



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

### Butlins Kin carer/Grandparent Trip Success!

SPODA took a group of 24 kin carers and the children they care for to Butlins at Skegness on Thursday 3rd June. The day was a huge success, as luck had it, the sun was out all day long! We couldn't have wished for a better day trip (excluding a couple of dickie tummies on the coach!!).

All the children were extremely well behaved and thoroughly enjoyed the day out.



*"Everything was Great!"*

*"It was really nice to spend time together with the kids. They had a great time and so did we"*

*"The children had a superb day"*

*"A lovely relaxed day out"*



Some words from the children describing how they felt about the Butlins day trip:

**Excited**

**Surprised**

**Fun**

**Good**

**Happy**

**Brilliant**

**Fabulous**

Out of the 12 clients who attended the trip 7 completed an evaluation. The evaluation reflects that clients thought the communication, transport and meeting arrangements and the choice of venue were excellent/good. The benefits of the day identified by the clients:

- \* More relaxed
- \* Re-energised
- \* Less Stressed
- \* Reduced Anxiety
- \* More confident in dealing with my situation
- \* Taking time for fun with the children

### Butlins: Here we come again!

We are lucky enough to have been donated some money to hold another day trip to Butlins for all our SPODA clients.

The trip will be held during the summer holidays on Saturday 4th September 2010. We will be arranging two separate coaches to Skegness, one from Chesterfield and the other from South Derbyshire/Ilkeston.

This trip will be open to any SPODA client and any child within the family affected by another's drug use.

If you are interested in attending a fun day out to Butlins FREE of charge then please contact your key worker for more information or call the free phone number Tel: **0800 068 5718** before Monday 9th August.

	August	Sept	Oct
<u>Chesterfield:</u>	4th & 18th	1st, 15th, 29th	13th & 27th
	Wednesday Evenings 6.30-8.00pm		
<u>Swadlincote:</u>	2nd	6th	4th
	Monday Evenings 7.00-8.30pm		
<u>Ilkeston:</u>	4th	15th	6th
	Wednesday Afternoons 1.00-2.30pm		
<u>Belper:</u>	11th	8th	6th
	Wednesday Evenings 6.00-7.30pm		
<u>Grandparents:</u>	N/A	15th	N/A
	Wednesday Afternoons (Held Quarterly) 12.00-2.00pm		

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**

**SPODA**

## How do I stop them using?

If someone's substance use is having a serious effect on their life, it may be important to you that they stop using. However you cannot make someone do something they don't want to do, so until the user wants to change they probably won't. But you are not powerless; the people in a user's life have influence with them. The '**Cycle of Change**' provides a helpful way of understanding how different ways of helping a substance user are appropriate at different times.

**Pre-Contemplation:** The substance user has no desire to change. They do not see their using as problematic even if others do.

**How to help in the pre-contemplation stage:** Help the user to become aware of the consequences of their use and associated behaviour.

**Contemplation:** At this stage the substance user starts considering their situation and whether they want to change.

**How to help in the contemplation stage:** by helping to motivate the user to change, such as exploring with them the choices they have and offering them information to better inform their choice.

**Preparation:** The user makes a decision to change their substance using behaviour and starts to prepare them to do so.

**How to help in the preparation stage:** helping and encouraging the user to make the changes they want to make, whilst acknowledging their anxiety about changing.

**Action:** The user takes practical steps to bring about a change to their substance using behaviour.

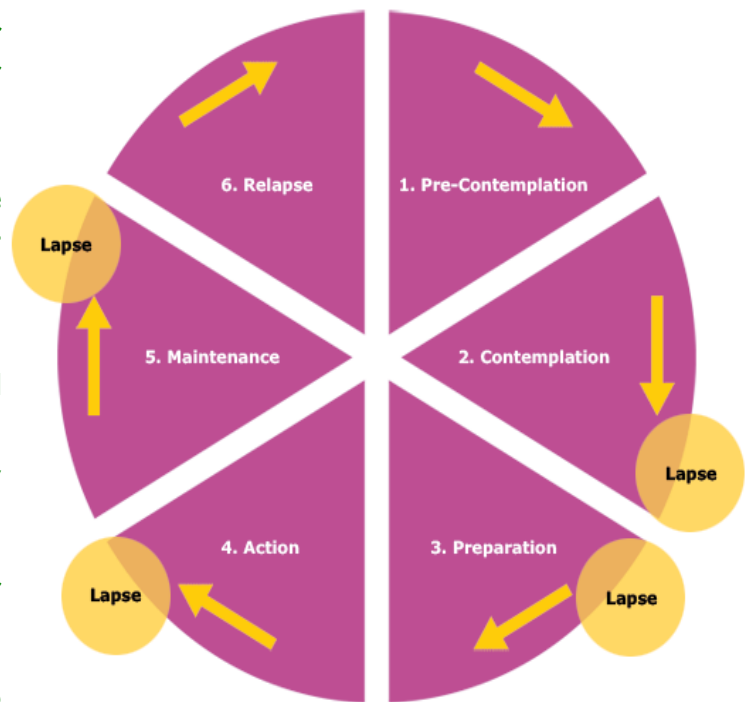
**How to help in the action stage:** encouraging the positive changes the user is making.

