Alcohol and your Body

Rehab, is it right for you???

Tribute to the Passing of A Legend
Welcome to issue 25 of Substance magazine. We are dedicating this issue to Herman Patterson, who sadly passed away in June. Herman was a valued member of staff at Horizon House and a friend to many service users, who have a great deal of respect and admiration for him. His presence within Drug treatment services will be greatly missed by staff and service users. So Herman this one is for you!

In this issue we have included lots of information on alcohol including the effects it can have on your body and a quiz to check that your drinking isn’t getting out of hand. As usual we have a mix of substance related concoctions, including real life stories including one from an alcoholic and one from a cannabis user (continued from issue 24).

A big thank you as always to everyone who has contributed to this issue of Substance. If you would like to see your work featured in the next issue of Substance magazine then send it to us at our freepost address on the opposite page or use page 15 and pop it in the post, send us poems, stories or art work!

Whilst every care has been taken to ensure the accuracy of this work, no responsibility for loss or damage occasioned to any person acting or refraining from action as a result of any statement in it, can be accepted by the editor or by Wolverhampton Voluntary Sector Council Service User Involvement Team.
What’s inside this edition

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DON’T FORGET
Anyone can contribute an article, poem, story, question etc. Send your stuff FREE to:
SUIT, c/o WVSC, FREEPOST MID14051, Wolverhampton, WV2 4BR.
New 'wonder drug' will help heroin addicts kick the habit

Heroin addicts could soon be given a ‘vaccine’ to help them stay clean, according to scientists.

Laboratory tests have lead researchers to a key ingredient that could help users stay off the class A drug. The remedy was deemed a success after it was tested on rats and left the rodents less willing to self-administer the narcotic. Prof Kim D Janda at the Skaggs Institute for Chemical Biology in Florida said it worked by using a recovering addict’s immune system to ‘blunt heroin’s psychoactive effects.’

It could eventually prove ‘a useful tool’ in the fight against heroin addiction, as users often experience side-effects and relapses with behavioural therapies and other medicines. Lack of access to treatment has also been a problem for some recovering addicts. The vaccine, researchers said, ‘would serve as an additional tool in helping addicts maintain abstinence’.

Gary Sutton, of drug policy campaign group Release, said: ‘I think a lot of people like the idea that they’re using something in the short or medium term and that, when their life takes a turn for the better, they won’t need a medically-assisted recovery.’ He added: ‘There have been other attempts at vaccines for cocaine addiction, for example. ‘But they haven’t ever amounted to much. I appreciate that science moves quickly but I think it’s a little bit too early to put the flags out.’

Last year, about 1,000 Britons died from heroin abuse. It is estimated that the annual cost of drug addiction and crime to the British taxpayer could be as much as £15 billion.
Clubbers warned over 'higher strength' ecstasy pills

Ecstasy users are being warned about a rise in the number of higher strength pills available at clubs and festivals. In recent years almost all of the pills sold by dealers as ecstasy have really been made from amphetamines, caffeine and other stimulants. But most of the tablets seized at festivals this year contained MDMA, the stronger chemical first used to make the drug in the late 1980s. Drug charities say they are seeing a similar trend in other parts of the UK. "This can cause real problems for people who are used to taking half a dozen tablets on a night out," said Harry Shapiro at DrugScope. "The main danger when you take ecstasy is ending up in A&E with heatstroke and that danger increases with the amount of MDMA in the pill."

Ecstasy users who drink too much water on a night out are also vulnerable to a condition called hyponatremia or water intoxication. As a result, the level of salt in the body is diluted to a dangerous level which can, in rare cases, prove fatal.

'Noticeably stronger'

1.5% of 16 to 59-year-olds who fill out the annual British crime survey say they take ecstasy at least once a year.

Phenazepam to be banned

Imports of the benzodiazepine phenazepam have been banned, the Home Office has announced. The UK Border Agency will now seize and destroy shipments of the drug, which is sold on the street under various names including ‘Bonsai’ and on the internet as a legal high. The government will also take steps to control the substance as a class C drug when Parliament returns.

