



SPODA is a registered charity that works to help families and carers of substance users within Derbyshire

Sad Farewell to Grandparent Support Worker — Mary Pope

We are extremely sad to say good bye to Mary who has been Grandparent / kinship carer support worker at SPODA for 5 years. Mary has developed and built the role up over her time here and has been an invaluable member of the team.

Mary has taken a position with Nottingham Council in a similar role. We would like to wish Mary every success in her new position.

Right: Mary pictured with Anita Webster Trustee and (social worker) at SPODA's AGM in September.



New Family Support Worker

Hi I would like to take this opportunity to introduce myself. My name is David and I have recently joined the team here at SPODA my main role in the organisation is as Family support worker. I joined the team on October 17th and look forward to working with all our service users and partner organisations.

Prior to joining SPODA I have worked with Derbyshire Mental Health Services NHS Trust in a variety of supporting roles, including working on the acute wards and as recreational activity coordinator at the Hartington unit.

I have had a diverse and eclectic life journey so far, I hope I will be able to bring my life experience, and individual approach to the team and our service users hopefully impacting in a dynamic way on all the people I come into contact with.

My passion and drive will hopefully show through in the service I will be providing. I had the opportunity to meet Mary prior to her leaving for pastures new, and wish her all the success and happiness she deserves after providing a first class service for the last five years. I am aware Mary left a very large pair of shoes for me to fill and I promised her I would continue to provide a quality service for all who I come into contact with. Hopefully I can do as much emotionally and educationally as Mary did in supporting each individual to a high standard.

My own passion for life revolves around good food, good friends and laughing at least ten times a day the best medicine we all require in regular doses. I look forwards to working and supporting you all and will be let out of the office very soon to find my way round the area and meet you all individually, until then don't hesitate to give me a call or drop me an email.

See you all soon, David.

david@spoda.co.uk Tel. 01246 210176 Mobile. 0773 4982226

“The greatest gift we can possibly give to another is a portion of ourselves “

“Friendship is a kindly smile, an outstretched hand, the joy of companionship”



Introduction to our new Chair of SPODA

I thought the newsletter was a good opportunity to introduce myself as the newly appointed Chair of SPODA. I have been a Board member since 2006.

I first became involved with the drugs issue in the 70s as a police officer in Derby. These were the early years when the drug of choice was cannabis and only occasionally LSD or heroin. I never realised that 20 years later I would be a carer of a drug user. I even set up a small group for carers in Belper before the days of SPODA.

Yet sometimes negative experiences lead to positive outcomes. After retiring from the police in 1999, I became Chief Exec of Endeavour, a national charity working with disaffected young people many of whom had a drug habit. I remained with the company as a Board member until this year. In 2001 I was appointed Chair of Amber Valley Primary Care Trust, where I remained until NHS reorganisation in 2006. I was in a position to ensure that drug treatment was constantly on our agenda.

In 2002 I accepted the leading an exciting 3 year Treasury-funded research project in Derbyshire involving all the key agencies around Drug enforcement and treatment. It was here that I first came into contact with SPODA. Mightily impressed I later joined the Board.

I also held the role of Interim Drug and alcohol Team (DAAT) Co-ordinator in Derby for a year and am currently a Board Member on both the National Treatment Agency (NTA), and Derbyshire Probation Trust.

I am married to Lynda, with 3 children and 8 – yep 8, grandchildren (now that's a handful) and we live in Belper.

Enough of me, the next few years are clearly going to be very challenging for SPODA. The cuts when they come will affect everyone especially those Charities, like us, who rely on funding from the public sector. Yet there are considerable opportunities, the Coalition want voluntary bodies to take over much of the work currently done by the state. We can evidence that working with families and carers is the best way of; reducing crime, improving treatment outcomes, increasing numbers of drugs users in treatment, and improving health of users and their carers.

SPODA is a nationally well-respected organisation and that is to the credit of the superb team that we have led by Dot. As a Board we will continue to support them and do all we can to provide the resources to enable them to maintain our excellent service.

Thank you all for your support and if you need to don't hesitate to contact me

Adrian Evans

adrian_evans@btopenworld.com

US charity offers UK drug addict £200 to be sterilised

Drug addicts across the UK are being offered money to be sterilised by an American charity, 'Project Prevention'. The first person to accept the cash is drug addict "John" from Leicester who says he "should never be a father".

The move has been criticised by some drug charities that work with addicts. The chief executive of Addaction said while no-one wants to see children brought up in a drug-using environment, there was no place for Project prevention in the UK. "It exploits very vulnerable people who are addicted to drugs at probably the lowest point in their lives" he said.

Project manager at a centre that works with drug users and their carers said: "It might work in America but Great Britain is a very different country."

Taken from BBC News online.

Hep C - If you've ever shared a toothbrush!

