



Welcome to the Newsletter's Winter Edition...

As we have now moved premises to Lochfield Road Primary Care Centre we would like to thank you for your patience during this time. We hope you find the new Lochfield Road premises a welcoming and comfortable environment.

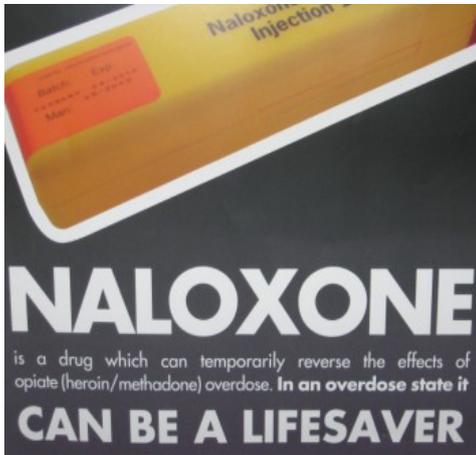
Thank you to those for helping with developing the art work as advertised in the last Newsletter. This will be displayed in the new unit soon. We always look for ways to improve the service and continue to greatly appreciate your feedback and ideas so please feel free to contact us with your suggestions.



INFORMATION BOX

- The service will be closed on Monday 1st April due to a Public Holiday. Prescriptions will be changed to accommodate chemists closing on this date.
- As it's the start of the New Year we are offering useful diaries for everyone to organise for 2013. Your named nurse can issue you with a copy or you can pick one up from the reception area at Lochfield Road.
- Our Music Group is still running and is held monthly at the Oasis Music Centre rehearsal studio. Please feel welcome to contact Lewis Fergusson or David Henderson to come along and join in.
- A reminder that we offer an Outreach Needle Exchange Service. Please contact John Millar on 07736955191 for more details.

Naloxone Overdose Awareness and Prevention Training



This can be provided at your local pharmacy, at home, or local health centre. When it has been completed, the nurse will supply the trainee with a Naloxone kit.

If you would like more information or have someone who you think would benefit from Naloxone training please speak to your named nurse or contact NHS Specialist Drug and Alcohol Service direct on tel.: 01387 244555.

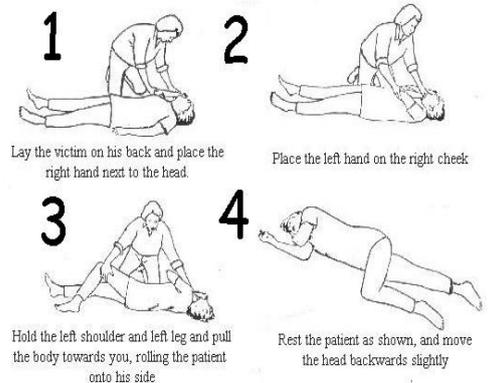
Please note: participants of the training do not have to be actively working with the NHS Dumfries and Galloway Specialist Drug and alcohol Service. The only criterion needed is that the person is felt to be at potential risk of a drug OD.

For further information please visit www.naloxone.org.uk run by the Scottish Drugs Forum (SDF). This Naloxone website is solely dedicated to updating the public on what is happening with this project. It may also be worthwhile visiting the

Scottish Drugs Forum website www.sdf.org.uk for further information on other drug related topics.

Please see below for a simple diagram on how to carry out the recovery position if OD is suspected.

The Recovery Position How to do it



This technique should be used if someone was unresponsive to a shake or shout, but still showing signs of life i.e. breathing, movement. It is important to keep checking if the person is still breathing whilst they are in the recovery position and you must always call 999 for an ambulance.

The National Take Home Naloxone programme involves Naloxone being provided to those thought to be at risk of opiate overdose (OD). This training is also available to family, friends, carers, partners and other people who are likely to be in the vicinity if an OD occurs. Naloxone training includes causes of OD, recognising the signs and symptoms of OD, identifying risk heightening factors of OD, overdose prevention skills, how to use Naloxone, the recovery position and resuscitation techniques.

Training is provided by nurses from the NHS Dumfries and Galloway Specialist Drug and Alcohol Service.



