

# *DAAT Newsletter*

## *Summer 2014*



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## A Word from the Deputy Director of Public Health

Welcome to the latest DAAT Newsletter. We hope that you find these of interest, let us know what you think.

We are continually on the look out for new contributions of articles, poems, artwork and photographs etc. so please send your items to Catherine Draper. If you would like to see something specific in the newsletter that has not appeared before, let us know. Email [Catherine.draper@hants.gov.uk](mailto:Catherine.draper@hants.gov.uk)

Since the last newsletter, the DAAT team and partners have been working together to finalise the first Hampshire Substance Misuse Strategy. This was agreed at the Strategic DAAT Partnership 11<sup>th</sup> July and a supporting action plan is now being developed to move into implementation. As part of this a number of workshops are being planned and led by DAAT partners on the local priorities identified so please look out for an invitation.

There have been several campaigns linked to the World Cup to raise awareness around substance misuse and domestic abuse and Hampshire Alcohol Partnership 'Rethink Your Drink'.

The articles in this edition from users and substance misuse services provide valuable insight into what we all do together and I always learn a lot from reading them. Thank you.

Dr Christine Jackson  
Deputy Director of Public Health



## Dates for your Diary

### Community Meeting dates

Totton — 1st Monday of the month

New Milton — 1st Tuesday of the month

Andover — 1st Wednesday of the month

Fareham — 1st Friday of the month

Winchester — 2nd Friday of the month

Eastleigh — 2nd Friday of the month

Havant — 3rd Thursday of the month

Basingstoke — 4th Monday of the month

Aldershot — Last Friday of the month

HUGG (Hampshire User Governance Group) — 4th Thursday of the month

### Remembrance of those who have died of an Overdose

21st July 2014

### Overdose Awareness Day

31st August 2014

### UK Recovery Walk

13th September 2014

### UK Recovery Conference 2014 "Creating narratives for the Recovery Movement: the Good, the True & the Beautiful"

26th September 2014

## Learning to say “NO”

By CS – Winchester hub



CS and keyworker Andrew Evans

When I was 15 years old I was thrown out by my mum and dad and moved in to my own accommodation in Eastgate Street, Winchester.

A friend of mine came to see me and had his Dad's Dycanol script on him and my drug use kicked off then, in a syringe.

The buzz was intense, I had never felt anything like it, it was fantastic. We ended up injecting the whole script in 3 days.

I then progressed to barbiturates, in fact I was using anything I could get my hands on.

It became a regular occurrence for me to wake up in police cells, not remembering how I got there due to the amount of drugs I was taking. I remember waking up in a padded cell in a strait jacket.

After this stint I ended up living in a probation hostel as I got arrested for nicking a car and was introduced to Mandrax and amphetamines in the hostel.

I stayed there for roughly 11 months and then moved back to Eastgate Street and promptly fell out with my entire family including siblings due to my behaviour. For the next 25 years I caned amphetamine and other drugs.

After my marriage broke up, I was seeing my children at the weekends. One weekend I was looking after the children when my wife turned up accusing me of using cocaine whilst in charge of them.

She picked them up and told me I would never see them again; I didn't have any real contact with them for the next 26 years, apart from when they would see me on the streets begging.

They were embarrassed at what I had become. Life was awful. When my wife took them off me it gave me the green light to take as many drugs as I could.

I got married a second time however this only lasted 3 months as both of us were using and I got out of the marriage as quickly as I could. My second wife was very abusive and would batter me, physically and mentally and also was cheating on me.

The choices I made were bad, however I continued to use. I overdosed a few times and was begging and thieving from shops. I even stole the GP's medical bag to sustain my drug use.

I was put in prison for two years for possession. I was carrying 52 tabs of LSD and when the police caught me I swallowed them. The bag they were in unravelled inside my stomach. This affected my mental state for 18 months and I had horrific flashbacks and hallucinations.

After the two years, I was let out of prison and got back with my first wife however this only lasted two months and we split again.

I started injecting heroin and pharmaceutical tablets after the split. I remember taking a girl out that I fancied. She introduced me to her Dad and I promptly puked all over him. The short relationship ended there and then!

My drug taking affected me massively. I encountered a lot of violence toward me and visa versa. I was committing street robberies, robbing dealers and thieving from shops. My use was causing me so much trouble.

I lost my Sister to cancer and this was a shock to my

system; I realised I needed to stop so I started interacting with services and asked them for help.

They put me in contact with a keyworker who I would see every 3 days. One day he came round to give me a urine sample and I barricaded him in my home until he gave me what I wanted: drugs.

After my mum's death I always used well over the top, overdosing twice on the anniversary of her death.

My using slowed down after 3 years, however I took a massive overdose because of the loss of both my mum and sister. This was mainly due to the huge guilt of not being there for my sister when she died.

I had gone for a meal with my sister who was in remission from the cancer and she was complaining about a belly ache.

She died 5 days later as I was at the hospital having a Hep C test due to my intravenous drug use; I didn't

realise she was at the hospital and that she had relapsed back into cancer.

She died 8 years ago and it was 3 years ago that it really hit me. I stopped using heroin two years ago and stuck to my script and accessed services properly.

Before I attended Georges' (HOMER Winchester) there was no consistency with the previous services I accessed.

My keyworker at Georges', Andrew Evans, I consider to be a friend and is a huge support to me and my daughters.

We created The Breakfast Club 5 years ago which is a huge success, giving structure and planning to the day and provides tea and toast and someone to talk to.

We go litter picking on Saturdays, cleaning up the city. I also receive counselling for the guilt I feel due to my sister's death.

I attend ACT (acceptance & commitment therapy)

training which looks at changing one's behaviour from negative to positive and I get a lot from this. I also attend SMART (Self-Management and Recovery Training) which is fantastic now that it is facilitated by Service Users.

I was referred on to the very first Intuitive Recovery course advertised at Georges', Winchester by Andrew Evans. There were 12 people sitting on the course and it was brilliant.

I liked the simplicity of having the choice to say NO and having the strength to say NO which is so empowering, walking away feeling proud. The Pushme-Pullu definition hit home, it summed up exactly what addiction is: ambivalence.

It stuck in my mind how small Amy (the amygdala) is and how IT dominated my life, but no longer. I recognised IT using the skill of ADR (Addictive Desire Recognition) and simply said: "on your bike" to IT.

My Intuitive Recovery graduation was on the 13/05/14 and I am now the proud owner of an NOCN accredited

certificate in Addictive Desire Recognition. This is a huge achievement for me.

The course motivated me to go to detox to get off Methadone (I was reducing when I sat the Intuitive Recovery course) and I reduced from 75ml to 25ml.

I then went to Baytrees on the 24<sup>th</sup> of February and on the 25<sup>th</sup> of March I was DRUG FREE. Intuitive Recovery helped me with the mind-set that anything is possible.

I've now got my life back, my 3 daughters, my Dad and my 8 Grandchildren – these are my 'followship' – we all follow each other, one BIG happy family!

I am drug free and participating in the ACT training and I also sit on the HUGG (Hampshire User Group Governance) meetings.

I am part of the ARC (Active Recovery Community), looking at bettering substance services in Hampshire and at present we are aiming to hold functions for Service Users.

I am very busy with positive things to do. My hobby is fishing which I have taken up with a passion.