Normally associated with drug users and hard-living celebrities, Hepatitis C is actually far easier to pick up than people realise - and over time, the effects can be devastating. Yet a lack of early symptoms mean most sufferers don't even know they have it.

How it's passed on

The Hepatitis C Virus is passed through infected bodily fluids - mainly blood. You can catch it:

- * Using a razor or toothbrush belonging to a sufferer - especially if they don't know they have it.
- * From tattoos and piercings or medical or dental treatment abroad if equipment isn't properly sterilised
- * Using drugs, you're at risk sharing needles, but also from snorting off surfaces - bank notes even upon which there may be blood from a fellow user.
- * From an open wound, if you come into contact with blood from someone with the disease - through a contact sport for instance.
- * From blood transfusions performed before 1991, when the risk was highlighted and more stringent testing introduced.

KNOW YOUR ABC...

Hepatitis is a virus that mainly affects the liver, but there are several types, including...

A HEPATITIS A Most cases in the UK came from infection abroad - from eating contaminated food, for instance it causes fever, tiredness, vomiting, diarrhoea and can lead to jaundice, but most people recover naturally. A Vaccine is available.

B HEPITITIS B Transmitted through bodily fluids and so can be passed through unprotected sex, as well as through blood contact - sharing needles, for example. Most people fight off the infection within months, although if they don't, it can't be cured, only controlled. A Vaccine is available.

C HEPITITIS C Transmitted through bodily fluids, particularly concentrated in the blood - sharing needles being the most common method of transmission. Treatment is successful in 50-80% of cases, depending on the strain. **NO Vaccine available.**

STIGMA Survey

We would like to take this opportunity to thank everyone who took part in the UKDPC's (UK Drug Policy Commission) Stigma and Drug survey recently.

The aim of the study is to provide information on which to base action to address stigma in all its forms. You, as a carer of a drug user, have invaluable evidence on how stigma and discrimination can impact on people's lives.

If you haven't yet taken part, don't worry because the survey is still online at the following link:

http://www.surveymonkey.com/s/UKDPC_stigma_survey_SP

The results from this survey may be of great use in the future to SPODA in securing more funding so if you could find a few minutes of your precious time then please do fill in the survey.

Any questions please contact:

Nicola Singleton, Director of Policy & Research UKDPC on (T) 020 7812 3794

Butlins trip success AGAIN!

Thanks to the £2000 donated to us by Steve Holme (which was taken from the £10,000 he was awarded for 'Drug worker of the Year' 2009 by the Home Office). We were able to offer a day trip to all or client throughout Derbyshire. Two coaches, took 61 clients to Butlins at Skegness for the day on Saturday 4th September. After some fun playing bingo on the coaches everyone had a fabulous day out, and to make things even better we had fantastic weather yet again!



From the evaluations sent out to the clients who attended the trip, we found the following:

When asked how they felt the trip benefitted them:

- * 60% felt less stressed, more relaxed & enjoyed taking time with the children
- * 55% felt less isolated
- * 40% felt re-energised and had a greater feeling of wellbeing
- * 30% said they felt more confident in dealing with their situation
- * And a huge 93% of clients who attended the trip rated the whole day as "Excellent".

Here are a few of the feedback comments we received from clients:

We enjoyed it very much. I don't feel as bad when I hear other people are having the problems I have. When I'm with Spoda it all seems so much better.

It has made me realise that I can go out and enjoy myself and I have done 3 trips out since. Also I am not alone with this drug user problem and I have learnt much by listening to other travellers now hopefully friends. I was actually laughing!

A lovely day out with my family and for a few hours we felt like a normal family and could forget about our problems for a little while.

In Loving Memory

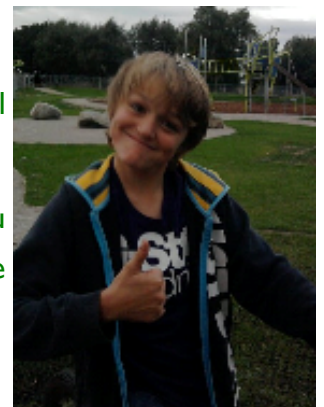
It is with much sadness that Spoda have been asked by our client Margaret Crehan to inform you that she has sadly lost her youngest grandchild Josh. The death was as a result of a road traffic accident. Margaret has raised three of her grandchildren; Josh was the youngest he was just 12 years of age. Margaret has asked Spoda to say a special thank you to her friends within Spoda who have sent her messages of condolences and sympathy; it's the kindness of others that is helping Margaret and her family to get through this tragic loss. Josh was a happy and beautiful boy as the picture portrays he loved life and was the light within the family unit.

The funeral for Josh has yet to be arranged, Margaret has asked me to tell you all that you are welcome to attend this event as a celebration of Josh's Life.

