

# Welcome to Our Summer Newsletter



## What's happening for the Drug and Alcohol Community In Hackney?

**W**elcome once again to all our readers of the Hackney Service Users Newsletter. I will begin by saying we hope 2010 started well for you all and as we leave winter behind us lets look at what has been happening for the Drug and Alcohol Community in Hackney. Winter saw the beginning of redevelopment and restructuring of various services in Hackney to improve and ensure a more efficient service is available for the Drug and Alcohol Community.

As indicated in the previous newsletter the Hackney Service Users Newsletter is written by Service Users for Service Users. It is your suggestions, opinions, views and

issues that will ensure it continues. So as we head into Spring lets hear from you all about the services that are available to benefit and assist you so we can ensure they continue to improve for all of our service users.

If any of our readers have anything to say or something to add to the next newsletter please, come forward and SPEAK OUT. Use the suggestion boxes that should now be located at all services to enable you to have your say confidentially however, if you prefer, please feel free to approach any of the Service User Representative who will be more than happy to assist you.

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## Saying Goodbye

There are soon to be some changes to your Service User Representatives. Kenny Brown will shortly be leaving us. Kenny will be moving to different things and are soon to be volunteering for the Lifeline Service in Tudor Grove. Training has already commenced for the next group of Service User Representatives.

They will soon be assisting current representatives in their ongoing work to improve and hopefully ensure more efficient services in Hackney for the Drug and Alcohol Community. If you would like to become a Service User Representative then please contact either your rep, or Marilyn McKenzie on **0777 222 7420**.



**SPEAK OUT**

Your New and Existing Service User Representatives are:

Aina ● Dawn  
● Miguel ● Paul  
● Risa ● Patricia  
● Michael ● David  
● Sheik ● Shelly  
● April ● William  
● Troy ● Kerry

# news in brief...

## ANTHRAX IS KILLING HEROIN USERS

The most important news right now is the contamination of Heroin with Anthrax. Batches of heroin have been contaminated with the bug Anthrax which is causing death and life-threatening infections in England and Scotland. There have been at least two confirmed deaths already in London due to Anthrax and some in Scotland (true when this went to print). Heroin users who inject, smoke or inhale heroin can be at risk of Anthrax poisoning. Please protect yourself, **EARLY TREATMENT CAN SAVE YOUR LIFE.**

*News! News! News!*

### NEW PREMISES FOR LIFELINE THE WOMEN'S SERVICE

Lifeline has acquired new premises at 101-110 Mare Street Hackney. The existing women's service will be moving to these new premises and will become the new Family Service. This service will be working with families affected by substance misuse and will also house the new Aftercare Service. More information on how this will look will be made available to you shortly as well as consultations as how you feel this service should be delivered.

### 'CARE OF ADDRESSES'

Lifeline have never officially offered a 'Care of Address' service for its clients although some clients of no fixed abode did at some point use Lifeline Tudor Grove as a 'care of address' service.

If you are a client who falls into this category or any other service user of no fixed abode who needs a 'Care of Address' The Greenhouse 19 Tudor Grove can provide you with this service. For further information and assistance with this please talk to your key worker who will be happy to direct you to the appropriate person.

### The new MOVE ON SERVICE

You should all be aware that the aftercare provision for Hackney clients from Red Kite Learning is coming to an end. A new service will be fully launched starting on the 1st of July and, among other things, will include; signs which can include:

- A structured aftercare programme for clients that will look to develop skills, build confidence and raise aspirations with the aim of supporting clients into appropriate education, training, voluntary work or employment.
- Entry level Maths and English courses exclusively for our clients to gain essential qualifications.
- Support from a full time Education, Training and Employment Advisor.
- Access to a timetable of practical activities such as gardening.
- Improved links with Job Centre Plus and Housing Benefit Office.
- Direct links with employers and training providers to provide work placements and training opportunities exclusively for DAAT clients.

This programme is going to be rolled out over the summer and referrals will be made via Lifeline and other services that you may be involved with at this stage. Referral guidelines will be sent out to providers soon along with a detailed programme timetable.

