

RICHMOND DRUG AND ALCOHOL SERVICE

'Empowering Change Within You'

DECEMBER BULLETIN 2024

Celebrating Autumn

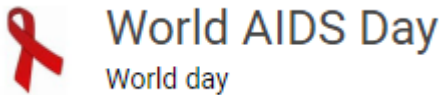


In November, RWCDAS clients took part in a fun and relaxed autumn-themed workshop, creating dry flower wreaths under the expert guidance of florists from Maria Jane Vaughan. Over the years, the award-winning florist MaryJane Vaughan has collaborated with St Mungo's Putting Down Roots project, donating plants to be reused in hostel gardens - including the beautiful garden at Cedars Road – and organising floristry workshops for our clients.

The recent workshop offered clients a chance to express their creativity through a new medium, build connections and start preparing thoughtful gift for the holiday season.

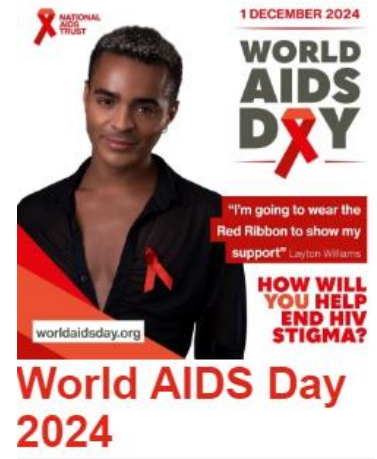
Mary Jane Vaughan's florist team will return to the Wellbeing Centre this December to decorate the foyer with a Christmas tree and host a special Christmas wreath-making on the 11th December. **If you would like to attend, please ask your key worker to book your spot or call 07702 561432.**

AWARENESS DAYS FOR DECEMBER



December 1, 2024

World AIDS day is a global event dedicated to raising awareness about HIV (Human Immunodeficiency Virus), showing support for people living with HIV, and commemorating those who have lost their lives to AIDS-related illnesses.



Listed below are some organisations which provide support for people living with HIV:

- Terrence Higgins Trust - leading UK HIV and sexual health charity. Their support offer includes counselling, grants to help with short-term financial need, advice on personal debt and budgeting, support with work and skills, information on immigration, benefit advice and help with dealing with and reporting hate crime. Visit [Home | Terrence Higgins Trust](#) for more details.
- Spectra London - they work with specific minority groups and offer counselling, groups, HIV testing and Outreach, one to one support, training and workshops, testing and advocacy for those affected by HIV. Visit spectra-london.org.uk for more details.
- Metro - they provide assessment, advice and advocacy for people living with HIV who live in London. They can help with filling out benefits forms, advocate on your behalf and help you deal with local councils, housing associations and other organisations. Visit [Embrace difference | METRO Charity](#) for more details.

RWCDAS works closely with the Hepatitis C Trust to offer free blood-borne viruses testing including HIV. Support with treatment is also available. If you would like to get tested, you can visit Ilex House every Thursday between 10 am and 3 pm. As a thank you for attending, you will receive a £5 Greggs voucher.

For more information, please ask your key worker.

UK Disability History Month

18 November to 20 December

UK Disability History Month is an annual event dedicated to raising awareness about the fight for equality and human rights for people with disabilities. It provides an opportunity to reflect on the progress made in disability rights and to take actions to support equality and inclusion in the present.



While significant progress has been achieved, people with disabilities continue to face discrimination, economic disparities, and accessibility challenges.

How can we all become more disability aware in everyday life?

Becoming more disability-aware in everyday life involves cultivating understanding, empathy, and action to support and include individuals with disabilities. Here are some practical steps we can all take to increase awareness and make a difference:

