

SUSSED news letter #4

Xmas & New Year 2007



ISSUE 4
2007

CHRISTMAS & NEW YEAR
PERIOD 2007

S.U.S Service users say: This is a D.S.B service user group that meet weekly. The group meets in the city centre. The group is for current D.S.B service users, (or those who have completed treatment with D.S.B) ask your worker for details or contact Steve Cox service user engagement coordinator on 0121 233 7400.

SUS stands for service users say. It's a service user group. SUS has been in existence since October 2005 it meet weekly in the city centre. It's one way for DSB service users to be involved with their treatment service and one way in which DSB, Birmingham DAT and NTA consult with service users in order to shape drug treatment.

Birmingham Drug Action Team implement national drug policy and commission all of drug services in Birmingham. The National Treatment Agency (NTA) is an NHS body set up to improve the effectiveness of drug treatment in England.

At 1pm doors open, you can get a hot drink and chat with other members. Then there is a formal meeting for an hour. A short break then group members stay for a range of free complementary therapies.

Even if you are not celebrating at this time of year the chances are that you will be affected by opening times etc. over the Bank Holiday period, this edition of *SUSSED* is devoted to advice and information that may be helpful to you at this time.

Steve Cox

Merry Christmas and a happy new year (if you are celebrating) This time of year can be very difficult for people. Inside this edition is some information to help you along over the holiday period

Take care over Christmas—if you have no plans and will be alone over the holiday then there are a few options inside if you need to talk to someone. This may possibly make it easier for those of us who don't necessarily

Enjoy the fun and festivities, Take care and see you next year.

Jason and Sid

Is Xmas an issue?

Too many feelings?

If your mood to celebrate is not with you.

I myself have been there and know how it feels, but things can improve dramatically.

Putting myself around positive people definitely helps.

I got involved in things and found that positivity attracts positivity and feelings alike.

Chin up, battle on. If there's anything we are good at it is surviving. Happy Xmas and a Happy new year.

P.S Why not come and see us for a chat and speak to someone who understands.

Dean

Need a New Year's Resolution ?

Then come to SUS on Wednesday afternoons.

Happy holidays, come along next year.

Mark

Inside this issue:

The Christmas Period from S.U.S

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"It's the first time in my experience of being in treatment that my opinion has been asked"

Pat .

S.U.S member

"Be part of the process."

Ian K.

S.U.S Member



Acknowledgements: This newsletters concept and development has been made possible by the contributions made by members of S.U.S. steps to take in the event of a drug overdose on page four has been taken from the D.S.B Shared care leaflet Part developed by D.S.B staff and members of S.U.S and 2006 Christmas card developed by D.S.B trainee Drug workers and S.U.S



Open Christmas is a drop in service open to anyone in need of a place to shower , eat and sleep .or if in need of a hot drink and a meal free of charge open 24 hours a day over the Christmas period *Sean has been to Open Christmas.*

Open Christmas has been operating for over 30 years in Birmingham and became a registered charity in 1991 It is open to all.

can also be accessed through open Christmas

“I went to open Christmas last year when it was at St Martins it was really good”

It strives to provide warmth, shelter food and company to the homeless and lonely of Birmingham

“You don't have to be homeless to go there “

“You can go there if your lonely and just want a hot drink and someone to talk to”

It is open 24 hrs a day from 10am 23rd December till 3pm 28th December it is staffed by volunteers and offers somewhere to sleep, breakfast, lunch and dinner. Hot drinks Chiropody, Haircuts and dental treatment

“Its all free and the people who worked there were really helpful”

Sean from S.U.S

Open Christmas 2007 Is located at

St Georges post 16 centre
Great Hampton Row
Newtown
Birmingham
B19 3JG

It is open 24 hours a day from 23rd December till the 28th of December

If you have any contributions for the next edition of SUSSED or Ideas for topics to be covered ask your drug worker or contact Steve Cox service user engagement coordinator on 0121 233 7400 who can pass items to the editorial team of SUSSED

Alcohol if you feel you have an issue with alcohol speak to your Drug Worker.

Mixing alcohol with other drugs can be very dangerous, especially when mixed with other drugs like anti-depressants, heroin, methadone and painkillers. Mixing Alcohol with Barbiturates or Benzodiazapine drugs like Diazepam, Temazepam. Lorazepam, Nitrazepam etc may lead to overdose and possibly death.

Mixing Alcohol with crack/cocaine produces a drug called Cocaethylene which increases stress on the heart which can be fatal.

TOLERANCE levels will have decreased if you have reduced or stopped drinking alcohol. This may result in lower amounts of alcohol having a more pronounced affect on you.

ACCIDENTS are more likely to occur whilst under the influence of alcohol and/or drugs. Be especially aware of driving or operating machinery as this may result in serious or fatal injury to yourself or others.

DON'T DRINK & DRIVE!

PREGNANCY drinking alcohol can affect the health of the unborn baby. Be aware of breastfeeding and drinking as alcohol can be passed on to your baby through the milk.

Recommended safe drinking limits for men no more than 3-4 units per day (max 21 per week). For women no more than 2-3 units per day (max 14 units per week)

One unit of alcohol is about equal to: Half a pint of ordinary strength beer, lager, or cider (3-4% alcohol by volume), A small pub measure (25ml) of spirits (40% alcohol by volume). A standard pub measure (50ml) of fortified wine such as sherry or port (20% alcohol by volume) There are one and a half units of alcohol in: A small glass (125ml) of ordinary strength wine (12% alcohol by volume), or A standard pub measure (35ml) of spirits (40% alcohol by volume).

