



Drug & Alcohol Wellbeing Service

Stay Connected

A service newsletter for local residents and professionals

Find out more about the service and how you can get involved in this newsletter and further updates by email
getconnected@dawslondon.org

April 2020 edition



Introduction

We have been humbled by the commitment and generosity of our staff, volunteers and the local community. In this difficult time our staff and local residents have pulled together to ensure that we are able to provide help and support to people most in need in our community.

As a service we, like everyone in the UK, have had to be bold and adjust to new ways of working in line with the guidance on social distancing set out by the government to limit the spread of Covid-19. We are operating from our Acorn Hall site and ask that you only attend in person if this has been agreed with the team, we can be contacted using the details overleaf.

Our wellbeing workers and medical team are working hard to support you, offering telephone appointments and other alternatives to provide key working, opiate substitute prescribing and psycho-social support to enable you to continue to access treatment and reach your goals.

In this newsletter you will find helpful information about the resources which are available to help empower you to maintain your wellbeing during the confinement period and to give you the tools you need to stay connected.

Mark Dronfield, Operations Manager

Visit us on Twitter

@daws_london



Stay Connected With The 5 ways To Wellbeing

Based on the 5 ways to wellbeing, a set of evidence based actions shown to improve wellbeing we are offering a wide variety of activities and resources to empower you to Stay Connected

The five ways to wellbeing are, be active, take notice, keep learning, give and connect. Each week at the service we theme around one of the five ways to wellbeing. Over the following pages you will find more information about each of the actions and how we can support you to engage in it.

Build on Belief Update

Build on Belief weekend services are postponed until further notice and the team are offering the following activities in the interim:

- Food bank on Saturdays at 12pm at Acorn Hall and Old Coach House
- 1-2-1 and group support using Zoom
- Online Yoga and Mindfulness classes.

If you would like to register for any of the online activities please email anihohmann@buildonbelief.org.uk for details

Basic supplies Project

We are working with community partners and government projects to ensure that those in need are able to access basic every day supplies from things like food, toiletries and cleaning products through to resources to support you to maintain physical and mental wellbeing like sports equipment and resources to take up a hobby. For more information on how to access basic supplies please contact your key worker or email daws@turning-point.co.uk

Online Courses

Our Get Connected team can support you to access a wide variety of online resources to enable you to use your time to learn a new skill or undertake a qualification. We may be able to support you to identify funding to enrol on distance learning, engage in e learning or simply provide you with resources to access video content to keep learning. Please contact your key worker for more details or ask for a referral to the employment, training and education team from your key worker



Call Alice for support getting set up on or online:
07967 467 759 or your usual ETE Worker



Email for support at:
ETE@turning-point.co.uk



You can find online meetings for most of the 12 Step Fellowships or SMART through a simple search engine check... EG. 'NA Online Meetings UK'.

Night owls might like to join international meetings in North America.

MISSING YOUR MEETING DUE TO CORONAVIRUS?

MEET ONLINE INSTEAD...

WHAT DO I NEED TO JOIN AN ONLINE MEETING...

- A Laptop, PC, Tablet or Smartphone and access to an internet connection.
- A set of headphones or internal speakers.
- If you want to join in voice chat either an internal microphone on your device or a headphone with a microphone. These can be easily and cheaply obtained. You can usually join in by just typing if you prefer.
- You may need to download some free software like 'Skype' and register an account. NA has a Smartphone App with a video showing how to use it.

Smart Recovery: <https://smartrecovery.org.uk/online-meetings/>

Narcotics Anonymous: <https://online.ukna.org/>

Alcoholic Anonymous: <https://www.alcoholics-anonymous.org.uk/AA-Meetings/Find-a-Meeting/online>

Dharma Recovery: <https://recoverydharma.online/>

Elefriends: <https://www.elefriends.org.uk/>

Recovery College Online:
<https://www.recoverycollegeonline.co.uk/>

Stay Connected

Your Support Network

Staying in touch with people can really help to maintain a positive sense of wellbeing. Consider setting yourself a goal of checking in with someone once each day by phone or using social media. That contact could make all the difference to someone else too.

