITY

**COMMUNITY EVENTS**

WANDSWORTH FAMILY PRIDE  
SATURDAY 6 JULY 2024 IN  
BATTERSEA PARK  
SW11 4NJ

**PLUS**

Black Pride on 11th August 2024  
@Queen Elizabeth Olympic  
Park, Olympic Stadium 1 Stratford  
Pl, London E20 2ST



Reflect , Empower , Unite

Reflect , Empower , Unite

#LOVEWINS!

THIS MONTH WE INVITE YOU ALL TO THE  
RWCDAS JUNE SUMMER FAIR



# RWCDAS SUMMER FAIR

**Wednesday 12th June 2024**

**11am-3pm**

**Wellbeing Centre  
117 Cedars Road, SW4 0PW  
(Wix's Lane Entrance)**

**Join us for a fun event to celebrate recovery and find out about local opportunities you can get involved in.**

**We'll have alternative therapies, goodie bags, a BBQ, photobooth, free BBV screening, art, gardening, music and ice cream on the day!**

**For more information, speak to your RWCDAS Keyworker**



# SUBSTANCE ALERT

## Substance Alert

We have been alerted to overdoses of people who use non-opiate powders and liquids

01

Please be aware, if you use non-opiate powders/liquids/tablets (cocaine, crack cocaine, benzos, ketamine etc), we have seen a rise in overdoses, due to these substances being cut with opioids such as Nitazenes.

**IF YOU OR SOMEONE ELSE HAS AN OVERDOSE, ADMINISTER NALOXONE AND CALL 999**

02

These opioids are stronger than heroin and fentanyl.



**PLEASE TAKE NALOXONE IF YOU USE ANY SUBSTANCES**

Naloxone is available at WCDAS and RCDAS, so please talk to your keyworker. We have both Nasal and IM available and will provide training.

03

### Signs of overdose

- Loss of consciousness or unresponsiveness
- Shallow, slow, or stopped breathing
- Pinpoint pupils
- Choking, gurgling, or snoring sounds
- Vomiting
- Limp body
- Pale, blue, or cold skin
- Faint heartbeat

04

If you believe your substance has been changed or you've had a different than normal reaction, please let us know, with as much detail as possible.

# OPPORTUNITIES TO GET OUTDOORS

## ***We Are With You***



## ***Allotment***



We warmly invite you to tame this wonderful allotment and help Moriarty (our scarecrow) plant even more vegetables.

Come and enjoy bringing the pond back to life, or just come and enjoy the peace.



Tuesdays and Fridays 12.15-2.15ish



Shacklegate Lane Teddington

Please ask your RWCDAS keyworker to refer you.



## OPPORTUNITIES TO GET OUTDOORS




# *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.**

# WELLBEING ACTIVITIES



## Reflexology in Richmond 1:1s treatment

**When: 20<sup>th</sup> June 2024, 35 min slots available from 12 - 4 pm**

**Where: Ilex House, 94 Holly Rd, TW1 4HF 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.

## Indian Head Massage in Wandsworth 1:1 treatment

**When: 25<sup>th</sup> June, 35 min slots available from 12 - 4 pm**

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

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 038284.

# NEW GROUPS AT RCDAS

Starting 21<sup>st</sup> June



**CHEMSEX**  
**SUPPORT GROUP**



WANDSWORTH COMMUNITY  
WCDAS  
DRUG AND ALCOHOL SERVICE

## 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



RICHMOND COMMUNITY  
RCDAS  
DRUG AND ALCOHOL SERVICE

If you are interested,  
please talk to your  
keyworker!





# NEW GROUPS AT RCDAS

## **Did you know that there are now more groups on offer at RCDAS?**

Groups are a great way to meet other people in recovery and to learn tools and techniques to help you achieve your recovery goals.

Check out some of the groups available to you and speak to your keyworker to find out more!

### ***Alcohol Group***

This group explores the relationship you might have with alcohol and how to start making changes. You'll learn harm minimisation and relapse prevention advice and have a chance to set some personalised goals towards recovery. The group is open to both abstinent and non-abstinent clients.

### ***Breakfast Club***

The Breakfast Club aims to support you if this is perhaps your first time in treatment for hazardous and harmful alcohol use. As well as getting breakfast, you'll also get advice on nutrition, information and advice on harm reduction and signposting to wider interventions that are available to you in the service.

### ***Cannabis Group***

The group takes on the format of a themed discussion with each session focusing on a different area of cannabis use and mental health: including how to set & monitor goals, psychoeducation on sleep and anxiety, psycho-education on cannabis reduction and relapse prevention.

