

# NEWSLETTER

Issue: 01 December



Drug and Alcohol Support for People and their Families

Nottinghamshire

## Inclusive Recovery Cities: Nottinghamshire's Inspiring Journey

Nottinghamshire is on a transformative path to becoming an Inclusive Recovery City (IRC), a movement powered by collaboration, innovation, and hope. With support from Professor David Best, the world's first professor of addiction, and organisations like Change Grow Live, Double Impact, and Hetty's, the project is reshaping how we view and support recovery.

### What's an Inclusive Recovery City?

A recovery city is a place which promotes visible recovery, challenges stigmatising and discriminatory attitudes and champions multiple pathways to addiction recovery. However, it is also based on the idea that, through doing this, the whole city will grow and benefit.

To build an IRC, it's essential to have the buy-in of key stakeholders, including community connectors. It's also important to co-produce the project from the start, including people in recovery and professionals.



In just six months, the Inclusive Recovery City movement in Nottinghamshire has brought together around forty individuals from diverse communities, including those with lived and living experience, who have joined as Community Connectors. With specialised training, Nottinghamshire's Community Connectors are now taking the lead in planning events and championing the recovery movement. Supported by mentors from Change Grow Live, Hetty's, and Double Impact, they are inspiring others to join the journey.

“ A recovery city promotes visible recovery, challenges stigma, and champions multiple pathways to recovery. It's about creating a thriving community where everyone benefits. —Professor David Best ”

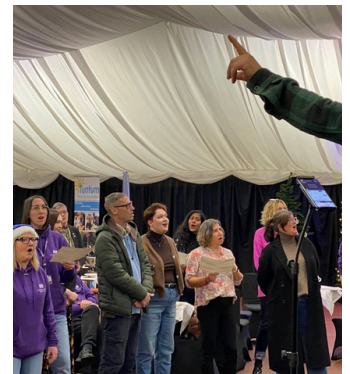
### Highlights so far

#### September Launch in Mansfield:

A vibrant event featuring recovery stories, a film screening, yoga, and a performance by the Rock Choir, where attendees sang along to uplifting hits. Over 20 community organisations showcased their work.

#### December Event in Worksop:

Focused on recovery social enterprises, it featured inspirational speakers like James Clarke of Worksop's Got Talent and workshops from innovative groups like Getting Clean's soap-making initiative. Activities included wreath-making, cactus arranging, and a joyous group rendition of "Lean on Me" led by Danny from Rock Choir.



### What's next?

With plans for a family fun day and a music festival in 2025, the movement is gaining momentum. Four public events are planned annually to keep the community engaged and inspired.

Want to be part of this powerful movement? Scan the QR code to join the recovery city revolution and help Nottinghamshire lead the way in building a brighter, stigma-free future.



SCAN HERE!

Believe in people

# Drugs: Do you really know what you're getting this Christmas?



## A focus on: Nitazenes

Nitazenes are 'new synthetic opioids' - laboratory-produced drugs which act on the same receptors in the brain as morphine and heroin - relieving pain and evoking feelings of euphoria, and relaxation.

Like other opioids, nitazenes can cause suppression of normal breathing, including respiratory arrest (when you stop breathing altogether) which is often fatal, but the effects of nitazenes are seen at much lower doses.

Nitazenes can be at least as strong as fentanyl and can be hundreds of times more potent than heroin.

These substances can be manufactured quickly and inexpensively, without the need for illicit crops like the opium poppy.

Nitazenes have been found as an adulterant in the UK drug supply, including heroin, benzodiazepines, diazepam, cocaine, and cannabis products. Drugs may appear identical even when contaminated with nitazenes, meaning many users may unknowingly consume nitazenes unaware of the risks they face.

### Important!

Drugs are increasingly cut with dangerous synthetic opioids like nitazenes, which have killed 100s of people in the UK in the past year. This is happening in a wide range of drugs, not just heroin, and you can never really know what is in any street or counterfeit drug.

## Message to anyone that uses drugs:



The best way to keep yourself safe is to avoid drugs completely. Taking drugs comes with risks and potential harm, so it's crucial to consider safer use and actions to minimise negative effects.



### ALWAYS ASSUME IT'S SOMETHING ELSE

Be careful about where and who you get your drugs from, and about the drugs you are taking. Avoid using substances which seem different to normal.



### GO LOW AND SLOW

**TEST DOSING.**  
Use a smaller amount first to test the effects. Start with a quarter of what you would normally use and see how you feel.



### TRY NOT TO USE ALONE

Wherever possible avoid using alone. If you must use alone speak to a friend or family member who you trust. Let them know when you plan to use.