LGBT Charter



LGBT is a term that stands for Lesbian, Gay, Bisexual and Transgender. The LGBT

Charter of rights is a list of rights based on the United Nations Convention on the Rights of the Child (UNCRC) and the Universal Declaration of Human Rights (UDHR) that some LGBT people feel they are denied due to their sexual orientation or gender identity. It comes with an accompanying easy-to-use toolkit, which provides any organisation that offers services to the community with methods to include, value and support LGBT people.

It is the responsibility of every organisation to value diversity and promote good practice in terms of LGBT equality.

Homophobia, which is the fear of LGBT and discrimination of LGBT people, is still a problem in Scotland and the world. Only by raising awareness and sending out positive messages to LGBT people and society can we challenge discrimination and promote and enjoy a more inclusive society.

The NHS Specialist Drug and Alcohol Service has signed up to the LGBT Charter and are working hard to provide a service that values diversity and is committed to promoting LGBT equality.

If you would like to get involved in this to help us meet the standards of The LGBT Charter please contact us direct or you can visit your local LGBT centre at:

**88b High Street
Dumfries DG1 2BJ
Tel/Fax: 01387 255 058
Text: 07786 202 370**

Chicken (Spinach) Potato Bake

Ingredients

- 2x chicken fillets or 1 bag spinach (vegetarian option)
- 3x medium sized potatoes
- Tin of chopped tomatoes
- Grated cheddar cheese
- Mixed herbs

Method

- 1) Pre-heat oven to 180c.
- 2) Peel and chop the potatoes into quarters. Place in saucepan of water, and bring to the boil. Then simmer for 30 minutes.
- 3) Fry chicken fillets in a little oil until thoroughly cooked. Take off the heat and chop into rough cubes.
- 4) When potatoes are nearly cooked, put tin of tomatoes in a saucepan and allow to heat through. Add in the cubed chicken and stir.
- 5) When potatoes are cooked, drain, chop into cubes and add into the tomatoes. Stir in, then pour into a ovenproof dish.
- 6) Sprinkle over the grated cheese, the mixed herbs and bake for 5-10 mins or until cheese has browned. Serve with salad or cheesy garlic bread.



Other Services - Al Anon



Al-Anon Family Groups is a worldwide charity that offers support and understanding to the families and friends of problem drinkers, whether the person is still drinking or not. There are approximately 800 Al Anon groups throughout the UK and Ireland. On an international basis there are now Al-Anon group meetings in over 100 countries.

Locally there is an Al Anon group meeting held every Tuesday evening from 8pm at the Activity and Resource Centre (ARC) building on Burns St in Dumfries.

Please contact us at the NHS Drug & Alcohol Service for more information on support agencies for families/friends/carers.

**Al-Anon's Confidential helpline is on
0207 403 0888
(open 10am-10pm every day)
You may also find the Al Anon website useful
www.al-anonuk.org.uk
for further information**

Question for the Doctor: "How does substance use impact on sleep"

Dr Waterhouse - Consultant Psychiatrist



The purpose and function of sleep are still largely unknown, all one can say is that we need it, and we suffer if we don't get

enough of it. The normal amount of sleep per night varies considerably between individuals. [Insomnia](#) is a general term describing difficulty falling asleep and staying asleep, and can have many different causes, including psychological stress, a poor sleep schedule, or excessive mental or physical stimulation in the hours before bedtime.

All stimulant drugs from caffeine to cocaine, MDMA, and amphetamines will cause insomnia, and should be avoided if sleep is a problem.

Drugs such as cannabis and alcohol are often used to induce sleepiness, and will do this if not overused, although tobacco should be avoided. If one overuses a depressant drug, whether alcohol cannabis or heroin, this wreaks havoc with sleep and can cause severe sleeplessness.

Nonbenzodiazepine drugs such as zopiclone are the most commonly prescribed sleep aids to treat insomnia, and their use has escalated since the 1990s. [Benzodiazepines](#) like diazepam, nitrazepam and temazepam used to be commonly prescribed, but they are often abused, and should only be used in short courses. Over the counter medicines such as anti-histamines are also used.

Overall, taking more drugs to help sleep doesn't work. Better to avoid substance use, get plenty of physical exercise, and work out a good routine for bedtime which minimises stress.

**Dr Waterhouse
Consultant Psychiatrist**

**Contact us
intheknow@nhs.net**

**Jade Thompson or Lewis
Fergusson 01387
244555**