



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

Government's New Drug Strategy

Drug Strategy 2010 — Reducing demand, restricting supply, building recovery: supporting people to live a drug free life

The government new drug strategy 2010 reducing demand, restricting supply and building recovery. It was in December that the new coalition government launched their new drug strategy, we all had an idea that it would have a key focus on recovery for adult drug and alcohol service users.

It highlights that treatment for substance users is likely to be effective and recovery to be sustained where families, partners and carers are closely involved. Local areas are to promote the whole family approach to the delivery of recovery services and to consider the need for services like Spoda to be maintained to support families/carers and friends within their own right .

SPODA have been told that our funding is secure with just a small cut for the next financial year of 2011 to 2012, we are very grateful to Derbyshire County Council and to the Derbyshire Drugs and Alcohol Action Team for believing in the work that SPODA deliver to you and your families.

To read the full strategy go to the home office web site www.homeoffice.gov.uk/drugs

Support Group Dates

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

	February	March	April
Chesterfield Group Wednesday 6.30 - 8.00pm	2nd & 16th	2nd, 16th & 30th	13th & 27th
Swadlincote Group Monday 7.00 - 8.30pm	9th	9th	13th
Belper Group Wednesday 6.00 - 7.30pm	23rd	23rd	TBA
Grandparents Group Monday 6.30 - 8.00pm	14th	N/A	11th

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**

Successful Festive Event



Pictured above: Tree of Remembrance

On Monday the 20th December we held our annual Christmas event at the new Fairplay building. We had Ashover Brass Band playing carols, a Buffet, Raffle and Tombola and even a visit from Father Christmas himself!

Spoda recognised that Christmas is not always a time for merriment when caring for a substance user and actually it can be a time to dread. It was lovely to around like-minded people and try to celebrate Christmas together with other people in the same situation as themselves. Christmas can also be a sad time, especially if you have lost a loved one. Pat organised a beautiful 'Tree of Remembrance'. Clients and guests were offered silver stars to write prayers and messages to loved ones then hang on the tree.

Finally we had Pastor Jonathan Reeve say a few words about Christmas and some special prayers. We had some lovely comments from people saying how lovely the evening was. We would just like to say a huge thank you to everyone who helped to organise the event especially our SPODA volunteers.

Amphetamines - what you need to know

Amphetamines: -

- * are a stimulant drug that common street names include whiz, phet, billy, glass, sulph, crank or meth.
- * can be broken down into three drug groups di amphetamine, dextroamphetamine and methamphetamine.
- * usually comes as a dirty white, pink or cream to yellow powder that has a smell of ammonia to it. Base amphetamine tends to be wet have putty like consistency and is the purest form of this drug.
- * can be snorted, bombed (wrapped in a cigarette paper and swallowed) rubbed into gums dissolved in liquid and drank. And probably the most risky dissolved into water and injected.
- * are the most impure drug available in the UK as it is heavily cut with agents such as paracetamol, talc, glucose or baby milk powder.

Effects: Amphetamine quickens the heart rate and speeds up breathing. Users become more lively, outgoing and confident.

Physical Symptoms: Dry mouth, tense jaws, dilated pupils, insomnia and loss of appetite.

With high doses the user can experience sweating, palpitations, body tremors.

Risks: Elevated blood pressure potentially leading to a stroke.

Strain on the immune system making you more prone to everyday illness's such as colds, flu.

Psychosis and depression and anxiety attacks.

Hyperthermia elevated body temperature

Strain on the heart and risk of heart attack.

Seizure or loss of consciousness

Join the National Association of Kinship Carers

The National Association of Kinship Carers (NAKC) are an independent association for the specific purpose of campaigning for better rights and entitlements for kinship carers and their children.

