



RICHMOND DRUG AND ALCOHOL SERVICE

AUGUST BULLETIN 2024



Your monthly information pack!

RICHMOND COMMUNITY DRUG AND ALCOHOL SERVICE



Cedars Road

Illex House

SOUTH ASIAN HERITAGE MONTH

South Asian Heritage Month

South Asian Heritage Month (SAHM) first took place in 2020 and has been marked from 18 July to 17 August since then each year. The month seeks to honour and celebrate South Asian cultures, histories, and communities. A significant proportion of people who live, study, work and run businesses in Richmond and Wandsworth are of South Asian origin, including a fraction of colleagues who work for the Councils.

South Asia comprises of Afghanistan, Bangladesh, Bhutan, India, The Maldives, Nepal, Pakistan and Sri Lanka. Each of these countries has been impacted by its relationship with Britain in the past. People of South Asian heritage are a significant part of the British population, with about 1 in every 20 people in the country being of South Asian heritage.

Events in Richmond

A list of events happening in Richmond:

- [The Indian Army at Hampton Court Palace](#) – exhibition open until September 2025. Free for Historic Royal Palace members. Regular tickets for adults starting at £27.20

Resources

Learn more about South Asian heritage and culture in Britain:

- [The Tape Letters project](#) – this project showcases the practice of recording and sending messages on cassette tape as a mode of communication by Pakistanis who migrated and settled in the UK between 1960-1980
- Explore [Historic England's virtual tour](#) of places in the UK with connections to the South Asian community
- The British Film Institute examines the history and identity of British Asians through film – [explore their selection of films](#)

INTERNATIONAL OVERDOSE AWARENESS MONTH

International Overdose Awareness Month



31st August 2024



INTERNATIONAL OVERDOSE AWARENESS

World's largest annual campaign to end overdose, remember without stigma those who have died and acknowledge the grief of family and friends left behind.



"TOGETHER WE CAN"

The theme for 2024 is "Together We Can". This highlights the power of community, when we all unite and come together.

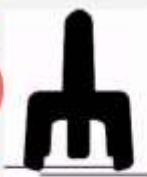
OVERDOSE AWARENESS

By being aware of overdose symptoms, safer injecting, mixing substances and the lacing of synthetic opioids such as Nitazenes and Fentanyl in both opiates and non-opiates, could be life-saving for yourself or others.



WAYS TO COME TOGETHER

By attending substance specific groups, well-being activities and feeding back your comments and requests, we can build a supportive recovery community.



NALOXONE

Naloxone can save lives! It reverses an opiate/opioid overdose and can make the difference between life and death. It is available in both a nasal spray and injection. It is helpful those around you know how to use it in case of emergency.



NITAZENES AND FENTANYL

We now provide Naloxone to all clients who use any illicit substance due to the risk of Nitazenes/Fentanyl being present. We have seen a rise in overdoses in those who use illicit benzos, cocaine, crack and ketamine.

GETTING HELP

If you notice any of these symptoms and it is safe to do so, **administer Naloxone and call 999**. Additionally, 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.



OVERDOSE SYMPTOMS

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



SERVICE SUPPORT & CARERS SUPPORT

We are here to support you- keyworking, groups & activities, scripting and employment & volunteering opportunities are all available. Carers can also receive support- we are able to refer to the Carers Support Service.



RECOVERY MONTH

September is Recovery Month and a great way to continue to think about overdose awareness and substance misuse as a whole. We will have a range of events on throughout the month, so please ask for further details/timetables.

TOGETHER
IN
RECOVERY

WELLBEING ACTIVITIES



Art Workshops: 'Exploring Emotions Through Colours'

When: 6th August 2024, between 11:00 - 13:00

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

Join Art Therapist Sue Davies for the fourth 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, and, last month, vulnerability and courage. In this next workshop we will be exploring compassion, healing emotional hurt, connection and self-love, using hues of green and rose. 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.

