

Hot DAWG

Brighton & Hove Drug & Alcohol Workers Group



March - April 2017

**Meet beautiful Bridget!
Thank you to Mags our Specialist Hepatitis
Nurse for sharing.**



**Want your
dog on our
cover?
Let us know!**

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Updates

Staff appointments

Exciting news! We have recently appointed H el ene Begg as our City Manager & Chris Smith will be our Volunteer & Health Promotion Team Leader. We wish them all the best in their new roles!

Preparing for Pride!

Summer feels a long way off at the moment but we're already getting prepared for Pride 2017! This year we will be taking part in the parade as well as having a stall in the park where we will be giving out harm reduction information and advice, promoting our services and serving up mocktails! We will keep you posted with our plans throughout the year.

Mental Health Awareness Week: 8-14th May

Mind in Brighton and Hove are excited to be joining up with Lego and Churchill Square to mark Mental Health Awareness Week 2017.

"Building Bricks" will take place in Churchill Square from 11th-14th May. All are welcome, young and old, to come down and help create a large Lego installation whilst having positive discussions around mental health and pick up tips on Resilience (the theme of this year's Mental Health Awareness Week) from the Mind in Brighton and Hove team.

Full information posted soon at: www.mindcharity.co.uk/wellbeing

Physical Health Drop-in

Physical Health Drop-in



Don't ignore those niggling health concerns. Come along to our clinic, no need for an appointment just drop-in!

Every Wednesday 2pm - 4pm

Our nurses can support you with a range of issues such as: Blood borne virus testing, sexual health screening, Hep B vaccinations, basic wound care, general health advice, signposting & referral.

Pop in for a health check!

Chris Torry 01273 731900
ctorry@pavilions.org.uk
Richmond House, Richmond Road, Brighton, BN2 3RL
www.pavilions.org.uk

Smile iRest Yoga Nidra

Smile

iRest Yoga Nidra *Recovery meditation group*

Develop the skills to navigate through life by giving yourself some time connecting to your natural state of being. Access tools for self-empowerment and a connection to a part of yourself that is peaceful, healthy and whole. Learn how to clear deep rooted, limiting beliefs and old traumas with a mindful meditation practice for daily living.

A weekly drop in open to anyone in recovery from addiction

Wednesday 11.00-12.30pm

**The One church,
Gloucester place,
Brighton,
BN1 4AA**

By donation

For more information
Contact Paul Collins on 07989 148984
paul@gobeyondyoga.co.uk

THT Drug & Alcohol Campaign

'BIG WEEKEND? BLUE MONDAY?'
(sexualised drug use)

'BIG NIGHT OUT? BLURRED MEMORY?'
(sexualised alcohol use)



THT offer advice, information and support to MSM in Brighton & Hove who may be worried about their relationship with sex when used in conjunction with drugs and/or alcohol and the associated sexual risks.

The campaign encourages MSM, who are affected by sexualised drug or alcohol use, to look after their sexual health and ensure that they are protecting themselves, as well as their sexual partners, against sexually transmitted infections (STIs) and HIV. Read the briefing sheet [here](#).

If you would like digital or hard copies of the campaign resources (posters, postcards, mini brochures) please contact Tom Boyt Tom.Boyt@tht.org.uk or you can visit www.pavilions.org.uk/news-and-media/event to download the PDF versions.

THT STI Testing Week

B&H Food Partnership - Community Gardening

BRIGHTON & HOVE
TESTING WEEK
24th April - 1st May 2017

Terrence
HIGGINS
TRUST



NO SYMPTOMS?
TAKE AN STI TEST ANYWAY.

Sexually transmitted infections (STIs) like chlamydia, gonorrhoea and syphilis do not always display obvious symptoms.

It's never been so easy to test.

NO JUDGEMENTS. NO SCARY TESTING METHODS.
NO WORRIES.

SHAC (Sexual Health & Contraception) Clinic locations. Confidential walk-in services and booked appointments. Please visit the website below for further information to find the right clinic for you.

www.brightonsexualhealth.com/services

UNDER 25? Email for your free postal STI test kit delivered discreetly to your home:

SC-TR.BrightonCASH@NHS.net

Confidential walk-in service for men who have sex with men and black Africans. Terrence Higgins Trust, 61 Ship Street BN1 1AE. Monday 10.00am-8.00pm Et Tuesday to Friday 10.00am-5.00pm.

www.tht.org.uk/brightonSTItesting



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There are over 70 community gardens in Brighton & Hove looking for volunteers – many run weekly drop-in sessions which are open to all. www.bhfood.org.uk/gardening-for-health

A few groups offer more structure & support, including transport (e.g. 'Grow' wellbeing course & 'Roots & Boots' group at Stanmer for people recovering from addiction).