### STAGGER DOSING AMONG YOUR FRIENDS

If using with others:  
Stagger your use with the first-person **TEST DOSING** and waiting for peak affects to pass. Look out for signs of an overdose.



### DON'T MIX DRUGS

Using more than one drug increases your risks of overdose, including mixing with alcohol, Benzodiazepine or Pregabalin.



### ACCESS TREATMENT

Being in treatment is safer than not being.  
Access drug treatment services. They can give you information and advice about risks.



### TEST YOUR DRUGS

You can send anonymous drug samples to **WEDINOS** ([wedinos.org](http://wedinos.org)) and get test results and you can also ask services for Nitazenes self-testing strips.



### ALWAYS CARRY NALOXONE

Always keep enough Naloxone with you. If you use with others, ask them where they keep their naloxone and tell them where yours is.

We're here to help

## Overdose:

The risk of overdose can increase over the festive period. It is important to recognise the signs and know how to respond.

### Signs of an overdose



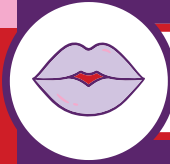
**Loss of consciousness, limp body.  
No response to touch or sound.**



**Slow, uneven breathing, or no breathing.  
Snorting, gasping or gulping**



**Small "pinpoint" pupils**



**Pale, blue or cold skin. Blue purple lips  
and/or fingernails**



**Pulse (heartbeat) that is slow, erratic,  
or not there at all**

If someone goes over, don't leave them.

**Dial 999 for an ambulance** and stay with them until paramedics arrive.

If naloxone is available, give it as soon as possible.

**999**



## Respond to an overdose:

1. Make sure you are safe and look for any dangers or injecting equipment nearby.
2. Check if the person is awake. If they are not, try to wake them up.
3. Call emergency services right away.
4. If you can, put your phone on loudspeaker.
5. Give emergency services as much information as you can.

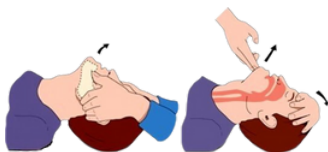
## Unconscious Breathing

- Put the person into the recovery position
- Give them naloxone
- Call 999
- Repeat naloxone dose every 2-3 mins until they regain consciousness or until the paramedics arrive
- Remain with the person until the paramedics arrive

## Unconscious NOT Breathing

- Call 999
- Give CPR if you are trained to
- Give them naloxone
- Repeat naloxone dose every 2-3 mins until breathing or until the paramedics arrive
- Continue CPR if you are trained to
- Once they're breathing, put them into the recovery position
- Remain with the person until the paramedics arrive

## The Recovery Position:



**Open airway and check breathing:**

Tilt head backwards, ensure clear airway and straighten head and neck

**If breathing, place in the recovery position:**



Place the nearest arm at a right angle



Place the other arm across the chest with hand against the cheek



Lift the furthest leg (bend 90 degrees) until the foot is flat on the floor



Roll the person towards you with knees at angle and ensure head is supported

## Naloxone saves lives



Naloxone is a lifesaving, overdose reversal drug. It can temporarily reverse the effects of an opioid overdose while you wait for emergency help to arrive. Anyone can use naloxone in an emergency.

Scan to find out more:



**SCAN ME!**



## Planning: Is medication on your Christmas list this year?



### Collection days may change

As the festive season gets closer, we want to remind everyone that prescription collection days might change because of pharmacy closures.

To keep things stress-free, we encourage everyone on prescription medication to check in with their pharmacy about their holiday hours, so you can plan ahead for your collection schedule during Christmas. You might find yourself taking home a little more medication than usual due to these closures.

### We just want to make sure you're safe!

Having larger quantities of medication with fewer opportunities to connect with healthcare professionals can sometimes increase the risk of overdose. To keep yourself safe, make sure you keep additional doses safe and only as prescribed to ensure your medication lasts throughout the holiday period.

It's a great idea to have an up-to-date naloxone kit. If you need one, feel free to reach out to your worker or visit your local Change Grow Live service.

And if you'll be storing more medication at home, especially with guests and little ones around, don't hesitate to ask your Recovery Coordinator for a safe storage box.

**We're here to support you and ensure you have a wonderful and safe holiday season!**

## Helplines

If you're struggling over the festive season, there is help available for you.

Here's a list of helplines that will be open on Christmas day and New Year's day if you need support:

- **Talk to Frank: 0300 123 6600**
- **Alcoholics Anonymous webchat**
- **Narcotics Anonymous: 0300 999 1212**
- **Cocaine Anonymous: 0800 612 0225**
- **The Samaritans: 116 123**
- **Childline: 0800 1111**



### Prescription checklist:

**Have you sorted your prescription for the festive season? No worries if not - we've got a checklist to help you out:**

- Check your pharmacy's opening times
- Find out in advance how and when you'll be getting your prescription
- Speak to your keyworker to prepare a holiday prescription if you're going away
- If you haven't already got one, get a safe storage box for your medication. This is very important if you're having guests visit.
- Collect a naloxone kit from your service. It could save a life.