Cuts on young people’s services

Government cuts are having a ‘devastating’ impact on young people’s drug and alcohol services, according to DrugScope. Both treatment for those young people already using drugs and alcohol and preventative work in schools are being affected, along with support for professionals, they warn. Some local authorities have imposed funding cuts of up to 50 per cent on services.
As someone who has battled with addiction for the best part of ten years, the last thing I thought about was my teeth.

In the madness personal hygiene goes out of the window and as someone who has always had a fear of dentists, my teeth have certainly been neglected. However as I have got older the neglect resulted in lost fillings etc. I knew eventually there would be a day of reckoning.

When I heard that a dental health team had approached Horizon House, with a view to offering their services, I decided it was time to get sorted, as by now even chewing in some areas of my mouth was becoming a problem.

As you can imagine I was not looking forward to my first visit to the Whitmore Reans dental service. Sandeep my dentist however could not have been more sympathetic and helpful. As this service has been targeting drug users they have an understanding of some of the issues we have faced and the choices we have made. Therefore I was not judged or criticised, rather I was encouraged to be there.

On my initial visit, (cold sweats increases heart rate etc.) I sat in the chair while years and years of neglect were identified by the dentist. I was pleasantly surprised though, that the problems were not as bad as I thought, only four fillings, an extract, and a monumental clean and scrape were diagnosed. I thought it would be much worse. I was also offered gas and air to help with my anxiety, which I tried on my first treatment.

I was pleasantly surprised that during my years of avoiding dentists, there have been many improvements, in equipment and materials. The drills are much quieter, the filling much more user friendly and the dental staff much more approachable.

I cannot recommend this service enough. On my second visit I dispensed with the gas and air, as I had one of my complicated fillings. Later that day I discovered I had got my bite back. What a result!

I was surprised what a difference this treatment makes. Everyone has their own journey, but to be able to SMILE confidently, is something everyone needs and makes the world a better place.

By, a happy customer of Wolverhampton Dental Health Team
Womens Focus Group

Free Hair Cut's

Meet New Friends

Relax!

Chat!

S.U.I.T would like to invite you to join us at the next Women’s focus group.

YMCA Bridge
Wednesday 14th September
1:30pm-3:30pm
For More Information
Tel: 01902 328983

Join us for a chat and a bite to eat!!
Anything discussed within the group is totally confidential, we are here to help and support not to judge!!!

Win £10 Boots Voucher!!!
All attendee’s go in a raffle.

Support

Win a Makeover

We are independently run and everything we discuss is 100% confidential!

Service User Involvement Team is run by Wolverhampton Voluntary Sector Council
My Addiction to Alcohol
- The AA meeting

I called out my name, it was my time now. Scared stiff it all came out, I told them all how I felt. It felt like there were a million eyes glaring at me. I told them all about the path and this is what I said. “The long road became a path, it stood in my shadow, side to side, up and down. There it was shuddering in my eyesight, a huge gate with a lock and chain bolted around it. The only way to recover is to break the lock and not your willpower. What I did with my will power was I stared at the lock looked back and it started to melt. Drip after drip it slowly opened and gave me a life of no more fear. A sudden stop 50 yards through the gate I looked back and it was still open. I had a new chain and lock, with all my strength I dragged it back to the gate and locked it up. I’m safe now and shall carry on my long, long path”.

By M. Cochran

Call this number
0800 781 7082
Free Football
Run By Wolverhampton Service User Involvement Team – SUIT

Held at Wolverhampton University, City Centre Campus
Every Monday: 4pm - 5pm
Ask Keyworker for more info, or call SUIT on 01902 328983
Today

Today I had a hungry belly,
No electric to watch the damn telly!
Always feeling down and stressed,
It’s like my life is one big test!
Like people say “your life is what you make it”
I don’t even pay for things from shops
I rah go in and take it.
My life is a struggle and really tough,
I’m sick of waking up and feeling rough,
All I want to do is make everything right
And for once in my life I’ll see the light.
And do good for myself so they all can see,
Cause up until now I’ve let them all down.
Always here there and everywhere and running around town.
All I want now is to set up home with my man
I know I can change I just know I can.

By Unknown.

Free Dental Health Checks

Where :- Market Square, Town Centre

When: Friday 23rd September
Friday 11th November
Tuesday 15th November

What’s on offer?
Free mouth checks, information,
advice on dental hygiene and help
finding a dentist near you!