Reflexology in Wandsworth 1:1s treatment

When: 17th September 2024, 35 min slots available from 12 - 4 pm

Where: Ilex House, 94 Holly Rd, TW1 4HF Wellbeing Centre, 117 Cedars Road, SW4 0PW

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.**

Indian Head Massage in Richmond 1:1 treatment

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

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

Indian Head Massage aims to release tension in the muscles and joints of the head, face, neck, and shoulders. The experience is deeply calming and relaxing, leaving a feeling of increased energy, concentration, and revitalisation. **To secure a slot, ask your key worker to sign you up or ring 07702 561432/ 07813 038284.**

SERVICE USER MEETING

Join Us for the RCDAS Service User Rep Meeting!

Time
2.30pm -
3.30pm

RCDAS
Ilex House
94 Holly Rd
TW1 4HF

Upcoming dates

28th June

26th July

30th August

Your voice matters!

**Share Your Thoughts - Help us improve our services.
Get your Questions Answered - We're here to address
any queries you have.**

Enjoy Refreshments - Drinks & snacks provided.

Let's come together to create positive changes.

We can't wait to hear from you!

For more information call: 020 3228 3020

NEW ACTIVITIES

SPRAY PAINT WORKSHOP WITH SEAN

**WEDNESDAY
14TH AUGUST
12:30-16:30**

**117 CEDARS ROAD,
SW4 0PW**

**LIMITED SPACES AVAILABLE,
PLEASE SPEAK TO YOUR
RWCDAS KEYWORKER TO
SECURE YOUR SPOT.**



NEW ACTIVITIES

JOIN CDARS NEW WORKSHOP:

RHYTHMS OF RECOVERY

DANCE & MOVEMENT PSYCHOTHERAPY WORKSHOP
WITH M GALLEGO (RDMP)

JOIN US FOR 4 WORKSHOPS SESSIONS:
THURSDAYS @ 1:30PM-2:45PM

SEPTEMBER 5TH
SEPTEMBER 12TH
SEPTEMBER 19TH
SEPTEMBER 26TH

117 CEDARS ROAD , SW4 0PW

INCLUDES BREATHING TECHNIQUES, DRUMMING, DANCING, AND THE
IMPORTANCE OF MIND BODY CONNECTION IN RECOVERY

SPEAK TO YOUR KEYWORKER FOR REFERRAL



RECOVERY MONTH

Recovery Month, a time to celebrate the power of recovery from the challenges of addiction. It's also an opportunity to raise awareness and support those on their journey to wellness.

Throughout the month we will be facilitating our normal groups however we will be including various other activities such as rounders games, reflexology, museum trips, brunches and so much more.

To find out more about what will be on offer as well as how to get involved lookout for our timetable of events throughout September and speak with a member of staff.



OUTDOOR ACTIVITIES

Afternoon Escapes

"Step into serenity and support
— Every afternoon with us is a
step forward."

"Join us for a range of activities designed
to nurture your spirit and strengthen our
community. Whether you're sketching by
the riverside, walking through nature, or
tossing a frisbee, each activity is a step
toward healing in a supportive and secure
environment."

When: Every Thursday from 1:30 pm to 3:00 pm
We meet outside Twickenham train station
Starts from August 1st

If you would like to join,
ask your keyworker for
a referral

Facilitator: Freddie
Bicker, 07939291132



OUTDOOR ACTIVITIES



Looking for your next **CHALLENGE?**

Build memories through taking part in an action-packed challenge while making a huge difference in your community. By fundraising for CDARS, you will help us provide vital support for people experiencing mental health issues, addiction or other complex issues .