### Find a pharmacy - NHS

[www.nhs.uk/service-search/pharmacy/find-a-pharmacy](https://www.nhs.uk/service-search/pharmacy/find-a-pharmacy)



**If it's an emergency or you don't think you can keep yourself safe, please call 999 or go to A&E.**

**If you or someone you know needs urgent care but it's not life-threatening, call 111.**

**We're here to help**

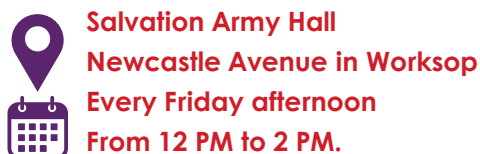


# A helping hand for those in need...



## More than a meal

More than a Meal is here to lend a helping hand to those in need, especially those who are vulnerable or facing tough times, like homelessness or the risk of becoming homeless. Our friendly Bassetlaw Outreach Team has teamed up with the Worksop Salvation Army and the Bassetlaw Community and Voluntary Service (BCVS) to create a welcoming drop-in service.



Together, we're working hard to tackle homelessness by providing a warm and safe space where everyone can connect and support each other.



At our More Than a Meal service, we offer warm meals, hot showers, free toiletries, towels, and the chance to wash and dry your clothes - everything you need to help you feel good and maintain personal hygiene. Plus, we provide free haircuts by a professional barber.

This initiative is all about building friendships and community connections with others who understand what you're going through, helping to reduce feelings of loneliness.

We believe that working with healthcare professionals is crucial. With our dedicated team on hand, you'll have access to personalised support from someone who understands your situation. This not only offers a listening ear but also helps you gain confidence and motivation.

Our team is passionate about advocating for you and helping you navigate the services you need. We're here to help with outreach assessments, scheduling appointments, and making referrals to other support services like mental health support, and social care. On top of our support services, we also offer financial assistance to help you access benefits like Universal Credit and housing benefits.

Our mission is to tackle issues surrounding substance use, mental health challenges, housing instability, and financial hardships, so we can help you find stability and a path to overall well-being.

You're not alone in this - together, we can make a difference!

If you see someone who may be homeless or vulnerable on the street, you can help the person connect with local services for support through StreetLink: [thestreetlink.org.uk](http://thestreetlink.org.uk)

## Help someone sleeping rough this winter



The cold can cause serious health problems for those without shelter, such as hypothermia. Caring for those at risk from the low temperatures during this tough time is important.

Being outside in the cold, or lying on cold surfaces for a long time, can lead to cold-related illnesses or serious health problems.

If you see someone outside who may be vulnerable to the cold, you can help in different ways.

**Say hello:** A friendly greeting can really help.

**Ask if they need anything:** People often need warm clothing, blankets, gloves, scarves, and thermal socks to stay safe from the cold. Offering hot drinks or food is also very helpful.

**Direct people to a warm space:** Many warm spaces are set up across the country where people can find shelter from the cold. Find a warm space - [www.warmwelcome.uk/#find-a-space](http://www.warmwelcome.uk/#find-a-space)

**Contact StreetLink:** Use the [StreetLink website](http://thestreetlink.org.uk) to let local services know that someone needs help - [thestreetlink.org.uk](http://thestreetlink.org.uk)



# Relapse prevention tips: To support your recovery over the festive season



## KNOW YOUR TRIGGERS

Identify feelings, thoughts or conditions that increase the chance of a relapse. This can include, people, places, situations and emotions.



## ACKNOWLEDGE THE RISK

Make a list of where you need to be and rate it on a scale of low to high risk. If there is a significant risk, avoid the situation or make a plan.



## HAVE A PLAN

Develop a plan or healthy strategies in advance for managing triggering or high risk situations. Set realistic/achievable goals. Keep it accessible.



## HAVE A SUPPORT SYSTEM

Plan a support system. Surround yourself with people who provide encouragement, guidance, and that are supportive of your recovery.



## PRORITISE HEALTHY HABITS

Prioritise habits such as eating a balanced diet, engaging in regular physical activity, and ensuring an adequate amount of sleep.



## HAVE RESPONSES READY

Prepare a polite yet firm response to decline invitations/situations involving alcohol, drugs, or anything that conflicts with your values or goals.