Previously, I was living in a hostel but have now moved into a flat which I love. I have even got a kitten who I adore!

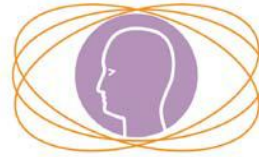
My plan is to give up smoking cigarettes and to get a job in schools, teaching children about substance misuse; the earlier you catch them the more of a chance they have through education.

I will be meeting and greeting prisoners at Winchester prison, providing 1 to 1's with them when they leave prison and helping support them. I'm also looking at starting peer mentoring.

I've always enjoyed helping others, however at present I am helping myself so I can look after no.1 and then support others, giving something back.

I have to say that my sense of humour gets me through life!





# Intuitive Recovery

RE-EDUCATION FOR ADDICTIONS

**Do you want to get addiction out of your life for good?**



**Interested? Ask a member of staff for details and for a course referral form.**

**Information at [www.intuitiverecovery.com](http://www.intuitiverecovery.com) or by phoning 0161 223 1094.**

**Intuitive Recovery © - teaching people to end their dependence for good.**



**noch**  
CREATING OPPORTUNITIES

## Artistic Inspiration in Aldershot

By members of the Art & Expression Group, Aldershot hub



“Asha” the Elephant. Asha is the Hindi word for hope. Well done to all the Art & Expression group at Aldershot hub!



# Making a Splash

By Rachel Cristofoli – Winchester hub



On Saturday 12<sup>th</sup> April, Emma, Nick and Rach spent one hour raising money for Georges' Winchester by taking the plunge into a relay swim at Winchester College Pool.

They kept up a constant pace throughout the hour, taking it in turns to swim up and down the 25m pool.

122 lengths were covered in total which is fantastic for a team of mixed ability swimmers.

The event raised money. The exact amount is still being collected. This will go into our 'Fun Fundraising'



pot which we use towards activities and events for all Service Users to enjoy.

Our aim is to raise awareness, keep fit and healthy,

have fun and if we can raise money for our service, then everyone's a winner!

Our next fun activity planned is a 'Summer Picnic' – the organising committee has been formed and a date now just needs to be set!





safer communities,  
healthier lives

## Havant Support Groups

By Claire Skinner; CRI Clinical manager, Chris & Maria — Havant hub

### Clinical Manager's Story

Parent Support Link have been attending the Orion Centre for 1:1 sessions with carers for some years now which has always been successful in its own right.

I received a telephone call from PSL stating that, after the HUGG (Hampshire User Governance Group) meeting she had been discussing PSL with Chris (Peer Mentor) who felt that it would be beneficial to have a carers group in Orion for the current local group members who are attending the Southampton group.

A date was set in April and the group went ahead and was extremely successful.

The difference with this group was that a staff member and 2 peer mentors were also invited to the meeting and individuals shared their experiences,

making it a different approach and having different viewpoints for discussion.

The carers found it inspirational to hear from peer mentors and vice versa.

It has been decided that within the Orion Centre we will continue with this group and the peer mentors have been invited back again.

### Chris' (peer mentor) story

After showing an interest in seeing how PSL works, I was invited to attend a group at my local hub.

After introducing myself and my role at the Hub, I asked if I could join the clients in the group and was warmly invited to join the meeting.

Further introductions were made and I soon became aware of how close this group was. They knew

each other and the various circumstances of the group members.

I felt like a fish out of water as I had never been in the situations these people found themselves in but I was keen to learn from them.

I listened intently as I heard things that were quite harrowing to my ears. I was in the company of mothers, sisters, wives and husbands; listening to how they coped with their loved one's addiction problems was so inspiring.

The decisions that people had made or were on the point of making were so hard for them to make, but in the long run the best interests of many others had to be taken into consideration.

What hit home for me was that I personally knew

some of the people involved as Service Users. Hearing stories from their loved ones really put it into perspective for me.

When the group finished, I warmly thanked them for their friendliness and for giving me an understanding of their thoughts, feelings and actions.

I was full of admiration for them and was grateful for their feedback on things I had said during the meeting and I was happy to accept an invitation to come to the next group held.

After the group I thanked them for their help and advice and said that in the future I would like to be involved in any way with PSL at my Hub as I found the experience so interesting.

For a few days I was a little numb when reflecting on my experience with this group of people.

I spoke to various people at my Hub about how I felt about the group. It was quite humbling for me but

also a very positive and worthwhile experience. I said how grateful I was to be given the chance to be involved.

I am used to mixing with Service Users, but meeting people connected to them made me realise that there is such a need for organisations like PSL.

They mean that people have a voice and are able to discuss their feelings and can meet others who are going through similar circumstances.

By working with PSL I want to see this group become a regular meeting as I feel there is a need for this type of service in my local area.

#### **Maria's (parent) story**

I found the group really interesting as I have 2 older children in active addiction who need help but are not willing to participate in any services and I try to support them as best I can, while seeing it from a parents' point of view and realizing how it has affected them.

I found the group very powerful as I know some of the Service Users whose husbands and wives were at the PSL meeting.

It was good to hear it from their side about how they cope and try to the best of their ability to manage their loved ones who are still in active addiction.

The group is definitely something I would like to participate in in the future. Thank you all, I was very grateful to be a part of the group.

#### **Thanks to all from the Happy Havant Homer Hub!**

For support and information 24/7, call Parent Support Link now on

02380 399764 or go to

[www.parentsupportlink.org.uk/](http://www.parentsupportlink.org.uk/)





## Speak Out Today

By Ben Snuggs — Hampshire Constabulary &  
Shonagh Dillon — Aurora New Dawn



With this summer's World Cup, Hampshire Constabulary and partners launched a campaign to encourage victims of domestic abuse to Speak Out Today.

Historically, we see a rise in domestic abuse incidents during large football events such as the World Cup.

Nationally, during the last World Cup in 2010 there was an increase in domestic abuse incidents of 27 per cent compared to the same period the previous year.

As part of this year's campaign, domestic abuse support workers have been volunteering their time during the tournament to accompany police officers to domestic abuse incidents.

A volunteer will accompany police officers in a police vehicle and will speak to domestic abuse victims (with their consent) at the same time as an incident is reported.



Shonagh Dillon, Chief Executive Officer at Aurora New Dawn Ltd said: "Large sporting events like the World Cup see an increase globally in incidents of violence against women.

Aurora New Dawn are delighted to be working in partnership with Hampshire Constabulary to co-ordinate independent support to victims and survivors of domestic abuse across Hampshire and the IOW.

"We aim to respond quickly and effectively to victims in a non-judgmental way so the police can focus on bringing the perpetrator to justice."

Hampshire Constabulary's Superintendent Ben Snuggs said: "Domestic abuse remains a priority for the force and we are using extra resources to help tackle the problem, take positive action and provide further support for victims during the World Cup.

"Our support agencies do a massive amount of work across Hampshire and the Isle of Wight in supporting domestic abuse victims. This is a great opportunity for us to work closely together to take a stand against abuse through a combined response.



Police and Crime Commissioner, Simon Hayes said: "No one should live in fear of violence and abuse from someone who is supposed to care for them.

Domestic abuse is not acceptable in any circumstance, regardless of what has happened to antagonise the situation or what excuse is given. I encourage anyone suffering abuse to speak out.