Chris Perry, the DAAT's Education and Employment Support Officer, will arrange a meeting with the client (this can be a 3 way meeting if appropriate) to talk with the client about their aftercare needs. The client will then continue to receive appropriate support either from Chris personally or from one of his colleagues or partner organisations that has the knowledge and expertise to provide ongoing quality support. If you are unsure whether a referral is appropriate then please call Chris to discuss further.

If you have any questions about any of the above then please do not hesitate to contact Chris. In the meantime please continue to refer clients and I look forward to sharing the details of the

# health and wellbeing...

## ANTHRAX

Anthrax is causing death and life-threatening infections for heroin users. Please protect yourself. Early treatment can save your lives so be aware of the signs which can include:

- Lots of swelling and redness where you have injected
- Fever and headache
- Feeling ill and having difficulty breathing

If you think you have injected, smoked or inhaled heroin contaminated with

Anthrax go immediately to your nearest hospital emergency department and tell them. Always use with someone you trust who can help you get to a hospital if need be.

Please talk to a member of the Harm Reduction Team for information around reducing risk.

## HEALTH PACKS

Health Packs which have been designed to provide harm reduction information and paraphernalia for people who smoke heroin or crack are now available. These packs can be obtained at Lifeline, the DAAT Assertive Response Team, Open Doors and the Drug Intervention Programme in Hackney.

## SEXUAL HEALTH

Protect your sexual health by visiting Open Doors which is a Sexual Health Project that offers free and confidential service. For more information contact Fatima on **07971 795 203**, Reg on **07852 918 403**, Sue on **07966 293 419** or Kathy on **07508 740 609**. Alternatively speak to your key worker who will be happy to direct you.



## HEPATITIS C TREATMENT SUNLIGHT GROUP

The Sunlight Group originally took place every Wednesday from 2-4pm at LCR, 128 Lower Clapton Road Hackney E5 0QR, (now moving to Lifeline), has been postponed until further notice.

## SAU Open Day due to take place on September 1st 2010

The SAU are trying to encourage more Service Users to get involved in their

services. They will be having an Open Day to discuss with Service Users their views on how they can provide better treatment. Here is your chance to tell the management exactly what you think of the service. It's an opportunity not to be missed. It will be held at SAU, Homerton Hospital, Homerton Row on Wednesday 1st September. It starts at 1pm and finishes at 4.30pm. There will be hot food available. If you would like to attend, please speak to your SAU key-worker, so they can give you further information.

## COMPLIMENTARY THERAPIES

Unfortunately Lifeline, for the moment, no longer offers Acupuncture as a complimentary therapy although this will begin again at some point once redevelopment works have been completed. A variety of herbal teas such as Detox and Sleep Tea are still available on request.

## GYM

The Kings Hall Leisure Centre are part of a pilot project offering free weekly gym sessions. These sessions are currently only available to Service Users attending the Women's Day Programme or Aftercare service but may well be expanded to other services if it is well used. Aftercare are also currently running Pottery sessions on Wednesday between 2-5pm at Lifeline. For more information on how to attend any of these sessions please speak to your key worker.

## FREE EYE TEST

Have your eyesight tested for free on Tuesday, Wednesday and Friday between 10-4pm. For more information speak to Emma at Lifeline **0208 985 3755** or Umar at the Opticians on **0208 985 0575**.

## COMMUNITY DENTIST ACCESS PROJECT

Brighten up your smile at the community dentist who will be available at Lifeline for the following dates in June please call the Lifeline Receptionist on **020 8985 3757**.

## news in brief...

exciting new aftercare service with you in the coming weeks.

## SPEAK OUT

Lifeline has weekly Service User involvement meetings every Monday from 2-4pm. Go along, get involved, Speak Out and have your say in the running of services that are available to you.

## HACKNEY SERVICE USER FORUM

Have your say on Friday 24th September 2010 at 2pm in The Greenhouse 19 Tudor Road (Opposite Mind). Food and drink available and travel expenses reimbursed up to £4 upon submission of receipt. For more information ask your Service User Rep or call Marilyn McKenzie on **0777 222 7420**.

## Mosaic Project for the 2012 Olympics

HDAAT is running a one-off project for Service Users to get involved in the 2012 Olympics by developing a mosaic that will be on show in one of the parks in the Borough. This will be an iconic one-of-a-kind project that will be around when many of us are long gone. If you would like more information on how to get involved, please call Marilyn McKenzie on **0777 222 7420**.

