



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

Internet access for SPODA Clients



We have created an area within the downstairs room at SPODA offices for any clients who may require internet access or use of a computer.

This will be entirely free of charge to any one accessing support from SPODA.

If you would like to take advantage of this service then please talk to your support worker or simply call us on the free phone number 0800 068 5718 to arrange a convenient time.

SPODA Festive Event



Please join us for SPODA's festive event on **Wednesday 21st Dec 2011 5-8pm** at **Fairplay Building, Alexandra Road West, Chesterfield, S40 1NP.**



There will be refreshments and a buffet tea, music & carols, a tombola and raffle and even a visit from Father Christmas! We have a children's entertainer so all the family are welcome!

Raffle Prizes to be won include the following: £10 Chesterfield Bowl Voucher, Coop & M&S Money Vouchers, £50 worth of Music or Singing Lessons, Biscuits, Chocolates, 2 x Christmas Goody Hampers, 3 x Beauty Vouchers redeemable @ The Beauty Bar, Children's toys and much more...

Raffle to be drawn on Wednesday 21st December at SPODA's Festive Event

To purchase raffle tickets call into SPODA's Office at 104 Saltergate.

Please RSVP by 9th Dec and inform us of the number of adults & children attending for catering purposes—We look forward to hearing from you!



Helping

Taken from Families Anonymous Website

My role as helper is not to do things for the person I am trying to help, but to be things; not trying to control and change his actions, but through understanding and awareness to change my reactions. I will change my negatives to positives; fear to faith; contempt for what he may do to respect for the potential within him or her; hostility to understand; and manipulation or over-protectiveness to release with love, not trying to make him fit a standard or image, but giving him an opportunity to pursue his own destiny, regardless of what that choice may be.

I will change my dominance to encouragement; panic to serenity; the inertia of despair to the energy of my own personal growth; and justification to self-understanding.

Self-pity blocks effective action. The more I indulge in it, the more I feel that the answer to my problems is a change in others and in society, not in myself. Thus I become a hopeless case.

Exhaustion is the result when I use my energy in mulling over the past with regret, or in trying to figure ways to escape a future that has yet to arrive. Projecting an image of the future and anxiously hovering over it, for fear that it will or it won't come true, uses all my energy and leaves me unable to live today. Yet living today is the only way to have a life.

I will have no thought for the future actions of others, neither expecting them to be better or worse as time goes on, for in such expectations I am really trying to create. I will love and let be.

All people are always changing. If I try to judge them I do so only on what I think I know of them, failing to realize that there is much I do not know. I will give others credit for attempts at progress and for having had many victories which are unknown to me.

I am always changing, and I can make that change a constructive one, if I am willing.

I CAN CHANGE MYSELF, others I can only love.

SPODA's Your Voice Competition

Have you been affected by someone else's drug use? Do you have a friend or family member in prison?

Would you like to tell your story?

If your answer is 'yes' to any of these, then enter SPODA's Your Voice competition and make your voice heard...

WIN FIRST PRIZE: £50 RUNNER-UP PRIZE: £20

What to enter

- A piece of writing (maximum 500 words)
- A Poem

How to enter: Please send your entry to Your Voice, SPODA, 104 Saltergate, Chesterfield, S40 1NE or email to admin@spoda.co.uk (please include your name and contact details).

The competition will start from 1st January 2012 and the entries must be received throughout the year and will be judged before Christmas 2012. SPODA recognises families' right to privacy. If you would like to remain anonymous, please let us know and we will respect this, but you must still include your name and address on the entry as we will need to be able to contact you if you win.

Carer's Emergency Card for Derbyshire County is now available online

Anyone who provides essential support can obtain a Carer's Emergency Card, regardless of the amount of support they provide.

In an emergency people will know that you are a carer and that someone relies on you. You can log your details and those of emergency contact in advance.

If an emergency arises a relative or other person can be contacted who can step in until you are able to resume your role, or arrange alternative support. You can record your details using the online form to record your information.