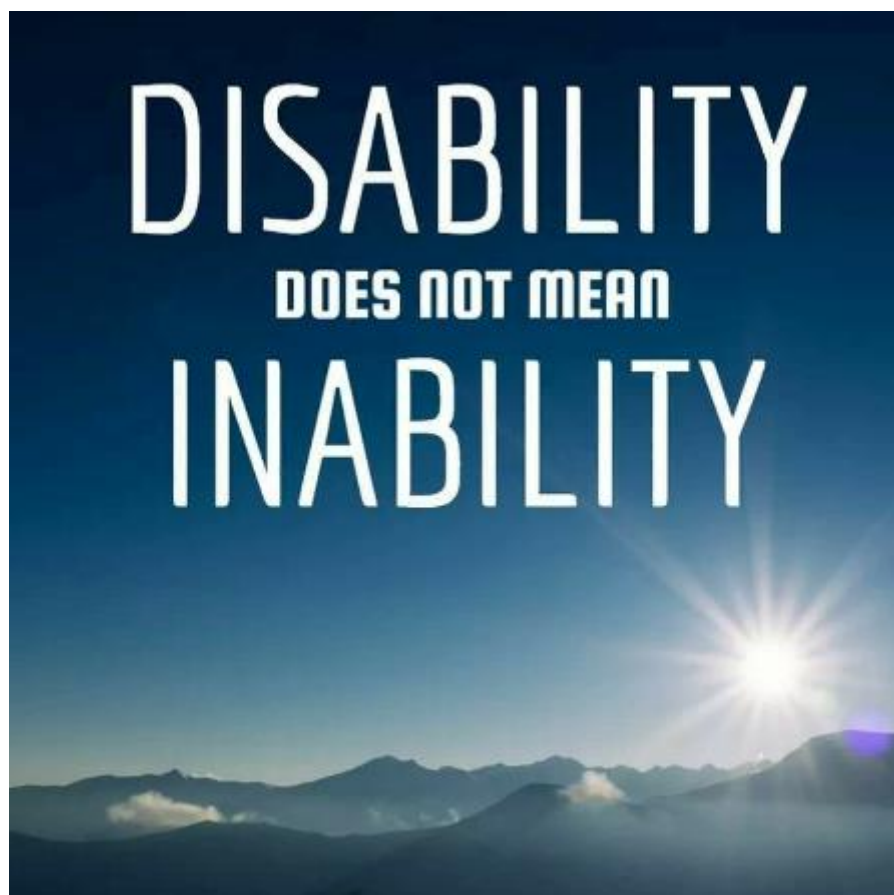
- **Learn About Disabilities:** Educate yourself about different types of disabilities and how they can impact daily life.
- **Don't Make Assumptions:** Not all disabilities are visible, so avoid judging someone based on their appearance.
- **Understand the Social Model of Disability** which sees people as disabled by barriers in society, not by their condition. Focus on removing barriers like inaccessible environments and negative attitudes.
- **Ask Before Helping:** Don't assume someone needs assistance. Politely ask first.
- **Use Inclusive Language:** Be mindful of the words you use. For example, say "person with a disability" rather than "disabled person," unless they prefer otherwise.
- **Be Mindful of Shared Spaces:** Keep walkways clear and avoid blocking ramps or accessible parking spots
- **Follow disability advocates and organisations** to learn directly from their experiences
- **Volunteer or Donate:** Support organisations such as Scope, Disability Rights UK, or Mencap to help create more inclusive communities.
- **Be Respectful:** Treat individuals with disabilities the same as anyone else, making adjustments if required and focusing on their abilities, not limitations.
- **Raises Awareness:** Share information with your friends and family to spread understanding.

Key UK Resources

- Scope: Offers practical advice and campaigns for disability equality.
- Disability Rights UK: Provides information and resources to support individuals with disabilities
- The Equality Act 2010: Learn how this legislation protects people with disabilities and promotes equal treatment.

By making small but meaningful changes in daily life, we can all contribute to create a more inclusive and understanding society for everyone.

Let's make it happen!



RECOVERY BASED GROUPS

RWCDAS offers a variety of recovery- based groups in a safe, non-judgemental environment.

These groups provide opportunities for clients to share their experiences, gain insights, and support one another, enhancing the likelihood of long-term recovery.

Below is the list of available groups. **To attend, please request a referral from your keyworker.**

Monday

- **Therapeutic Recovery (Abstinent clients)**

11:00 am -12.30 pm@117 Cedars Road

This group looks at theories of personality development within environments and connections, personal development, relationships and conflict resolution.

- **Harm Reduction (Non-abstinent clients).**

14:15 pm - 15:30 pm @ 117 Cedars Road

This group explores strategies to reduce harm from substances use and provide support for personal and family wellbeing.

