

Shropshire Council

# 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.

### Inside this issue:

Welcome to Recover!	1
Shropshire Recovery Partnership	1
Alcohol Guideline Changes	2
One You Health Campaign	3
SSP—The Donkey	3
Willowdene Farm Funding	4
SURF Update	4
Make You Think	5
Drug Driving	6
New Staff	6



# Shropshire Recovery Partnership

**On Friday 1st April 2016 The Shropshire Recovery Partnership was launched as the new drug and alcohol treatment service for Shropshire.**

This is the hugely exciting culmination of a tender process from the Shropshire Drug and Alcohol Action Team to procure a one stop treatment service for the county with a strong focus on recovery.

The Shropshire Recovery Partnership is a partnership between ARCH (Active, Rehabilitation, Counselling and Health), a charity dedicated to enhancing the health and wellbeing of people and communities, with a rich background in supporting disadvantaged and vulnerable people, and Addaction, one of the UK's leading and largest specialist drug, alcohol and mental health treatment charities.

Collectively, ARCH and Addaction have over 40 years of experience within the substance misuse field, offering services across England, Wales and Scotland.

The partnership will be providing a person centred drug and alcohol service, aiming

to build a vibrant, recovery focused community.

The mission statement of the partnership is to 'make a real difference' through a dedication to enhancing the health and wellbeing of people and communities through innovative, high quality and effective services that value each Individual, transforming lives and building brighter futures.

The Shropshire Recovery Partnership is based at Crown House in Shrewsbury Town Centre but will also have hubs in Oswestry, Whitchurch, Ludlow and Bridgnorth.

Please see future editions of Recover! for further updates and developments.

For more information please visit:

[www.shropshirerecovery.com](http://www.shropshirerecovery.com)

The Shropshire Recovery Partnership can be contacted on:

Telephone: **01743 294 700**

E-Mail: [info@shropshirerecovery.com](mailto:info@shropshirerecovery.com)

# Alcohol advice has changed...

In January 2016, following a review of the links between alcohol and risks to health, the UK's Chief Medical Officer updated guidelines on alcohol for men and women. The new guidance suggests:

- To keep health risks from alcohol at a low level, you are safest not to regularly drink more than 14 units per week. This applies to both men and women.
- If you do drink as much as 14 units per week, it is best to spread this evenly over three days or more. If you do have one or two heavy drinking sessions, you increase your risks of death from long term illness and from accidents and injuries.
- The risk of developing a range of illnesses (including cancers of the mouth, throat and breast) increases with any amount you drink on a regular basis.
- If you wish to cut down on the amount of your drinking, a good way to help achieve this is to have several drink free days each week.
- Pregnant women are advised not to drink alcohol at all. If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum.

The full Chief Medical Officer report can be found here: [CMO Alcohol Report.pdf](#)

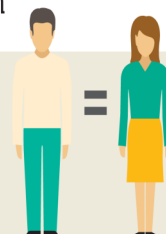
The increased risks associated with drinking are:

Condition	Increased risk by drinking per day	
	3 Units	6 Units
Liver Disease	3 Times	7 Times
Mouth Cancer	2.5 Times	5 Times
Throat Cancer	1.8 Times	3 Times
Breast Cancer	1.3 Times	2 Times
Hypertension	1.7 Times	3 Times
Ischaemic Stroke	No Change	2 Times
Haemorrhagic Stroke	1.8 Times	3 Times
Pancreatitis	1.3 Times	2 Times

## New Government Alcohol Guidelines for Men & Women

You shouldn't regularly drink more than

**14 units a week**



This means you **should not drink more than** this amount of **wine** ...



...OR this amount of **lager or ale**



...OR this amount of **cider**



...OR this amount of **spirits**



## One You Campaign



**On Monday 7<sup>th</sup> March, Public Health England launched 'One You', a ground-breaking new campaign to help adults across the country avoid future diseases caused by modern day life.**

Everyday habits and behaviours, such as eating too much unhealthy food, drinking more than is recommended, continuing to smoke and not being active enough, are responsible for around 40% of all deaths in England, and cost the NHS more than £11 billion a year.

