

September 2017

# Roads to Recovery

## Recovery Month, Lewisham



#RoadsToRecovery

JOIN THE VOICES FOR RECOVERY  
STRENGTHEN FAMILIES AND COMMUNITIES



## Introduction from Danny Waites, Commissioning Manager (London Borough of Lewisham)



### The Home Office has recently published the Government's updated Drug Strategy

The strategy's primary aims are to reduce all illicit and other harmful drug use, and increase recovery rates from drug dependence. It builds on the 2010 strategy, aiming to do more to address the complex and evolving challenges of drug misuse, including changing drugs markets and patterns of use, the recent increases in the rate of drug-related deaths and the needs of an ageing cohort of heroin and crack users with increasingly poor physical and mental health. All of us at Lewisham Council look forward to working with you to deliver on the ambitions of the strategy with the aim that Lewisham residents are given choices around the different recovery options currently provided within the borough.

### The Department of Health have also released the 2017 Clinical Guidelines

The 2017 Clinical Guidelines provide guidance on the treatment of drug misuse and dependence in the UK. They are based on current evidence and professional consensus on how to provide drug treatment for the majority of patients, in most instances. Local commissioners and providers within the borough of Lewisham have a responsibility to develop services that enable the guidelines to be applied. They should do so in the context of local and national priorities for funding and developing services, and in light of their duties to have due regard to the need to eliminate unlawful discrimination, to advance equality of opportunity and to reduce health inequalities for all those residents accessing services within the borough of Lewisham.

### Service User Involvement

Service User Involvement comes in various forms within the borough of Lewisham but one common factor is the positive impact it has on service users, families and carers. Their involvement in services at all levels has increased confidence in, and the suitability of, those services and has made services more attractive to new users.

Visible recovery is likely to motivate those in treatment and those ambivalent to treatment. Increasing service user involvement makes recovery much more visible, encouraging current and potential service users to see peers successfully addressing their drug and alcohol problems, while also having an opportunity to engage in activities other than treatment.

We are proud of the various SUI that we have within the borough and the excellent work undertaken by Lewisham's Service User Involvement Team (SUIT) and hope that this work continues in order for: strengthened accountability to all stakeholders and services that genuinely respond to the needs of users with a sense of ownership and trust.

## Recovery Month

September is National Recovery Month, a time when we celebrate recovery even more than we do every other day. The month provides a space to focus on what we are all doing in order to achieve recovery and bring communities together to celebrate what recovery means to us.

The theme for this year's event is **'Roads to Recovery'**, which represents the journey we are on while working towards recovery, the small and significant steps we take to get to our goals and the overall destination we are working towards. We each have a different understanding of what recovery means to us and it is important that we embrace these differences as we can draw inspiration from others (as well as be in a position to inspire others).

Throughout the month we will be looking at different areas of life, which can present their own unique challenges, but are a vital part of our recovery:

### Week 1: Health, Wellbeing and Self-Care

As we open Recovery Month, we will be focussing on how important our health and wellbeing is as part of our recovery. During this week there will be a range of activities on offer to promote health and wellbeing, with information available on how to self-care. Recovery Month also explores the role of Service User Involvement and Peer Support, considering how this valuable support can be offered. Services will be promoting the role of service users and peer mentors within recovery throughout the month.

### Week 2: Safer Neighbourhood/Safer Communities

In order to maintain our long-term recovery and ensure we feel supported in our communities we need to develop a greater awareness of who is available to support us, what they can do to meet our needs and how we can learn to live safely, and without risk of offending or arrest.

### Week 3: Dual Diagnosis

Dual diagnosis is a term for when someone experiences a mental illness and a substance abuse problem simultaneously. Dual diagnosis is a very broad category. It can range from someone developing mild depression because of binge drinking, to someone's symptoms of bipolar disorder becoming more severe when that person abuses substances during periods of mania. During this week we will be able to consider the impact mental health has on our recovery, as well as the opportunities for support available.

### Week 4: Family & Carers

During this week we will be recognising the important role family and carers play in recovery, as well as acknowledging the impact substance use has on the people who are in our lives. During this week there will be events to celebrate the value of family (whether this means biological or social, big or small). We will also be encouraging people to consider how they can re-establish links with supportive members of their own family or friends.