Tuesday

- **Ketamine Group**

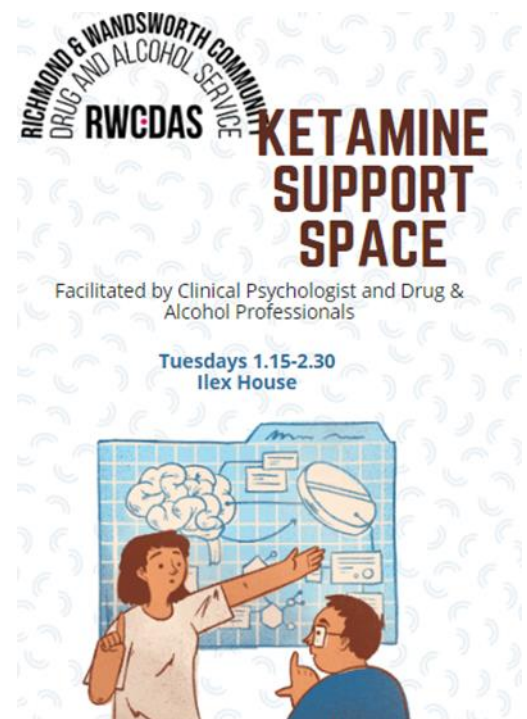
13:15 pm- 14:30pm @Ilex House

A 6-session programme covering ketamine' facts and legalities, physical and emotional impact, harm reduction, social re-engagement and recovery planning.

- **Moving Forward Group (Abstinent clients)**

18.15 pm- 20:00 pm@ 117 Cedars Road.

The group looks at developing further strategies of resilience, coping and maintaining foundations of change post-treatment.



Wednesday

- **Alcohol Group (Abstinent and non-abstinent clients)**

14:00 pm – 15:30 pm @St John’s

The group focuses on the impact of alcohol on physical and mental health, harm minimisation, relapse prevention advice, recovery goals setting.

Thursday

- **WCDAS Breakfast Club (Abstinent and non-abstinent clients)**

10:00 am – 11:00 am @ St John’s

This group provide support for alcohol harm reduction, ambivalence and relapse prevention whilst providing a healthy breakfast

- **Women’s group**

12:00-13:00,

Safe space for women to discuss trauma, drugs, and alcohol use.

- **Stimulant group (for individuals who primarily use cocaine and/or crack cocaine)**

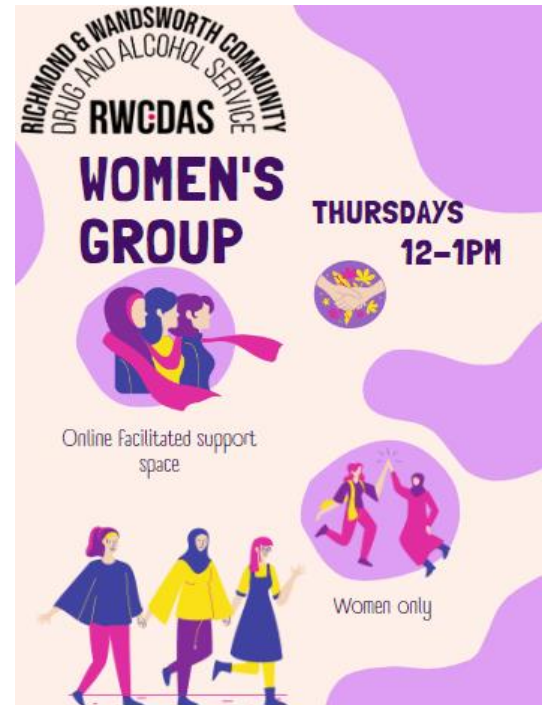
12:00-13:30, @ 117 Cedars Road

The group provides support for reducing stimulant use and setting and achieving recovery goals. It covers topics including the cycle of change, Johari window, triggers and cravings and preventing lapse and relapse.

- **Cannabis group**

13:30 pm-14:30 pm, @ Ilex house

The group explores relationship between cannabis use and mental health, goal setting, psychoeducation on sleep and anxiety, cannabis reduction and relapse prevention.