"The joint response to domestic abuse calls by the police and a support worker is an excellent example of agencies working together, to provide the support and help victims need at a time when they will feel most vulnerable.

I am committed to improving services to victims and through funding and encouraging partners to work together to deliver domestic abuse services based

on the needs of victims and their families."

### What is domestic abuse?

Domestic abuse is any incident or pattern of incidents of controlling, coercive or threatening behaviour, violence or abuse between those aged 16 or over who are or have been intimate partners or family members regardless of gender or sexuality.

It includes psychological, physical, sexual, financial or emotional abuse.

Domestic abuse may, and often does include a range of abusive behaviour, not all of which may be violent.

**One of the recognised catalysts for abusive behaviour is excessive alcohol consumption.**

One in four women and one in six men experience domestic abuse at some point in their life.

If you or someone you know is a victim of domestic abuse Speak Out Today, call 101 to report it. In an emergency always call 999.

[Click here for further information and advice for victims of domestic abuse .](#)



**BLOW THE WHISTLE  
ON DOMESTIC ABUSE**

**#speakouttoday**

**#watch  
your  
game**






# Creative Writing in Winchester

By Caroline — Winchester hub



The creative writing group in Winchester has been running since September 2013. It promotes creativity and aims to help people with their recovery.

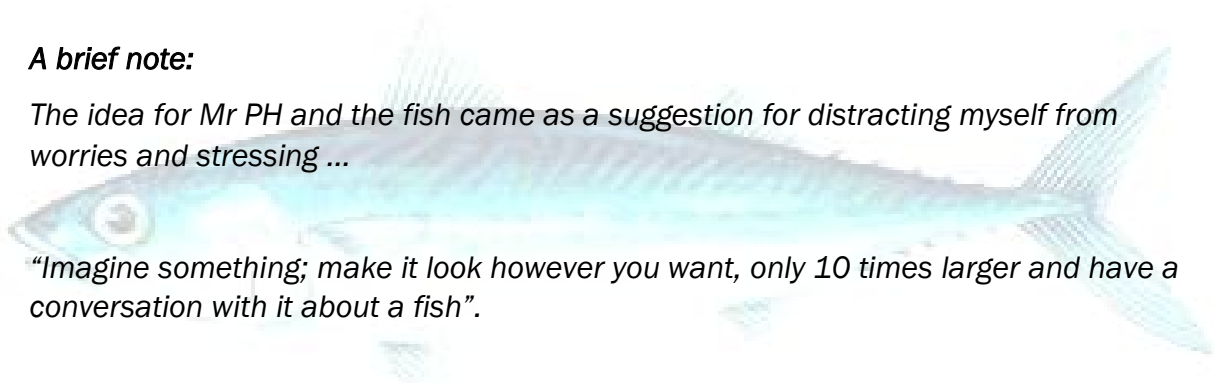
The group is facilitated by Margaret Jennings who is a published author. For those interested in attending, the group is held on the 3rd Tuesday of every month at 10.30am—12.30pm.

One of the Winchester group members, Caroline, has written an allegory about the beginning of her recovery journey.

## ***A brief note:***

*The idea for Mr PH and the fish came as a suggestion for distracting myself from worries and stressing ...*

*"Imagine something; make it look however you want, only 10 times larger and have a conversation with it about a fish".*



Trying to distract myself from the hurt and the stress I decided to talk to my imaginary friend about The Mackerel. Now I can't get a huge, pink, fluffy Mr Potato-Head off my sofa. He's stopped talking to me – he's having his own conversation with The Mackerel. Apparently he has 'inside knowledge' and I called him PH or fff for short, which he thought was derisive.

I got paranoid. I kicked them out.

Mr Carrot gets me, but he's being grated later. He said I was internalising. I explained I would talk to Mrs Pepper who used to be a vegetable and would therefore understand. Mrs Pepper was wearing her sun hat and shades and was very red-faced. She said that talking with vegetables about the fish and stuff was possibly psychotic and I needed professional help. I asked the tomatoes but they said they weren't qualified and I should talk to Mr Worm. I didn't want to speak to Mr Worm. He rarely came out of his books and used words like feelings, but I went anyway. He said I wasn't psychotic but I needed to get in touch with my feelings and he referred me to Mr Mirror.

Having faced Mr Mirror and talked to myself for approximately five minutes I decided to move the furniture around.

I began to miss PH and thought he might have a point about The Mackerel, so I invited The Mackerel for lunch. He wasn't a vegetable and it might be fun. The Mackerel said that action equals change and put me in touch with The Owls who could teach me how to deal with my feelings. I miss the vegetables sometimes, but my life is already changing.

***A brief explanation:***

*The vegetables are drinking buddies. PH is finding out about giving up drinking and The Mackerel knows more than I do about fish.*

*The carrot is getting drunk (I also eat him!). The pepper is red-faced from alcohol and thinks I'm mad for thinking about stuff at all.*

*The tomatoes are fruit not vegetables (non-alcoholics) and have no idea what I'm talking about.*

*The Mackerel is my key worker. The Worm is my counsellor; the Owls are classes and groups at my Hub.*

# Volunteering to Emigrating

By Richard Humphrey — Former HOMER volunteer



My interest in the field of substance misuse treatment and recovery originates from time spent in the dance scene of the late eighties and nineties. During that time you couldn't help but encounter casualties of rave culture.

While I didn't go through the pain of addiction I did suffer negative consequences as a result of the lifestyle.

An issue that puzzled me was that many people seemed to be quite capable of using substances recreationally and in moderation, seemingly without

severe side effects. Others, however, seemed incapable of moderating their substance use and ended up spiralling down into dependence and addiction.

The changes in personality and behaviour of those in freefall reflected the substances they were using, with the most extreme and alarming changes occurring in those who were using heroin and crack.

I've always had an interest in sport and exercise. As a member of school sports teams I competed in cross-country, athletics, rugby, cricket, football and shooting; moving on to weightlifting, mountain biking and paintball after finishing at school.

In the mid-nineties, after a holiday courtesy of Her Majesty, I started working in the health and fitness industry and quickly developed an interest in exercise for people with health problems.

As well as undertaking vocational training in health and fitness, I completed a Bachelors degree in Sport Studies and a Masters degree in Exercise and Health Sciences.

It was during my Masters degree that my academic interest in substance misuse treatment and therapeutic exercise combined and my research in this field began.

During 2003-04 I completed my first research in the field investigating the role of physical activity in treatment.

My research continued, while I completed my MPhil, looking specifically at the use of exercise in residential treatment.

During this time I was encouraged to start volunteering as a Mentor by a friend who is a recovery worker in HOMER.

While volunteering I trained as a mentor and also in the use of ITEP node link mapping.

In 2013 I moved to New Zealand, to take up a lecturing position at a University.

As part of the interview I was required to give presentations including one on teaching and learning styles, which we had covered as part of the mentor's training.

Before moving to New Zealand, I had the opportunity to assist with the breakfast club, drop in sessions and the co-facilitation of groups at Georges' in Winchester.

This provided valuable experience enabling me to undertake training to become a registered drug treatment counsellor.

I am also developing node link mapping materials especially for use within New Zealand treatment services.

Services are different in New Zealand, as is the culture and the popular drugs of choice are different. However, the training and experience I received as a mentor have proved invaluable.

It's been almost 20 years since my darkest days; education and exercise have taken me a long way giving me purpose, self-respect and employment.