**Maintenance:** When someone reaches maintenance they have achieved a change in their substance using behaviour.

**How to help in the maintenance stage:** supporting the changes that have been made by the user, such as removing triggers to use from the home.

**Lapse and Relapse:** A lapse is when the user briefly returns to their old substance using behaviour. It is possible for them to go from lapse back to any stage of the cycle. However, a relapse is when the user fully returns to their old substance using behaviour and then needs to go through the Cycle of Change again.

**How to help in the lapse and relapse stages:** appropriate support to the user is about reducing harm from substance use and helping the user re-engage with treatment, so a lapse doesn't become relapse.



Understanding a substance user's cycle and the support friends and families can provide is very important. The above is just a brief outline of how to help. There are many more ways that you might be able to help at each stage. Discuss with SPODA worker about how you can do this.

## Cannabis & Crimestoppers:

**TEL: 0800 555 111**

Cannabis 'Grows' are becoming a big problem in Derbyshire and other areas, particularly in rented houses and small units. Below is a list of things to look for that may indicate that a property contains a Cannabis 'Grow', so please let us know if they set alarm bells ringing.

- Residents of the house are rarely seen.
- Net curtains, with other curtains behind, are very common.
- Plastic sheeting in windows.
- Excessive condensation on windows.
- Windows which are never opened, particularly in hot weather.
- No snow or frost on roofs in very cold weather.
- Abandoned plants, stalks or root balls in rear gardens.
- A strong smell of Cannabis in an area.
- Strong smells of Mothballs or creosote, which may be used to mask the smell of cannabis.



Please be vigilant and report back any suspicious premises or suspicious behaviour to the police on 0345 123 33 33 or Crimestoppers anonymously on 0800 555 111.

Fight crime without revealing your identity. Call anonymously with information about crime.

Anonymously means that your name is not known or made public. You will not have to give your name. You will not have to make a statement to the police.

You will not have to appear in court. Crimestoppers' guarantee of anonymity has never been broken.



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## Satisfaction Survey

May I say a huge thank you to all of you that completed and returned the SPODA client satisfaction questionnaire. Shirley Macredie is conducting the research for us and we hope to have the final report before the end of July!

The finished report will be available to view on our website, for those of you that don't have access to the internet then we will be happy to post a copy out to you, just give us a ring on 0800 068 5718 and express your interest in receiving a copy.

As we move into an area of possible funding cuts which may affect changes within the drug treatments agenda service delivery, it is important to for us at SPODA to have evidence of what we do well and what is not delivered so well. Your views and comments from the survey will be taken into account to ensure that our service is led by the carers and families that access our service.

Also don't forget to keep sending us your articles, verses etc to allow us to print them in the newsletter. One family member recently stated to me that even though she cannot attend the support groups, by reading other peoples words of their experiences it assists her to cope knowing that she is not alone when dealing with her drug and alcohol using son.

Again many thanks

**Dot Inger - Project Coordinator**

## 'Legal' Highs - The latest news

A new wave of legal highs has followed on from the Government decision to make some of them illegal. The problem is for everyone concerned, that some of the substances being sold as legal, often contained illegal substances.

In April 2010, a range of substances, including Mephedrone (M-cat), Methedrone, Methylone, Ethylone and Butylone, were all made illegal drugs. In spite of this M-cat remains very popular - 6 kilos of M-cat were found in Chesterfield at the beginning of July.

Some of the current so-called 'legal highs' are listed below. The Derbyshire police drug squad are currently having to buy them and test them to see what they actually contain.

These are the current so-called 'legal highs' available on the market:

Raz    Blowout    Charged    Benzo    Fury

We don't know what any of these contain, and they have never been properly tested on humans.

The 2 messages have to be:

- \* **Legal does not mean safe!**
- \* **Legal does not always mean legal!**

## Your Voice!

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

### Hurting

I love my son more than life,  
 All I want for him is to settle with a nice wife  
 All he does is hurt me all the time,  
 Now I feel I have to draw the line.  
 I wish he could get better and feel good,  
 Then he would treat me like he knows he should  
 Each time I think he's going to get well,  
 Then over and over he puts me through hell.  
 I'm so scared the police will come to my door,  
 to tell me my son, well he is no more.  
 I know now by trying to help him get clean,  
 just helps him to hurt me and treat me so mean.  
 I try to remember the good times we had

## 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. In our last issue we covered **Steps 1 & 2; we now look at Steps 3 & 4.**

**Step 3:** We made a decision to turn our will and our lives over to the care of God *as we understood him.*

**Step 4:** We made a searching and fearless moral inventory of ourselves.

### **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](http://www.ukna.org) or by calling the NA helpline on Tel: **0300 999 12 12**

a long time ago when he was a small lad.

Now the drugs rule his life and also rule mine,

I don't want for much, just for us both to be fine.

I've tried everything I could and more,  
 to try to prevent him from going to score.

It hurts that I don't see my son much anymore,

But I know I love him that's for sure.

I hope things get better that is true,

But all the time I feel so blue.

I'm sick and tired of trouble and strife,

I just want a normal life.

In case you read this, my only son,  
 please don't give in trying or the drugs will have won.

**Written by a SPODA Client.**