Contact the Brighton & Hove Food Partnership for more information or to refer a client. The Food Partnership can give advice to individuals and their support workers - face-to-face, via email or phone.



Participants don't need any gardening knowledge and many just want to get outdoors or try a relaxed and friendly activity with others. Evaluation shows improvements to wellbeing, health and confidence alongside reducing negative thoughts & behaviours, decreasing isolation and providing meaningful activity and routine.

Contact info@bhfood.org.uk or call **01273 431700**.



Please support Brighton & Hove STI Testing Week 2017, a range of posters and wallet cards are available to download [here](#).

Mindfulness Based Relapse Prevention

What is MBRP?

The Mindfulness Based Relapse Prevention (MBRP) Program is an 8 week aftercare program which integrates cognitive-behavioural relapse prevention skills, and mindfulness meditation practice. The weekly sessions last 2 hours. The approach aims to foster an awareness of triggers, habitual patterns, and automatic reactions that often control our lives. The practices cultivate the ability to pause, observe our habits, and bring awareness to the range of choices before us in every moment.



Starting Tuesday 25th April at 2.00pm and running for 9 weeks. The first session will be an introductory session lasting approximately one and a half hours and thereafter it will be two hours from 2pm-4pm. If you have a client who is interested in attending they can arrange this through their Pavilions Care Co-ordinator.

Prenoxad Prescribing



Prenoxad also known as naloxone is a commonly used competitive antagonist of opioid receptors. Given on its own, naloxone produces very little effect, however, when given in higher doses it temporarily and rapidly reverses the effect of morphine and other opioids. Therefore, it may be used as an antagonist drug to reverse opioid overdose. An Ambulance must still be called, Prenoxad buys vital time until it arrives.

There has been a noted rise in drug misuse deaths. [Public Health England](#) & Local Government Association convened a national inquiry to better understand the causes of the rises. Two important factors were identified that may be responsible for the increase in drug-related deaths; increase in availability and purity of heroin & ageing heroin users with poor health. Locally, we can save lives by promoting and encouraging the use of Prenoxad.

Prenoxad is available from Pavilions main offices, Needle Exchange and outreach service Equinox. Pens are prescribed following a brief training from a member of staff.

Please find guidance from Public Health England relating to take-home naloxone [here](#).

Training Updates

Dual Diagnosis: Mental Health & Substance Misuse

Participants will review key definitions of terms, explore attitudes and myths, have the opportunity to discuss best practice in direct work, and gain confidence in understanding treatment pathways and local support systems. Participants will discuss how best to work at community level, using effective screening and signposting to specialist services.

Friday 31st March 2017 09:30-16:30

Blood Borne Viruses & Safer Injecting

The aims of this course are to give an overview of HIV, Hepatitis B and C transmission, prevention and epidemiology, and to explore how and why vulnerable groups are particularly affected. This course focuses on raising awareness of these issues amongst professionals, in order that they and their service users are fully informed. City-wide screening provision, inoculations and treatment services are promoted, and safer injecting practices highlighted.

Monday 10th April 2017 09:30-16:30

Drug & Alcohol Basic Awareness (2 day course)

A two-day course on substance misuse related issues and interventions. This course is essential for anyone who comes into contact with drug or alcohol users in their work. This is an ideal introduction to current substance use issues in Brighton and Hove, equipping you with the knowledge and tools you will need to support your service-users, including signposting to specialist services.

Wednesday 3rd & Thursday 4th May 2017 09:30-16:30

To book any of these courses plus others, please visit 'Brighton & Hove Learning Gateway' [here](#).

We also offer bespoke training sessions. If your staff team/organisation could benefit from a training session but can't attend one of the set training dates we can come to you for more specialised sessions.

Please contact our team at healthpromotion@pavilions.org.uk / 01273 731900 for more information.

Produced by:

Pavilions Health Promotion & Training Team

e: healthpromotion@pavilions.org.uk

Next DAWG meeting:

Tuesday 23rd May 9:30am - 11:30am

[The Friends Meeting House, Ship Street](#)

Tea, coffee & biscuits served from 9:15am

Confirmed speakers from:

Tim Worthley - Arch Healthcare

Shanni Collins - TAKEPART Festival

Ruth Berry - THT (African Communities)

Kevin Lennon - BHT PASH

& more!

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Brighton & Hove
City Council