'One You' aims to encourage adults, particularly those in middle age, to take control of their health to enjoy significant benefits now, and in later life through helping adults to move more, eat well, drink less and be smoke free. One You will also provide information on how people can reduce their stress levels and sleep better.

One You encourages adults to start by taking a new online health quiz called 'How Are You'. This innovative quiz provides personalised recommendations based on your results and directs people to tools and advice to help them take action where it's most needed. Over half (56%) of 40 to 60 year olds taking the 'How Are You' quiz said they were likely to change their lifestyle to improve their health because of the feedback it gave them.

Shropshire DAAT are currently working closely with other Public Health colleagues on the launch of 'Shropshire How Are You', the local 'One You' campaign that will work with local communities and local businesses to promote and deliver the campaign in the heart of our county. Please see future editions of Recover! for updates.

For further information on the national 'One You' campaign and to take the 'How Are You' quiz please visit [www.nhs.uk/oneyou](http://www.nhs.uk/oneyou)

## Shrewsbury Street Pastors



### The Donkey

**Shrewsbury Street Pastors has a new piece of kit to help those who are "poorly" following drugs or alcohol over indulgence. It's called "The Donkey"; the street pastors triage support vehicle.**

### What is the Donkey?

It is a reclaimed Shropshire Youth bus, it is fully accessible with fifteen seats, several tables, and a complete kitchen

area, including a sink! The street pastors can make hot drinks, supply water, flip-flops, lollies, space blankets, disposable sick bags, tissues and prayers to those in need.

It first went out on 28th November when Shrewsbury was being assessed for its Purple Flag award, and it has been out most Saturday evenings since then.

### Who mans it?

The Donkey team has been working alongside existing Street pastors to pick up and care for those in need. It always has an experienced driver, and a Donkey team mate on board to help those in need of assistance. The Ambulance service has supplied the street pastors with first aid equipment, including a defibrillator, red blankets and "Sick" buckets, with lids for those who need to part with the excess alcohol.

All the Donkey team receive essential first aid training and those who drive

the vehicle will also have advanced driving training as trying to reverse a 7 ½ ton vehicle needs different skills to reversing a family car around a corner!

### Who has used it?

184 people have accessed the Donkey so far, 33 who needed help in various ways, served 75 hot drinks, and visited 28 different locations around town.

The team also plan to visit the churches around Shrewsbury, not – we hasten to add, because they are under the influence - but looking for volunteers to further our ability to help those who need it in the wee small hours of a Saturday evening/Sunday morning in our town of Shrewsbury.

How many Street Pastors initiatives can claim to have entertained the High Sherriff and his wife, representatives from the Police & Crime Commissioner Office, paramedics from West Midlands ambulance service and the Town Clerk on a triage support vehicle in such comfort?

## Willowdene Farm Funding Success

**Willowdene Farm has been successful in obtaining a £380,000 Drug and Alcohol Recovery Capital Grant from Public Health England.**

The money will be used to build a women's only recovery residential facility at the Willowdene Farm site in Chorley near Bridgnorth.

The primary aim of the Women's Recovery Centre (WRC) is to provide recovery day services and a residential programme enabling women from across Warwickshire and West Mercia to overcome alcohol and / or substance misuse dependence in order to achieve sustainable recovery.

This is a resource that has been significantly lacking in the region with, to date, only day activity provision being available currently at the centre.

The Recovery Centre will make a significant difference to the women who attend this new facility as the programme of activities is specifically focused on the needs of women and to help them overcome their dependency issues using recovery – orientated treatment.

This in turn will reduce the harm that addiction causes to the women, their families and to communities as a whole.

Additionally, there is also a great deal of 'social capital' with the building and styling of the units. The Recovery Centre will be made up of two units. Contractors will build the first unit with the women at the centre having input into the décor. However, service users will have an opportunity to have significant input into the actual design and build of the second unit.

The DAAT will be working closely with Matt Home, the Managing Director of Willowdene throughout the process and initial targets are for the units to be completed by the end of the year.

Please see future editions of Recover! for further updates and news on this exciting project.

## SURF Shropshire

An update from SURF .....