# SpeakOut



## ■ Lifeline Project

18-20 Tudor Grove, Hackney, London E9 7QL  
TELEPHONE 0208 985 3757  
Monday: 1pm till 5.30pm. Tuesday/Wednesday:  
10am till 8pm. Thursday/ Friday: 10am till 5.30pm.  
Saturday/Sunday: Closed

## ■ ABC Pharmacy

75-77 Stoke Newington Road, London N16 8AD  
TELEPHONE 0207 241 0486  
Monday to Friday: 9am till 7pm.  
Saturday: 9am till 6pm. Sunday: Closed.

## ■ Allen Pharmacy

150 Albion Road, London N16 9PA  
TELEPHONE 0207 254 2500  
Monday to Saturday: 8.30am till 6pm.  
Sunday: Closed.

## ■ Clockwork Pharmacy

239 Well Street, London E9 6RG  
TELEPHONE 0208 985 4630  
Monday/Tuesday/Wednesday/Friday 9.00am till  
6.30pm. Thursday: 9am till 4pm.  
Saturday/Sunday: Closed.

## ■ Kingsland Pharmacy

406 Kingsland Road, London E8 4AA  
TELEPHONE 0207 254 6910  
Monday to Friday: 9am till 7pm. Saturday:  
9am till 6pm. Sunday: Closed.

## ■ Silverfields Chemist

141 Homerton High Street, London E9 6AA  
TELEPHONE 0208 985 2030  
Monday/Tuesday/Wednesday/Friday 9am till 7pm.  
Thursday/Saturday: 9am till 6pm. Sunday: Closed.

## ■ Dev's Chemist

103a Dalston Lane, London E8 1NH  
TELEPHONE 0207 249 8060  
Monday to Saturday: 9am till 9pm.  
Sunday: 10am till 4pm.

## ■ Haggerston Pharmacy

207 Haggerston Road, London E8 4HU  
TELEPHONE 0207 249 2441  
Monday to Friday: 9am till 6.15pm.  
Saturday/Sunday: Closed.

## ■ Benjamin Pharmacy

190 High Street, London N16 7JD  
TELEPHONE 0207 254 2696  
Monday to Saturday: 9am till 6pm.  
Sunday: Closed.

## ■ Murrays Chemist

86 Murray Grove, London N1 7QJ  
TELEPHONE 0207 253 9859  
Monday to Friday: 9am till 6pm.  
Saturday/Sunday: Closed.

## ■ Boots Chemist Hackney

386-388 Mare Street, London E8 1HR  
TELEPHONE 0208 986 9014  
Monday to Saturday: 9am till 7pm.  
Closed for lunch: 2pm till 3pm.  
Sunday: 11am till 5pm.

## ■ Boots Chemist Stamford Hill

222-224 Stamford Hill, London N16 6TT  
TELEPHONE 0208 800 2874  
Monday to Friday: 8am till 7.30pm. Saturday: 9am  
till 6pm. Sunday: 9am till 5.30pm.

## ■ Boots Chemist Dalston

82-84 Kingsland High Street, London E8 2NS  
TELEPHONE 0207 254 5067  
Monday to Saturday: 9am till 6pm.  
Sunday: 11am till 5pm.

## ■ Assura Chemist

15a Urban Hive, Theydon Road, London E5 9BQ  
TELEPHONE 0208 806 6215  
Monday/Tuesday/Friday: 9am till 7pm.  
Wednesday/Thursday: 9am till 5.30pm.  
Closed for lunch: 1pm till 2pm.  
Saturday: 9am till 1pm.  
Sun: Closed.

## education, training & employment support

### OD TRAINING

Will be on the 21st of July. There will soon be overdose training for Service Users delivered by other Service Users. This training will include CPR, the Recovery position and other ways to help save peoples lives. If you would like to book yourself onto this training course, please let your key-worker or your representative know. The training has been designed to help other service users to pass on this information to others. The more people saved, the better.



### OTHER TRAINING

*Rather than handing them fish, it is better to teach a man how to fish for himself!*

This is the reasoning behind offering Service Users training on Housing, Benefits and Child Protection. The more information that you receive, the more empowered you can be when working with these services. Dates on when and where this training is going to be available will be provided by your Reps.