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*"...the training and experience I received as a mentor have proved invaluable."*



# Collaborative Training Opportunities

By Louise Hansford — CRI Senior Recovery Worker



HOMER have an established peer mentor scheme for Service Users across all their hubs in Hampshire.

They provide a positive role model and active support for others just starting out in their road to recovery, helping individuals to consider their options and supporting them to achieve their goals.

The empathy and understanding that peer mentors have gained through their

own experiences can help them win the trust of Service Users and encourage them to sustain their commitment to change.

It is also with their own personal experiences that they have been able to gain training experience and share their knowledge working with Stacey Miller, a freelance trainer specialising in drugs and alcohol awareness on her training events.

This training has been delivered in 2013/2014 to professionals including teachers, the police, fire service, youth workers, drug treatment services and housing providers.

Peer mentors have been able to attend the training as a delegate, gaining a deeper understanding of these issues professionally.

Subsequently their personal experiences have been scheduled in to the training programme to give an invaluable insight to the other delegates of a real life case story and further networking.

This partnership working has been a benefit to all parties, giving added work experience and networking to the peer mentors and adding credibility to the training offered.

Sam Cromie, peer mentor, said 'I was very grateful for the opportunity to support



Stacey on the “Legal highs and emerging trends” training.

It gave me valuable insights into how training is compiled and delivered. I thoroughly enjoyed the day and made some useful contacts’.

Louisa Cosgrove, another peer mentor who helped Stacey with the “Domestic Violence” training said, “The day was interesting, friendly and relaxed.

I learnt a lot about domestic violence, particularly the need for thorough and client centred risk assessment and the various myths.

I spoke about my own personal experiences and felt valued and respected. It was an immense experience and I felt privileged to be involved.”

Both contributors look forward to training alliances in the future.

For more information on the peer mentor scheme email the Peer Mentor Co-ordinator Team at

[volunteeringandmentoring.HOMER@solent.nhs.uk](mailto:volunteeringandmentoring.HOMER@solent.nhs.uk)

For more information on training by Stacey Miller:

Phone: 07703670654

Email:[info@staceymillerconsultancy.co.uk](mailto:info@staceymillerconsultancy.co.uk)

Or visit the website at:  
[www.staceymillerconsultancy.co.uk](http://www.staceymillerconsultancy.co.uk)

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*“This partnership working has been a benefit to all parties, giving added work experience, and networking to the peer mentors and adding credibility to the training offered”*



**STACEY MILLER**  
CONSULTANCY

specialist in drugs and alcohol awareness



# Gurkha Cup 2014

By Nem Thapa — Community Support Officer, Rushmoor Borough Council



The Gurkha Cup has been organised since 2000, by one of the largest Nepali Organisations which consist mostly of ex Gurkhas.

It takes place at the Army Sports Centre, Queens Avenue in Aldershot on the Sunday before the spring bank holiday.

Every year, more than 50 teams come to play a nine-

a-side tournament over nine pitches.

Between 10,000–15,000 spectators from all over the country came to be a part of the Gurkha Cup, mostly enjoying meeting and greeting friends, more than the actual games themselves.

When I came into post as Community Support Officer

at Rushmoor BC in 2010, I had a stall at the games and conducted a survey around drug and alcohol awareness within the Nepali community.

The results showed overwhelmingly, not only the lack of knowledge around substance misuse and services and how to access help (other than sending loved ones back to Nepal), but also that professional

organisations had recognised this and had put into place dedicated additional support by creating my role.

This led me to expand our display to include important local service providers, not only to raise awareness of the free services on offer, but maybe more importantly to help build trust.

This has not only benefited the community by building bridges but also gives the opportunity to bring together dedicated help professionals to promote what is on offer and share experiences.

The team this year was:

HOMER Aldershot - Stephanie Smith (Recovery lead manager), Sean Caddy & Jon Whitlock

Catch-22 Basingstoke - Verity Mills (Senior Specialist Support Worker)

Other partners included

- Frimley Park Hospital
- Hampshire Constabulary
- My Time Active
- Nepali Diabetic group
- MacMillan Cancer
- Naya Yuva
- Citizen Advice Bureau
- Domestic Violence support
- The Gaming Zone.

My thanks, as always, to those that actively support the community and especially those that were able to support this event.





# Gifts of Recovery

By Rebekha Fletcher — CRI Recovery Support Worker



My drinking began in 2007, whilst a student at Portsmouth University. In 2008 I graduated, got married and moved house, all within a month.

Shortly afterwards, my partner was drafted to war in Iraq so I felt very isolated. My drinking increased dramatically and I wasn't able to look after myself or my family.

After many unhelpful appointments with my GP, I referred myself to HOMER at The Orion Centre.

I knew I had made the right decision after my assess-

ment and that this project was going to help me.

I was given a great variety of different approaches to battle my drinking. As a result, I successfully broke free of my addiction, after a great deal of hard work and commitment.

My first 'Support Group' was a SMART (Self-Management and Recovery Training) meeting. I was nervous and emotional before the group, desperate for help but fearful of the future.

I was greeted with a friendly face and a cup of tea and a man sat with me for a while before the group and reassured me.

He then facilitated the SMART group. I thoroughly enjoyed the things he taught me. His knowledge was vast around addiction and recovery, barely glancing at his lesson plan for prompts.

He was passionate and showed me that recovery was achievable.

I came out of the group thinking "I want to learn what he knows. What a great career he has, being able to help others".

It wasn't until I was having coffee with another group member that I discovered the man was 6 months into recovery, and not a paid member of staff at all, but a Peer Mentor.

This filled me with inspiration and encouragement which motivated me to work hard at my recovery.

There was such a great variety of groups and activities available for me to attend to add structure to my daily routine. They included Art groups, Women's groups, Acupuncture, ACT (Acceptance & Commitment Therapy), followed by the 'Foundations of Recovery' Model.

The support from the staff was exemplary. I felt I could be honest and open with any team member. The support I had from other Service Users also helped me a great deal, in and out of the group environment.

This was my first experience of Community-based Recovery Capital. The Peer Mentors in the project were an inspiration to me. From then I knew I wanted to help others the way they had helped me.

I also wanted to support the Peer groups and help maintain the recovery community. I attended a facilitator's course for "Recovery Available for Women" (RAW) and helped set up a successful women's group in the Orion. I also helped out with the Art Group, Women's Group and Open Access sessions.

I attended 'Recovery Walk UK' in Manchester with other Service Users and staff. I took my family to show them the good things that can come out of addiction.

The power of recovery and inspiration was present the entire day and I met some wonderful people. The sheer mass of people walking through the city, stopping traffic, making recovery visible was uplifting and my family benefitted tremendously from the experience.

As my personal circumstances improved, I decided to work towards being a peer mentor.

The course was enjoyable and the trainers were always happy to answer any questions I had, which were many!

Shortly after I graduated, I was given the opportunity to co-facilitate support groups and also be available in the Open Access sessions.

I attended 'Harm Reduction' and 'Group Work' training and studied 'Introduction to Substance Misuse', 'Introduction to Mental Health Awareness' and 'Alcohol Awareness' at college.

I felt I had made the right decision to volunteer and really enjoyed meeting new Service Users and getting to know team members. Whilst I was supporting others in their recovery, they were also helping me. Perfect!