We have places at many events including Hackney Half Maraton



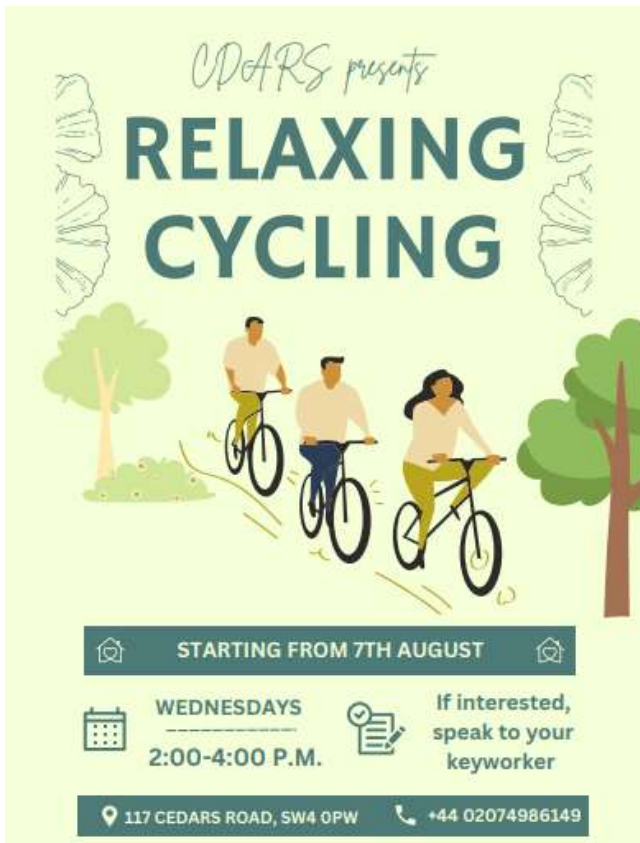
We support you all the way with your fundraising efforts

Get in touch

cdarsevents@cdars.org.uk

www.cdars.org.uk

OUTDOOR ACTIVITIES



CDARS presents
**RELAXING
CYCLING**

STARTING FROM 7TH AUGUST

WEDNESDAYS
2:00-4:00 P.M.

If interested,
speak to your
keyworker

117 CEDARS ROAD, SW4 0PW +44 02074986149

The poster features an illustration of three people (two men and one woman) riding bicycles on a path through a park-like setting with trees and a small pond. The text is arranged in a clean, modern layout with icons for location, calendar, and contact information.



Marathon Project


Join walks and cycling sessions as part of a health and well-being program with the aim of completing a marathon distance (42 km) over the course of 12 weeks. At the end of this you will receive a Fitbit watch, to keep as well as enjoy the benefits of better mental, physical and emotional well-being and connection with others.

Access to this project is through the current weekly walking groups in Wandsworth and Richmond and new cycling sessions which will take place from August onwards.


Speak to your keyworker to be referred into these groups and sessions

The poster has a warm, orange-toned background with an illustration of people walking and cycling on a path. The text is clear and easy to read, providing details about the program's duration and goals.

All in One Hub



Richmond



jobcentreplus

DWP Telephone Numbers


Live your purpose.

For the next 6 weeks Richmond Mind ,
Citizen Advice , DWP, Spear Housing

All in One Hub@

RWCDAS



UNIT 2 ILEX HOUSE
94 HOLLY ROAD TW1 4HF



Advice & Information TO DISCUSS MENTAL HEALTH


GET BACK TO
WORK

Health & Wellbeing





- 26TH OF JULY -ISABELLA (RICHMOND MIND)
- 2ND OF AUGUST - DENISE (CITIZEN ADVICE)
- 9TH OF AUGUST -CHRISTINA(DWP-DEPARTMENT OF WORK & PENSIONS)
- 16TH OF AUGUST -GERRY ?(SPEAR HOUSING)
- 23RD OF AUGUST -DENISE (CITIZEN ADVICE)
- 30TH OF AUGUST -ISABELLA (RICHMOND MIND)

EVERY FRIDAY
11AM-1PM



SPEAR

homelessness to independence



INDIVIUAL PLACEMENT SUPPORT

IPS EMPLOYMENT

If you want to get back into work but aren't sure where to start, **we're here to help**

- One-to-one support with searching, applying and interviewing for jobs
- Help to produce a professional-looking CV
- Help to find work that suits you- part-time, full-time, temporary or permanent
- Support with benefits calculations
- In-work support

Speak to your RCDAS Key Worker for a referral or

Call 07502 578405 for more information

USEFUL RESOURCES



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!

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 Feb - 10am to 4pm
28th March - 10am to 4pm
25th April - 10am to 4pm
30th May - 10am to 4pm
27th June - 10am to 4pm
25th July - 10am to 4pm



RECURRING ACTIVITES

Job Club

Helping RWCDAS clients back into employment
IT Room at 117 Cedars Road, SW4 0PW

Join us for the RWCDAS Job Club!