Thursday

- **Neurodiversity Group**
13.45pm-3.00pm @ 117 Cedars Road.
CBT-based support for clients managing substance use and neurodiverse needs.
- **Evening Group (Abstinent and non-abstinent clients)**
19:00 pm- 20:30 pm, Online.
Focus on motivation, goals and recovery support in the community

Friday

- **Relapse Prevention (Abstinent clients)**
12:00 – 14:00 pm @ 117 Cedars Road,
This group focuses on strategies for maintaining abstinence, overcoming barriers and achieving full potentials
- **RCDAS Alcohol Group (Abstinent and non-abstinent clients)**
13:30 pm– 15:00 pm @Ilex House.
The group focuses on the impact of alcohol on physical and mental health, harm minimisation, relapse prevention advice, recovery goals setting

Saturday

- **Saturday Morning Group (Abstinent and non-abstinent clients)**
11:00 - 13:00 @117 Cedars Road
The group is a forum where clients explore their relationship with substances in a nonjudgmental, empathic and organic way. It aims at empowering individuals and at building internal resilience.

What's New

Evening clinic

In December, RCDAS will launch an Evening clinic to cater for the needs of those who struggle to attend 9 am-5pm due to recurring commitments such as employment.

The clinic will run the 1st Tuesday of every month at Ilex House; booked appointments only via your key worker.



RWCDAS CHRISTMAS THEMED EVENTS

PUTTING
DOWN
ROOTS


CHRISTMAS
WREATH
WORKSHOP

December 11th 2024
Hot chocolate and mince pies
From 11am to 2.30pm

*The Wellbeing Centre Cedars Road
Clapham.*

All
welcome

Contact Ian
07714699624



Christmas Social Buffet

Come join us for a Christmas
themed buffet and quiz event.

When: Friday 20th December
2024

Where: Wix Lane
117 cedars road
SW4 0PW

Time: 11 am-5 pm



Merry
Christmas

Christmas Season Service Opening Hours

During the Christmas period, RWCDAS (St John's and Ilex house) will be closed on the following days:

25th Dec – Christmas Day

26th Dec – Boxing Day

1st January - New Years Day

Groups will be running as normal up to and including the 24th of December and resume on 2nd Jan.

Please see below group provision for the period **between 25th Dec and 1st Jan:**

- **Wednesday 25th December**

Christmas Day Online Group (Abstinent and non-abstinent clients)

- 11.00-12.30pm - Meeting Id 8519034 4369 Passcode 572295
- 19.00-20.30pm - Meeting Id 868 6214 8389 Passcode 168415

- **Thursday 26th December**

Women's Online Group

(Abstinent and non-abstinent clients)

- 12.00-13.00pm Meeting ID 8158148
5884 Passcode 849245

**Additional Group/Social Connection meeting
(Abstinent and non-abstinent clients)**

- 12:00 – 14:00 pm @117 Cedars Road

Thursday Evening On Line

(Abstinent and non-abstinent clients)

- 19.00-20.30pm Meeting ID
571231401 Passcode 543090

- **Friday 27th December**

Relapse Prevention (Abstinent clients)

- 12:00 – 14:00 pm @ 117 Cedars Road,



- **Saturday 28th December**
Morning Group (Abstinent and non-abstinent clients)
 - 11:00 - 13:00 @117 Cedars Road
- **Monday 30th December**
Therapeutic Recovery (Abstinent clients)
 - 11:00 am -12.30 pm@117 Cedars Road
- **Harm Reduction (Non-abstinent clients).**
 - 14:15 pm - 15:30 pm @ 117 Cedars Road
- **Tuesday 31th December**
Social Buffet and Quiz event
 - 16:00 pm – 21:00 pm @117 Cedars Road
- **Wednesday 1st January**
Food, Chat and Chai -New Years Day edition
 - 13:00 – 16:00 pm @ Cedars Road



OTHER ACTIVITIES

Sound Bath

When: 2nd December 2024, between 14:15-15:15

Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW

A sound bath is a meditative experience where participants are immersed in deep sound vibrations. A sound bath can help managing anxiety, sooth the nervous system and promote better sleep. **Ask your keyworker to book your place or call 07702 561432/ 07813 038284 for more info and booking.**