I was mindful of my new role and informed my previous peers that I was working in line with HOMER policies and procedures and that I could no longer join them for a cigarette break.

The team members at the Orion Centre were so supportive and eager to teach me so I always felt like a valued member of the team. I worked closely with my supervisor, Clare, who was very helpful and encouraging.

Whilst volunteering I led the Community Garden Project. Service Users had the use of a small community garden behind the Orion building, but it needed renovating to be able to use it.

As it was nearly Christmas I thought it would be a great idea to organise a Community Christmas Fair





Rebekha & peers at the Recovery Walk in Manchester

to raise money for the renovations. It was a great success .

After Christmas, an opportunity arose for a CRI Recovery Worker position in another area.

The application form took two days to complete but it was worth it as I was offered an interview.

I really felt I had achieved a great feat by getting an interview and it showed how far I had come in a short space of time.

Apart from my interview to become a volunteer, I hadn't had an interview for many years.

Over the next few weeks, the HOMER staff helped me prepare, asking me standard interview questions and including me in different processes in the

service. The best piece of advice I was given was to enjoy the interview and enjoy meeting the staff at the project.

On the morning of the interview I was looking forward to it and didn't feel nervous. I am very passionate about recovery and making it visible in the community and I believe it shone through in my answers as well as my willingness to learn.

I was offered the position. I couldn't believe it, I felt so privileged. This was a big step for me and my family and I was worried whether I could cope.

I've now been with the team for 2 months and I am really enjoying it. Although I am still finding my feet, I am happy.

There is so much to learn but the team have been great in passing on their knowledge. The team work very hard to give Service Users the best possible care and I am happy to be part of it.

## Bags of Fun

By Paul Berner – Winchester hub



It was a bright crisp April morning and I was quietly minding my own business in Open Access in Georges', Winchester wondering what to do for the rest of the day, when I was approached by worker Emma Rogers.

"Paul, you are needed at Sainsbury's to raise money for the cause by packing customers' bags for them" she said.

Well, how could I refuse? I had nothing more exciting planned and this opportunity sounded really different from my usual day.

When we arrived at Sainsbury's I was issued with a tasteful sky blue Service User Tee shirt and a regulation donations bucket.

Chris, Rachel, Emma and Grant were already hard at work. Rachel helped me to get started with some expert tips on bag packing technique and a good line in fund raising patter.

I got the hang of it pretty quickly and the customers were soon complimenting me on my bag packing skills, which made me feel really useful.

It was great fun and rewarding to be able to help people and to open up conversations with customers about how their day was going and what they were up to next and explaining about the service offered at Georges'.

I received lots of appreciative thank yous and many generous donations. The

team raised a commendable £268.60 on the day. I was amazed by how much most people wanted to help us.

All in all it was a great day out and I really enjoyed myself. It left me feeling very happy, part of a great team and with a sense of real achievement.

The money raised will fund Service User activities in the hub. The next planned event is a picnic in the park.



## P2P Hep C Program Update

By Louise Hansford — CRI Senior Recovery Worker



P2P stand at CRI's "Best Practice in Needle Exchange" conference in London

Since the success of the "Love Yourself – Get Tested" Hepatitis C roadshow, P2P has been going from strength to strength.

We continue to hold fortnightly presentations at Baytreas Detoxification Unit. These have been very well received and to date we have collected 157 evaluation forms from clients attending our talks.

Daren Claxton (Baytreas

Support Worker) attended one of the talks. He said "The talk was very insightful. Lots of patients spoke about their experiences, and the educational element broke down barriers especially from alcoholics who believed they were not at risk.

Some of those that were resistant to attending really enjoyed the presentation, finding it both informative, relevant and interesting".

Along with this, we have carried out talks and presentations across HOMER and have made in-roads into our partner agencies.

One notable talk was conducted by Ian and Louise at the Trinity Homeless Day Centre; on arrival, there were approximately 30 people milling about, some watching television, some outside smoking and others using computers.

We tried to motivate people to attend and only a few seemed interested. The staff intervened and reluctantly everyone sat down to listen to the talk.

However, as soon as Ian and Louise started to talk, everyone relaxed, engaged and took part.

On evaluating this talk, as with other presentations, it was the credibility within the peer group that was deemed as the key to the



Question	Yes	No
Have you been tested for Hepatitis C?	<b>34%</b> Out of these: 39% negative, 28% chronic Hepatitis C, 2% antibody positive only 1% SVR after treatment. 30% unknown	<b>64%</b>
Would you get tested as a result of the presentation?	<b>73%</b>	<b>27%</b>
Will you tell your friends anything you have learnt today?	<b>78%</b>	<b>22%</b>
Would you like any further support?	<b>44%</b>	<b>56%</b>

success, indeed one person commented “the session was all the more powerful because we (Ian and Louise) had lived the life and been there”.

Many of the people there knew their hepatitis C status but it was an excellent opportunity to engage, motivate and offer support to those who had not been tested or dropped out of the care pathways.

Statistics from our evaluation process are detailed in the table above.

All people requesting support have been followed up

with regular telephone calls and invites to events and support groups.

One Service User said “It has been great to talk to someone who really understands where I am at with the hep C”. Another said “The support has been really valuable, I realise I’m not alone”.

Wayne Palmer (P2P mentor) said “I am working with an inspirational group of volunteers carrying out educational talks on hep C.”

We are currently working alongside various agencies including Solent Baytrees

Detoxification unit, residential rehabs, IOM (integrated offender management) and HOMER Hubs.

We have recently manned a successful stand in London at CRI's 'Best Practice in Needle Exchange' conference where our dynamic group of P2P mentors explained to delegates about the benefits of our current hepatitis C education programme.





safer communities,  
healthier lives

## Approved Provider Status

By Louise Joell, CRI Peer Mentor Co-ordinator & Kimberly Garrad  
— Step up to Social Work student



Peer Mentor co-ordinator Louise Joell (middle) holding certificates with Peer mentor Kevin Eadie and Step up to Social Work student Kimberly Garrad

In April 2014 the Peer Mentor and Volunteer team found out that our quest to achieve the Approved Provider Standard of the Mentoring and Befriending Foundation had been successful.

Approved Provider Standard is the national quality standard specifically designed for mentoring and befriending projects.

This standard sets a national benchmark for safe and effective practice in mentoring and befriending.

It consists of 12 elements which focus on the key management and operational areas that underpin the effectiveness of any mentoring or befriending project.

In order to achieve Approved Provider Standard, projects are required to demonstrate that they meet the requirements of each element as detailed in the table opposite

This was a large piece of work, which consisted of compiling an evidence portfolio, action plans and diagnostic tools.

Having been successful in achieving this status, both HOMER and P2P are now accredited for a three year period and are listed on the Mentoring and Befriending website's online project directory.



Element 1	The project or service has a clear rationale and purpose
Element 2	Effective organisational and management structures in place
Element 3	The competence of staff involved in the project is developed and maintained
Element 4	There is a clear process for the identification and referral of service users
Element 5	Service users are fully briefed about the project or service
Element 6	Rigorous recruitment and selection process for volunteers
Element 7	Safeguarding the involvement of participants in the project
Element 8	Adequate preparation and training is in place for volunteers
Element 9	Process in place for matching service users with mentors/befrienders
Element 10	Supervision and support provided for mentors/befrienders
Element 11	Monitoring of relationships
Element 12	Evaluation of project effectiveness

The key benefits of HOMER and P2P achieving Approved Provider Standard are:

- It provided a 'health check' and evaluated our policies and procedures
- It makes us more attractive to funders due to safe, effective and professional practice
- Increases public confidence and helps to promote our project to potential service users and volunteers
- Ensures a quality mentoring or befriending experience for all participants
- Raises our profile through entry in the Mentoring and Befriending online project directory and use of the MBF logo

We can use the report feedback and recommendations as part of our continuous improvement.