**We are the Shropshire Alcohol and Drugs Service User Recovery Forum or SURF for short. Our group consists of individuals with personal experience of addiction, recovery and use of Shropshire drug and alcohol services.**

We aim to (mutually) support individuals in their recovery journey and to independently monitor, interact with and support service providers in the interests of service

users in general, and the wider community.

We also aim to raise awareness of recovery from drug and alcohol addiction in Shropshire and challenge the stereotypes and stigma associated with addiction.

We will be publishing our quarterly newsletter in the next few weeks which includes views on the recent changes in service provision, a recovery story, our plans for the coming year and a number of other highly interesting bits and bobs.

Our members also continue to attend/facilitate/support local peer-led Mutual-Aid meetings on a regular basis. We are currently helping to get peer-led open Smart Recovery meetings started in Ludlow and Whitchurch to complement the existing Smart Recovery groups in Shrewsbury, Bridgnorth and Oswestry.

Ludlow meetings will run Fridays from 1pm – 3pm starting 22nd April at

Rockspring Community Centre. Arrangements for the Whitchurch

meetings should be finalised shortly and details will be included in the newsletter and on our website.

We have also started planning events for the recovery month in September.

This will include several smaller events for Service Users in different parts of Shropshire – including Whitchurch, Oswestry, Bridgnorth and Ludlow plus a larger recovery event in Shrewsbury. If you want to know more about what we do, if you have any queries or suggestions please get in touch by e-mail at [ugsgroup@gmail.com](mailto:ugsgroup@gmail.com).

You can also follow us on twitter @SurfShropshire

Or visit our website: [www.surfshropshire.wix/surf](http://www.surfshropshire.wix/surf)



## Make You Think



**We continue our quarterly slot bringing you new and interesting information from the world of drug and alcohol treatment and recovery. This time we have a look at MHealth.**

MHealth (mobile health) is a rapidly expanding and developing field in the digital health sector providing healthcare support, delivery and interventions through mobile technologies, primarily smartphones and tablets.

The use of smartphones and tablets in the UK is huge. It is estimated that 75% of adults living in the UK own a smartphone and 50% a tablet.

With smartphones and tablets becoming steadily more popular the use of apps is also becoming more widespread; 91% of smartphone users and 86% of tablet users use their devices to access apps.

From a health and wellbeing perspective, the popularity of apps gives a fantastic opportunity to reach and engage with people, giving new opportunities to promote and support health related behaviours.

Currently there are apps available that support an enormous range of health and wellbeing issues, from supporting blood sugar controls in diabetes patients, medication reminders to weight loss.

Apps are also available with a wide range of functionalities, from providing information, to offering support based on personal details, to monitoring physiological signs such as heart rate and blood pressure.

However, recent research has shown that many of these apps, including

both clinical and non-clinical MHealth technologies, do not contain evidence based content and do not adhere to clinical guidelines. However, it is still felt that MHealth technologies have the potential to support healthcare delivery at all levels of care.

Although the take up of MHealth in the addictions field has been slower than in other sectors, increasingly, apps are becoming available to monitor alcohol use and also to support recovery.

There has been very little research undertaken to see whether these apps are successful in supporting people to change their behaviour. However, it is thought that the principles of how to effectively support behaviour change still apply in MHealth technologies.

Research shows that interventions that require interaction are associated with higher levels of behaviour change, rather than those that just present information. Evidence also suggests that some techniques work more effectively when grouped together. For example, interventions which include goal setting, self-recording, and reviewing of goals are more likely to be effective than those which use just one of these techniques.

The following apps have been highlighted as being particularly well designed and potentially effective:

### **Alcohol Apps:**

**Drinksometer:** A tool for assessing alcohol use. The app gives feedback on a user's drinking, provides information on risks and drinking guidelines and includes a risk adjuster for mental and physical health, and medication use (free)

**Drinkaware:** A very sophisticated app, allows users to track their drinking and set goals, whilst viewing information on guidelines, support services and risks. It also includes feedback on calories and costs of alcohol as well as a novel feature where users can input their 'weak spots' (places where an individual is likely to drink) and the app will notify them when they are nearby (free)

### **Recovery Apps:**

**Recovery box:** designed to work with any addiction, this app focuses on the tracking of daily life activities to identify and break unhelpful habits that may impact on a user's recovery. Daily activities are broken down into green, amber and red 'lights' which help users be aware of habits that may reinforce addictive behaviours (£1.49)