## What's on?

Each year there are a number of activities taking place across the borough and the timetable below gives you a snapshot of some of them (you can also visit the Tress on the Green in Catford throughout the month for inspirational quotes and stories):

Monday	Tuesday	Wednesday
<b>4</b> <b>1.30pm-2.30pm</b> <b>Creative Writing: My Recovery Journey (CGL New Direction)</b>	<b>5</b> <b>10am-1pm</b> <b>SUIT AGM @Civic Suite, Catford</b>  <b>Book your space via Eventbrite</b>	<b>6</b> <b>11am-12pm Creative Writing: My Recovery Journey (CGL New Direction)</b>
<b>11</b>	<b>12</b> <b>12.30pm</b> <b>Discussion Group on Mental Health (closed group) (St Mungo's Spring Gardens)</b>  <b>12pm-3pm</b> <b>Lunch and Networking (Blenheim PCRS)</b>	<b>13</b>
<b>18</b> <b>9.30am-2.30pm</b> <b>Dual Diagnosis Event @Civic Suite, Catford</b>  <b>Book your space via Eventbrite</b>	<b>19</b> <b>9.30am-1pm</b> <b>Hoarding Event @Civic Suite, Catford</b>  <b>2.30pm-3.30pm</b> <b>Clock Making: Making up for lost time (CGL New Direction)</b>	<b>20</b>
<b>25</b> <b>11.30am-12.30pm</b> <b>Clock Making: Making up for lost time (CGL New Direction)</b>  <b>7pm</b> <b>Art Exhibition Launch 'Making Moves' (SHP Breakspears Road)</b>	<b>26</b> <b>12.30pm</b> <b>Discussion Group on Mental Health (closed group) (St Mungo's Spring Gardens)</b>  <b>1.30pm-4pm</b> <b>Launch of new Women's Pathway (CGL New Direction)</b>	<b>27</b>

For more information about any of the activities taking place during Recovery Month, please contact the service leading on it (in bold on the timetable below), speak to your key worker or pop into your local service. Details of some of the events can also be found throughout this booklet. You can also show your support for the activities taking place by using **#RecoveryMonthLewisham** and **#RoadsToRecovery** on Twitter.

Thursday	Friday	Saturday
	<b>1</b>	<b>2</b>
<b>7</b>	<b>8</b>	<b>9</b>
<b>14</b> <b>11am-12pm &amp; 1.30pm-2.30pm</b> <b>Photography Workshop:</b> <b>Recovery through my eyes</b> <b>(CGL New Direction)</b>	<b>15</b> <b>12pm –2pm</b> <b>Lewisham Recovery Walk</b> <b>(CGL New Direction)</b>  <b>1pm-5pm</b> <b>Recovery Month Open Day</b> <b>@SHP Breakspears Road</b>	<b>16</b>
<b>21</b>	<b>22</b> <b>11am-12.30pm</b> <b>Photography Workshop:</b> <b>Recovery through my eyes</b> <b>(CGL New Direction)</b>  <b>1pm-3pm</b> <b>Road to Recovery</b> <b>(Blenheim PCRS)</b>	<b>23</b>
<b>28</b>	<b>29</b> <b>10.30am-12pm</b> <b>Recovery Street Film Festival</b> <b>@Civic Suite, Catford</b>	<b>30</b> <b>Family &amp; Carers Gardening</b> <b>Programme with Wildcat</b> <b>Wilderness, Catford</b> <b>(CGL New Direction)</b>





# People who Hoard

**19th September 2017  
9.30am-1.00pm**

As part of Recovery Month, September 2017, we are pleased to be arranging the above event. Invitees to the event include representatives from services funded by Prevention, Inclusion and Public Health Commissioning - i.e. supported housing providers and substance misuse providers; as well as other stakeholders.

Key aims of the event include:

- Raising the awareness and the understanding of practitioners re: people who hoard.
- Providing good practice tips and advice for how to support and work with people who hoard.
- Providing an overview of the relevant statutory framework, e.g. housing law and safeguarding
- Building a greater understanding from those with lived experience

**This is an invite only event**

**For more information please contact: [Donna.peters@lewisham.gov.uk](mailto:Donna.peters@lewisham.gov.uk)**



# Lewisham Recovery Walk 2017

The 9th UK Recovery Walk



**Friday 15th September - 12 Noon**  
Meeting at the Clock Tower, Lewisham High Street



The Recovery Walk is an opportunity to promote recovery within the community and provide a space to celebrate the efforts we make to achieve recovery every day.