Louise Joell who led on this project for the PMC team, says "Gaining the Approved Provider Status was a real achievement for HOMER, it reinforced that we coordinate a high quality service which continues to be a valuable experience for all involved but particularly our mentors.

I would like to thank everyone who contributed to the process from the initial consultations to final accreditation".

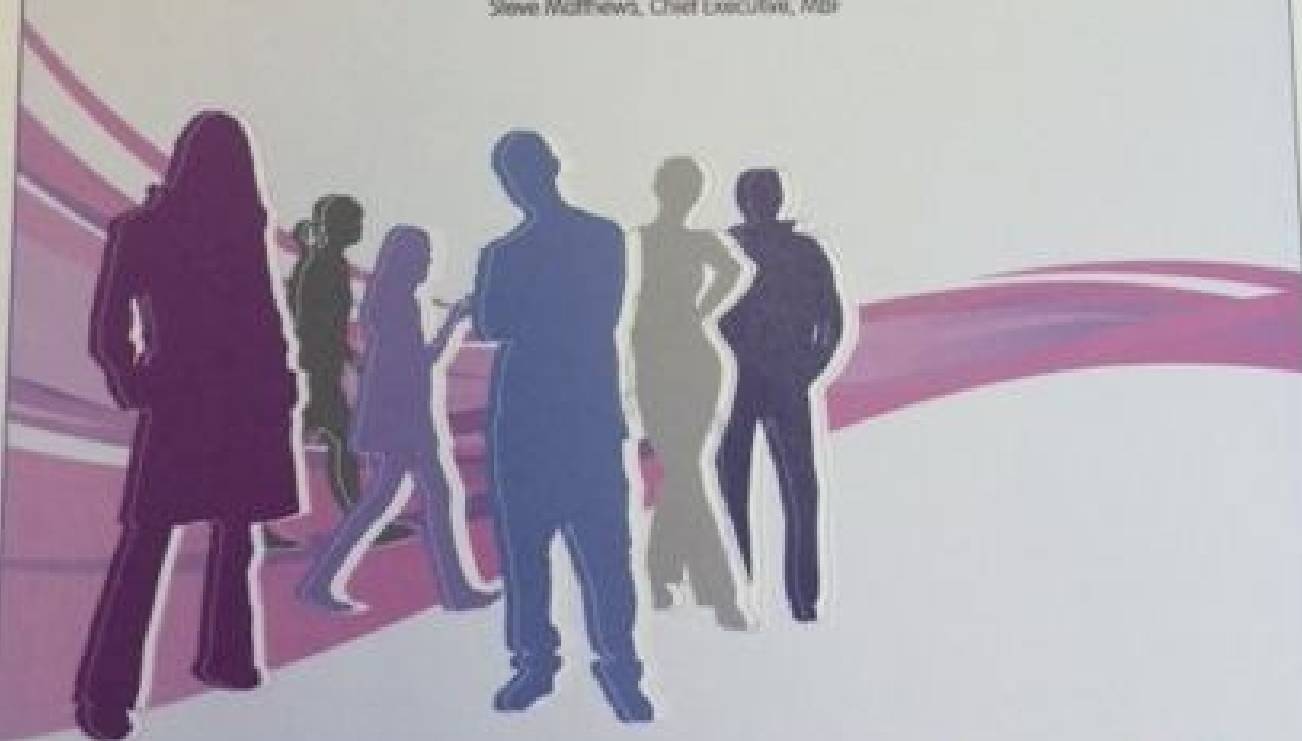


This is to certify that

CRI South & Wales – CRI Peer mentoring services  
CRI Hampshire HOMER P2P.....

has achieved the Approved  
Provider Standard accreditation  
for safe and effective practice in  
mentoring and befriending

Steve Matthews, Chief Executive, MBF



Expiry date 16<sup>th</sup> March 2017





# Tile Barn Experience

By HCC Substance Misuse Social Work Team



In May 2014, Hampshire County Council Substance Misuse Team organised as a joint venture with Tile Barn staff, a 4 day residential project at Tile Barn, in the New Forest.

This residential project was part of a community rehab programme and involved Service Users from around the county.

The individuals that participated had maintained abstinence and made significant positive changes to their substance misuse whilst engaging with the team.

The aim of this residential experience was to enable individuals to learn new life skills, gain confidence and increase self-worth, to

learn to have fun without using substances and gain a sense of achievement.

It also allowed individuals to consolidate all that they had learnt about themselves whilst engaging with the community rehabilitation support offered by the HCC Substance Misuse Team.

The programme consisted of structured 'Strategies for Change' group work sessions, daily mindfulness activities and reflections, learning additional life skills such as cooking and outdoor activities organised by the Tile Barn staff.

Over the 4 days, Service Users participated in archery, orienteering, forest walks, drumming sessions, laughter yoga, creating mood boards and glass painting a 'jar of hope'.



The experience concluded with each person taking part in a 'leap of faith' activity as a finale.

The team has gained some valuable feedback from the individuals who participated, and it has been highlighted as a worthwhile experience by them all. It is something the team will do again in the future.

Nigel, from Andover began engaging with the HCC Substance Misuse Team a year ago. Nigel reflected on the positive changes he has made over this time and felt that a year ago he would not have been able to embrace this opportunity due to his alcohol dependency, "a year ago, I was in no fit state, full stop".

Nigel shared his feelings of apprehension when he was offered this opportunity, and didn't know whether, physically he could meet the demands of some of the activities, however, he stated that "once I was there, and with people who had taken similar journeys to mine, it was less daunting".

"I took part in archery for the first time ever, and completed an 8 mile walk in the New Forest, which considering the nerve damage that I have in my legs from drinking, I thought I'd never manage. This was a significant achievement for me and was a real challenge.

Laughter yoga was also quite an experience, I was very put off at the idea of it to begin with, but once I got into it, it was really enjoya-

ble, I lost my inhibitions and I can see how it works.

I enjoyed the glass painting of a 'jar of hope', which I was later able to light and burn at the fire pit one evening. I have also now bought more candles which I light at home for when I practice my mindfulness.



On the final day, I did a 'Leap of faith'. I would never have done this before unless I had a drink in me.



My confidence has grown so much by pushing myself to try new things and it is something I now reflect on to help me continue maintaining my recovery.





I have learnt new skills, such as cooking for large numbers from scratch and I met some great people that I have kept in touch with. I learnt to have fun and laugh without having to have a drink.

I can honestly say that I loved every minute of the experience from day one. I would like to thank the staff of the substance misuse team, and all the staff at Tile Barn. I only wish that I could do it all over again."

Marie from the New Forest said "Tile Barn has been excellent, not only because the challenges and tasks are really engaging and fun, but the area is beautiful and really makes you feel calm and serene.

The staff are easy to talk to and great at giving every individual compassion, encouragement and help with their self esteem.