**SoberGrid:** Using geo-location features this app connects users with other sober people who are nearby, helping them to build strong recovery networks. SoberGrid also provides a function for users to reach out for support if they feel they might lapse (free)

**Afternoon affirmations:** this app is aimed at people in recovery from all addictions, sending out an inspiring affirmation at 1pm each day to support a sober lifestyle (free)

**12 Steps AA Companion - Alcoholics Anonymous:** this was the original 12 step-based app providing the full 'Big Book' with a search function, a sobriety calculator, helpful contacts and social media sharing (£1.31)



## Drug Driving Laws



**It is illegal to drive if your driving is impaired by drugs or if you have certain drugs above a specified level in your blood. In March 2015 a new law came into force in England and Wales making it easier for the police to catch and convict people driving under the influence of drugs.**

If the police stop you and think you have taken drugs they are now able to use

new 'drugalyser' equipment similar to breathalyzers at the roadside to detect the presence of drugs. The police can also carry out a 'field impairment test' which looks your ability to balance, walk in a straight line, judge short periods of time and eye pupil size.

If drugs are detected in your system or you are thought to be impaired by drugs, you'll be arrested and taken to a

police station for blood or urine tests. If the tests show you've taken drugs or show a specified drug above the specified blood limits you could be charged with drug driving.

Drivers will face prosecution if they exceed low limits set for the eight illegal drugs, including cannabis, cocaine, MDMA (Ecstasy) and ketamine.

### **Drivers will also now face prosecution if they exceed limits set for eight prescription drugs:**

Clonazepam, Diazepam, Flunitrazepam / Rohypnol, Lorazepam, Oxazepam, Temazepam, Methadone, Morphine.

If you take any of the above medications and have any concerns regarding possible effects on your driving please speak to your GP, pharmacist or a healthcare professional.

**Penalties for** convicted drug drivers face a minimum **one years driving ban, a criminal record and a heavy fine of up to 6 months in prison or both.**

**Other consequences of prosecution can include;** job loss, loss of independence, a criminal record, an increase in car insurance costs and trouble getting into countries like the USA.

### **For further information please see:**

<http://think.direct.gov.uk/drug-driving.html>, <https://www.gov.uk/government/collections/drug-driving>

### **New Member of Staff—Simon Haydon**

**The Shropshire DAAT has a new team member. Simon joined the team on the 1st March 2016 as Public Health Programme Officer, supporting the commissioning function of the team. Simon comes to the DAAT with a wealth of experience in substance misuse and the criminal justice field.**

After working for ten years in the Leisure industry in London he moved to Shropshire in 2001, completing his training to become a Probation officer. After two years working for the National Probation Service, the final year working in the Drug Rehabilitation Requirements / Integrated Offender Management (IOM) Team, he obtained

the post of Senior Criminal Justice Worker in the Telford Substance Misuse Team based in Wellington. During his time he oversaw the introduction of the Drug Intervention Programme and far closer working with the police with the commencement of the IOM.

Simon also obtained funding for a project aimed at isolated members of the community, using the money to run a Healthy Lifestyles project. After the success of the first project a further five followed over the next three years resulting in over fifty clients completing the twelve week projects.

In April of 2013 he moved to the

Shropshire Community Substance Misuse Team as a Senior Substance Misuse Worker managing the north of the region, working mainly from the Oswestry local hub. In early 2015 he organised and then facilitated the newly formed shared care clinic based at the Ellesmere surgery.

Simon is very much looking forward to the new challenge of working within the Commissioning Team and hopes that he can help ensure that services within Shropshire continue to meet the needs of its clients in the ever changing diverse landscape of substance misuse.

Simon can be contacted on:  
simon.haydon@shropshire.gov.uk

For more information go to the 'Drugs and Alcohol' pages of the Healthy Shropshire Website: [www.healthyshropshire.co.uk](http://www.healthyshropshire.co.uk)

**Contact us on:** Email: [gavin.hogarth@shropshire.gov.uk](mailto:gavin.hogarth@shropshire.gov.uk) Phone: 01743 253 982