If any one wishes to send messages or cards to Margaret and her family or if you want details of the funeral arrangements (once they are in place)then please contact Dot Inger on 01246 224832 or 07736 973 076.

Our thoughts and prayers are with Margaret and her family.

Spoda will continue to support them all in whatever way we can.



Useful Website for Grandparents

I came across this web site last week and thought it may be of use. It is really easy to use and has great articles on a range of subjects including your right and, finance. This is website is for all grandparents in the UK.

Get the facts, share highs and lows, make friends, get expert advice, find local activities, events and places to go. There is a great section on technology, tips on how to use face book, how to twitter and how to use skype.

You can also easily browse by Subject on topics such as Grandchild age, Food, Growing up, Money and other current News.

They offer Specialist information and advice sections giving information and advice on a range of issues that concern grandparents, including the following: Grandparents, Kinship and issues around contact.

BeGrand.net

Hope you find this of use. David.

Family Rights Group—On line Survey

Family Rights Group are conducting a web survey into contact issues for family, friends and carers . You can find it by scrolling down a bit on the front page of the FRG website, here: <http://frg.org.uk/>

We would like to hear from family, friends and carers who can tell us about their experiences of contact, and how it has worked out for them and the children they are raising.

This is part of a larger study on contact issues which Family Rights Group is undertaking. It will take about 20 minutes to answer the questions in the survey, so if you could spare a few minuets of your precious time please take a look. If you would like any further information on this please contact

David Roth, Policy Adviser Family & Friends Care, Family Rights Group

email: droth@frg.org.uk Tel 020 7923 2628; Fax 020 7923 2683 Advice line 0808 801 0366 Mon-Fri 10-3.30

Demand grows for better social work skills on drugs misuse

Calls are growing for compulsory training for social workers on substance misuse amid concerns that families receive inadequate support to overcome drugs and alcohol. The high proportion of child protection cases where drug or alcohol misuse is a factor is one of the main drivers behind the campaign.

At present social work courses must include training on certain skills, but are free to choose which areas to cover. Experts believe this has led to patchy coverage of certain areas.

74%

Of newly qualified social workers want more training on risk assessments regarding drug or alcohol

(source: University of Bedfordshire, 2008)

27%

Of child deaths - 47 out of 174 in which abuse was suspected - Involved neglect and substance misuse as significant factors

(Source: Learning lessons from serious case reviews; yr 2)

Group Dates

	Nov	Dec	Jan
<u>Chesterfield:</u>	10th & 24th	8th & 22nd	5th & 19th
Wednesday Evenings 6.30-8.00pm			
<u>Swadlincote:</u>	1st	6th	10th
Monday Evenings 7.00-8.30pm			
<u>Belper:</u>	24th	TBA	26th
Wednesday Evenings 6.00-7.30pm			
<u>Grandparents:</u>	To be Announced		
Wednesday Afternoons (Held Quarterly)	12.00-2.00pm		

NB: Please note that the Ilkeston Group is no longer running.

If you have not attended one of our sessions before and would be interested in meeting other people in the same situation as yourself, please call us for more information on:

Tel : **0800 068 5718**



What is NA? -

The 12 Steps continued from last issue..

The 12 Steps Programme

The core of the Narcotics Anonymous programme is a series of twelve steps, adapted from the recovery programme of Alcoholic Anonymous. These steps include admitting to a drug problem; seeking help; self-appraisal; confidential self-disclosure; making amends when possible, where harm has been done; achieving a spiritual awakening and supporting other drug addicts who want to recover. Narcotics Anonymous is a **non-religious fellowship**, encouraging each member to cultivate an individual understanding, religious or not, of a 'spiritual awakening.

In our last issue we covered **Steps 3 & 4; we now look at Steps 5 & 6.**

Step 5: We admitted to God, our self and other human beings the exact nature of our wrongs.

Step 6: We are entirely ready to have God remove all these defects of character.

NA Meetings

Meetings are held throughout the country including Derby and Nottingham and details of all meetings can be found on the website – **www.ukna.org** or by calling the NA helpline on Tel: **0300 999 12 12**

Your Voice!

Please let us have any articles or stories that you may have produced to publish in our future newsletters.

My Journey with Heroin

You think your God and you think your strong,
well that's where I'm going to stop you and tell you your wrong!
You've taken some years away from my life, my money and sometimes the air I breathe.
But now I understand you and your dark lonely world,
I've taken control of what's mine and my family's world.
Try as you may to pull him back in, it will always be in vain because I will not let you win.
You changed me a long time ago, and made me the strong one so it's time for you to go!
As time after time our love will pull us through, I only have one thing left to say to you...

Stay away

My husband is mine!

I will rest in peace..... Will you?

A Strong Devoted Wife

“Everyone needs someone with whom
they can share their secrets “

“Life need never be burdensome
if you share the load”