Open to anyone, so come along!
Alcohol and YOUR Body!!

Alcohol can be harmful in many ways to your body, some of them may not be visible or obvious. Here is a list of the harmful things that alcohol can do to your body:

**Esophagus**
Bleeding of the throat

**Heart**
Heart disease, irregular beat

**Liver**
Liver disease or failure

**Kidneys**
Kidney disease or infection

**Reproductive System**
Impotence (men)
Infertility (women)

**Blood**
Alcohol poisoning

**Joints and Muscles**
Muscle weakness and osteoporosis

**Small Intestine and Pancreas**
Intestinal ulcers and pancreatitis

**Stomach**
Stomach ulcers

**Lungs**
Breathing may stop

**Brain**
Brain damage, addiction, stoke

Source: www.drinkaware.co.uk
Not sure you’re drinking too much; take our sort quiz to find out!

How often do you have a drink containing alcohol?

A) Never (0 points)
B) Once a month or less (1 point)
C) 2-4 times a month (2 points)
D) 2-3 times a week (3 points)
E) 4 or more times week (4 points)

How many units of alcohol do you have on a typical day?

1-2 (0 points)
3-4 (1 point)
5-6 (2 points)
7-9 (3 points)
10 + (4 points)

What is a unit? Here are some examples -:
- Pint of beer—2.3 units
- Can of strong lager—3 units
- Glass of wine—2.8 units
- Can of cider—7 units
- Single pub measure of spirits (e.g. vodka or gin)—1 unit

How often during the last year have you failed to do what was normally expected from you because of you drinking?

Never (0 points)
Less than monthly (1 point)
Monthly (2 points)
Weekly (3 points)
Daily (4 points)

How often during the last year have you needed an alcoholic drink in the morning to get yourself going?

Never (0 points)
Less than monthly (1 point)
Monthly (2 points)
Weekly (3 points)
Daily (4 points)
How often during the last year have you found that you were not able to stop drinking once you had started?

- Never (0 points)
- Less than monthly (1 point)
- Monthly (2 points)
- Weekly (3 points)
- Daily (4 points)

Have you or somebody else been injured as a result of your drinking in the last year?

- No (0 points)
- Yes (4 points)

Has a relative, friend, doctor, or health worker been concerned about your drinking in the last year?

- No (0 points)
- Yes (4 points)

**What does your score mean?**

**0-7 points**

Based on your answers today you’re drinking in a way that is a sociable and is unlikely to harm your health. The NHS recommends that women should not drink more than 2-3 units daily, and men should not drink more than 3-4 units daily.

**8-20 points**

Based on your answers today your drinking does appear to be putting you at increased risk of developing health problems. So you might want to think about cutting down.

**21-28 points**

Based on your answers today your drinking is already causing you problems.

You may want help to reduce your drinking. You can contact Aquarius on 01902 420041 or Addiction Services on 01902 444030

Source: NHS
“One more glassy!”

Growing up I was a cheerful little girl that made friends easily and was always getting up to mischief. My mom always said I was different to my sisters, I was all or nothing, i.e. I liked toast so I ate toast for a whole year and then decided I liked something else and would have that all year. My upbringing was a traditional Indian upbringing, but at school I was just like all the other western children.

I tried my first drink when I was 15 years old at my uncles house, he gave me a glass of wine and left the bottle by me and said help yourself so I did I finished the whole bottle, and I felt on top of the world the buzz I got was unreal. Everyone was laughing at my jokes it gave me extra confidence. Little did I know I was already going down that slippery road to becoming an alcoholic!

When I was 19 something happened that changed my life in a way I just couldn’t control and one day I will write about the horror I went through. I got so depressed I started hating myself and everyone around me. My mom couldn’t take this and the guilt of seeing my family so upset, I rememberer how I felt when I had that first drink, so I started steeling alcohol from my dad’s cupboard, and then I would fill it back with water. When I had that drink I felt nothing could hurt me in the world and I was joking again, but the effect would soon wear off, so the next time I would drink, and more and more until the day came that my body needed the drink in the morning just to function. I couldn’t understand how this big dark hole was getting deeper and deeper, now I know alcohol is a depressant so it wasn’t helping, it made me so depressed, depressed at how I looked, depressed how no one wanted to know me only other drinkers. I couldn’t take it anymore so I decided to take my own life, I took 60 sleeping pills with a bottle of Gin and I slit both my wrist. I don’t know how I survived but I did.