Pharmacies

Here is a list of a few pharmacies that have late closing times. Give them a ring to find what days they are open and at what time. Most Pharmacy Phone Numbers are fax / phones that have unusual ringing tones, so don't worry - just stay on the line and somebody should answer.

If you are on a Daily Pick Up or Supervised Consumption prescription, check when your pharmacy is open so how you can collect your prescription over the Christmas period.

B

Bordesley Green – Evergreen Chemist**
147 Bordesley Green
Tel – 0121 772 2554

Bournbrook – Lloyds Pharmacy
506 Bristol Road
Tel – 0121 472 0155

C

Castle Bromwich – Lloyds Pharmacy
335 Chester Road
Tel - 0121 747 2386

Castle Vale – Lloyds Pharmacy**
Tangmere Square
Tel - 747 6546

City Centre - Boots Ltd**

66 High Street
Tel – 0121 236 1533
1-3 Pershore Road South
Tel – 0121 433 3072

E

Edgbaston – Linthorns Chemist Ltd
71 Pershore Road
Tel – 0121 440 1210

Erdington – Lloyds Pharmacy
46-46a High Street
Tel – 0121 350 0321

G

Great Barr – Lloyds Pharmacy
927 Walsall Road
Tel – 0121 358 4806

H

Hall Green – Lloyds Pharmacy
1533 Stratford Road
Tel – 0121 744 1317

Handsworth – Lloyds Chemist
221 Soho Road
Tel – 0121 554 2343

Pharmacists with a ***** Symbol
operate a needle exchange

K

Kings Heath — Lloyds Pharmacy
4 Alcester Rd South
Tel 0121 444 1179

Kingstanding — Lloyds Pharmacy
434 Kingstanding Rd
Tel—0121 373 1424

P

Perry Barr-Parade Pharmacy***
199 Birchfield Road
Tel—0121 551 6845

Q

Quinton—selcroft Pharmacy
Selcroft Ave,
Tel 0121 427 6060

R

Rubery—safeway pharmacy
Tel. 0121 453 2614

S

Saltly—Alum rock chemist
117 Alum rock Rd
Tel — 0121 327 2425

Shard End-Coop
162 Shard end crescent
Tel—0121 747 4585

Smethwick—Lloyds
Bearwood Rd
Tel—0121 429 1326

Spark Brook—Spark brook
159 Stratford Rd
Tel _ 0121 772 0165

Sutton Coldfield— Boots
44-46 the Grace church Centre
Tel _ 0121 354 1729

W

Ward End—Lloyds pharmacy
902 Washwood heath Rd
Tel 0121 783 8680

Winson Green Lloyds
366 Dudley Rd—Lloyds
Tel 0121 455 6096



Service Users *Have your Say at D.S.B*

Some useful information to help keep safe over the Christmas and New year period

D.S.B (Drug Solutions Birmingham): The office will be closed on 24th,25,26th December 2007 & 1st January 2008

Post office : The post office will be closed on Tuesday 25th, Wednesday 26th December and Tuesday January 1st 2008

NHS walk in centre (basement main Boots in City centre). –0121 255 4500 closed Christmas day and Boxing day. New years Sunday opening times. (open Mon till Sat 8am to 6pm. Sunday 11 till 5pm.)

St Basils 24 hour emergency telephone lines for people under the age of 25.

Open throughout the year Male – 0800 056 4034 Female – 0800 068 7499.

Focus Futures - Snow Hill -86 Old Snowhill, –0121 233 2599

Women's Aid 24 hour National Domestic Violence Helpline — 0808 2000247

New Boot 110 St Andrews rd 0121 472 7646 (emergency beds before 7pm)

St Annes Hostel 112 Mosely Street –0121 772 4406

(Men over 25)

City mission 35/38 Washington street – 0121 643 6182

Salvation Army Shadwell street 0121 236 6554 (emergency beds before 10pm)

Daily Soup run 8pm onwards behind Carrs Lane church

Saneline – 0845 7678000

Drinkline (Alcohol advice) – 0800 917 8282

Missing Persons – 0500 700700

Birmingham Alcoholics Anonymous – 0121 212 0111

Narcotics Anonymous – 020 7730 0009

Smart Recovery group – 07985 88 3359

Birmingham and District General Practitioners Emergency Rooms

You own GP may have an out of hours arrangement ring your usual surgery number and you will be directed to BADGER.

Birmingham city council— 0121 303 9944

Centro (public transport) – 0121 200 2700

British Gas —0800 111 999

NPower —0800 328 1111

Powergen —0800 015 1809

D.S.B 0121 233 7400

NHS Direct 0845 4647—24hr Health and Dental care advice line.

Samaritans Someone to talk to
0845 7909090

Shelter helpline (homelessness)
0800 800 4444 open 8am – 12 mid-night

National Drugs Helpline 0800 76600
999—Emergency services

Steps to take in the event of a drug overdose

Don't Panic

- 1 Lie the person on the floor.
- 2 Put them in the recovery position (on their side with one arm bent, and tilt their head back).
- 3 Call an ambulance - dial 999. Speak calmly and clearly to the operator.
- 4 Do not leave them alone unless you go to get help yourself. If you have to leave them make sure they cannot roll over onto their back.
- 5 When the ambulance arrives, if you can, tell them what the person has taken.
- 6 This could save their life.



Keep safe over the Christmas period and a happy 2008 from S.U.S