You will then be sent a card to carry with you which is linked to these details and contains our 24 hour telephone number. To complete the form visit the website:

www.derbyshire.gov.uk and search for Emergency Carers Card or if you would like to find out more contact Call Derbyshire on **08456 058 058**.

Tombola Donations

Do you have any unwanted gifts?

Are you thinking of having a clear out?

If so, we would welcome any donations for our Christmas Tombola.

The type of donations we would be grateful for are:

- New or unopened smellies/toiletries
- Children's toys
- Books in good condition
- Chocolates/Biscuits
- Any other unwanted gifts etc...

Please contact your support worker or pass any donation on to them, or alternatively you can drop them off at SPODA's office.

Thank you!



User/Ex-User SMART Recovery Group

SMART Recovery– Venue SPODA

(104 Saltergate)

- Do u feel it's time to make changes?
- Are u thinking of changing your drug use or drinking?
- Many people help themselves and each other with SMART recovery

What is SMART Recovery?

A self help group for people seeking independence from addictive behaviours.

Held at SPODA each Tuesday 2pm- 3.30pm

For more info contact:

Ann on 07900 695286

Dawn on 07769 687782

Steve on 07876 508476

Smoking Cessation Group



Want to stop smoking? Derbyshire County NHS service offers free local support, advice and information for people who want to stop smoking.

First group will be Tuesday 3rd January 2012 @ 6.30pm-8.00pm at SPODA 104 Saltergate Chesterfield.

When you go to your first session one of the specialist advisors will provide information about how the session will progress. You will not be expected to quit on this day. Products to help you to stop smoking will also be discussed and you will be told how to obtain your chosen product.

Call 0800 068 5718 for more information

Wired In www.wiredintorecovery.org

The 'Wired In To Recovery' Community is run by Wired In, a unique initiative launched over ten years ago by Professor David Clark as a way of empowering people to tackle substance use problems.

Wired In aims to:

- Provide information and tools that help people better understand and use the options they have to overcome the problems caused by their own, or a loved one's, substance use;
- Develop and maintain online and real world recovery communities that help people find their pathway to recovery, and receive and provide support, and act as a forum for recovery advocacy;
- Develop education and training packages that help improve recovery support and treatment services in the community;

Help reduce prejudice towards people with substance use problems and their families, to create a society that better facilitates recovery from substance use problems.

New Family/Friends Support Group in Ilkeston

Spoda and Addaction are working in partnership to pilot a new support group aimed at providing, Advice, Support and Information for anyone affected by someone else's substance misuse.

The meetings will take place at Addactions premises in Station Road, Ilkeston and will be held on Wednesday afternoon once per month. Please see our group meetings information on page 6 for dates and times.

The group will be facilitated by a worker from both Spoda and Addaction and together they aim to help people to manage difficult situations often faced when supporting a substance user, and understand more about the treatment services provided.

The pilot will be for 3 months and should the group attendance be successful, further dates will be planned for the coming year.

For more information please contact Spoda **0800 068 5718**

Roly-Poly Mince Pie Recipe - Treat your self by making these easy mince pies!

Makes 12 large mince pies (Per pie: 190 kcal, protein 2g, carbs 32g, fat 7 g,)

Method

- Preheat the oven to 200C/gas 6/ fan 180C. Scatter the sugar over the worktop, unravel the puff pastry, then roll it out so it's a quarter bigger, but keeps its rectangular shape.
- Spoon and spread the mincemeat evenly over the pastry leaving a 2cm border along the longest edges. Fold one of the longest edges over the mincemeat then roll the pastry tightly into a sausage shape while gently pressing the pastry into the mincemeat. When you get to the other edge, brush it with milk and press down to seal in the mincemeat. Press both ends in gently to plump up the roll and chill for at least 30 minutes to firm it.
- Cut the roll into 12 rounds, about 3cm thick. Lay them evenly spaced on a large baking sheet and flatten them with your hand so they look like squashed Chelsea buns. Scatter the almonds on top and bake for 20-30 minutes until golden brown and the mincemeat sizzles. Leave to cool for 5 minutes - keep them separate so they don't stick together. Eat hot with vanilla ice cream, or just as they are.