If you have use of the internet or a smart phone consider joining an online mutual aid group. There are many to choose from, some resources are included in this news letter to get you started. These meetings are free, open to anyone and are available throughout the day and night. Mutual aid meetings can be a great source of support and connection and a brilliant tool to stay connected and join a community of like minded people.

A Mindful Life

Mindfulness is the practice of paying particular attention; on purpose and non judgementally, to the unfolding moment to moment. The practice of mindfulness has been used for millennia by many as a form of relaxation and can be used as a type of mediation to learn to manage stress and feelings of anxiety.

Practicing mindfulness doesn't need to be complicated it can be as simple as spending time listening to the sounds outside your window, keeping a journal of how you feel and writing down something you are grateful for each day.

You can try meditation. Find somewhere quiet and focus on your breathing and if your mind wanders gently bring yourself back to your breath. Set yourself a goal of a few minutes each day and build up gradually, write about your experience in your journal. We have included some resources to help you get started.

Resources

- Dharma Recovery (online mindfulness based mutual aid)
- Calm (popular meditation app available on google play and app store)
- Freemindfulness.org (free source of activities and downloadable resources)
- Mindfulness Based Relapse Prevention online course (Ask your key worker for more info)

Five Ways To Wellbeing Journal

You can use the following pages as a journal to record your goals and experiences and remember that goals don't need to be big, start small and build up. Make your goals specific and achievable and above all make them fun!

5 Ways To Wellbeing

CONNECT

Positive social relationships are essential to wellbeing and recovery. These may come through family, friendships, mutual aid, peer support, work, education, clubs, associations, sports and other community activities. Invest time in your relationships.

BE ACTIVE

Exercise makes us feel good and improves health. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness

TAKE NOTICE

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, wherever and with whomsoever you are. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING

Try something new. Rediscover an old interest. Sign up for that course. You will feel good when we you learn and master new things. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun

GIVE

Do something nice for someone. Thank somebody. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections around you.

adapted from nef & NHS Confederation in 5 Ways to Wellbeing



Stay Connected

Get Connected

Turning Point's Stay Connected project aims to support local residents i
community resources and maintain wellbeing during the coronavirus p

Connect to reduce isolation

- Provide mobile phones
- Support and advice to access online mutual aid
- Support to set goals around connection
- Regular check ins with Get Connected team

Be Active support to maintain physical health

- Advice on how to stay active appropriate to fitness level
- Sharing online resources for fitness activities
- Skipping ropes
- Advice on appropriate outdoor activities

Give to provide purpose

Support and advice to access appropriate volunteering activities such as moderating an online chat room, joining a telephone helpline, community action groups providing support to local residents.

daws@turning-point.co.uk

www.turning-point.co.uk

TURNING POINT

inspired by possibility



In treatment with the Drug & Alcohol Wellbeing Service to access
andemic.

Keep Learning to provide meaningful activity

Provide accredited elearning
Resources such as books
Online libraries
Support and advice to take up
indoor hobbies such as poetry,
drawing, cooking, knitting
Colouring books and puzzles etc