We want as many people as possible to be better equipped when dealing with Housing, Job Center Plus and Social Services as it provides better results for all. So if you're interested, let your key worker know.

### NEXT STEP

Next Step is a service in Hackney that can help you to improve your chances of future employment whether you have a job or not. If you want to update your existing skills or experience something new, Next Step will be able to help.

Next Step can also give information about other help available for funding, childcare and facilities for people with disabilities. So if you simply want to add to your skills or explore new opportunities contact Next Step on **0800 169 7002** or visit their website at: [www.nextsteplondoneast.org.uk](http://www.nextsteplondoneast.org.uk).



# new worker: Christopher Perry Education Training and Employment Officer

I started working for the DAAT in October 2009 as the Employment and Training Support Officer. My role is to support clients into appropriate and meaningful education, training and employment.

To do this I work with employers, education providers and other organisations in London to ensure that our clients have access to a range of excellent opportunities. This could involve getting access to courses at Hackney Community College or access to structured work placements with international businesses.

Before this job I worked for Work Directions (now Ingeus) working with a caseload of unemployed clients from Hackney and Tower Hamlets and supporting them into work.

Previously, emphasis has been on getting people into treatment and making sure that treatment is as effective as possible. Things are now changing and there is now a focus on what happens to someone once they complete treatment.

This is called aftercare. Much of my role is to develop the aftercare service to support people when they leave treatment. In the future this will involve a voluntary programme where clients can access advice and support on things such as housing, managing money and accessing education, training and employment.

There will also be an emphasis on social activities and other life skills and we will be looking to get as many clients as possible involved in the running of this programme.

Done properly, an aftercare programme has a positive impact on clients by building on the fantastic work done during treatment and giving them practical one to one support to help a client get to where they want to.

## Personal facts about Christopher:

**Favourite animal:** Pig

**Colour:** Don't really have one

**Food:** Fish, chips and mushy peas

**Film:** One Flew Over the Cuckoo's Nest

**What would you take with**

**you on a desert island:** A football

**One other interesting fact about you:**

I used to work as a Chef at The Ivy in the West End. Famed for it's famous clientele, I cooked for people including David Beckham, Gordon Brown and Penelope Cruz. It involved working ridiculously long hours, not getting paid too much and getting shouted at. A lot! It was surprisingly good fun though.



## BOTULISM ALERT

The Health Protection Agency is alerting injecting heroin users to the risks of an illness called wound botulism. A patient from north west London who injected heroin by skin popping has been diagnosed with the infection and is in hospital. The source of the infection is likely to be a batch of heroin contaminated with the bacteria that causes botulism. The patient recently bought heroin from the Watford and Harrow areas.



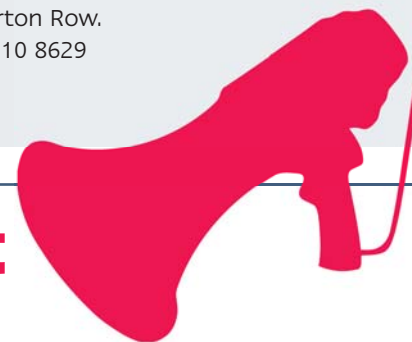
## Advice to prevent wound botulism:

- Smoke heroin instead of injecting.
- If you must inject, do not inject into muscle or under the skin. Make sure you hit the vein as your blood is better at killing bacteria than your muscle.
- Do not share needles, syringes, cookers/spoons or other works with other people.
- Use as little citric acid as possible to dissolve the heroin. A lot of citric acid can damage the muscle or the body under the skin. This damage gives bacteria a better chance to grow.
- If you inject more than one type of drug, inject each at a separate place on your body and with clean works for each injection. This is important because certain drugs (e.g. cocaine) could give bacteria in heroin a better chance to grow.
- If you get swelling, redness or pain where you have injected, or if pus collects under the skin, you should get a doctor to check it out immediately, especially if the infection seems different to others you may have had in the past.