'Ivory Wave' to become Class B Drug

New psychoactive substances found in so-called 'legal high' brand 'Ivory Wave' are to become controlled Class B drugs | Home Office, UK

The psychoactive substance Desoxypipradrol (2-DPMP) is to be controlled as a Class B substance, along with structurally related compounds to ensure that alternatives cannot be developed to avoid the ban. The move follows advice from the Advisory Council on the Misuse of Drugs (ACMD) published this week. The ACMD found the health effects of 2-DPMP and its related compounds are similar to those of Class B drugs and have the potential to cause harm.

Baroness Browning, Minister for Crime Prevention and Antisocial Behaviour Reduction, said: "The ACMD's advice on 'Ivory Wave' reinforces what we already know - that substances touted as 'legal highs' contain dangerous and potentially illegal substances.

"Young people in particular may often equate legal with "safe" and are quite simply playing a high risk game of lottery by taking substances without knowing what they contain or their potentially harmful effects.

"Controlling these substances sends a clear message to users, including young people who may be considering using them, as well as to those producing and supplying them."

The government is working closely with the ACMD to gain a fuller, independent picture on the harms of illegal drugs and new substances entering the UK.

More information about drugs and substances, including 'legal highs', can be found by visiting www.talktofrank.com, calling 0800 776600 or texting 82111 for free, confidential advice.

New non-emergency police number

Derbyshire police have launched a new telephone number which will make it easier for people get in touch with the force about issues that do not need an emergency response.

From Monday, October 24th people will be able to contact Derbyshire Constabulary by dialling **101**, which replaces the former 0345 123 3333 non-emergency number.

While 999 is a well recognised number to report emergencies, the 2010 British Crime Survey found that only 54 per cent of the public know how to contact their local police if they want to talk to them about local policing issues, crime or anti-social behaviour.

It is hoped that 101 will reduce the number of inappropriate 999 calls, allowing the force to respond to emergencies more effectively.

By calling 101, you will be able to speak to the police force control room of your local police service. Calls from landlines and mobile networks cost 15 pence per call, no matter what time of day you call or how long you are on the phone.

You should use 101 to report crime and other concerns that do not require an emergency response.

For example:

if your car has been stolen; if your property has been damaged; where you suspect drug use or dealing; if you want to report a minor traffic collision; if you want to give the police information about crime in your area; if you want to speak to your local officers; or general enquiries, like how to join the Special Constabulary or how to join Neighbourhood Watch.

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 the last several editions of our newsletter we have covered 2 of the 12 steps in each edition, If you missed any of the newsletters here is a re-cap of all 12 steps:

1. We admitted we were powerless over our addiction, that our lives had become unmanageable.
2. We came to believe that a Power greater than ourselves could restore us to sanity.
3. We made a decision to turn our will and our lives over to the care of God as we understood him.
4. We made a searching and fearless moral inventory of ourselves.
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. We were entirely ready to have God remove all these defects of character.
7. We humbly asked Him to remove our shortcomings.
8. We made a list of all persons we had harmed, and became willing to make amends to them all.
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.
10. We continued to take personal inventory and when we were wrong promptly admitted it.
11. We sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to addicts, and to practice these principles in all our affairs.

Twelve Steps reprinted for adaptation by permission of AA World Services

Support Group Dates

If you would like to attend a support group please call
0800 068 5718 for more information.

Chesterfield Group	Wed 6.30 - 8pm	17th & 31st Nov	7th & 21st Dec*	4th & 18th Jan
		1st, 15th Feb & 29th (<u>22nd Feb Extra Session details to follow</u>)		
Swadlincote Group	Wed 7 - 8.30pm	9th Nov	8th Dec	11th Jan
Belper Group	Tues 6 - 7.30pm	15th Nov	13th Dec	10th Jan
(N.B. Belper group is now being held on a Tuesday Evening)				
Ilkeston/Addaction	Wed 1.30 - 3pm	2nd Nov	7th Dec	11th Jan
Grandparent Group	Tues 12 - 2pm	14th Nov	N/A	6th Jan

(* SPODA Festive Event @ Fairplay, Chesterfield)

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**