Art Workshops: 'Exploring Emotions Through Colours'

When: 3rd December 2024, between 11:00 - 13:00

Where: Wellbeing Centre, 117 Cedars Road, SW4 0PW

Join Art Therapist Sue Davies for the final in the series of 'Exploring Emotions through Colour' workshops. You will be taken through a colour journey to foster and stimulate the inherent human qualities and strengths that we all possess but sometimes find easy to forget! In previous sessions we have focussed on trust and feeling safe; potential, possibility and hope, vulnerability and courage, communicating truth and, last month, insight and self-love. In this next workshop we will be using purple and violet and discussing intuition and wisdom. No art experience necessary. Everyone is so welcome. **To secure your spot, ask your key worker to sign you up or ring 07702 561432/ 07813 038284.**

Level 2 Drug and Alcohol Awareness Training

When: 5th and 6th December from 10am to 4pm.

Where: 117 Cedars Road, SW4 0PW

Attend our Level 2 Drug and Alcohol Awareness Training to gain the knowledge needed to specialise in a career as a drug and alcohol practitioner. The course provides a great opportunity to develop a better understanding of the reasons why people use drugs and of the impact that substance abuse has on physical and mental wellbeing. The course will also look at tools commonly used by professionals in this field such as risk assessing, motivational interviewing and the cycle of change and thus provides useful knowledge for anyone looking to work or volunteer in the sector. At the end of the course, learners will complete a 45 min test. Lunch will be provided. **If you would like to attend, please speak to your key worker at RWCADS or call 07702 561432 to find out more**

Reflexology in Richmond 1:1s treatment

When: 19th December 2024, 35 min slots available from 12 - 4 pm

Where: Ilex House, 94 Holly Road, TW1 4HF

Reflexology is a type of massage that involves applying pressure to the feet, hands, and ears. Some benefits of Reflexology include reducing stress, anxiety, and minimising pain. **To secure a slot, ask your key worker to sign you up or ring 07702 561432/ 07813 038284.**



MINDFUL ART STUDIO

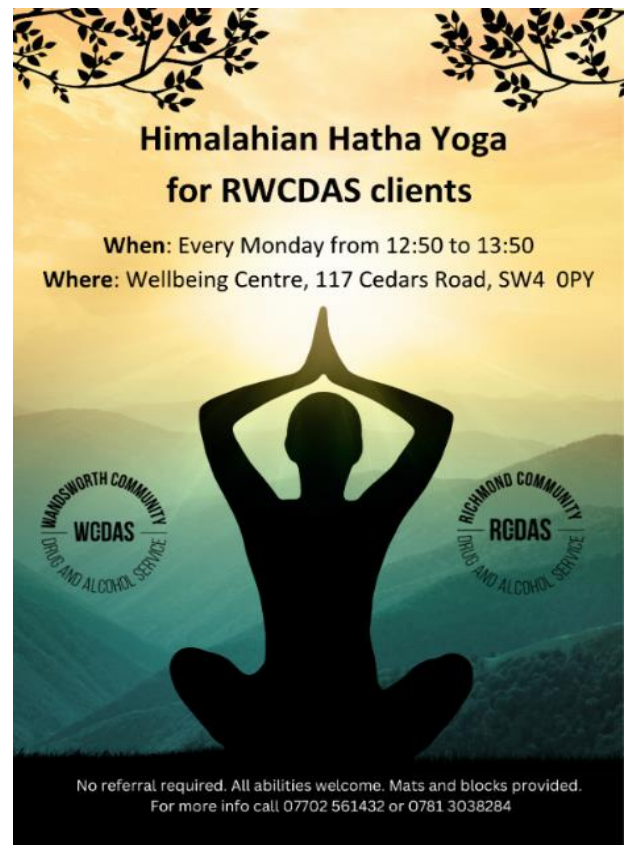
Come along and explore your creative side and let your creativity lead you in a safe and welcoming space that fosters healing and community

Speak to your key worker about being referred to this group.