## Where to get help and advice:

- **Nearest A&E:** Homerton Hospital, Homerton Row, E9 6SR. 0208 510 5555
- **Drug and Alcohol Team:** HDAAT. 0208 356 2180
- **Local prescribing unit:** Specialist Addiction Unit, Homerton Hospital, Homerton Row. 0208 510 8629

# SpeakOut



## WE CARE

If life is a little tough sometimes and  
things are looking blue.  
Remember that troubles shared are  
always halved in two,  
So anytime you need us please feel free  
to get in touch,  
It's one of the reasons for the  
Newsletter, please use the  
suggestion box.

## DON'T QUIT

When things go wrong, as they  
sometimes will,  
When the road you're trudging  
seems all up hill,  
When the funds are low and the  
debts are high,  
And you want to smile but you  
have to sigh,  
When care is pressing you down a bit,  
REST IF YOU MUST BUT DON'T  
YOU QUIT.

Life is queer with its twists and turns,  
As every one of us sometimes learns,  
And many a failure turns about,  
When he might have won had  
he stuck it out.  
Don't give up though the pace  
seems slow,  
YOU MAY SUCCEED WITH  
ANOTHER BLOW.

Success is failure turned inside out,  
The silver tint of the clouds of doubt,  
And you never can tell how close  
you are,  
It may be near when it seems so far,  
So stick to the fight when you're  
hardest hit,  
IT'S WHEN THINGS SEEM WORST  
THAT YOU MUST NOT QUIT.

PLEASE DON'T GIVE UP



## i'm fed up of...

I'm so fed up of hearing people say that they have not heard about the Blenheim CDP Hackney Day Programme. As the Service User Representative for the Blenheim CDP I feel I would like to draw your attention to this Service in particular.

The Blenheim CDP is a confidential stimulant day programme that runs Mon-Fri 10-4pm. The Day programme aims to work holistically and sensitively with Hackney residents over 18yrs old who wish to address their crack/cocaine and poly-drug use. You can self-refer by telephone or alternatively go via your GP, Nurse, Probation, Support Worker and many other professionals. So if you feel you are having difficulty dealing with stimulants, such as crack/cocaine. Or you're finding it difficult dealing with issues relating to stimulant misuse, The Blenheim CDP can offer advice and information to help you deal with these.

There is also another reason for me highlighting Blenheim CDP in this edition of the newsletter. I'm highlighting the Blenheim in response to a letter (Dear Aina) that I received after the Autumn issue..

Finally from me I'm so fed up with finding empty suggestion boxes. These are your services so let's hear from all Service Users, Speak Out, Have Your Say,

Make Some Noise. Please take full advantage of the suggestion boxes available and your Service User Representatives to let us know what's bugging you or not. Tell us what you need, let's make Hackney Services work for US. We welcome your feedback, comments and complaints. So don't be shy tell us what you're fed up with, what you're happy with, angry about. Tell us about your experiences of services in Hackney. This can be one of the most effective ways to improve and develop the services that are offered to vulnerable people in the Drug and Alcohol Community.

In response to that particular reader's letters I would strongly suggest that you contact the Blenheim CDP. I believe that they are in the best position to advise and help you to address the issues that you are facing. I can assure you that your confidentiality is of paramount importance to the Blenheim CDP so please, please make contact with them.

I personally wish you every success in your recovery and the opportunity to embrace your future with a new perspective.

Good Luck my friend and if you ever need to make contact with me again then please feel free.

# my life story

I was born in Lewisham in 1972. My 2 sisters, 1 brother and I was raised by my single mother as my father left when I was really young. Growing up in a household full of brothers and sisters was fun, but not without its difficulties. My mother was a very good mum; however she was heavily involved in crime.

**S**he imported drugs and had done so for a number of years. I guess this is where the idea of being involved in crime became a way of life for me. I got heavily involved in a gang from the age of 11 and they became my family, I feel I was definitely searching for a father figure in my life and they fit the bill.

I was first arrested at the age of 14 for robbery, it was my first offence, however I went straight to Feltham for 6 weeks, this was the first but not the last time I would spend time in prison, I have actually been in and out of prison for 15 years now. This would be for various offences, but towards the last couple of years I was committing crime to fund my increasing drug habit.

I feel I was first addicted to money, then drugs (as I used socially initially) and dealing and the money that came with it was not uncommon for me. My drug use was like this:  
1.Cannabis 2.Alcohol 3.Cocaine  
4.Ecstasy 5.Crack

I don't think that this pattern of use is uncommon, throughout my drug using I was in and out of prison and would continue to use when I came out of jail.