Every other Monday
Starting 13th May
11am-1pm

Get help with:

- Applying for jobs
- Support with looking for volunteering and training opportunities
- Interview advice

OR simply pop by to learn about other support available from ETE.

Call us on 07702 561432 or 07813 038284 to find out more.









Allotment Group Weekly
TEDDINGTON
TUES AND WEDS
11AM - 1PM



Speak to your keyworker about a referral

Himalahian Hatha Yoga for RWCDAS clients

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

No referral required. All abilities welcome. Mats and blocks provided.
For more info call 07702 561432 or 07813 038284

CDARS - DAY PROGRAMME



NEURODIVERSITY GROUP FOR ADDICTIONS & RECOVERY

Neurodiversity Support Programme


When: Thursdays @ 2.00pm-4.15pm
Where: CDARS, 117 Cedars Rd, London SW4 0PW

- Discover what Neurodiversity is and how it can impact recovery and addiction.
- Strengthen your skills set to support yourself and develop your understanding and acceptance of Neurodiversity.
- Learn ways to regulate yourself, improve social anxiety skills, develop healthy coping mechanisms, and the importance of self-care.
- Develop self-compassion that relates to you, and build resilience through feeling seen, heard and validated through your shared experience.

The above info & is to be referred to contact: St George's Clinic, 117 Cedars Road, SW4 0PW
Phone: 07813038284



Auricular /cupuncture

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



Drop in (free place)
117 Cedars Road, SW4 0PW, London SW4 0PW, 117 Cedars Road, SW4 0PW, 117 Cedars Road, SW4 0PW, 117 Cedars Road, SW4 0PW

For more info & to be referred to contact: St George's Clinic, 117 Cedars Road, SW4 0PW
Phone: 07813038284

RECURRING ACTIVITIES



CHEMSEX SUPPORT GROUP

Join our weekly Chemsex Support Group

Every Friday at 15:00 at
Wandsworth Community Drug and Alcohol Service
St. John's Therapy Centre, 162 St. John's Hill,
Wandsworth, London, SW11 1SW

If you are interested,
please talk to your
keyworker!

**RICHMOND COMMUNITY
RCDAS
DRUG AND ALCOHOL SERVICE**

EMPLOYMENT, TRAINING AND EDUCATION (ETE) SERVICE FOR RWCDAS CLIENTS

What we do?

- Support individuals who engage in drug and alcohol treatment at RWCDAS to access Employment, Training, Education and volunteering opportunities.

How we do it?

- 1:1 appointment with ETE worker every 6-8 weeks or more intensively for a period of up to 1 year.

Type of support:

- Help identifying internal and external courses and training based on your preferences and interests.
- Support with job searching and job applications.
- CV making and interview preparation.
- Help identifying and applying for volunteering opportunities.
- Help you identify barriers to recovery and ETE goals

Group activities:

The ETE service also delivers weekly/monthly group workshops which all RWCDAS clients are welcome to join. Group activities include:

- Yoga
- Sound Bath
- Reflexology and Indian Head Massage
- Art Sessions

Please note the above list is not exhaustive, and we also organise various other events throughout the year e.g. drama, diversity celebrations, etc.

How to join:

- Ask your RWCDAS key worker.
- Contact 07702 561432 or 07813 038284 to find out more.

RCDAS **RCDAS**



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.

Address
**CDARS 117 Cedars Road
SW4 0PW**

For more information:
07393135503
mitchell.wesley@cdars.org.uk

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.

We Are With You Allotment

We warmly invite you to tame this wonderful allotment and help Moriarty (our scarecrow) plant even more vegetables.

Come and enjoy bringing the pond back to life, or just come and enjoy the peace.

Tuesdays and Fridays 12.15-2.15ish

Shacklegate Lane Teddington

Please ask your RWCDAS keyworker to refer you.





HOW TO ACCESS SUPPORT



Walk-in for an assessment

Mon, Tue, Fri 9am, Thurs 9am – 10am

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.

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/>
[Richmond Drink Checker](#)

CDARS 24/7 Helpline for crisis support out of normal hours - 07944 506 036