The walk is open to anyone, regardless of where you are in your own recovery journey, however please be fit to function.

Start at Lewisham Clock Tower at 12pm, the walk will then follow Lewisham High Street past Lewisham Hospital, up to Catford, turning right past the Broadway theatre, past Catford station and finishing at Wildcat Wilderness for the first ever Lewisham Recovery Picnic!

Please wear comfortable shoes and we recommend you carry a bottle of water with you. Friends, family members and carers are welcome to join the walk to show support too.





A free event for local organisations, service users, carers and the community.  
Join us to learn about dual diagnosis self help tools, peer support, pathways  
and partnership working.

# DUAL RECOVERY

- it's all connected!



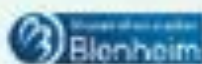
**a dual diagnosis event**

**18th September 2017**

**9.30am-2.30pm**

Civic Suite, Catford Road, SE6 4RU

Book your place here - <https://lewishamdualdiagnostickets.eventbrite.co.uk>





# RECOVERY STREET FILM FESTIVAL



## COMES TO LEWISHAM

Join us to watch the shortlisted films, eat some popcorn and find out about the recovery community in Lewisham.

29th September 2017

**10.30am-12.00pm**

Civic Suite, Catford Road, SE6 4RU

A pop up film festival showing a series of 3 minute films made by people that have been affected by addiction.

[www.recoverystreetfilmfestival.co.uk](http://www.recoverystreetfilmfestival.co.uk)



Working together to celebrate recovery





# New Direction

Lewisham Drug & Alcohol Recovery Service

## Recovery Month

Join us for a range of activities to celebrate recovery throughout September:

Creative Writing: My Recovery Journey

Photography Workshop: Recovery through my eyes

Clock Making: Making up for lost time

Launch of new Women's Pathway

Family & Carers Gardening Workshop

Check out the timetable in service for dates and times.

For more information about events, speak to a member of staff.

T: 020 8314 5566

E: [ND.Referrals@cgl.org.uk](mailto:ND.Referrals@cgl.org.uk)



[facebook.com/changegrowlive](https://www.facebook.com/changegrowlive)



[@CGL\\_Lewisham](https://twitter.com/cgl_Lewisham)



Search "changegrowlive"

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IS PART OF  
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Change grows for CGL registered Office 100 Years Street 100  
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Registered Charity Number in England and Wales 2079470  
Company Registration Number 2002208 (England and Wales)



DIVERSITY  
IN PEOPLE





# LEWISHAM S.U.I.T. AGM

Tuesday September 5<sup>TH</sup> 2017

10am-1pm @ the Civic Suite

Guest Speakers Include: Hannah Linsdell

– Public Health England

Lewisham S.U.I.T. Have Been Representing the  
Voices of All Who Use the PIPH Commissioned  
Services

This Event Aims to Celebrate Our First Year!

- Hear the Latest on What We Have Achieved So Far
- You Can Help Us Improve the Way We Can Represent You
- Help Shape Our Priorities for 2017- 2018
- PLUS find out how you can become part of the Lewisham Service User Involvement Team

**This event is open to all Key Stakeholders**

Refreshments will be provided

For more details please contact us:-

[lewishamsuit@outlook.com](mailto:lewishamsuit@outlook.com)

07397398397 / 07463690805

**To book:** <https://www.eventbrite.co.uk/e/lewisham-suit-annual-general-meeting-tickets-36433878712>



## Breaking Free Online

Breaking Free Online is an evidence-based treatment and recovery programme that has been commissioned by over 60 Local Authorities and NHS Trusts across the UK, and adopted by several leading national substance misuse treatment providers, including CGL. It is augmented by Staying Free, a powerful relapse prevention toolkit in a mobile app that is now available on the Android and iOS platforms.



Breaking Free Online provides access to resources 24/7 via the internet and is designed to meet all types of literacy levels. The programme also provides evidence of achievements, which can be sent via e-mail or printed. This resource is free to access and available to anyone in treatment.