NAKC's Vision is the fulfilment of the following rights and entitlements:

- * Full recognition by statutory agencies of the particular role and impact of kinship carers
- * Comprehensive and accessible free legal information for kinship carers
- * All necessary support for children's behavioural difficulties and educational needs
- * A right to financial assistance for kinship carers on par with payments to foster carers
- * Social, emotional support and health care for kinship carers
- * Changes in social attitudes and political responses to and on behalf of kinship carers

If you live anywhere in the UK and are providing care and accommodation to a child or children of family members or friends JOIN NAKC NOW!

You can do this online at <http://www.surveymonkey.com/s/QYW6WBT>

Or email: nakinshipcarers@gmail.com

Are you a Carer? Is This You?

- * Wanting a break?
- * Not sure if you're eligible for help?
- * Need someone to talk to?
- * Often feel isolated or lonely?
- * Would like to know what help is available?
- * Feel worried about the future?

If you've answered "yes" to any of those question, then it's time to contact your Carer Support Worker, Many Carer Support Workers are based in GP practices and they are there to help. Contact Somerset Direct on **0845 3459133** and they will put you in touch with one near you.

Carer Support Workers can also provide information about all the services that are available through Care in the Community, or refer you for help from Adult Care Services.

Drugs Awareness Evening in Buxton

On Monday 21st March 2011 we will be holding a drugs awareness evening with Police Sergeant Neil Woods from Derbyshire Constabulary.

Neil is an expert witness for drug trafficking offences and will be sharing some really interesting information.

If you are interested in attending this session, the venue will be:

**The Adult Education Building in Buxton
from 6pm– 8pm**

Please ask your support worker for more information or contact the office on Tel: 0800 068 5718.



Beat the Winter blues

As January has reached its end we are all feeling a little down. The credit card bills have rolled in and the reality of over indulging over Xmas and New Year are visible not only in wallets but clothes that are feeling a little tight round our middles.

Here are a couple of tips to help you reach spring and hopefully put a spring back in your step.



Exercise not only will this help with our weight it helps reduce stress in our bodies and helps our brains release those feel good chemicals



Eat healthy this can seriously effect our mood and energy levels. Try cutting out processed foods like white bread white rice and pasta and replace it with brown or wholemeal varieties. Replace those sugar filled snacks and biscuits with a piece of fruit.

Avoid binge drinking (having more than 5 units in one sitting) a glass of red wine is good for the heart or so they say but alcohol effects our mood and sleep patterns leading to depression and tiredness.

Bring colour into your life whether you decide to paint a room a bright colour, wear bright coloured clothes instead of those black and greys and earthy tones, even a vase of bright flowers fresh or artificial will help you feel bright and cheerful and give you a lift.

Relax don't forget to take some time for you we are all busy with work and family life and sometimes we need to say no to extra duties and chores and take time out, try spending half an hour in a bath with some candles, put your feet up and listen to your favourite music. Or if you're really up for a challenge learn to meditate or try yoga both these things can help alleviate stress they help keep depression at bay.



Embraced the winter weather instead of sitting in being cosy get your big jumper on, a hat and scarf and go for a short walk. it's a big world out there and its not as bad as you may think if you get out there and embrace it. A short walk is good for our hearts and getting some fresh air always makes us feel better. Plus getting day light helps our brains release the feel good chemicals and keeps depression at bay.

Get social don't forget or underestimate the power of friends and family. Get together for coffee write a letter or email. **A problem shared is a problem halved** and getting a fresh view from an outsider on a current problem or issue may provide the answer that we need that could be sitting right under our noses.



Treat yourself no matter how big or small it could be that new outfit you wanted or simply your favourite dinner or a cake sometimes we all need a little reward or to feel special.

Plan whether its planning a short break a night out with the boys or girls or decorating the front room planning an event can change your mood and give you something to look forward to that exciting to you.

