

Kensington and Chelsea DAAT Newsletter

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The winning picture by a service user from the SUDRG Photography exhibition. See page four for more details.

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NHS

Kensington and Chelsea



THE ROYAL BOROUGH OF
**KENSINGTON
AND CHELSEA**

Cannabis reclassification

In case you haven't heard

On 26 January 2009, cannabis was reclassified from a class C drug to a class B.



Cannabis use is falling but it is still the most commonly used illegal drug in the UK. 80 per cent of the cannabis seized on the streets in 2008 was skunk—the most potent form.

A report produced by The Advisory Council on the Misuse of Drugs (ACMD) suggests that cannabis poses health risks to users because:

- Cannabis is much stronger than it used to be
- Young people binge smoking stronger strains of cannabis are putting themselves at risk of long-term mental health problems
- Schizophrenia and other mental health issues can be worsened by the use of cannabis
- There are short-term psychological effects and a casual link between the development of psychotic illnesses in later life

The reclassification to a class B drug takes into account the findings of the report and also aims to reinforce the message that cannabis is illegal and harmful.

The Law

There will be severe penalties for people caught in possession of cannabis for personal use or with the intent to supply.

Young people in possession of cannabis

A young person found to be in possession of cannabis will be arrested and taken to a police station where they can receive a reprimand, final warning or charge depending on the seriousness of the offence.

Following one reprimand, any further offence will lead to a final warning or charge. Any further offence following a warning will normally result in criminal charges. After a final warning, the young offender must be referred to a Youth Offending Team to arrange a rehabilitation programme.

Adults in possession of cannabis

Most offences of possession result in a warning and confiscation of the drug. Some instances may lead to arrest and possible caution or prosecution, including:

- repeat offending
- smoking in a public place
- threatening public order

Penalties for supply, dealing, production and trafficking

The maximum penalty is 14 years imprisonment.

Penalties for possession

The maximum penalty is five years imprisonment.

Alcohol News

How much are you drinking?

Recent studies suggest that despite the advice given on safe amounts of units to consume daily, most people do not actually know how many units are in their drinks. Below are a few popular drinks and how many units they actually contain.



2.3 units

1 pint
regular
lager
(4% abv)



1.7 units

Bottle of
beer
(5% abv)



9 units

Bottle of
wine
(12% abv)



1.4 units

Alcopop
(5% abv)



2.1 units

Glass of
champagne
(12% abv)



2.3 units

Glass of wine
(175ml)
(12% abv)



1 unit

Single measure
of spirits
(40% abv)

The Department of Health has a free e-learning module for healthcare professionals. The Identification and Brief Advice course takes about two hours to complete; covering areas such as alcohol facts and structuring advice.

Visit www.alcohollearningcentre.org.uk/elearning/IBA/

The Maternal Health Service provides help and advice as well as a counselling service to women who are pregnant or have young children and would like to discuss their alcohol or substance use.

Please call 020 8846 6111 for further information.

Do you have any alcohol free cocktail recipes that you can recommend? Contact daatteam@rbkc.gov.uk to share your version of glamorous party drinks without the units.

We all know that when used moderately, alcohol can make you feel sociable and relaxed. But what happens when you drink too much?

Long term heavy drinking can cause health problems such as:

- Impotence
- Infertility
- Breast cancer
- Heart disease
- Stroke
- Liver disease
- Brain damage
- Harm to unborn babies