I first found out about treatment when I was in the middle of a 4 year stretch for a number of crimes (again to fund my drug use). To be honest, when I first found out about treatment, I just wanted to get out of prison, I did not even think about being drug free

I did the RAPT Programme and completed, I was then paroled on the condition that I would attend rehab which I did and completed in Suffolk

Then I came back to London. London is where my family was so it was where I

wanted to be, however soon after coming back I was dealing again and eventually started using also. I was 2 years drug free when this happened.

Eventually I breached my parole and had the police looking for me so I decided to leave England and move to Canada for a while, that did not go much better as I soon got involved in even more dealing more crime and more using. I was there for 4 years and then it hit me. I HAD LOST EVERYTHING!

My Daughters mum had left me, my family saw me as an outcaste, my life was not what I wanted it to be. It was then that I decided that it was time to get help. I came back faced the music with the police, did the time for the crime.

When I got out I self refereed myself into treatment. I did 1 year of treatment in the community, which got me back on track, then once I was more stable in my life I started volunteering, I did this for about 2 ½ years in several services as I wanted as much experience as I could get, then did my NVQ level 2 in health and social care which I completed. Once I had that under my belt I did the Rugby House NVQ level 3 in Health and Social Care. I was offered a job in Lewisham my home borough and have now been working in a paid role for over 3 ½ years. This has given me the confidence to move forward in my life and go for what I want. I have gone onto higher education and am working towards my degree and I also want to do my masters in additions once that is completed.

I NOW LIVE LIFE ON LIFE TERMS  
I still have my ups and downs. My dad passed away and I never got the chance to rebuild my relationship with him, but I am building back my family ties, where I was once the outcaste I am now the one



people turn to for information and advice.

If I could change anything in my past it would be to have finished school when I was younger, rather than fighting to do it now. Life can be rough and sometimes you wanna throw in the towel. Now I am a drug worker, it is not easy dealing with people feelings and that's just staff!! But even dealing with my own emotions have been tough, where before I would use and not deal with it, I have to now work my way through it myself, but I wouldn't change my life as it is right now. I have my faith, my family, my daughter (who is teaching me how to be a dad every day) and I am now engaged to a woman I really want to be with, rather than just being with women because I was sleeping with them. My mother is working and is no longer the Tony Montana of Lewisham, although my brothers and sisters have had their run ins with the law, they are coming good too.

I am still learning, how to be a loving partner, how to be a good dad and how to be me.

Every day there is something new, but I guess everybody has that!

**SpeakOut**



# rendezvous with crack cocaine

I met up with crack cocaine in 1999 and it promised me the whole world. It said to me that it was going to be my best friend, and that it was going to be my wife, my closest family member and i should stop going with anyone. This is the message i was getting any time i use it. It seems that i was hearing words coming from nowhere telling me that am on top of the world and that all that was promise was given.

At first i did tend to belief it as i see myself on top of the world any time i use. My using was not daily, but fortnightly as i use to work and get my wages every two weeks. My use was controlled and i never use in between my wage packets. I use to wonder how people get addicted to it and to bring them self so low that they are seen as junkies and as such an outcast of society. Although i do not use between my wage packets, but i was always looking forward for my next wages and to have another rendezvous with it. Thinking that i was not a junky, and that i can afford what i smoke, i continued using taking it as a recreational drug. My out look to the drug was shrouded with misunderstanding and i continued to use regardless of what friends tell me about the drug.

As the years goes by, my using started to deteriorate from fourth nightly to weekly and from weekly to daily. It seems that i cannot stop. I was powerless against the drug and my life stated to become so unmanageable. Yet still i was in denial that there was nothing wrong. My family members were not happy with me as they knew that what i was doing was not good, and will strip me of all the respect and dignity i had. They all concluded that i needed some help and decided to approach me. They came one by one to talk to me, they came in groups to talk to me, but still i was in denial that there was nothing wrong. Then came the big snob. Family members started to distance themselves from me as they were not happy with me. This gave me more and more freedom as nobody came to see me. I

started to run away from friends as i wanted to be on my own any time i use, and the using was getting more and more aggressive. The paranoia that came with it isolated me from everybody as i don't want anybody to see me in that state.

