



Drug & Alcohol Service News

Welcome to the Newsletter's Spring Edition...

Information Box

- If you need any changes to medication please allow minimum 48 hours notice so we can arrange this for you.

THE WORKSHOP — The workshop is open to you

What is the Workshop?

It's a small informal group- no more than 6 people, held at Lochfield



Road in the meeting room . It's staffed by the Occupational Therapist and a Staff Nurse.

Who is it for?

Any person who is currently in treatment and well enough to attend.

What's it about?

It's an opportunity to discuss triggers for substance use, like feelings, places, times and people. Discussions are around ways of coping and making positive changes. People learn from each other.

How long is it?

The workshop lasts around two hours, but we have coffee and tea and biscuits throughout and a short comfort break. It's worth staying the whole time but you can come along and try it and leave earlier if you wish.

When is it?

It currently runs every two weeks on a Thursday afternoon. If this doesn't suit you ask your named nurse - there may be other options.

What's it like ?

Here is some recent feedback from two people. We asked the question - What was your experience of being in the Workshop?

"I felt relieved when I came to the workshop. The support I received from the staff was good. I felt welcomed and I was comfortable."

I felt excited that things can change for the better if you want them to. The Workshop was a very positive experience and I would like to come back to it. "

" It was really good. It wasn't what I expected it to be at all. It was relaxed. It actually felt that anything you were saying was being taken onboard. Writing things down made you think differently. We were looking at past experiences and how things are now. Because it was just me and another person I knew it was comfortable. After coming to it I was glad I came because I wasn't looking forward to it at all. I felt supported as I knew the workers and they made me feel they were taking on board what I was saying."

Ask your named nurse to refer you !

Health and Wellbeing Abscesses

An abscess is an infected lump filled with pus under your skin. They can be serious and need to be treated by a doctor. Abscesses can be caused by:

- Leakage of drugs out of veins during the injection
- Tissue death due to contaminated drugs
- Using dirty & non sterile injection equipment
- Not cleaning the skin properly before injecting.

The signs of an abscess are:

- Painful red swelling and skin may feel hot and tender to the touch
- There may be pus and a bad smell. You may have a high temperature

If you get treatment early enough the abscess may be treated easily and your doctor may give you antibiotics to clear any infection or even open the wound up to drain the infection. In severe cases you may need admission to hospital. Abscesses can cause very serious problems and illness, so if you have any concerns speak to your needle exchange worker or named nurse and make an appointment to see your GP. You can reduce the risk of developing an abscess by:

- **Using clean, sterile needles and cleaning the skin with an alcohol wipe prior to injecting.**



CHOCOLATE CORNFLAKE CAKES RECIPE

INGREDIENTS

50g Butter
100g milk or dark chocolate, broken into chunks
3 tablespoons of golden syrup
100g cornflakes
1 small packet of candy covered eggs
12 cupcake cases and baking tray



METHOD

Put the butter, chocolate and golden syrup in a saucepan or microwavable bowl. Put the cornflakes into another bowl. Melt the butter, chocolate and golden syrup in the saucepan over a low heat or briefly in microwave stirring once, allow to cool slightly before pouring over the cornflakes. Stir the mixture gently together using a wooden spoon, spoon the mixture into the 12 paper cases, or just pour on to a baking tray and put into a fridge (break up when cool), decorate with a candy covered egg.

OTHER SERVICES — Recovery Of Course Cafe



chance to socialise and make new friends.

The cafe is run by those who have been through recovery especially for those in recovery.

This pilot project is designed to celebrate recovery, provide a non-judgemental and social place and bring ideas together from volunteers and cafe users to create a place of their own.

The committee of volunteers plan, organise and arrange the event themselves.

The cafe is funded by the Alcohol & Drug Partnership and The Recovery Initiative Fund, and if

successful, future cafes may be seen in the Stewartry, Machars and Rhins regions.

Every Friday evening

5pm - 6.45pm

Oasis Youth Centre

**Newall Terrace, Dumfries,
DG1 1LW**

*A time and a place to enjoy
an evening meal with family
and friends*

Donation of £1.50

For more details call

01556 503550

Or 01387 263208

ABOUT ROC

For those in recovery, the 'out of hours' period can be a difficult time. ROC Cafe is here to provide an activity for the evening and a

Contact us

intheknow@nhs.net

**Jackie Aindow or Stuart
Tilbury on**

01387 244555