



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

Local Rock Band Donates £2,000 to SPODA

Members of a local band 'Wideload' held a concert on Saturday the 16th April at the B2NET Chesterfield Football Conference suite. The lead guitarist of the band is Pastor Jonathan Reeve, whom some of you might remember from our Christmas event at 'Fairplay', where he shared some prayers and thoughts with our guests. The concert was a huge success and they donated all the profits from the evening to SPODA, a massive £2,000 was raised that will be put into our donations account and will be used in different ways to improve the lives of the families we work with including the children that are affected by parental substance use. The band played mostly rock songs and also had a collaboration with some children from Direction Theatre Arts in Chesterfield and some children who attend the church also joined them on stage to perform the Pink Floyd Classic 'Another brick in the Wall'. The concert ended with a fantastic acoustic rendition of Amazing Grace on the guitar. There are no words that can really convey a big enough thank you to Jonathan and the friends associated with Wideload. The event was a huge success not from the point of view of the benefits to Spoda ,but also the enjoyment and happiness that was so apparent with the atmosphere within the venue.



Above Jonathan presenting the cheque at SPODA's Chesterfield support group. Jonathan said: *"Hi folks. Was so very nice to meet so many of the friends of SPODA recently and raising the money for your charity was an absolute privilege. I'm so very impressed by what I've seen and its been a real eye opener what people live with. I'd like to make myself available by txt or phone or email for anyone who may ever want prayers or just someone to confide in with total discretion. If this would be of help to anyone please ask one of the SPODA staff for my details". Your friend Pastor Jonathan Reeve.*

Chesterfield Group: Wed 6.30pm - 8.00pm

11th & 25th May 8th & 22nd June 6th & 20th July

Swadlincote Group: Wed 7.00pm - 8.30pm

11th May 8th June 13th July

Belper Group: Wed 6.00pm - 7.30pm

11th May 15th June 13th July

Grandparents Group: Mon 6.30pm - 8.00pm

N/A N/A 11th July

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**

Support Group Dates

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



Alternative therapy survey

Thank you to all who completed and returned the Alternative therapy survey, we had quite a good response for a postal survey and thought you might like to hear some of the findings. Nicky will also be able to use the results in future funding bids in order to keep the therapies ongoing as we know how valuable you all feel these treatments are when dealing with high levels of stress and anxiety.

I feel more relaxed after having accessed these therapy sessions.

From 15 respondents 93% strongly agreed and a further 7% agreed that the therapies made them feel more relaxed.

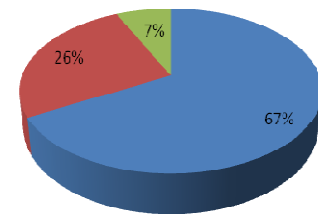
The therapies have helped me to be more confident with dealing with my situation

73% of respondents strongly agreed and a further 20% agreed that attending the therapy sessions helped them to become more confident with dealing with their situation. Another 7% neither agreed nor disagreed with this statement.

The response shows that the alternative therapies have a positive effect on our clients health & well-being.

Therapies helped to improve my physical well-being

■ Strongly Agree ■ Agree ■ Neither Agree/disagree



I would be sad if there weren't any more sessions. They have helped me a lot.

I feel less stressed and therefore am able to cope better with difficult situations. As a result this has improved my mental health, therefore allowing me to think of better ways to cope.

I feel more relaxed and I can clear things from my mind and chill. I would miss the sessions that I have it gives me a bit of 'me time'.

If you are a SPODA client and would like to book a therapy please call 0800 068 5718

Mother Jailed for restraining her Heroin using daughter

NEWS

A Kent mother who was jailed for tying up her daughter to stop her buying heroin has lost an appeal against her prison sentence. The 50 year old mother was jailed for 12 months in January after pleading guilty to false imprisonment. She taped her daughters legs together to stop her leaving the house. The case was up for appeal but the judges dismissed the case.

After the mother was jailed, the daughter said she would swap places with her mother if she could. The lawyer representing the mother argued she had only acted as any loving mother would have done. "The mother was at the end of her tether. She had no intention of her daughter being harmed at all". This case had led to concern from an enormous number of constituents who felt that the mother should not have gone to jail and that special leniency should be shown where a parent is motivated by protecting a child.