Every Thursday from 1:30 - 3:00 PM
at The Exchange, 3rd floor studio 4.
75 London Road, Twickenham TW1 1BE

Starting Thursday 3rd October

For more information, please contact Freddie on 07939291132



**Himalayan Hatha Yoga
for RWCDAS clients**

When: Every Monday from 12:50 to 13:50
Where: Wellbeing Centre, 117 Cedars Road, SW4 0PY

No referral required. All abilities welcome. Mats and blocks provided.
For more info call 07702 561432 or 0781 3038284



Walk & Talk

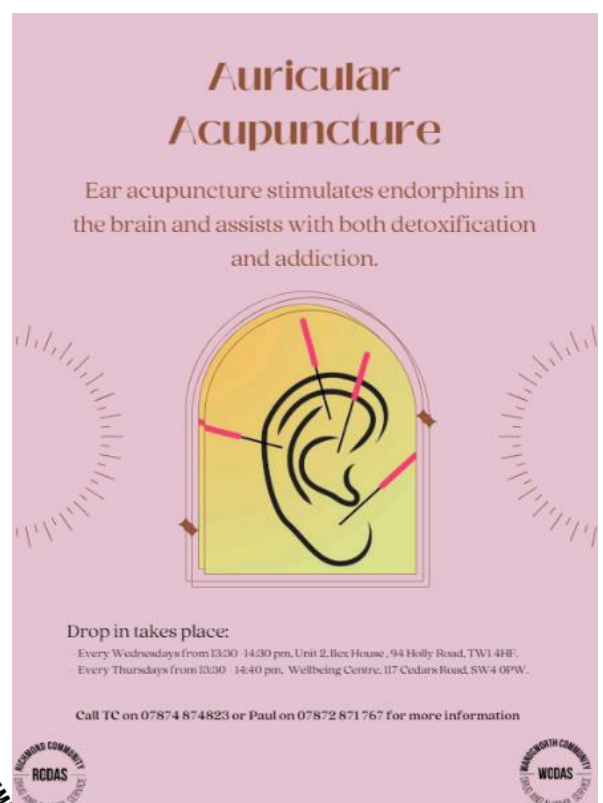
Join our friendly walking group for a relaxing stroll along the riverside and Marble Hill park.

We then head to a local cafe for coffee and possibly take in a walk around the Stables Art Gallery.

It's a great activity to take in sights and sounds of nature.

Taking place every Wednesday, leaving Ilex House, Twickenham at 1:30pm finishing at around 3pm.

Please speak to your RCDAS keyworker if you'd like to be referred.



Auricular Acupuncture

Ear acupuncture stimulates endorphins in the brain and assists with both detoxification and addiction.

Drop in takes place:
Every Wednesdays from 13:30 - 14:30 pm, Unit 2, Ilex House, 94 Holly Road, TW1 4HF.
Every Thursdays from 13:30 - 14:40 pm, Wellbeing Centre, 117 Cedars Road, SW4 0PW.

Call TC on 07874 874823 or Paul on 07872 871767 for more information

ALLOTMENT WELL BEING DAYS

"To see things in the seed, that is genius." – Lao Tzu

When

Tuesdays and Wednesdays
From 11:00 – 2:00 PM

Address

Curiosity Gardens
Shackelgate lane Allotment
Teddington
TW11 8UJ

Please speak to you keyworker about referral into these sessions OR
TEXT Sue on 07769686539 to get address and access details

WANDSWORTH WEDNESDAYS

Connect with others, through food, workshops and other activities weekly.

Food , Chai , Chat and Chill - plus games and connection

Just come along on the day,
No referral needed!

Every Wednesday during September at 117 cedars Road , SW4 OPW



CDARS HEALTH AND WELLBEING PROGRAMME

R.I.S.E. Financial Independence Hub



On the First Wednesday of Every Month
1pm-2:30pm

First Session: 3rd April

- ✔ Support
- ✔ Collaboration
- ✔ Financial Advice
- ✔ Help with Next Steps

Join us!

The hub supports a peer-led approach, skill-sharing, knowledge exchange, social connections and friendships, community building, centred around financial support.

For more information:

07393135503

mitchell.wesley@cdars.org.uk

Address

CDARS 117 Cedars Road
SW4 OPW

Every Thursday,
Starting 5th October
10am-1pm

Anxious?
Struggling to connect?
Mental health getting in the way?