## REMAND YOURSELF

Don't forget why you are doing this. Remind yourself of the commitment you made. List all the benefits you will have from living a substance-free life.



## KEEP IT IN THE DAY

Each day of the festive season is just another 24 hours, don't give it any more power than that. Enjoy the festive season, one day at a time.

## Relapse isn't something to feel ashamed or guilty about!

Sometimes, people in recovery may slip back into old habits, like drinking or using drugs. We call this a relapse, and it can happen to anyone.

The excitement of the festive holidays, time off work, relaxation, social gatherings, and a break from routine sometimes make it a little tough to stay on track. It's normal to feel tempted during this time!

If you're feeling like you might be headed for a relapse, don't hesitate to talk to someone about your feelings. Talking about how you're feeling can really help. And if you do experience a relapse, remember to stay positive!

Recovery is not a straightforward path; it is a process, and relapsing can sometimes be part of that journey. Remember, there's no need to feel ashamed. Every day is a new chance to move forward!

Drug and alcohol  
relapse advice  
and how to avoid  
relapsing:



**SCAN HERE!**

**Find a meeting:**



**SMART Recovery**  
[smartrecovery.org.uk](http://smartrecovery.org.uk)



**Alcoholics Anonymous**  
[www.alcoholics-anonymous.org.uk/find-a-meeting/](http://www.alcoholics-anonymous.org.uk/find-a-meeting/)



**Narcotics Anonymous UK**  
[meetings.ukna.org](http://meetings.ukna.org)

**We're here to help**



## Family support

Providing emotional help and support to families in Nottinghamshire affected by a loved one's alcohol or drug use.

We work in partnership with Hetty's to provide family support. If you're worried about a loved one's alcohol or drug use, or are struggling to manage everyday life because of the effects of this substance use on your family, the team at Hetty's can help.

Hetty's service provides a range of support methods and structured psychosocial interventions, delivered by experienced family recovery workers and volunteers. This approach aims to give you the best chance of recovering from the effects of substance use on your family and successfully returning to your everyday life. Each intervention provides the tools needed for families to reduce isolation, increase confidence, set appropriate boundaries, become more knowledgeable about the cycle of addiction, and work through any feelings of guilt, shame and anger.

T: 08000 850 941 (9am-6pm Daily)

E: [info@hettys.org.uk](mailto:info@hettys.org.uk)

W: [www.hettys.org.uk](http://www.hettys.org.uk)



## Christmas opening

December 24th - 3pm close

December 25th - Closed

December 26th - Closed

December 31st - 3pm Close

January 1st - Closed



If you're struggling over the festive season, there is help available. We have a list of helplines that will be open on Christmas day and New Year's day if you need support:

[www.changegrowlive.org/holidays](http://www.changegrowlive.org/holidays)

Social media accounts will not be monitored over the holidays. Please get in touch using the contact information below:

T: 0115 896 0798

E: [notts@cgl.org.uk](mailto:notts@cgl.org.uk)

W: [www.changegrowlive.org/nottinghamshire](http://www.changegrowlive.org/nottinghamshire)

If you feel at breaking point, and you need urgent help, there are services available anytime, day or night.



### Samaritans:

For anyone near or in a crisis.

Call any time, day or night

T: 116 123



### Shout:

24/7 Texting Service - For immediate mental health support.

To start a conversation: text the word 'SHOUT' to 85258



### NHS Mental Health Support:

24/7 support

T: 111 - medical support

T: 111 (Option 2) mental health crisis

when it's less urgent than 999



### Nottingham NHS Crisis Team:

Operated by local NHS service 24/7 for anyone near or in crisis.

T: 0808 196 3779



### Nottingham Crisis Sanctuaries:

From 4pm-11pm, for people who require out-of-hours mental health support.

T: 0115 844 1846



### National Domestic Abuse (UK):

24-hour National Domestic Abuse Helpline

T: 0808 2000 247



### Notts Women's Aid:

Freephone 24 hours, 7 days a week

T: 0808 2000 247



### Rape Crisis

24/7 Rape and Sexual Abuse Support Line:

T: 0808 500 2222



### CALM (for men):

5pm to Midnight everyday.

T: 0800 58 58 58

Alternatively, use the webchat on the CALM

W: [www.thecalmzone.net](http://www.thecalmzone.net)



### Childline (Under 19):

Online, on the phone, anytime

T: 0800 1111

W: [childline.org.uk](http://childline.org.uk)



### PAPYRUS HOPELINE247:

24 hours every day of the year:

T: 0800 068 4141

Text: 88247



### FRANK: Confidential support

Call FRANK 24 hours a day, 7 days a week.

T: 0800 068 4141

Text: 88247

We're here to help