

Recover!

Shropshire DAAT Newsletter

WELCOME to Recover!

Recover! Is the quarterly newsletter for The Shropshire Drug & Alcohol Action Team which brings you up-to-date with the world of drug and alcohol treatment; recovery; and related services in Shropshire.

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Shropshire Drug & Alcohol Treatment Services Re-Tender

Shropshire DAAT has recently recommissioned drug and alcohol treatment services for the county. From the 1st April 2019 Addaction will be the lead provider and, in partnership with Intuitive Thinking Skills, will deliver the new service for communities across Shropshire.

Adult and Young Persons Community Drug and Alcohol Recovery

The new service model will have the following features at its heart:

- Provision of effective tailored personalised care; supporting people to recover will be central.
- Embracing recovery, enabling individuals to realise their true potential; encouraging a culture of change, hope and optimism.
- Supporting people to recover, to make positive and long lasting contributions to their communities, to reconnect with family members and be confident to celebrate their successes.
- Young Addaction Shropshire will continue to provide a holistic service across the county to young people and families.

Part of the vision for the new service will be the establishment of a Strategic Recovery Partnership which will involve delivery partners, local recovery and service user network representatives and wider partners. The Partnership will:

- Meet quarterly to review strategy, performance and join-up service delivery.
- Oversee an annual fundraising, communication and engagement.
- Oversee an annual Community Partnership Fund.

For further information you can call the service on 01743 294700, e-mail shropshireinfo@addaction.org.uk or click [here](#)

See future editions of Recover! for updates and news on developments of the new service.

addaction

Shropshire Mutual Aid

A key objective of drug policy, as set out in the UK Drug Strategy 2017 and within Public Health England priorities is to improve recovery rates from drug dependency. The role played by Mutual Aid, the social, emotional and informational support provided by and to individuals at every stage of recovery, is hugely beneficial in achieving this.

Mutual Aid Groups often include people who are abstinent and want help to remain so; these people are actively changing their behaviour using a programme of mutual aid. Groups also include people who are thinking about stopping and/or actively trying to stop their drug and alcohol use.

Groups also exist to support families, children and friends affected by substance misuse.

There is a wide range of mutual aid support and provision across the county. Here is an overview of current provision that can be accessed:

Monday		
Al-Anon	12.00pm-1.00pm	St Winefrides Convent, Shrewsbury
Alcoholics Anonymous (Open Group)	12.30pm–1.45pm	The Elim Church, Ludlow
Alcoholics Anonymous (Open Group)	7.30pm-9.00pm	St Johns Church Hall, Bridgnorth
Alcoholics Anonymous (Closed Group)	7.30pm—9.00pm	The Senior Citizens Hall, Shifnal
Alcoholics Anonymous (Closed Group)	7.30pm-9.00pm	Oxon Church Hall, Shrewsbury
Alcoholics Anonymous (Closed Group / 1st Monday each month Open)	8.00pm-9.30pm	The Friends Meeting House, Oswestry
Tuesday		
Alcoholics Anonymous (Open Group)	6.30pm-7.30pm	The Methodist Hall, Ludlow (young persons)
Narcotics Anonymous	7.00pm-8.00pm	St Winefrides Convent, Shrewsbury
Narcotics Anonymous	7.00pm-8.00pm	Eastern Community Centre, Oswestry
Alcoholics Anonymous (Closed Group / last Tuesday each month Open)	7.30pm-9.00pm	St Nicholas Hall, Shrewsbury
Alcoholics Anonymous (Open Group)	8.00pm-9.30pm	The Methodist Hall, Ludlow
Wednesday		
Alcoholics Anonymous (Open Group)	10.15am-11.30am	St Leonards Church Hall, Bridgnorth
Alcoholics Anonymous (Open Group)	7.30pm-9.00pm	The Senior Citizens Hall, Shifnal
Alcoholics Anonymous (Open Group)	8.00pm-9.30pm	The Redwoods Centre, Shrewsbury
Alcoholics Anonymous (Open Group)	8.00pm-9.30pm	St Elizabeth's Church, Cleobury Mortimer