Article taken from Drugscope DS Daily 20th April 2011.

Ketamine: What u need to know...

Ketamine, not just a harmless party drug

Nicknamed Special K Ketamine can be taken orally in powder, liquid or tablet form.

The effect of the drug depends on the dose. With low doses, users may feel euphoric, have psychedelic experiences and have the feeling of an outburst of energy, this is because this low dose increases the heart rate and blood pressure. In the quest for extreme sensations, a high dose has the opposite effect leading to respiratory depression. In some users it may plunge them into an out-of-body or near-death experience known as the "K-hole", the ultimate ketamine high. It's an anaesthetic mainly used by vets to tranquilise horses so in humans it can put someone in a catatonic state, a different state of being. Perception of the body, time and reality is severely altered, In some users they may hallucinate and even feel they are communicating with a world they are seeing within their mind, their eyes may move sightlessly from side to side. Some users report feeling nauseous after taking K, vomiting may also occur, using the drug on an empty stomach can help to minimize this side effect.

Long-term use may impair the memory and cognitive functions. Ketamine is being linked to severe bladder and kidney problems, many users have had to undergo surgery for bladder problems resulting in some cases with the removal of the bladder or permanent bladder paralysis.

Grandmother wins 5 year battle with Kent County

A GRANDMOTHER who battled for five years with Kent County Council to be paid the same rate as a foster carer for looking after her granddaughter, has won her case in the High Court in London. The grandmother fought for the right to be paid fairly for looking after the 15year-old girl since she took over her care at the eleventh hour in 2005 at the request of Kent social services. The grandmother who has now retired to look after the child was receiving just £63.56 a week for her care – over £80 per week short of the average foster parent who gets around £146.23 weekly. She is now 64 years of age. Her case was heard before the High Court in London earlier this year. Kent County Council fought the case all the way. Nigel Priestley who represented the grandmother, said “We’re delighted with the outcome. The County Council argued that they had no duty to the child even though their fingerprints were all over the case. It put forward the radical suggestion that it had no significant financial duty to a child they had placed with a relative. They denied that she should be treated as a “looked after” child. The Judge rejected this argument.”

This story was taken from Ridley & Hall Solicitors newsletter (issue 4 2010) who are a legal firm who specialise in family Law, read more at www.ridleyandhall.co.uk

Spoda would suggest that any ketamine user concerned for their health contacts either their GP or the local drug treatment service.

Working Together

- Reducing the

damage of imprisonment



Action for Prisoners' Families (APF) works for the benefit of prisoners' and offenders' families by representing the views of families and those who work with them and by promoting effective work with families. Action for Prisoners' Families is a membership organisation for prisoners' and offenders' families and those who work with them. They provide advice, information and training to their members.

Providing their members with **opportunities to network, to share experiences, concerns and successes. Listening to prisoners' families** and promoting, developing and supporting services and resources that they need or would like. If you are struggling with a member of your family who is in prison and would simply like to find out more about this organisation then take a look at their newly launched website www.prisonersfamilies.org.uk

Alert for Heroin Users

HEROIN SHORTAGES: REDUCE YOUR RISK OF OVERDOSE

DEATH

- In some parts of the UK (including Derbyshire), there has been a serious shortage of street heroin
- The heroin may be difficult to get hold of, or it may be heavily 'cut', making it weaker than normal
- In some cases, the added cutting agents have been heavily sedative, and caused memory blackouts. Some people have ended up in intensive care
- Your tolerance can fall within days of using weaker batches of heroin
- If your next batch is stronger, you will be at real risk of a heroin overdose. This could kill you.

HOW TO REDUCE YOUR RISK OF OVERDOSE

- Stop using heroin if you can
- Look at drug treatment - this could be the right time for you to take this step
- Test your heroin before using your usual amount
- Avoid injecting if you can -smoking is safer - But remember there is no totally safe way to take heroin
- Avoid using other drugs or alcohol with heroin
- Don't use alone - make a pat o phone 999 if someone 'goes over'
- Get overdose training to help yourself and

your mates.



LIVING WITH TEENAGERS

Derbyshire County 
Primary Care Trust

A FREE COURSE OF EIGHT 2¾ HOUR SESSIONS ABOUT GETTING THE BEST FROM YOUR TEENAGERS

A chance for parents/carers to look at the ups and downs of living with teenagers

An opportunity to think about ways of tackling situations at home.