This was it a new life, but it wasn’t it was just the beginning of my ADDICTION!

to be continued.........
NO Stamp required

Service User Involvement Team

SUIT, c/o WVSC,
FREEPOST MID14051,
Wolverhampton,
WV2 4BR.
A Page For You!

This page has been left blank so you can send us your stories, poems or anything else you would like to see in the magazine, simply tear the page out and send it to our freepost address printed on the opposite side of the page.
(If you don’t want your name with it, you don’t have to)
Asian style spaghetti

**Ingredients -:**

- ice cubes
- 450g dried spaghetti
- salt
- 1 tablespoon olive oil, plus more for coating the pasta
- 2 large onions, cut into 5mm dice
- 2 tablespoons finely chopped garlic
- 450g lean beef mince
- 450g lean pork mince
- freshly ground black pepper
- 900g canned whole plum tomatoes with their juice
- 4 tablespoons soy sauce
- 2 tablespoons tomato purée
- 15g Thai basil

**Method**

Fill a large bowl with water and add ice cubes. In a large saucepan, cook the pasta in abundant boiling salted water for about 11 minutes until al dente. Drain and add to the iced water. When the pasta is cold, drain, coat lightly with oil and set aside.

Heat the pan over a medium-high heat. Add the 1 tablespoon oil, and when hot, add the onions and garlic. Sauté, stirring, for about 2 minutes until the onions are translucent. Add the beef and pork, season with salt and pepper and sauté, stirring to break up the meat, for about 5 minutes until lightly browned. Add the tomatoes with their juice, the soy sauce, tomato purée and basil and bring to a simmer. Adjust the seasoning, if necessary, and simmer for about 25 minutes until the liquid is reduced by a quarter. Add the reserved pasta to the pan and stir gently. Transfer to four individual plates and serve.

Cost £3.79 Asda
Herman Patterson - R.I.P

In memory of Herman Patterson
Who sadly passed away on
27th June 2011. SUIT would like
to dedicate this issue of
Substance to the memory of
Herman and all the wonderful
work he did. We all miss you xxx

“I want to tell Herman’s family, how sorry I am for their loss. - Love xx”

“Herman we will deeply miss you, Me and my wife Gemma
knew from long time that this was a issue in your life, so when
we heard that you was off work we was praying for you from
then. We will remember you always in our hearts. May god
give you a happy bed in heaven? God bless your soul” - love
from Fish aka Parmi & Gemma.

“RIP Herman, I’m so shocked and upset bro, you were a
sound chap. No 1 always ready to help. Rest in peace, such
a laugh” - Ravi Banga.

“Herman, rest in peace babe, gone but not forgotten. Love &
kisses” - Debbie xxx

“Herman RIP, see you soon mate” - Richie x”

“Herman, a true gent, big man, big heart and big smile. You
will be remembered by so many people. You always helped
everyone, truly irreplaceable. You will be missed so much, RIP
mate” - Leon.
“To Herman, I will really miss seeing you and hearing your voice, you always knew how to cheer me up when I came in with my kids, you have a good word to say to them and made them smile and laugh, I will really miss you and seeing you” - Love Jackie Fetae and kids x.

“You never gave up on us; I won't forget what you gave of yourself Herman. God bless & love you & may your pain be the only part of you that is gone. Love to his woman god give you strength, you’re in my thoughts. With all my heart lots of love” - Rowen xxx Peace is with you.

“Dear Herman, at least they’ve got Brill Company and lots of help up there. Love & will miss you loads” - Molly, big love.