ZZZZ's naturally over the winter we all want to sleep a little bit more but this can be a problem if we sleep for longer 7-8 hours a night leaving us feeling more tired. Try a short power nap 20 -30mins mid afternoon. Try keeping a good bed time routine limit caffeine after 4pm, take a warm bath an hour before bed this helps us relax and as your body cools we naturally drift towards sleep. Try not to smoke an hour before bed and avoid TV and definitely video games these all stimulate us and make slipping off to sleep a longer process. If you lay awake in bed and cant drop off don't just lie there get up have a camomile tea or stretch your whole body starting from your toes right up to your eyebrows tensing and relaxing each muscle then try getting back in bed again.



Modernisation of Derbyshire's adult's treatment services

Derbyshire drugs and alcohol team have been holding consultations over the past six months with service providers, users and their families to review the current drug treatment services.

Spoda facilitated two carer forums one in Chesterfield and one in Ilkeston to allow Paul and Ed from the DAAT to discuss with the family members what's wrong with current adult drug services and what do we need to do to improve and modernise these treatment agencies. We have to also be realistic as we know that there will be no extra money available for the commissioning of these services.

The feedback from both of the forums was very similar.

Question asked: - What is wrong with the current drug treatment provision?

Some of the other answers were:-

Doses of methadone are too high, this causes de motivation

Not family friendly

Poor services for stimulant users, no treatment for the psychological dependency

Too focused on methadone

People are parked on methadone for too long

Poor health screening and inadequate liaison with hospitals

- Addicts are often aware when they are to be tested, they know how to blag the tests.
- People continuing to use drugs while in treatment, need more testing.
- Some doctors giving out scripts without giving the drug user regular health checks on the physical problems caused through IV drug use and smoking of class A drugs.
- Some staff has little understanding of the needs of families and the harms that arise through the hidden addiction and the complexities this brings. They need to understand that addicts lie and blag.
- Few treatment options, services seem scared of detox as a first option.
- Services not joined up, too many doors for an addict to engage effectively; many drop out because of this barrier.; one door for their alcohol dependency, another for the drug dependency etc...

What would improve treatment services?

- Drug and alcohol users/addicts need training on life skills.
- An addictions service for drug and alcohol users.
- Female only clinics/services.
- Better support for drug/alcohol using parents, delivered through peer support (ex drug using parents).
- Pathways on where to go for what service depending on individual need.
- Specialist addictions counsellor/therapist to find the core problem of the addiction.
- Offenders need help with access to employment ,few employees will recruit ex-offenders.
- More peer support Alcoholics anonymous and narcotics anonymous needed within local communities as travel can be a barrier.

Thank you

May I say thank you to all family members that attended the forums, let's hope that through your input we will see a gradual change within drug/alcohol services this will lead to improving the lives of the substance user and also the lives of you their family member or concerned other.

We will ensure that we keep you updated as changes occur.

Dot Inger—Project Coordinator.



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 5 & 6; we now look at Steps 7 & 8.**

Step 7: To humbly ask him to remove our shortcomings.

Step 8: Make a list of all person's we have harmed, and be willing to make amends to them all.

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/poems that you may have written to publish in our future newsletters.

Love Cares : Hate Drugs!

It hurts so much when the one you love is using drugs.

I know it's hard i've tried and tried to put up a fight with all my might.

There is no trust when it comes to drugs they can't even trust themselves.

The lies they tell put you through hell, the things they sell once meant so much

Up in smoke your money will go, down a spiral your life quickly goes.

The debts pile up now you're using drugs

The lies you tell just cover up how much you're using drugs.

The signs are all there that you're using drugs, we're not so blind just don't know enough.

Empower ourselves with drug support, hurting alone is no more.

As hard as it is for us to believe let's share what we know and stronger we will grow.

I thought that my love was strong enough, to help my boys stay off the drugs.

Believe me I tried, my loves not enough, the drugs are too strong, stronger than love.

The using can't see just what its done to me.

Detach with love, I have learned, boundaries I've set now in place.

I'm getting stronger day by day, SPODA have helped me in every way.

It made me so ill for years and years, the hurt I am feeling don't go away.

Both of my boys are still using drugs.

I have a life that I must live. You have a choice and you choose the drugs!

A Loving Mum X x



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

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