If you would like to know more about Breaking Free Online or have any questions then please speak to one of the service user reps, look for posters in services or speak to your Recovery Worker. You can also visit [www.breakingfreeonline.com](http://www.breakingfreeonline.com) for more information.

## Take Home Naloxone

Britain continues to have a high number of drug-related deaths with opioid overdose remaining a major cause of death among drug users. In England and Wales in 2013 there were 765 deaths where heroin or morphine were mentioned on the death certificate: this was an average of two every day.



Naloxone is a drug that can reverse the effects of opioids, and prevent death if used within a short period following an opioid overdose. For many years, naloxone has been used within emergency medical settings to reverse the effects of an opioid overdose and prevent death.

**In short, naloxone saves lives!**

Naloxone can rapidly reverse a reduced breathing rate (known as respiratory depression) when caused by an overdose of opioids. Naloxone takes 2-5 minutes to have an effect when injected into a muscle. The effects last for about 20 minutes. This means the use of naloxone can buy critical time while waiting for an ambulance to arrive. Naloxone can be supplied to anyone at risk of opioid overdose, as well as their friends, family or other representatives.







## Lunch and Networking

12th September 2017

12-3pm

PCRS, 55 Dartmouth Road, Forest Hill SE23 3HN

Join us for lunch and refreshments to find out more about our service, network with professionals and service users and view our photography exhibition.



Celebrate  
Recovery  
Month with  
Blenheim  
PCRS

## Road to Recovery

22nd September 2017

1-3pm

The Point, 401 Lewisham High Street SE13 6NZ

Join our aftercare team and service users for refreshments and inspiring talks about recovery and what's next.



## The Tress on the Green

The Trees on the Green are part of a community art project, which has been funded by the Government's Community Development Foundation and the Rushey Green Community First Panel.

The aim is for the tress to continue to grow, to be decorated throughout the year in response to events and activities taking place, acting like a community calendar. We want the people of Rushey Green to be proud of where they live and proud of these unusual trees, which will send out a good message to everybody who walks or drives by.



Throughout the month, you can visit the trees to read stories and inspirational quotes from service users/people who are in recovery, as well as find out more about the services available to support people within Lewisham. The trees will also be a space where you can add your own messages of recovery to help inspire and motivate others.

We also hope that the trees will create a talking point within the community to help break down barriers between the public and people who are in recovery. We hope that these conversations will lead to a greater understanding of what it means to be in recovery.



You can get involved with the Trees on the Green Recovery Month project by speaking with your key worker or local service. You can also come along to the trees throughout September and take photos, tweet a selfie, bring friends and family along to come and learn more about what recovery means.

Please help us to keep the trees accessible to all, open to the community and safe for people of all ages to enjoy and participate in. For more information check out Facebook.





## Recovery Street Film Festival

The Recovery Street Film Festival focuses on filmmakers who have a lived experience of recovering from drug or alcohol addiction, whether it is themselves or a loved one.

We want to demonstrate through the medium of film the diverse issues that are faced by people overcoming addiction and how those around them can be affected.

The aim is to empower people affected by addiction by giving them a voice, providing a platform for them to tell their own stories of the 'ups and downs' and how they reached recovery. We want the films to highlight the problems that are confronted when someone is attempting to regain their place in society: to gain new friends, to revive links with family, secure a home and get a job.

The films show a different side to the story of addiction: one that shows a true picture of the determination, commitment and courage that is required to start life afresh. It can be an uphill struggle and one that is not without its pitfalls and disappointments and we hope the films explore all the challenges that people face.



This years theme is **Making Up for Lost Time**. This could mean anything to you - things you wish you'd said, regrets, something that you are able to do now that you are in recovery. Each 3 minute film will tell someone's story and show a part of their world so that others can understand what it means to be in recovery.

The Recovery Street Film Festival tours the UK and various services and community groups will be showing the shortlisted entries. Lewisham will be hosting its own showing for the 4th year and you are invited to attend to show your support, as well as get inspired by the stories of recovery. For more information and to register for the event, please speak to a member of staff or book a ticket through Eventbrite.