### ***Post Traumatic Stress Disorder (PTSD) Stabilisation Group***

This course aims to help you learn about trauma and the effects of trauma on our physical and emotional health. You'll get the chance to learn and share coping skills that are helpful in managing symptoms of PTSD.

### ***Stimulant Group***

The stimulant programme has been designed for people who primarily use cocaine and/or crack cocaine. The group is also suitable for people using other stimulants. The group is designed to motivate you to start setting yourself achievable goals and begin making changes that will help you achieve your personal goals. The group will equip you with the skills and resources to begin reducing your stimulant (cocaine, crack cocaine, crystal methamphetamine etc) use and associated harms.

### Wellbeing Workshops

These sessions aim to help you make steps towards improving your overall wellbeing and mental health. You will explore how feelings, thoughts, physical sensations, and behaviours interlink, and how making changes to these areas can positively influence your substance use.

### Women's Group

This is a safe space for women to come together and discuss issues that women face in addictions and recovery. It is run online so can be done from the comfort of your own home.

### Ketamine Group

This six-session programme addresses the facts and legal framework, physical and emotional impact of problematic ketamine use, harm reduction and action planning towards social re-engagement and recovery.

Here is the group timetable so you can plan which groups to go to! **Just speak to your keyworker to get referred.** We look forward to welcoming you into these groups – see you there!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		FRIDAY
<b>MORNING</b>		<b>10.00am – 11.00am</b>  WCDAS Breakfast Club (in person, St John's)				<b>10.00am – 11.00am</b>  RCDAS Breakfast Club (in person, Ilex House)
<b>LUNCH</b>				<b>12.00 - 1.00pm</b>  Women's Group (Online)	<b>12.00 – 1.30pm</b>  Stimulant Group (Cedar's)	
<b>AFTERNOON</b>	<b>1.00pm – 3.00pm</b>  RCDAS Wellbeing Workshop (in person, Ilex House)	<b>1.15pm – 2.30pm</b>  Ketamine Group (in person, Ilex House)	<b>1.30pm – 3.30pm</b>  WCDAS Wellbeing Workshop (in person, Ilex House)	<b>1.30pm – 2.30pm</b>  Cannabis Group (in person, Ilex House)		<b>1.30pm – 3.00pm</b>  Richmond Alcohol Group (in person, Ilex House)
	<b>1.30pm – 3.00pm</b>  PTSD Stabilisation Group (in person, Ilex house)		<b>1.00pm – 2.30pm</b>  PTSD Stabilisation Group (in person, St John's)			

# USEFUL RESOURCES



## 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!

## 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



# RECURRING ACTIVITES

## Job Club

Helping RWCDAS clients back into employment  
IT Room at 117 Cedars Road, SW4 0PW

Join us for the RWCDAS Job Club!

Every other Monday  
Starting 13th May  
11am-1pm

Get help with:

- Applying for jobs
- Support with looking for volunteering and training opportunities
- Interview advice


OR simply pop by to learn about other support available from ETE.

Call us on 07702 561432 or 07813 038284 to find out more.






## 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 services 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

## Himalayan Hatha Yoga for RWCDAS clients


When: Every Monday from 12:50 to 13:50  
Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW

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



## Auricular Acupuncture

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



Every Thursday from 13:30 - 14:30 pm  
Wellbeing Centre, 117 Cedars Road, SW4 0PW

Call Paul on 07872 871767 for more information

# RECURRING ACTIVITIES



**CDARS HEALTH AND WELLBEING PROGRAMME**  
**R.I.S.E. Financial Independence Hub**



**On the First Wednesday of Every Month**  
**1pm-2:30pm**

**First Session: 3rd April**

- ✔ 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**

## EMPLOYMENT, TRAINING AND EDUCATION (ETE) SERVICE FOR RWCDAS CLIENTS

### What we do?

- Support individuals who engage in drug and alcohol treatment at RWCDAS to access Employment, Training, Education and volunteering opportunities.

### How we do it?

- 1:1 appointment with ETE worker every 6-8 weeks or more intensively for a period of up to 1 year.

### Type of support:

- Help identifying internal and external courses and training based on your preferences and interests.
- Support with job searching and job applications.
- CV making and interview preparation.
- Help identifying and applying for volunteering opportunities.
- Help you identify barriers to recovery and ETE goals

### Group activities:

The ETE service also delivers weekly/monthly group workshops which all RWCDAS clients are welcome to join. Group activities include:

- Yoga
- Sound Bath
- Reflexology and Indian Head Massage
- Art Sessions

Please note the above list is not exhaustive, and we also organise various other events throughout the year e.g. drama, diversity celebrations, etc.

### How to join:

- Ask your RWCDAS key worker.
- Contact 07702 561432 or 07813 038284 to find out more.



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



Speak to your keyworker  
about a referral



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

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

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