Take Notice support to maintain mental health

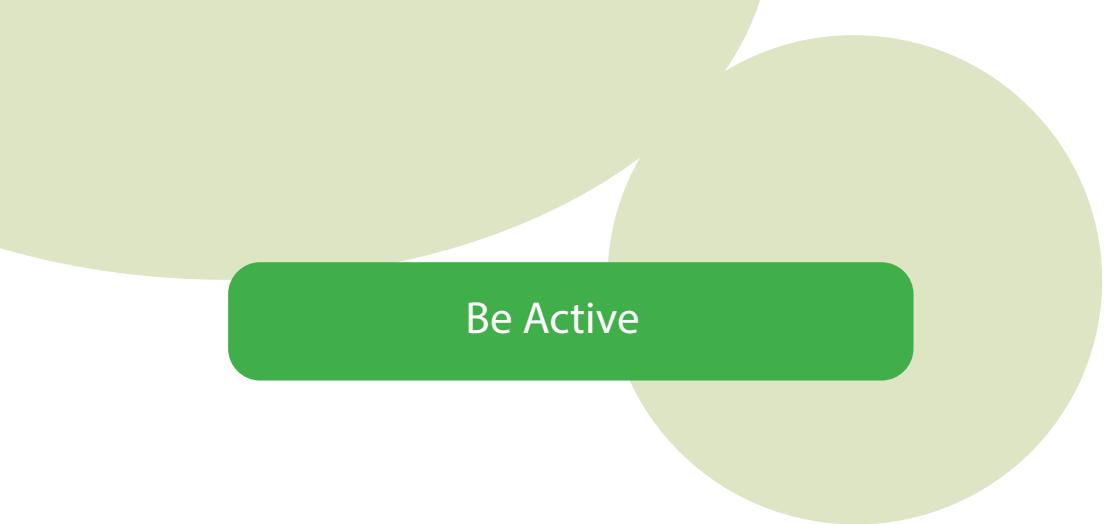
Provide mindfulness resources,
audio meditation, workbooks
Online yoga resources
Guidance on how to keep a
journal
Online Mindfulness Based
Relapse Prevention course

Community Support to support local residents basic needs

to provide people with basic supplies, dried and white foods, toilet
roll, food parcels.



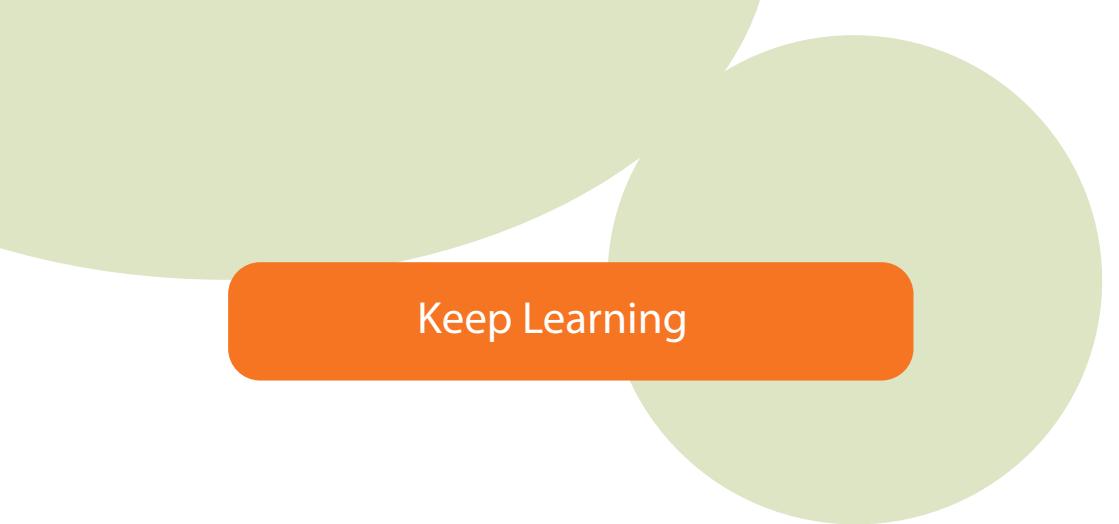
Connect



Be Active



Take Notice



Keep Learning

Give

Workshops for wellbeing

For people living in RBKC / Westminster boroughs

ONLINE: Writing for wellbeing

Tuesday 29 April

Tuesday 19 May

11am-12pm

A free workshop: explore how writing can boost your mood, happiness and wellbeing, especially in the current times.

Online via Zoom; book a free place

www.advocacyproject.org.uk/wellbeing



Workshops for wellbeing

For people living in RBKC / Westminster boroughs

ONLINE: Poetry prescribed

Friday 1 May

10.30am-11.30am

A free online workshop exploring how we can creatively connect to ourselves & others through spoken word poetry.

