



Richmond Drug and Alcohol Services

August Bulletin 2023

Upcoming ETE Activities

In August, we will be hosting several activities to encourage people to look after their health and wellbeing and enhance their creativity. Our activities are open to all RWCDAS clients and if you would like to attend, simply ask your allocated worker to book you in:

Himalayan Hatha Yoga – Every Monday from 12:50 pm – 13:50 pm

Join us for a full hour of Hatha Yoga where you will be taken through a special sequencing of yoga poses which combines subtle body exercises and breathing, working through the entire body. The session will leave you feeling revitalised and relaxed and will improve your strength, balance and flexibility.

You don't need to be an expert to participate. All you need is to wear comfortable clothing and turn up. Yoga mats and blocks will be provided. The session is held at the Wellbeing Centre, 117 Cedars Road, SW4 0PW.

Reflexology - 15th August, 35 minutes appointments available between 11:00 am to 15:00 pm

Due to popular demand, Zoe will be back at the

Wellbeing Centre to deliver 1:1 reflexology sessions tailored to individual needs. Reflexology has many benefits such as improving circulation, reducing stress, pain and restoring natural balance. There are limited spaces available, so please get in touch with your RWCDAS keyworker as soon as possible to secure a spot. The appointments will take place at the Wellbeing Centre, 117 Cedars Road, SW4 0PW.

How to access support

Walk-in for an assessment

Mon, Tue, Fri 9.30am -11:30am, Thurs 9.30am – 10.30am

Opening times: 9am - 4.30pm Mon, Tue, Fri; Wed 1.30pm-4.30pm (closed am for staff training) and Thurs closed between 11:00am – 1:00pm for staff meeting.

Tuesday women only until 1pm.

Address: Unit 2 Ilex House, 94 Holly Road, TW1 4HF

Tel: 020 3228 3020

Recovery Hub: Tel: 0207 501 2615

Day Programme: 0207 498 6149

Website: <https://www.rcdas.co.uk>

National Domestic Abuse Helpline: 0808 2000 247

Webchat: <https://www.wearewithyou.org.uk/help-and-advice/about-our-online-chat/>

'Making Every Contact Count'- Signposting to Better Health and Wellbeing - www.mecclink.co.uk

<https://richmond.drinkchecker.org.uk/>
Richmond Drink Checker

CDARS 24/7 Helpline for crisis support out of normal hours
07944 506 036

Indian Head Massage - 17th August, 35 minutes appointments available between 11:00 am to 15:00 pm

Indian Head Massage is a relaxing massage of the face, head, neck & back which is performed in a seated position. The nature of the massage helps to relieve stress & tension, with its uplifting effects improving circulation & lymphatic system. The next Indian Head Massage sessions will be held at Ilex House, Holly Rd, Strawberry Hill, Twickenham TW1 4HF. Please contact your RWCDAS keyworker to book your slot.

Soul Art Space - 22nd August from 11am to 13:00 pm.

You are warmly invited to an art workshop exploring shame, courage and forgiveness in recovery through painting. No painting skills or previous experience is required - we simply work with colours and shapes to restore a vibrant connection to life. This event will be held at the Wellbeing Centre, 117 Cedars Road, Clapham, SW4 0PW. Book your space via your RWCDAS keyworker. We hope to see you there.

RICHMOND DRUG & ALCOHOL SERVICE
WELLBEING WORKSHOPS
MONDAYS 1-3PM
AT RCDAS (Unit 2 Ilex House, 94 Holly Rd, TW1 4HF).
Based on the Cognitive Behavioural Therapy framework, these groups aim to help you make steps to improving your overall wellbeing and mental health.
ASK YOUR KEY WORKER FOR A REFERRAL

SESSIONS INLCUDE:

- > **Motivation** (17/07/23)
- > **Mood & Activity** (24/07/23)
- > **Anxiety** (31/07/23)
- > **Self-Esteem** (07/08/23)
- > **Sleep** (14/08/23)
- > **Craving Management & Relapse Prevention** (21/08/23)
- > **Trauma** (04/09/23)
- > **Loss** (11/09/23)
- > **Emotion regulation** (18/09/23)



Next month is RECOVERY MONTH! Look out for events to get involved in across September; full listings will be published in the September Bulletin and will be advertised at all sites.