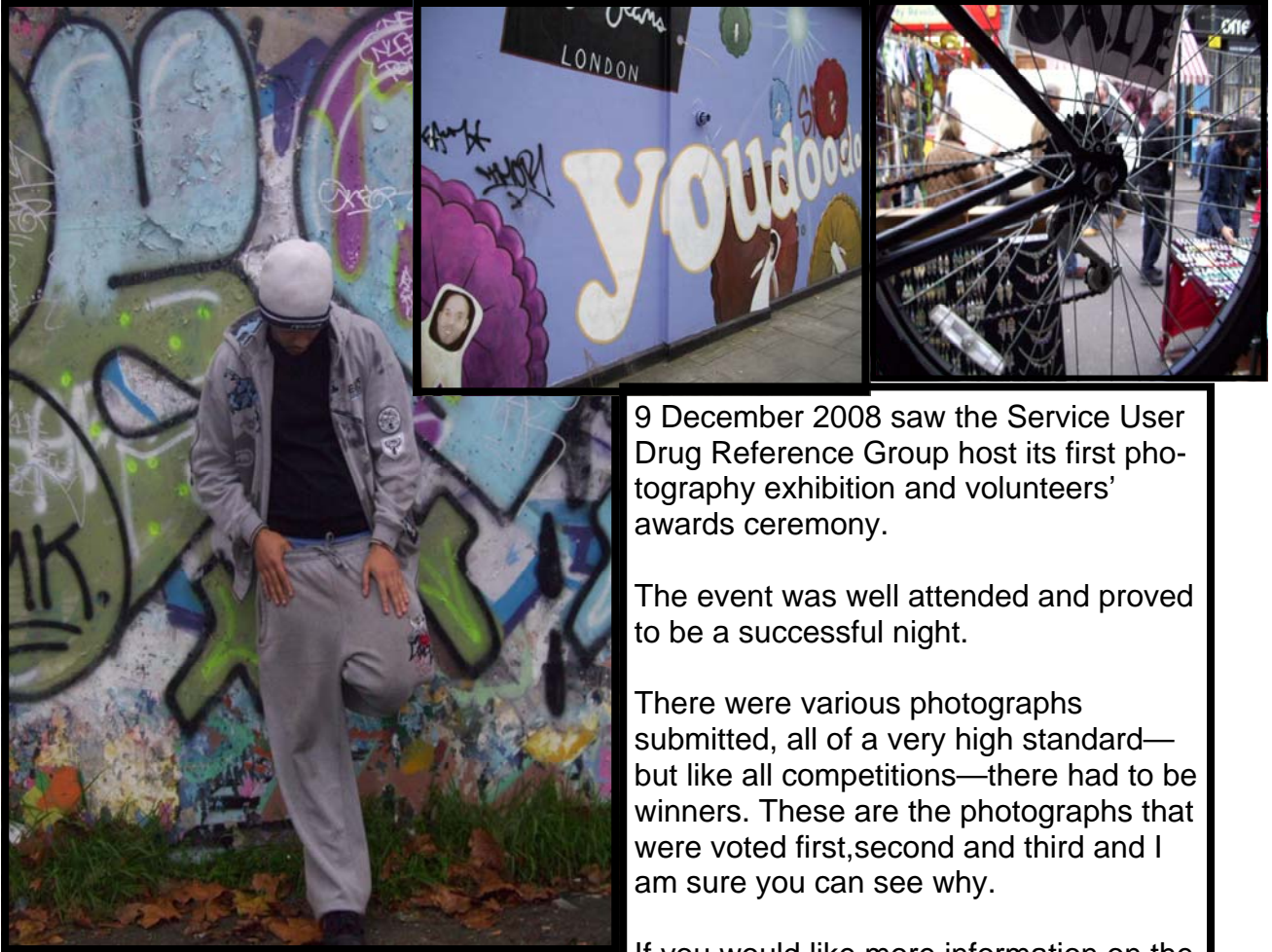
You may also find yourself at risk of:

- Aggressive behaviour
- Contracting a sexually transmitted infection by not practising safe sex
- Becoming a target of crime
- Being injured by tripping or falling
- Causing harm to someone else by driving drunk or starting fights
- Gaining weight and/ or losing your good looks

Reducing the amount you drink will improve your health, keep you safe and save you heaps of money.

If you or someone you know would like more advice on drinking, contact daatteam@rbkc.gov.uk for information on available services in the borough.

SUDRG Photography Exhibition and Volunteers awards ceremony



9 December 2008 saw the Service User Drug Reference Group host its first photography exhibition and volunteers' awards ceremony.

The event was well attended and proved to be a successful night.

There were various photographs submitted, all of a very high standard—but like all competitions—there had to be winners. These are the photographs that were voted first, second and third and I am sure you can see why.

If you would like more information on the photography workshops that are being run at the Service Users Social Club, please contact Tim Sampey on 07849 663 548 or email kandcsudrg@yahoo.com

Volunteer awards 2008 winners

Most Improved Volunteer

Nicki Mannee

Outstanding Achievement

Repinder Sekhon

Outstanding Commitment

Liam Harte

Most Tenacious Volunteer

Nikki Sullivan

Long Service Award

Rob Allan

Engagement and Commitment Award

Briony Griffiths

Team Leader of the Year

Ian James

Volunteer of the Year

Kay France

High Potential Award

Olivera Nickolic and Boo Winter



SUDRG's Tim Sampey tells us about the SUDRG and the work it does.

The Service User Drug Reference Group (SUDRG) is an organisation of service users that has designed, implemented and now runs its own weekend service. The intention is to provide a safe, social environment for their peers to relax, get some support and enjoy themselves at the weekend. We provide a variety of sporting and artistic activities, as well as yoga and shiatsu. We show movies, provide food and if required, one to one support. We also run a needle exchange and act as a referral point to other service providers.

Members of the SUDRG sit on various groups hosted by the DAAT (Housing, the DAAT Partnership Board, Commissioning Groups and so forth) where we aim to provide a service user perspective on the range of substance misuse and related services provided by Kensington and Chelsea for its residents. This collaboration enables services to be constantly 'tweaked' in order to make them as effective as is possible.

My days are never the same! The variety of work is enormous. Although the Social Club and its satellite services are intended to provide a whole range of activities for service users, it is also designed to operate as a support network and a training ground for its volunteers. The enthusiasm, commitment and passion with which the volunteers approach their various roles is a constant source of delight and inspiration, and more than makes the irritating parts of my job worthwhile. Watching them go about their business at the weekends is always a huge buzz! If there was an Olympics for service providers, my money says the SUDRG volunteers would be among the medals!