Online via Zoom; book a free place
www.advocacyproject.org.uk/wellbeing



Useful Contact Details

Drug & Alcohol Wellbeing Service 0208 9605599

111 for physical health issues or 999 for emergencies

116 123 - Samaritans 24/7

0300 304 7000 - SANEline from 4:30pm to 10:30pm daily
for mental health and emotional support

0800 58 58 58 – CALM (Campaign against living miserably)
for men only 5pm to midnight daily

0300 123 3393 – MIND Infoline

0300 123 6600 - Talk to FRANK Helpline

0300 999 1212 - NA Helpline

0300 111 2285 - CA Helpline

0800 9177 650 – AA helpline

0800 0234 650 - Westminster & RBKC SPA Crisis line
24/7 – mental health crises

0300 1234 244 – H&F SPA Crisis Line 24/7

0300 124 0373 - Marijuana Anonymous Helpline

0300 330 0630 – LGBT+ Helpline (10am to 10pm daily)

0808 2000 247 - 24 hour Domestic Abuse and Violence
helpline:

0800 567 123 - Sexual Health Line

0207 833 1674 – Antidote Helpline (support for alcohol &
drug issues for the LGBT community) 10am to 6pm daily



TELEPHONE SUPPORT

We know social isolation is hard on the soul. It doesn't matter if you are still struggling with your substance use, or are in recovery, being alone is difficult and can bring up all sorts of negative thoughts, cravings, and unwelcome feelings. At Build on Belief, we understand that all too well. As a charity full of people in recovery, we too are fighting our own battles with cabin fever. We have therefore decided to provide a telephone support service, and lend a helping ear to anyone who needs a friendly soul to chat to.

We will make sure that five of our staff are available between the hours of **9.00am and 5.00pm, seven days a week for the duration of the coronavirus lock down**. If you look below, you will find the names and telephone numbers of people you can ring on any given day.

A few ground rules, if we may.

- Firstly, this is **not an emergency service** and we may not be in a position to help you if you are in a crisis.
- Please only ring the staff members listed as being available on that particular day.
- Please do not ring outside of the hours mentioned above. We will not answer if you do.
- Please be polite. Our staff are in recovery too, and while they are happy to chat to you, they are not there to be abused, shouted at, or otherwise hassled.

	Female support	Phone number	Male support	Phone number
Monday	Linda Chan Helen Hayden Sofia Carreiro	07872 002251 07872 002248 07872 002246	Eugene Ebrill Liam Harte	07872 002245 07739 796045
Tuesday	Linda Chan Helen Hayden Sofia Carreiro	07872 002251 07872 002248 07872 002246	Barry Forest Liam Harte	07872 002247 07739 796045
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Thursday	Kay France Helen Hayden Sofia Carreiro	07739 796047 07872 002248 07872 002246	David Hibbert Johnny Foster	07772 238983 07783 422089
Friday	Kay France Helen Hayden Sofia Carreiro	07739 796047 07872 002248 07872 002246	David Hibbert Rob Demacque	07772 238983 07948 626633
Saturday	Linda Chan Linda Rose	07872 002251 07703 068136	Rob Demacque Sam Taylor Eugene Ebrill	07948 626633 07379 005449 07872 002245
Sunday	Kay France Linda Chan Linda Rose	07739 796047 07872 002251 07703 068136	David Hibbert Kevin McAleer Sam Taylor	07772 238983 07786 648039 07379 005449

BUILD ON BELIEF WEEKLY ON-LINE ACTIVITIES

If you wish to join any of these groups or activities, please send an e-mail to the following address. anihohmann@buildonbelief.org.uk

From that point onward you will receive e-mails everyday with a link for the activities. All you need to do is click on the link for the group you wish to attend, and you will automatically join.

Remember, send one e-mail to Ani, and then click on the invitation links for the group(s) you wish to join. You don't need to do anything else.