I never had a bad day whilst there and if you did, the staff are great at listening and trying to understand your feelings and helping to push through them and make it fun again.

I would definitely recommend this to anybody who wants this excellent way of building confidence and getting to know yourself."

Debbie, Substance Misuse Social Work Team Manager at HCC said, "This pro-

ject has proved to be extremely worth while.

Each one of the Service Users who took part, left after the 4 days having found out more about themselves and all reported that they felt more confident and had learnt new skills.

One person said they had forgotten how much fun just going for a walk can be and all agreed they had forgotten how to have fun without substances. As staff, we have learnt what worked well and what we can do differently next time.

I would like to thank the other organisations who came to do the laughter yoga and drumming which proved to be very popular!

Thanks also to the team members who gave up their time to support this project and helped to make it so good."



# Small Sparks

By Louise Joell – CRI Peer Mentor Co-ordinator

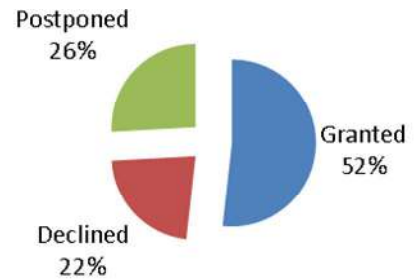


After a successful first year of running, the Small Sparks scheme was re-launched in April 2014 with a new application form and process. This was done with the hope that it would streamline the application process and give a greater understanding around the use of the grant money.

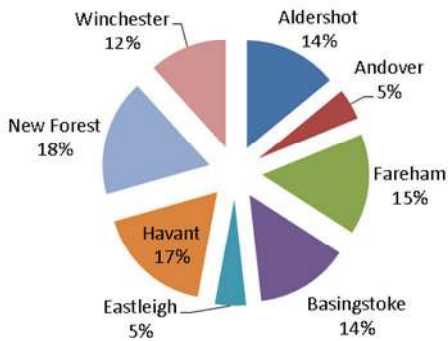
The change of application form has also provided those who sit on the panel with quality application forms, on which the panel are able to make an informed decision.

Over the past year the Small Sparks grants have received 85 applications, and has provided funding for over half of those who had applied.

## Application outcome



## Number of applications per hub



Small Sparks Grants are awarded to Service Users who are engaging with HOMER services that need or would like to 'spark' or support their recovery from drug and or alcohol use.

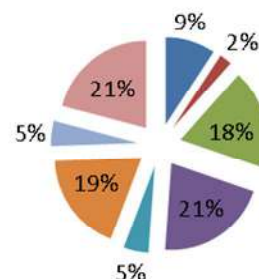
The Small Sparks scheme has been widely adopted by all of the HOMER Hubs within Hampshire and over the course of the year, we have received a number of applications from all of them.

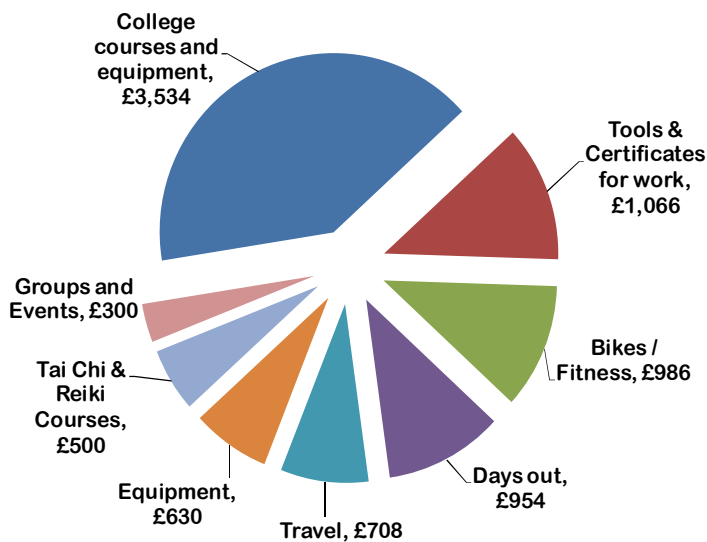
Once an application is made to the Small Sparks scheme, a multi-agency panel consider the application.

Of the 85 applications received within this year, Small Sparks has been able to approve over half of those who applied.

## Number of applications granted per hub

■ Aldershot ■ Andover ■ Fareham ■ Basingstoke  
 ■ Eastleigh ■ Havant ■ New Forest ■ Winchester





The Small Sparks grants enable Service Users to apply for a grant for a wide variety of uses.

Each individual, with discussion with their key worker, is able to research and apply for whatever they feel would be useful to spark their recovery.

Over the past year we have been awarded grants for a number of different purposes.

Caroline Ramsay, who received a Small Sparks grant said, “Thank you for giving me the award to enable me to get my driving licence and the medical required. It means so much to me to know I’ll be able to drive again soon.”

The Foundations of Life group at the Orion recently secured a Small Sparks grant to take the group out for a day horse riding at Willowbrook Equestrian Centre.

A few comments from our Service Users were:



“We had a **FAB** day today at Willowbrook Equestrian Centre. What an amazing experience.”

“A fear I have overcome.”

“I never thought I could have done that.”

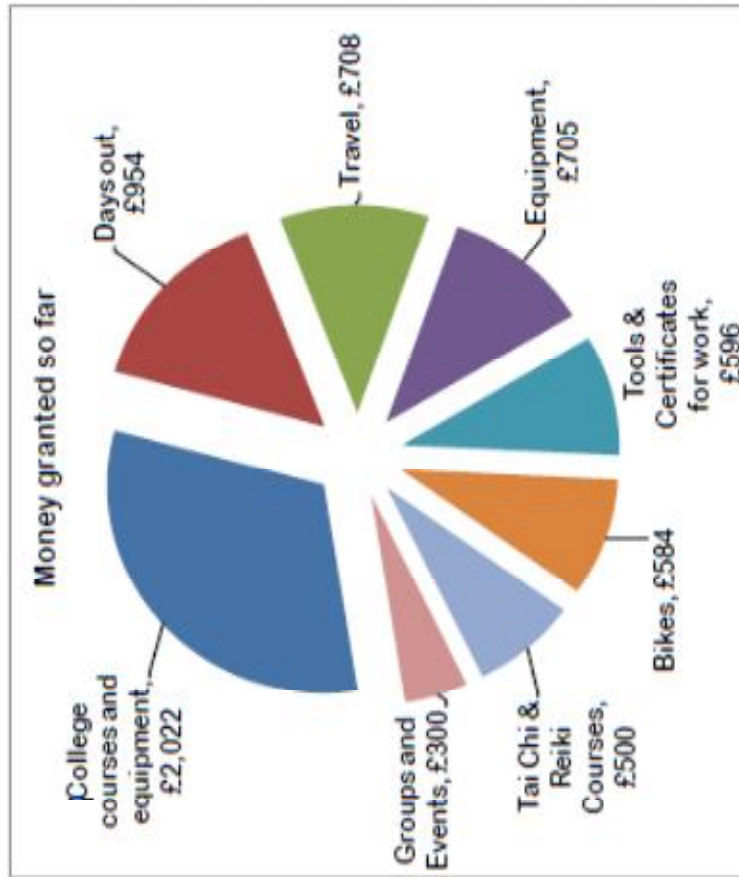
“I didn’t want to go, but that is what my head was telling me, however I came, rode and loved it.”