This field is always changing, so standing still is not really possible! There is always something new to learn, which can be a challenge when you have a memory as erratic as mine! The management of the Social Club means looking after more than 50 volunteers, and we are as diverse a bunch of people as anyone could ever meet. That is a challenging task, as is the continual development of the services we provide. The expression 'fire fighting' springs to mind. Lastly, as anyone who works in this field will know, working effectively with service users is always a personal challenge. Personal growth is a must, and although worthwhile, there are days when it is hard work!

To find out more about the SUDRG and the Social Club, contact Tim Sampey on 07849 663 548 or email kandcsudrg@yahoo.com

Congratulations to SUNDIAL learners (Group 2) who have now completed their accredited course at Blenheim CDP, Portobello Project with the Education Training and Employment (ETE) Team: one of these learners has been offered full time employment supporting prisoners and three have already started their NVQ level 3 in Health and Social Care.

**Aisha Hennesy
Kevin Feighey
Kevin Plunkett-Gibney
Nashiru Mormori
Kay France**

Well done!

The "T" Word

There are now two tools in operation in the borough to help practitioners get Treatment Outcome Profiles (TOPs) done on time.

The first is an Access database that can generate reports, letting you know which clients have a TOP due and which keyworkers are responsible for completion.

The second is an Excel spreadsheet, that is able to generate TOP dates based on the clients modality start date.

Please email daatteam@rbkc.gov.uk for more info.

Core data set F is here... well almost.

From 1 April 2009, there will be a few changes to the adult data set and significant changes to the young people's data set.

The new data set can be found at http://www.nta.nhs.uk/areas/ndtms/core_data_set_page.aspx

Please be sure to read the new business definitions. You may have to change your assessment forms to ensure you are collecting the right data.

The Kensington and Chelsea young carers project works with seven to 17 year olds who are caring for family members with a disability, mental health illness or substance use issue.

The project meets every two weeks allowing young people with similar experiences to come together in a safe place and take part in arts and crafts, discussions and trips in school holidays.

One on one time is also available for young people to talk about any stresses they may be having in a confidential space.

For more information please call 020 8968 0535 or 07783 395 890

Rugby House has now merged with ARP making it one of the largest alcohol service providers in the UK.

If you have had trouble contacting any of the Rugby House agencies via email, try using their new email format: **firstinitialsurname@rharp.org.uk**

More details of this merger will feature in the next issue of the DAAT newsletter.

There is a SMART Recovery meeting at ARC every Thursday at 2pm. This is the first time ever that one of these meetings has taken place in London at an alcohol service.

For further information contact Rameez Ali: rali@rharp.org.uk



Did you know that the DAAT has a website? Check out

<http://www.rbkc.gov.uk/SocialServices/DrugAlcoholMisuse/default.asp> for information about services in the borough.

Please feel free to let us know if you think there is anything we have not put on the site that you feel should be there.

'SUNDIAL' Course
Service Users Network Development
In Adult Learning

WHO IS IT FOR?

This course is aimed at drug and alcohol services users in Kensington and Chelsea who want to return to learning but find the idea of going to college quite daunting. This course is run with very small groups of service users in an informal and friendly environment. This course is aimed at developing service users' soft skills.

CRITERIA

- Stable
- Clean
- Over 18

WHAT IS IT?

'SUNDIAL' is accredited through the Open College Network, London Region at a level 2. There are six units.

- Communication and Interpersonal Skills
- Assertiveness and Self-Esteem
- Boundaries and Confidentiality
- Anger Management and Conflict Resolution
- Understanding Supervision, Mentoring and Coaching
- Understanding Group Facilitation

Learners will have a choice whether they want to complete one unit or all six. There is no exam, it is portfolio based.

This course runs alternate Thursdays for 12 weeks. From 10am to 1pm at Blenheim CDP Portobello Road W10.

SO WHAT NOW?

If you are interested in attending this course and would like to find out more, we are having an

Open Afternoon Monday 30 March 2009 at 2pm.

So please feel free to come along.
Please let Angela McLennon know on 020 8962 9932,
a.mclennon@blenheimcdp.org.uk

Make sure you are kept in the loop!

Join the DAAT mailing list and be kept up to date with what is happening. You might have missed out on relevant training events, seminars, publications and other information because we didn't know how to contact you!

Simply fill out the form and return to:

DAAT Team, Room 136, Town Hall, Hornton Street, W8 7NX
Or email daatteam@rbkc.gov.uk



Yes, please keep me in the loop!

Name:
Postal address:

Agency:

Email address:
Tel:

I'm interested in

- Training events
- Young people's services
- Adults services
- Harm reduction
- Abstinence
- ETE
- Service User Involvement
- Contamination alerts
- Alcohol
- Drugs
- Publications