Thursday

SRP Families & Friends Group	6.00pm-8.00pm (Last Thursday of the month)	The Community Room, Battlefield Tesco, Shrewsbury
Narcotics Anonymous	7.00pm-8.00pm	St Winefrides Convent, Shrewsbury
Alcoholics Anonymous (Closed Group / 1st Thursday each month Open)	7.30pm-9.00pm	St Nicholas Church Hall, Shrewsbury
Al-Anon	7.30pm-8.30pm	St Winefrides Convent, Shrewsbury
Alcoholics Anonymous (Closed Group / open meetings on request)	8.00pm-9.00pm,	The Methodist Church, Much Wenlock

Friday

Alcoholics Anonymous (Open Group)	7.30pm-9.00pm	The Baptist Church, Bridgnorth
Al-Anon	7.30pm-8.30pm	The Baptist Church, Bridgnorth
Alcoholics Anonymous (Closed Group / 1st Friday each month Open))	8.00pm-9.00pm	St Peters Catholic Church, Ludlow
Alcoholics Anonymous (Closed Group / open meetings on request)	8.00pm-9.30pm	The Methodist Church, Market Drayton

Saturday

Alcoholics Anonymous (Closed Group)	11.00am-12.30pm	United Reformed Church, Bridgnorth
Alcoholics Anonymous (Open Group)	1.30pm-3.00pm	The Baptist Church, Shrewsbury

Sunday

Alcoholics Anonymous (Open Group)	11.30am-1.00pm	The Community Centre, Shifnal
Narcotics Anonymous	7.00pm-8.00pm	St Winefrides Convent, Shrewsbury
Alcoholics Anonymous (Closed Group)	7.30pm-9.00pm	The Chapter House, Shrewsbury

Alcoholics Anonymous run both 'Open' and 'Closed' Meetings. Open meetings can be attended by all who may or may not have an alcoholic problem, closed meetings are restricted to alcoholics and those who have a desire to stop drinking.

Please note that meeting dates are correct at the time of publication and may be subject to change. It is advisable to check the relevant organisations website in case of changes:

Al-Anon: www.al-anonuk.org.uk

Alcoholics Anonymous: www.alcoholics-anonymous.org.uk

Narcotics Anonymous: www.ukna.org



Project NEPTUNE E-Learning Courses

The Novel Psychoactive Treatment UK Network (Project NEPTUNE) has been developed to improve practice in the management of harms resulting from the use of club drugs and novel psychoactive substances (NPS). It is aimed at individuals working in a range of frontline services including drug treatment and recovery services, emergency departments, sexual health services, primary care and mental health services.

In partnership with the Royal College of Psychiatrists, Project NEPTUNE has developed several training modules that are accessible and easy to use for busy front-line clinicians and other front line staff.

Seven modules, covering topics such as an introduction to club drugs and NPS and the acute harms and management of depressants and stimulants are available to complete

All modules have been developed to support continuous professional development, are interactive and are available free of charge.

For further information please see [here](#)



NICE Guidance on Alcohol Education In Schools Consultation

The National Institute for Health and Care Excellence (NICE) is currently consulting on updated guidelines for 'Alcohol: School Based Interventions'.

The draft guidelines cover interventions in secondary schools and further education settings to prevent and reduce alcohol use among children and young people aged 11 to 18. It also covers people aged 11 to 25 with special educational needs or disabilities in full time education.

The overarching aims of the guidance are to:

- Encourage children and young people not to drink.
- Delay the age at which they start drinking.
- Reduce the harm to those who do drink.

These aims are to be achieved through the effective and evidence based planning and delivery of alcohol education and, where appropriate, targeted interventions.



The new draft guidance will support the Department for Education's plan to make alcohol education a compulsory component of personal, social and health education (PHSE) in all state funded schools in England from September 2020.