“Herman, My top 11 songs I would like to dedicate to you. You had a KIND OF MAGIC you were HERE, THERE AND EVERY-WHERE, you kept us motivated by telling us THE SHOW MUST GO ON. I will always remember you as ROCKET MAN and a BACHELOR BOY!!!! And as a team leader I'D NEVER FIND AN-OTHER YOU your death is a TRAGEDY but YOU’LL NEVER WALK ALONE. You will always be a MEMORY and an ETERNAL FLAME to the people you touched. But most of all you will be remembered as SIMPLY THE BEST. It’s been a privilege working with you. Sleep tight and God bless” - Anita.
The last four and half months of my sentence I did not smoke it, in prison it was everywhere, prison is the easiest place to get drugs but somehow I resisted the temptation. I knew that I didn’t need it but it was bad habit that I created in my mind that weed was good for me so I went straight to a dealer to buy some weed to smoke, well everybody I socialised with smoked so it didn’t feel right being left out while they were smoking.

while all this was going on in my life I was involved in sport I used to be a freestyle wrestler and Greco roman I was very good so my coach thought. so I participated in coaching other members of the team when I was needed but I messed things up I couldn’t participate in competitions because you get tested for drugs before the fights and I knew I would fail but I did participate in some of them. My coach was very supportive he always welcomed me in the club and told me if I stopped smoking weed I would make a good career out of it so that was a good opportunity wasted by because I put the weed first in my life at that time.

Some of the members of the club are very successful now in their sports career some are in the MMA, others are British & European champs and others even world champs in freestyle wrestling I used to train with them and they make money from it, that could have been me as well see some times we take part in or do things in the heat of the moment or because someone else is doing it who is very close to you so you think you are left out but really you’re not missing anything special it just your thoughts, only a thought don’t follow anyone make your own way your own ideas don’t follow any man or woman make your own plan don’t give up it’s never too late.

Well for me I’ve Got kids now and am much older and wiser in making decisions and realised after all these years that Oxfam is a good place to shop too.
Farewell

Farewell my friend you're leaving
It's time for you to go
Your friendship was a blessing
And I will miss you so
We Shared so many secrets
You brightened up my days
You brought me so much happiness
With your kind and loving ways
You lifted up my spirits
When I was feeling blue
No matter what was happening
You knew just what to do
We ran between the raindrops
And walked beneath the sun
Ran barefoot in the summertime
And oh, we had such fun
Through all the ups and downs of life
The good times and the sad
From high school days to Golden years
The best friend I ever had
God is here to take you home
Now you and I must part
I love you and forever
You will live within my heart.

By Judy Marriott
TRIED TO MAKE ME GO TO REHAB
BUT I SAID….MAYBE? PERHAPS? NOT SURE?!!!

We all hear stories in the papers and on the news about the latest musician or actor that has gone to rehab, but is it a realistic option for everybody?

What is it ?
Where is it ?
How long is it ?

It has been found that people who go to rehab after detox do better than those who go to detox alone.

Placements are residential (you live there 7 days a week) and last for between 3 and 6 months. There are lots of rehabs at various locations around the country.

Rehab is hard work and an intense experience, but it is also supportive and therapeutic which helps people to make big changes in their lives. You are expected to think about yourself, the things you do and why you do them, as well as having counselling and group support to help you do this.
So, Is it right for me?

- Would you like to stop using drugs or alcohol completely?

- Have you tried other treatment options like counselling, group work at the YMCA etc?

- Would you like to make big changes to the way you live your life?

- Are you comfortable talking about yourself in groups?

- Are you prepared to spend 3 to 6 months away from your friends and family?

- Are you prepared to work hard to change your drug or alcohol use?

If the answer to these questions is ‘yes’ then rehab may be right for you! My name is Karen Chance and I am the social worker at Horizon House whose job it is to help you to prepare for rehab, and to support you through the whole process.