# Small Sparks Up to £250 to “Spark” your recovery!

Funding is available now for service users in Hampshire.

£6,369 has been awarded so far in 2013 on average that is £900 a month.  
More funding available for 2014!



### Do I Qualify?

Are you:

- Consistently engaging with the services at Homer?
- Able to show you have a genuine need for the funding to “Spark” your recovery?
- Able to complete an application form with your recovery worker and be able to explain how the funding could “Spark” your recovery?

### How does it work?

You can apply by filling in an application form with your Recovery Worker. Applications are looked at once a month, and a panel picks out the most deserving applications. The funding is there for service users, peer mentors can also apply. Each application is looked at on an individual basis.

### Examples of successful applications

- College courses / Training
- Tools or equipment needed to start work
- Fishing equipment
- Recovery garden
- Horse riding

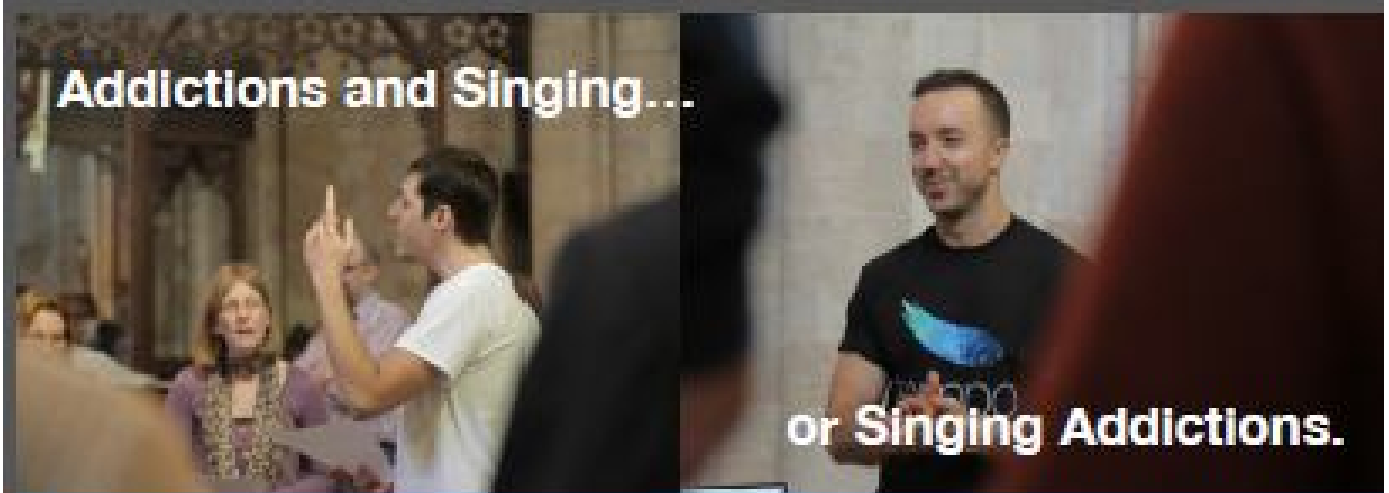
### Examples of what is not funded

- Debt / Rent / Bills
- Fridges / Hoovers

Speak to your recovery worker for more information.

Feb 3rd 2014





**Addictions and Singing...**

**or Singing Addictions.**

Tempo is an organisation that promotes singing for Recovery. We are a group of vocal coaches and mental health professionals who have a passion for the benefits of singing because we've seen it in our own lives and those we work with. Research proves that singing is related to a sense of wellbeing, improved quality of life, reduce anxiety and improved physical health so can have an important role to play in someone's Recovery journey.

We've been running workshops that have the principles of Recovery at their heart – everyone is welcome with warmth and compassion to engage in this meaningful activity that gives a sense of purpose and achievement. It's all about participation not performance. Rather than formal "counselling" that often keeps the problem behaviour in focus, these workshops help re-focus attention onto what else life might have to offer – fun and friendship. Those who have attended our singing workshops have told us they love it!

When on the path of Recovery from an addiction, singing in a Tempo Recovery Choir can support that all important re-connection to others, a valued sense of self and purpose. It could be that all important turning point that adds weight to the commitment and determination needed to stay on the journey of Recovery from the addiction.

Contact Tempo to find out how we can help your team set up a Recovery choir.



[www.tempowellbeing.co.uk](http://www.tempowellbeing.co.uk)  
[hello@tempowellbeing.co.uk](mailto:hello@tempowellbeing.co.uk)



# Team of the Year!

By Emma Forrest — CRI Recovery Worker, Eastleigh hub



Left to right in the photo are Donna Allingham, Emma Forrest, Stuart Tizzard, Victoria Foss, James Walsh and Dee Wyatt. Congratulations also go out to the following team members not in the photo: Jood Gibbins, Paul McKeown, Martine Jones, Stephen McFadden, Sue Middlehurst, Grant LeBrueilly and Peer Mentors David Wasey and Julie Knox.

In March 2014 Eastleigh Substance Misuse Service beat more than 20 other teams to win the coveted Solent NHS Team of the Year award.

This was a huge surprise to us, but our team feels incredibly proud to have received recognition for the dedication and hard work we have put in each day since the start of the HOMER contract in April 2011.

In addition to winning this award we were also presented with the Solent NHS Chairman's award!

A member of the team, Martine Jones represented us all at the ceremony, with

the manager that nominated us, Jood Gibbins.

Martine collected the awards on behalf of the rest of the team and she advised that she felt incredibly honoured to represent the service.

The awards shown in the photo opposite are two beautiful glass engraved stars and two certificates to go with them, which we display in our reception area.

Service Users and relatives/friends/visitors have been very complimentary and enthusiastic about them, which is good for everyone's morale!

As a team we believe we have worked tirelessly to support a clinical caseload of up to 300 Service Users whilst managing low staffing levels and a building which we have outgrown.

Despite the limitations of the building, we have worked hard to provide group workshops which are now very well attended, medical reviews, 1:1 therapy, individual counselling, acupuncture, evening clin-

ics, all day Saturday opening and needle exchange . We also run a welcoming Open Access service each day.

Keeping Service Users' needs as our focus has enabled staff and peer mentors to remain motivated to provide the best possible support and treatment to people who come to us for help.

Service Users and staff took part in a Guinness Book of Records attempt last summer and they participate in the Recovery Walk each year in their own time.

The team has really high morale, has continuously pulled together and supported one another in order to achieve our targets and implement a new phased-treatment programme called Foundations of Recovery which has been embraced by our Service Users.

Our manager nominated us for having strong resilience and we feel that as a team

we have definitely demonstrated this and we are therefore incredibly appreciative of receiving these awards!

---

*"...our team feels incredibly proud to have received recognition for the dedication and hard work we have put in every day..."*



# Rethink your drink

Should not regularly exceed

3-4 units per day

2-3 units per day

Hampshire County Council

NHS

Supported by the Hampshire Alcohol Partnerships

CS1 2040 Designed by MHS Creative May 2014

Thanks to all who have contributed to the making of this newsletter. We hope you have found it informative and have enjoyed reading it.

Please email any articles for submission to the next newsletter to [catherine.draper@hants.gov.uk](mailto:catherine.draper@hants.gov.uk) by 31st August.