Topics include:

1. Building Self Esteem
2. Expectations & Challenges
3. Listening & Problem Solving
4. Setting Boundaries & Parenting Styles
5. Discipline
6. Sex & Relationships
7. Drugs

FOR FAMILIES WITH CHILDREN
AGED 9 - 15 YRS

FREE
CHILDCARE &
TRANSPORT AVAILABLE
(Limits apply - please enquire)
LIGHT REFRESHMENTS

Call now for more information 01246 514977

www.dchs.nhs.uk

If someone does overdose:

**Call 999 and ask for an ambulance,
tell the operator what they have taken,
Put them in the recovery position**

NB: the advice above aims to help you reduce the high risk of an overdose during a heroin shortage. You can get broader advice about risks of taking heroin, and ask about drug treatment, at your local drug service: Community Drug Teams

Bayheath House Tel: 01246 277388
or 28 Bank Road, Matlock
Tel: 01629 55519

Carers Page

Carers Assessments

If you provide at least 14 hrs of support a week or if you provide less than 14 hrs but you feel you are providing regular and substantial care for someone aged 18 or over for e.g. Intensive but intermittent support for someone with mental ill health, you are entitled to have a detailed assessment of your needs as a Carer. You may be entitled to services which could help you. If you are a carer of a disabled child your needs will be assessed as part of the whole family.

You can request a Carer's assessment by telephoning **08456 058 058**. This is your opportunity to explain the effect caring has on you.

Remember this assessment is about your needs as a carer!

Derbyshire Carers Support Group

Carers support meeting in Chesterfield

On the first Tuesday of every month there is a carers support meeting at the Hartington Unit, Chesterfield Royal Hospital.

The meeting is intended for anyone who is a carer, a new carer or is visiting patients on the wards.

The meeting is held between 7.00pm - 9.00pm

For more information please contact **Bob Gardner on 01246 512572**

Are you a Carer?

Do u have access to the Internet?



Carers Community is a downloadable magazine for carers, families and healthcare professionals dealing with drugs, alcohol and mental health problems. Featuring personal and professional stories of those who have helped others to turn their lives around. Go to **www.inexcess.tv** and click on the 'Carers & families' link.



**The true face of carers ~
13-19 June 2011**

Supporting the UK's six million carers

A carer is someone of any age who provides unpaid support to family or friends who could not manage without this help. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.

Check out the new Carers Week website for information about what's on in your area:

www.carersweek.org



Derbyshire NHS
Mental Health Services NHS Trust

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 7 & 8; we now look at Steps 9 & 10.**

Step 9: Make direct amends to such people wherever possible, except when to do so would injure them or others.

Step 10: To take personal inventory and when we are wrong promptly admitted it.

NA Meetings

Meetings are held throughout the country including Buxton, 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.

Heroin

Behold my friend I am heroin

Known by all as the destroyer of men

From where I came no one knows

A far away place where the poppies grow

I came to this country without getting caught

And since that day I have been hunted & sought

Whole nations have gathered to plot my destruction

They call me the breeder of crime & corruption

I am more potent than whiskey, more deadly than wine

Yes I am the scourge of all mankind

My little white grains are nothing but waste

I am soft and fluffy and bitter to taste

I take a rich man and make him poor

I take a maiden and make her a whore

Make a beautiful woman forget her looks

And make a student forget her books

I can make you steal, lie, borrow & beg

Then search for a vein in your arm or your leg

I am known to be selfish & can fill you with greed

Still faceless regardless of religion or creed

My gift is illusion my blessing is fake

Death & destruction follow my wake

I am the kiss of death to all that I touch

I start as a gift & remain as a crutch

My friends are many but I am loyal to none

I come to destroy my work will be done

Some think of me as merely a toy

But wise men know I am to destroy

Run from me if you wish, I will never give chase

For sooner or later you will return for a taste

On your bloodstream you'll think me not mean

You will praise me a master then nod in a dream

You will hear my warning but will take no heed

Put your foot in the stirrup mount this great steed

Get right in the saddle and hold on real well

For the "White Horse" heroin will take you to hell