Consultation closes on the 22nd March 2019, further details along with the draft guidance are available to view [here](#)

Celebrating Recovery Event

On the 14th December 2018 The DAAT in partnership with the Shropshire Recovery Partnership held a 'Celebration of Recovery' event at the Shropshire Wildlife Centre.

This event celebrated the phenomenal success of Shrewsbury hosting the UK Recovery Walk in September, aiming to thank the Shropshire Recovery Community for all of their help and dedication in making the event such a success. The day also aimed to celebrate all other recovery events that have taken place across the county during the past year.



A market place hosted agencies including Shropshire Fire and Rescue Service, The Samaritans and Shrewsbury Street Pastors to offer support and information.



The event also featured a recovery gallery with numerous photographs from across the year, highlighting visible recovery across Shropshire. Nicky the face painter offered fabulous faces and glitter tattoos free of charge to all. A free raffle ticket which was kindly supported by donations from 12 local Companies also took place.

The event also launched a 'Keeping Safe over the Holidays' booklet which was a guide to all service users of where to access help and support over the holiday period. To view the booklet please see [here](#)

Shropshire Recovery Partnership Creative Arts Group

The Shropshire Recovery Partnership offer a wide variety of activities for service users services to aid and support recovery including cycling sessions, health and wellbeing and walking groups.

The service, in partnership with MIND Shrewsbury, run a weekly creative arts group, an excellent opportunity for the recovery community to meet over a cup of tea whilst learning new skills. The group takes place every Friday and is facilitated by a Recovery Champions; individuals who are stable in their own recovery journey; who each week organises a different topic or theme for the group to work on.

Recently the group have covered topics such as Van Gough's Starry Night, Emoji's and Bubble Wrap Art. Around ten individuals attend the group each week and feedback from those who attend is highly positive:

*"Awesome group" "Such a relaxing time with great people" "Brilliant art group as always"
"Really enjoyed todays session and really chuffed with the results"*



Shropshire MIND Talking Services Campaign

Shropshire MIND has launched a campaign promoting their confidential talking support services for people with mental health concerns. The service has produced a number of beverage mats and business cards in order to connect vulnerable people to sources of support.

Shropshire MIND distributed 38,000 beverage mats/business cards across the county over the Christmas, New Year and January 2019 period. An additional 80,000 will be printed over February with an overall aim to distribute 120,000 by end of March 2019 targeting GP practices, hospitals, community hubs and places of worship.

The mats and cards will assist with delivery of the Suicide Prevention Strategy in Shropshire which aims to reduce stigma and encourage people to talk about suicidal thoughts and empower individuals to access early and appropriate support.

For further information about the beverage mat and business card resources please contact Clive Ireland, Chairman of Shropshire MIND at cliveireland@hotmail.com.

For further information about the Shropshire Suicide Prevention Programme please contact Gordon Kochane, Public Health Consultant at Shropshire Council at gordon.kochane@shropshire.gov.uk.

*There is always
someone you can
talk to...*

manager.shropshiremind@gmail.com
Shropshiremind.org

Artwork donated by Sparkagency.uk



No Smoking Day 2019

National No Smoking Day takes place on Wednesday 13th March. Overseen by the British Heart Foundation, this annual health awareness day aims to help smokers to quit.

It is never too late to stop smoking in order to greatly benefit your health and although seven out of ten smokers say they want to stop, most believe they cannot. One of the most successful way of quitting is with the help of a free local Stop Smoking Service.



Help2Quit, the local NHS Stop Smoking Service in Shropshire, offers free support delivered by stop smoking specialists including practice nurses, midwives, pharmacists and school nurses. The service has been helping people to quit for the last 17 years and has seen around 85,000 clients in that time. The service is available in almost all GP surgeries in Shropshire and is also provided in many pharmacies, community venues, hospitals and selected supermarkets.

Further information on Help2Quit, including contact details, is available [here](#)

For more information go to the 'Drugs and Alcohol' pages of the Healthy Shropshire Website: www.healthyshropshire.co.uk

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