If so, come and get involved with activities at Deen City Farm.
Some of the activities will include:

Garden Helping to maintain our community gardens and growing produce in the nearby allotment.	Livestock Assist in the day to day running of the farm, finding out about our animals and how to take care of them.	Riding School Learn to groom the horses and help with the day to day running of the stables.
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Sessions will include an opportunity to meet and greet with the animals themselves!

HEALTH & WELLBEING PROGRAMME WITH DEEN CITY FARM IN PARTNERSHIP WITH CDARS

Looking After Yourself During Christmas

The festive period can be a difficult time, especially if you are struggling with your mental health. Below are some strategies to help you care for yourself and navigate the season more safely:

Acknowledge your feelings



- It's okay to feel loneliness, sadness, or anger during Christmas.
- Give yourself permission to grieve and recognise your feelings are valid.
- Prepare strategies to manage overwhelming feelings like focusing on your senses (*5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, 1 thing you can taste*) or repeat calming phrases (*"This moment will pass, I am okay"*).



Avoid triggers and set boundaries

- Decide what events or traditions you want to participate in and say no to others if they feel overwhelming.
 - Be open with people closest to you about your needs.
- Limit time on social media if it worsens feelings of isolation.

Focus on what you can control

- Plan a flexible routine.
- Incorporate small, manageable activities that bring comfort every day, like going for a walk, watching a favourite movie or crafting.
- Consider new traditions that feel meaningful, such as lighting a candle for a loved one.



Prioritise self-care



- Treat yourself with kindness.
- Stick to healthy routines as much as possible, including getting enough sleep (7-8h every day), eating healthy, and physical activity.
- Practice relaxation techniques, like deep breathing or mindfulness.

Seek safe connection

- Reach out to somebody who you feel understands what you're going through, whether it is a friend, family or support group.
- Connect virtually or write a letter to loved ones if being with others feels too difficult.
- Remember that CDARS will be running additional groups on the bank holidays and you're very welcome to attend them to feel connected to others.



Ask for help when needed

- Crisis helplines and community support groups are available if you need immediate support.

- o Where to reach out in a crisis:

- SW London and St George's crisis line: 0800 028 8000
- Samaritans: free call 116 123 in UK
- SHOUT: text SHOUT to 85258
- Emergency services: call 999



BE SOFTER WITH
YOURSELF WHILE
YOU NAVIGATE
PLACES YOU'VE NEVER
BEEN BEFORE.
NOBODY KNOWS
EXACTLY WHERE
THEY'RE GOING.



Take
care of
yourself

OTHER USEFUL RESOURCES

withyou webchat


Our online chat service offers **free, confidential advice** to people facing challenges with drugs, alcohol or mental wellbeing.



Simply visit our website to connect with a trained advisor.

withyou wearewithyou.org.uk

We are With You, a registered charity in England (100967) and Scotland (SC340006) and a private company incorporated in England & Wales with company number 02882271. Registered office: First Floor Ground Floor, Gate House, 1-15 St. John's Square, London, England, EC1M 6BN.



We're open 364 days a year, closing only on Christmas Day.

Monday - Friday: 9am - 9pm
Saturday - Sunday: 10am - 4pm


We know that many people find the thought of attending an in-person service overwhelming, and that it's not always easy to find support outside of working hours.

Through our webchat service, you can speak to us about drugs, alcohol, or your mental wellbeing - whether you're looking for advice for yourself or for a loved one.

withyou wearewithyou.org.uk

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CHANGE PLEASE COFFEE





DRIVING FOR CHANGE RICHMOND

Come and see the services that we can provide for the homeless and vulnerable on board Driving for Change:

Oral Health Care | Nurse | Hairdresser | HSBC No Fixed Abode Bank Account information | Drug and Alcohol Services | Pathway services for people experiencing homelessness and the vulnerable | Virgin Media O2 data bank

Civic Centre 44 York House Twickenham TW1 3BZ	22nd Aug	- 10am to 4pm
	26th Sept	- 10am to 4pm
	24th Oct	- 10am to 4pm
	21st Nov	- 10am to 4pm
	19th Dec	- 10am to 4pm
	23rd Jan	- 10am to 4pm

THE VINEYARD

Crisis Drop-In Richmond - Monday to Friday 09:00-11:00

Vineyard Community Centre, 2 The Vineyard Richmond TW10 6AQ

Open to all in need. An all-in-one hub supporting people facing homelessness, unemployment and food poverty. Support available: A safe warm space where you can access companionship, free hot breakfast, showering facilities, clean new clothing and access to computers.