Please contact your keyworker if you are interested in any events.

Recovery Month Activities 2023

Date	Activity	Location	Time
Friday 1st			
Saturday 2nd	Resilience Workshop and Group	WBC Reception	11:30am-2:30pm
Sunday 3rd			
Monday 4th	Yoga	WBC Reception	12:50pm-1:50pm
Tuesday 5th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Wednesday 6th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
	Recovery Month BBQ	WBC Reception	10am-3:30pm
Thursday 7th	Open Accupuncture Sessions	WBC Therapy Room 1	1:30pm-2:30pm
Friday 8th			
Saturday 9th	Open Saturday Group	WBC Reception	11am-1:pm
Sunday 10th			
Monday 11th	Kingston to Richmond Photography/Art Walk	TBC	TBC
	Yoga	WBC Reception	12:50pm-1:50pm
Tuesday 12th	Outside Edge Taster Session	WBC Reception	11am-1pm
	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Wednesday 13th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Thursday 14th	Open Accupuncture Sessions	WBC Therapy Room 1	1:30pm-2:30pm
Friday 15th			
Saturday 16th	Open Saturday Group	WBC Reception	11am-1pm
Sunday 17th			
Monday 18th	Yoga	WBC Reception	12:50pm-1:50pm
Tuesday 19th	Recovery Month Celebration, Poppy Factory, Richmond Talk, Food and Activities	TBC	TBC
Wednesday 20th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Thursday 21st	Open Accupuncture Sessions	WBC Therapy Room 1	1:30pm-2:30pm
	Drug and Alcohol Awareness Training	WBC Therapy Room 2 and 3	10-3pm
Friday 22nd	Drug and Alcohol Awareness Training	WBC Therapy Room 2 and 3	10-3pm
Saturday 23rd	Open Saturday Group	WBC Reception	11am-1pm
Sunday 24th	Sunday Roast	WBC Reception	1pm-3pm
Monday 25th	Recovery Month Breakfast	WBC Reception	9:45am-11:30am
Tuesday 26th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Wednesday 27th	Open Allotment Session	Shacklegate Lane, Teddington	11am-2pm
Thursday 28th	Acupuncture Session	WBC Therapy Room 1	1:30pm-2:30pm
Friday 29th	Recovery Month Twickenham Event	TBC	TBC
Saturday 30th	Open Saturday Group	WBC Reception	11am-1:30pm

RCDAS invites you to
**SERVICE USER
MEETING**

**Service
User
Council**

August 24 at 3 pm

FREE FOOD PROVIDED!

Have your voice heard
at the meeting!
Tell us how to improve
the service

**RCDAS ILEX HOUSE
94 HOLY ROAD
TW1 4HF**

Call for more information:
020 3228 3020

Richmond Community Drug and Alcohol Service

BREAKFAST CLUB

**Starts August
25th**



Just pop in!