## Wildcat Wilderness

We are very fortunate this year to have the support of a local community-garden project, which has given us the opportunity to host the first ever, Lewisham Recovery Picnic directly after the Recovery Walk on Friday 15th September.



It is a natural wilderness on your doorstep, which you can help shape and get involved in. It is your community space where you can explore nature and the wildlife, play or relax in its peacefulness, learn new outdoor skills or crafts, share and enjoy the space with other local people of all ages, cultures, faiths and abilities. You really don't need any particular skills but you might learn something new or share with others what you are good at. Rushey Green Time Bank has a team of people on hand to help you and a project coordinator called Maria.

There are some great opportunities to get involved in the community garden project, which can help to support recovery, increase health and well being, and strengthen the local community by bringing people together.

For more information about the project, to get involved or find out how you can support your local community, visit <http://wildcatwilderness.org/> and please join us for the Recovery Walk and Picnic on Friday 15th September.





# You're invited to SHP Lewisham

Come join us at SHP Lewisham for an afternoon of fun and relaxation in celebration of Recovery Month 2017!

We'll have workshops, music, a short film, relaxation sessions, food and more!

**Everyone is Welcome!**

**When?**

1pm - 5pm  
Friday 15 September

**Where?**

SHP Lewisham  
19 Breakspears Road, SE4 1XW



For more details:

Contact Leila Persaud on:

T 020 7619 2633 E [lpersaud@shp.org.uk](mailto:lpersaud@shp.org.uk)



JOIN THE VOICES FOR RECOVERY  
STRENGTHEN FAMILIES AND COMMUNITIES

National  
*Recovery Month*  
Prevention Works - Treatment is Effective - People Recover  
SEPTEMBER 2017

# **SPOKEN WORD EVENING**

**WITH**

**GERRY MITCHELL**

**19 Breakspears Rd SE4 1XW**

**6.00pm - 8.00pm**

**Friday 22 September 2017**

**Open to Everyone!**

Refreshments will be provided





# Making Moves

Wayne Coleman

19 Breakspears Rd SE4 1XW

10.00am – 4.00pm

25<sup>th</sup> – 29<sup>th</sup> September 2017

(Art exhibition launch on 25<sup>th</sup> September at 7.00pm, with refreshments )

Open to Everyone





# Health and Wellbeing Service **Compass**

A one-stop support service for the young people of Lewisham



Ensuring young people are able to gain support for  
**Emotional Health & Well-being,  
Sexual Health, Drugs and Alcohol**

Give us a call it's good to check things out on:

**020-8690-3020**

Email us on: [LHWS@compass-uk.org](mailto:LHWS@compass-uk.org)





## Useful Contacts

### Education, Training & Employment

- Job Centre Plus 0800 055 6688
- Lewisham Library 020 8314 6399
- Adult Learning Lewisham 020 8314 3300
- Learn My Way (Basic IT Skills) at Catford Library 02083149113



### Other Local Support and Social Groups

- Talk to Frank - Confidential advice line 24 hours a day - 0300 123 6600
- Alcoholics Anonymous (AA) - 0845 769 7555
- Narcotics Anonymous (NA) – 0300 999 1212
- Cocaine Anonymous (CA) - 0300 111 2285 or 0800 612 0225
- SMART Recovery - 0845 603 9830 ([www.smartrecovery.org.uk](http://www.smartrecovery.org.uk))
- Chit Chat Coffee Morning and SUIT Activities CGL New Direction – see timetable for details
- Young Person's Drug & Alcohol Service [lhws@compass-uk.org](mailto:lhws@compass-uk.org) 020 8690 3020 or 07809 314468



### Health & Well-Being

- Adult Social Care Access Team – 020 8314 7766 [SCAIT@lewisham.gov.uk](mailto:SCAIT@lewisham.gov.uk)
- 24 Hour Mental Health Support Line 0800 731 2864
- Lewisham Early Intervention Services (EIS) – Borough wide service for people experiencing their FIRST episode of psychosis 020 3228 9238

### Housing and Finances

- Lewisham Council - General enquiries [www.lewisham.gov.uk](http://www.lewisham.gov.uk)
- Street Link/No Second Night Out 0300 500 0914
- Citizens Advice Bureau (CAB) 0844 826 9691