There is a range of support available,

Are you a Carer?

Are you affected by someone else's alcohol or drug use?

Do you care for someone who has or had an alcohol and/or drug related problem?

If so, you may find that caring for someone who has or had an alcohol and/or drug related problem can be confusing, frustrating and sometimes lonely.

Here at ASCA we provide a range of support services designed especially for you, including:

- **Information and advice**
- **Educational lectures**
- **Informative workshops**
- **'Stress reduction' talks**
- **One to one counselling sessions**
- **Carers Group** (rolling programme). Facilitated by experienced therapists, ASCA's Carers' group runs throughout the year and is designed as an 8-week group. Each week we focus on a different aspect of being in relationship with 'addiction', enhancing your knowledge and understanding, as well as creating a safe space to share experiences and learn from others.



To speak with one of our team or to find out more about our services, please call our office:

020 8940 1160

Because you're important too.

ASCA: 233 Lower Mortlake Road, Richmond, TW9 2LL

Open: Mondays 8am – 6pm, Tuesdays 8am – 4pm and Wednesdays 11am – 2pm.

(outside of these hours please leave your details on our answerphone and someone will get back to you)

For Christmas timings please see our website: asca.org.uk

NEEDLE EXCHANGE



NEEDLE EXCHANGE

We have Needle Exchanges at both Wandsworth and Richmond Services

Open to all, both clients and drop ins/non clients.

Wandsworth:

Mon, Tues, Fri 9-4:30pm Weds 1-4:30pm Thurs 9-4:30pm-
(women's only until 1pm)

Richmond:

Mon and Fri 9am - 4.30pm Tues 9-4:30pm- (women's only until 1pm)
Weds 1.30pm-4.30pm, Thurs 9-11:00am and 1:00-4.30pm

We stock:

- Safer Injecting Equipment
- Needle Bins
- Condoms
- Lube
- STI Kits

Please feel free to ask staff any questions that you may have!

SUBSTANCE USE ALERT

Substance Alert

We have been alerted to overdoses of people who use non-opiate powders and liquids

01

Please be aware, if you use non-opiate powders/liquids/tablets (cocaine, crack cocaine, benzos, ketamine etc), we have seen a rise in overdoses, due to these substances being cut with opioids such as Nitazenes.

IF YOU OR SOMEONE ELSE HAS AN OVERDOSE, ADMINISTER NALOXONE AND CALL 999

02

These opioids are stronger than heroin and fentanyl.



PLEASE TAKE NALOXONE IF YOU USE ANY SUBSTANCES

Naloxone is available at WCDAS and RCDAS, so please talk to your keyworker. We have both Nasal and IM available and will provide training.

03

Signs of overdose

Loss of consciousness or unresponsiveness
Shallow, slow, or stopped breathing
Pinpoint pupils
Choking, gurgling, or snoring sounds
Vomiting
Limp body
Pale, blue, or cold skin
Faint heartbeat

04

If you believe your substance has been changed or you've had a different than normal reaction, please let us know, with as much detail as possible.

HOW TO ACCESS SUPPORT

'Empowering Change Within You'

Walk-in for an assessment

Mon, Tue, Thu, Fri 9am

Opening times: 9am - 4.30pm Mon, Tue, Fri; Wed 1.30pm-4.30pm (closed am for staff training) and Thurs closed between 11:00am – 1:00pm for staff meeting.

Tuesday women only until 1pm.

Please note walk in assessments are not available for criminal justice clients who are seen by referral only. This includes Prison, Courts, Probation, Police, Approved Premises.

Address: Unit 2 Ilex House, 94 Holly Road, TW1 4HF

Tel: 020 3228 3020

Recovery Hub: Tel: 0207 501 2615

Day Programme: 0207 498 6149

Website: <https://www.rcdas.co.uk>

National Domestic Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

<https://richmond.drinkchecker.org.uk/>

'Empowering Change Within You'