**Every Friday Morning
9:30am to 10:30am**

**Free breakfast for anyone in
the service**



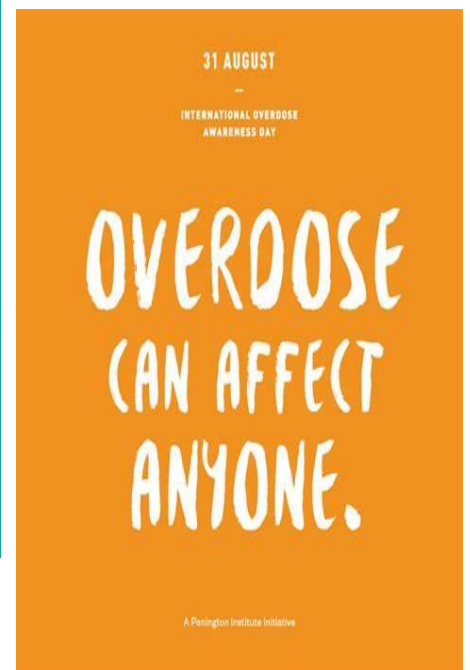
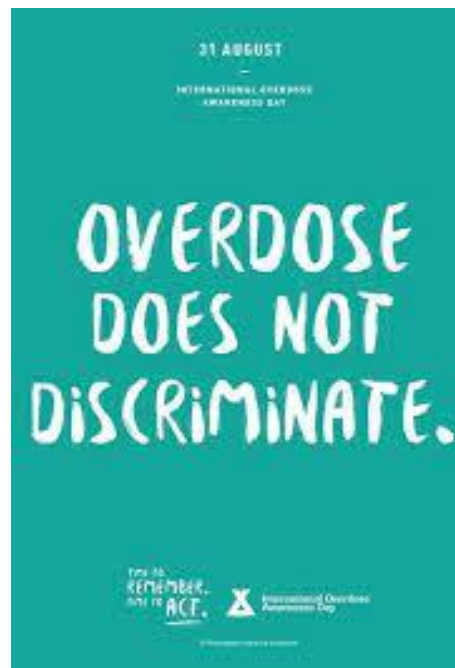
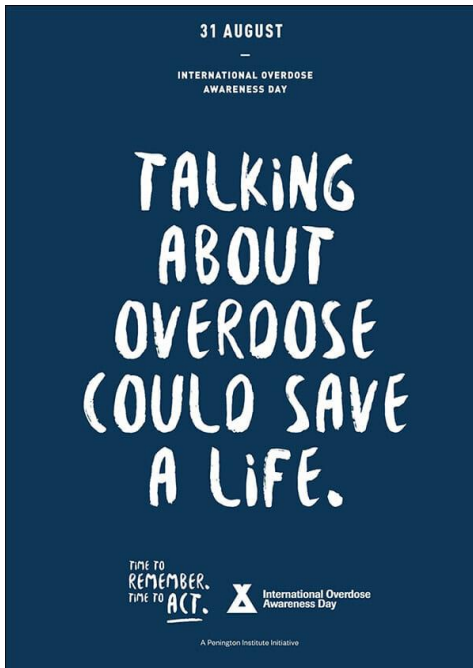
Address: RCDAS, Unit 2 Ilex House, 94 Holly Rd, TW1 4HF

International Overdose Awareness Day

When: August 31st 2023

The world's annual campaign to end overdose, remember without stigma those who have died, and acknowledge the grief of the family and friends left behind

Time to Remember. Time to Act



What are RWCDAS doing to support?

- Naloxone provision and training (IM and Nasal) for clients, staff, family/peers and external professionals
- Specialist training sessions for staff on recognising signs and symptoms of substance related overdose
- External Training Workshops for external professionals aiming to recognise and treat opioid overdose
- Core treatment and wider recovery focused on minimising risk of accidental overdose
- Local drug warnings incorporated into treatment to promote client safety
- Evidence based harm reduction aimed to minimise risk of overdose

Please speak to a member of staff for more information or visit:

<https://www.overdoseday.com>

Happy Raksha Bandhan!



Raksha means protection and bandhan means bond.

Raksha Bandhan or Rakhi is an important Hindu festival, dedicated to brothers and sisters. On this auspicious day, sisters tie a thread on her brother's wrist and pray for his long and prosperous life. In return, the brother gives a token of love to his loving sister.

Best wishes for good health – Shochuu ominmai, moshiagemasu!



Obon, also sometimes known as “Bon,” is a traditional Buddhist holiday celebrated in Japan as well as in much of East Asia and is also known as Ghost Festival, Festival of Souls, or Festival of Lanterns. The holiday consists of a three-day festival that honours ancestral spirits and pays respect to the dead. Traditionally, lanterns are hung in front of houses to guide the ancestors' spirits, obon dances (bon odori) are performed, and food offerings are made at house altars.