Want to know more? Then please contact me on 01902 444030 or speak to your key worker about making a referral to us.
<table>
<thead>
<tr>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Venue</th>
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</thead>
<tbody>
<tr>
<td>Wolverhampton</td>
<td>Monday</td>
<td>7:30 pm</td>
<td>Methodist Church, Darlington Street</td>
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<td></td>
<td>Friday</td>
<td>7:30 pm</td>
<td>Methodist Church, Darlington Street</td>
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<tr>
<td>West Bromwich</td>
<td>Wednesday</td>
<td>7:30 pm</td>
<td>Chapter House, Phoenix St</td>
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<td>(upstairs in lounge ring bell for access)</td>
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<tr>
<td>Walsall</td>
<td>Tuesday</td>
<td>6:45 pm</td>
<td>Lantern House, 130 Lichfield Road, Walsall</td>
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<td></td>
<td>Tuesday</td>
<td>7:00 pm</td>
<td>St Matthew's Centre, Walsall</td>
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<td>(women’s meeting)</td>
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<tr>
<td>Stourbridge/Dudley</td>
<td>Tuesday</td>
<td>8:00 pm</td>
<td>Gibbs House, Gibbs Rd, off Bald Lane, Lye.</td>
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<tr>
<td></td>
<td>Wednesday</td>
<td>6:30 pm</td>
<td>‘The Warehouse, Atlantic House, Dudley Rd. (Building behind the Bronx).</td>
</tr>
</tbody>
</table>

**NA Help Line:** 0300 9991212
A List of Pharmacies In Wolverhampton who Offer Needle Exchange

All equipment is provided free of charge

A Brickley Ltd, 88 Griffiths Drive, WV11 2JW
All Saints Pharmacy, 91-93 All Saints Road, WV2 1DR
Alpharm Ltd, 468 Stafford Road, WV10 6AP
Anderson Chemist, 311 Dudley Road, WV2 3JE
Boots Pharmacy, 40-41 Dudley Street, WV1 3ER
Boots Pharmacy, Bentley Bridge Park, Wednesfield, WV11 1BP
Boots Pharmacy, 100 Church Street, Bilston, WV14 0BJ
Brooklands Pharmacy, 48 Brooklands Parade, WV1 2NE
Brutons Pharmacy, 1 Mervyn Place, Bilston, WV14 8DD
Co-op Pharmacy, Avion Centre, 6 Bargate Drive, WV6 0QW
Co-op Pharmacy, 425 Dudley Road, WV2 3AH
Co-op Pharmacy, 8 Showell Circus, WV10 9BA
Co-op, Pendeford Health Centre, Whitburn Close, WV9 5NJ
Essington Pharmacy, 129 Long Knowle Lane, WV11 1JG
HN Pharmacy, 124 Cannock Road, WV10 8PW
Jhoots Pharmacy, 50 Newhampton Road West, WV6 0RY
Lloyds Pharmacy, 323/325 Penn Road, WV4 5QF
Lloyds Pharmacy, 34/35 Thornley Street, WV1 1JP
Lloyds Pharmacy, 18-20 The Broadway, WV10 8EB
Lloyds Pharmacy, 45 Church Street, WV14 0AX
Lloyds Pharmacy, Lower Street, WV6 9NS
Lloyds Pharmacy, 181 Wednesfield Road, WV10 0EN
Lloyds Pharmacy, 18 High Street, Wednesfield, WV11 1SZ
Meerapharm, 331 Bushbury Lane, WV10 9UJ
Murrays Healthcare, 128 Childs Avenue, Coseley, WV14 9XB
Phoenix Pharmacy, Phoenix Health Centre, Parkfield Road, WV4 6ED
Staveley Chemist, 212 Staveley Road, WV1 4RH
Supercare Pharmacy, 135 Dudley Road, WV2 3HD
Superdrug Pharmacy, 65/67 Mander Square, WV1 3NN
Tettenhall Wood Pharmacy, 12 School Road, WV6 8EN

Look out for this sign on the shop front to find out if they provide the service
LITTLE BROTHERS OF THE GOOD SHEPHERD
The Methodist Centre, 24 School Street, Wolverhampton
Morning Service
10.30 – 11.30 a.m.
**Monday & Thursday:** Dry Food, Gents Clothes, Male Showers
**Friday:** Gents Clothes, Male Shower
Afternoon Service: 2 – 3.30 pm,
**Daily:** Service of Food Packages

If you need any advice or guidance on Homelessness issues feel free to contact Wolverhampton City Council on the details below -:
Homeless Services Unit
Social Services
Wolverhampton City Council
Civic Centre
St. Peter's Square
Wolverhampton

---

**Sleeping Rough ?**

In need of help and advice?
Contact and Access Team - Wolverhampton

Ring the team on freephone:

**0800 107 6753**

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**The Lords Soup Kitchen**

Full Meals served between 7 & 9pm - :
Sun and Wed.
For anyone in need.
All Welcome

---

**St. Georges Hub**

- Provide advice & guidance
- Activities like life skills, literacy etc
- Signposting
- Benefits & Tenancy advice

Tel -:
(01902) 421904

Opening Hrs
09:15 -17:00

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St Marks Rd
Chapel Ash
W’ton
WV3 09H
Wolverhampton City NHS

Full Address: Wolverhampton PCT Tel No: (01902) 444030
Addiction Services
Horizon House
Pitt Street
Wolverhampton
WV3 0NF

Alcohol and Drug Drop In -
Monday to Thursday -: 9:30am - 4:30pm

Cocaine - Crack - Heroin - Ecstasy
Speed - Cannabis

Choose life... Choose the YMCA!
WE CAN OFFER
• Counselling
• Groupwork
• Relaxation
• Acupuncture • Family support
... and much more!

Telephone: 01902 371582
Email: bridge-reception@ymca-wolverhampton.co.uk
www.ymca-wolverhampton.co.uk/drugs-services/bridge
29-31 Temple Street Wolverhampton WV2 4AN

Service User Involvement Team
S U I T
Helping to improve
drug treatment
and lives

Full Address:
c/o WVSC
16 Temple Street
Wolverhampton
WV2 4AN
Tel No -:
01902 328983
www.suiteam.com

Subs – See young people across the city at various community venues.
Telephone
Number:
(01902) 572041
Opening Hours:
Monday to Thursday - 9am - 6pm
Friday - 9am - 5pm
Offers: Group Work, Key Work, Harm Reduction, Substitute Prescribing, Acupuncture, Family Therapy, General Drug Information.

Dental Health Project
Free dental treatment and advice for service users!
Monday’s 11am to 6:30pm @ Dr Ryan’s Surgery First avenue Low Hill
Tuesday’s 1:30pm to 4pm @ Whitmore Reans health center (behind Avion centre)
Just drop in or call 01902 444460 for more info.
Q1. Hi Carolyn, what is your role at Aquarius?
I manage the day to day operation of the team. I have a small case load and until recently ran two of the group here. I came into the job after having been a nurse on a detox unit, I enjoyed working closely with people. I have been at Aquarius 22 years now and love working with the clients.
I run drink driving courses in conjunction with probation services. I also do IBA training for other professionals to raise the awareness of alcohol.

Q2. Can you tell us a bit more about Aquarius and what you offer as a service?
Aquarius opened in 1976, it was originally started as a research project run by Birmingham university and funded by Cadbury to research counselling. A model was developed from this and the service has grown from there.
Aquarius has grown regionally and each individual branch has its own remit, some areas deal with drugs and alcohol, Wolverhampton Aquarius deals with alcohol and gambling.
We offer training for professionals and health promotion work in schools, community centres and at general public events.
For clients we offer brief and full assessments and a care-plan of services that includes individual sessions and group work. We also see people out in their own GP surgeries. Along with counseling and therapy we also have a service user group, they can offer general support and a ‘meet and greet’ service. There are two groups that are run by service users, they are the SMART group (abstinence based) and mind body and soul (looking at changing lifestyles). The service user group will also go out into the community to talk to others.

Q3. Aquarius used to be a rehab, why did this stop and can you ever see it being re-opened?
Yes it was a residential rehab up until 2005, due to funding issues it had to come to an end. I think services are developing now in a different way towards the ‘Recovery’ model which is more based in sustainment in community.

Q4. Can people self refer to Aquarius or do they need an agency to refer them?
Anybody can refer themselves to us by phone, outside agencies can refer into us if an individual requests them to. We aim to see all referrals within a two week period.

Q5. I understand you do a service called “cutting down” how does this work?
We don’t advise that people should keep on drinking, we deal with our clients in a 3 step approach, the first of which is to deal with their drinking. This can be done in two ways either a total detox from alcohol or by gradually reducing the amount a person drinks and not just stopping abruptly as this can be dangerous. The other 2 steps are looking at alternative coping strategies and at lifestyle changes.

If you are concerned about drinking please contact Aquarius: 01902-420041