



In The Know...

Drug & Alcohol Service News

Winter 2017

Welcome to the Newsletter's Winter Edition...

We welcome you to the latest addition of our newsletter and hope you enjoy reading this. It is December already, last newsletter of the year and we are approaching the festive period. This newsletter hopefully has some useful information for being safe and supported over the festive spell.

We would like to thank you again for allowing students to come into appointments; we appreciate your support towards their learning experience.



NALOXONE

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.

The Recovery Position

How to do it



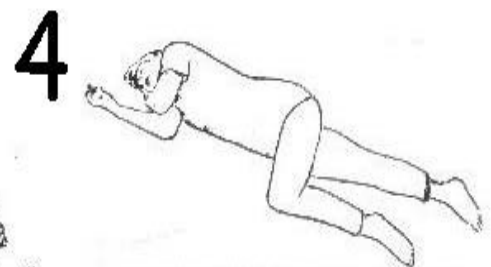
1 Lay the victim on his back and place the right hand next to the head.



2 Place the left hand on the right cheek



3 Hold the left shoulder and left leg and pull the body towards you, rolling the patient onto his side



4 Rest the patient as shown, and move the head backwards slightly

Do you live in Dumfries and Galloway? Do you use Heroin? Would you be interested in helping with research?

Study title: An ethnography of what recovery means to rural heroin users in their everyday lives in Dumfries and Galloway.

You are invited to talk with Joe Brown—PhD student with the University of Glasgow.

Please speak with your named nurse to set up an appointment.



University of Glasgow

College of Social Sciences

IMPORTANT INFORMATION

Please remember that the service will be closed on 25th and 26th December as well as 1st and 2nd January. Over the Christmas and New Year period your dispensing arrangements will automatically alter to fit in with extra closing times but please ask a member of staff to clarify this if need be.

Requests to make any changes to your prescription need to be discussed at least 48 working hours before you hope this can happen. We will support you to achieve changes as best as we can.

Addaction will be closed on 25th and 26th December as well as 1st and 2nd January.

ADS will be closed from 1pm on 22nd December and re-open on 3rd January.



We would like to wish you all a Merry Christmas and a Happy New Year

Dumfries and Galloway Alcohol & Drugs Partnership (ADP)

Xanax (Alprazolam) is a **benzodiazepine** and is a class C controlled drug. Xanax can range in dose from 0.25mg to larger amounts meaning as seen in this picture (on the right) there would be 8 doses in a 2mg bar. People who are using full bars are taking a very large dose and would be at risk of overdose especially when combined with alcohol or other drugs which cause central nervous system depression. If someone is feeling unwell following consumption of Xanax, medical attention should be sought immediately.



Services Available for Support

Mental Health Support

Breathing space – 0800 83 85 87 – Mon-Thu 6pm-2am, Fri 6pm - Mon 6am.

Samaritans – 116 123, available 24 hours a day, 365 days a year.
Mind – 0300 123 3393



Alcohol and Drug Support

Narcotics Anonymous

Closest meetings

Carlisle Church of Scotland Chapel Street Wednesday 7.30pm
Ayr Strathayr House 42 Prestwick Road Wednesday at 6pm
helpline 10am – midnight 0300 999 1212.

Alcoholics Anonymous meetings

Dumfries - Activity & Resource Centre, Burns St Tuesday 8pm
Saturday 8pm, Friday St Teresa's church 7.30pm.

Lockerbie, Thursday 8pm at Dryfesdale Church Hall, 10 High St, (Upstairs).

Thornhill, Sunday 7pm Thornhill Day Hospital.

Dalbeattie Monday 7.30pm Green Room, Millisle, Craginair St.

Kirkcudbright Wednesday 8pm, St Andrews Church Hall, High St.(Behind Police Station).

Stranraer Friday 8pm Wigtownshire Locality Office, Dalrymple Hospital.
Helpline 0800 9177 650.