Monday	Recovery Support Group With Linda & Barry 1.00pm	
Tuesday	Creative Workshop With Linda 11.00am	Recovery Support Group With Kay & Johnny 1.00pm
Wednesday	Yoga with Anna 11.00pm	Legs, Bums and Tums with David 3.00pm
Thursday	Mindfulness with Pete 1.00pm	Exercise with Household Objects and Rob 3.00pm
Friday	Stretch and Breathe with David 3.00pm	CBT Support Group With Liam 6.00pm
Saturday	Recovery Support Group With Helen & Rob 11.00am	
Sunday	Mindfulness with Pete 1.00pm	Recovery Support Group With David & Sam 3.00pm

Lockdown in my mind

As I lock myself in to keep you well,
I lock you all away from me,
don't know how long this will be, only time will tell.
Pop in to the shop when there's only a few people about,
staying safe, no unnecessary going out.
limited time for exercise outside.
time is up! Back inside!
It's not a joke, this virus can kill,
if we don't listen, we could all pay the bill,
or alternatively make us and others seriously ill.

On the plus side, I have more time on my hands,
to explore my creative side and make plans,
I've gone back into the kitchen to rattle some pots and pans!
My timing in the kitchen is gone askew, Better in the mind than in reality!
I burned almost everything, food fatality
I believe though without a doubt.
when they lift this lockdown; I'll be culinary royalty,
Mary Berry watch out!

I miss going to the open mics and karaoke to sing,
this is what I used to do to keep the beast subdued within.
singing with emotion is when I'm at my best,
keeping my mind occupied is when I'm happiest.
No laughter or screams of children playing in the schoolyard or street,
no people congregating, an unfamiliar sense of peace.
I used to greet my mum and kids with a hug and a kiss,
the affection from my friends and family I deeply miss.
Shaking hands to say hi,
shaking hands to say goodbye.

Things I took for granted mean so much more to me now,
everything I learned in mindfulness are becoming very useful, and how?
I'm mindful of the things I have, aware of sounds not heard before,
noises once gone unnoticed right outside my front door.
I've made a future plan of my life that I am to build,
it won't be easy getting myself there, but hope has my heart filled.
Giving me something to look forward to when I finally leave my door,
when people are well, and covid-19 is no more.



TELEPHONE SUPPORT

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The Alcohol Service Virtual Coffee Mornings

CGL's Alcohol Service has put together three weekly virtual Zoom Coffee Mornings/ Drop-Ins for our clients and the greater community. We wanted to continue in the spirit of what we have already set up but just do it virtually. The sessions will be loosely themed and will include check-ins, quizzes, guest speakers and videos etc.

They will be starting from next Monday 20th and will continue weekly for the foreseeable future at the times written below.

Topic: EWCC Zoom Drop IN - Every Monday at 10am

Time: Apr 20, 2020 10:00 AM London

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/vJEtce6urz8rxoiwaiuMeSrrL9jt_tLDhg/ics?icsToken=98tyKuitrj0tHNWRsV_9d7lqE9r4bOG5kGlBo7RclQrlBhNBcC-vHPZ9Jp5bGN-B

Join Zoom Meeting

<https://zoom.us/j/150676141?pwd=YS9ZRWgzOGhidTlZMWsvSHBzV1JqQT09>

Meeting ID: 150 676 141

Password: CGLSaf123

Topic: CGL Zoom Drop-in – Every Tuesday at 12 noon

Time: Apr 14, 2020 12:00 PM London

Every week on Tue 12 noon, until Jul 28, 2020, 16 occurrence(s)

Please download and import the following iCalendar (.ics) files to your calendar system.

Weekly: https://zoom.us/meeting/v5Apcu-oqTgpno_LbBqh0t1b1ne78D_p_A/ics?icsToken=98tyKuuusqj4sGtOWs1-Cc7YqA8Hib8_mkn9BIY9fvg7tUzQCYFL4M7UaFo1vL_mB

Join Zoom Meeting

<https://zoom.us/j/244560733?pwd=U1NHM1VzZGRJMmo4Zk01cEtWTIphQT09>

Meeting ID: 244 560 733

Password: Stowe2020

Topic: Zoom Coffee Morning – Every Thursday at 10am

Time: This is a recurring meeting Meet anytime

Join Zoom Meeting

<https://zoom.us/j/8673407325?pwd=b1ZxKzlRXd5ZVF3aGd4dTh2UkJBUT09>

Meeting ID: 867 340 7325

Password: 8fh5BR