As i was on my own now, my drug abuse was getting worst i did not have any food in the house, i cannot pay my rent despite the fact that i was working full time. All my money was going into drugs, and i was completely isolated. The crack cocaine has done exactly what it said it was going do. Any time i use, am thinking of how to stop, but any time the drug wares off, am thinking of how to get the next shot. This vicious circle continued for the next 3 years down the line, and then my family came to try helping me again. This time, i new, i was in a deep hole and i agreed that i need some help. The help they were able to offer to me, was to take me away from the area of influence. This was only for some couple of weeks, and that was not enough. So as soon as i was back, i start again easily. I did this many times but to no avail. It seems that i was in deep trouble and that even if i want to stop, crack cocaine is telling me that our friendship is not finished. My family and friends all gave up on me again, and i was again on my own.

Whiles i was thinking of my next move, with continuous smoking, i hit rock bottom. I lost my flat and became homeless; i started selling the items in my flat because i don't have anywhere to keep them. And i was smoking all the money i was getting from it. I started sleeping on the buses riding on them all night going from end to end, till in the morning, then i go to work. As time goes, i was beginning to see the insanity in all this friendship with crack cocaine. As i was getting more and more chaotic, my pattern of work regularity was deteriorating as well. For the first time, my punctuality at work was being affected and i started to phone in sick and getting to work late. I was trying to hang on to the job because that was my

source of income and i was using that money to finance the habit. Now am getting absent from work and sometimes i cannot even afford to buy a bus pass to go to work. I have smoked all the money. So i have to walk to go to work no matter how far work was. At last it dawned on me that this cannot continue and that i have to sort my life out. This could only mean that i have to kick the friendship i had with crack cocaine. And the only way to do that was to get into treatment so that i can be kept away from the drug for a considerable amount of time. First i started to contact some of my friends who lived outside London, to see if i can go to stay with one of them, but none of them was entertaining the idea of lodging a drug addict. I was so disappointed that some of my friends were not forth coming in trying to help. I was on my own and had to do something fast.

After struggling so hard, one day i got myself an admission into a detoxification centre. I could not belief that my way to recovery has started after 6 years of chaos, unpredictability and degeneration. I got detoxified for 6 weeks and i was moved to rehabilitation outside London, and there i stayed for 3 months, getting myself cleaned up and trying to forget the devastating friendship i had with crack cocaine. In the rehab, i saw many people relapse and were kicked out of the rehab, and they went back to the chaotic life. Some of them were using for far longer time than i was, some of them were in and out of rehabs, but still cannot revert their friendship with crack. For me it was a lesson that i have to be strong, and that i have to do this only once and for all, and it should never happen to me again.

Today, here i am. The last day i used before going into detox, was the 24/11/2004. And since then i have got myself back from the brink of disaster, and was able to turn my life around for the better. Many people though that i was never going to be back again from the brink, but i have proved them wrong.

As i always said, i was bent, but not broken. I knew all along that what i was doing was wrong, and i needed to correct it. I urged anyone in the hopeless situation i was, that there is light at the end of the tunnel, provided that one has to come to his or her own senses that although there is help out there, the decision to change must come from oneself.



## An interview with **Jane Walton of SMT**

**I**t has been a mystery to many clients how their motivation is determined when they apply for funding for residential rehabilitation and Detox. According to some observations, some do succeed in getting the funding and some do not.

The assessments for funding are normally dealt with by the Substance Misuse Team (SMT) in Hackney before going to the Care Panel. The Panel is made up with a number of individuals from the Specialist Addictions Unit, Lifeline, WDP and other services decide who gets funding and who does not. So to understand how they do it, we sent in our very own reporter, Sheikh who is a Service User Rep for Lifeline met with Jane Walton who is the manager for the SMT in Hackney and this is what she had to say.

**Sheikh:** What makes a person successful in an assessment to be funded for Detox/ rehab?

**A:** We have an eligibility criterion which has been agreed by the Hackney DAAT Care Panel which meets every Wednesday to agree, or not, peoples funding for Detox and Rehab. The eligibility criteria is available for anyone who wants to see it.

- 1 You have to be a resident of Hackney,
- 2 You have to be over 18yrs of age.

3 One criterion which can sometimes seem confusing to people is that we require that people have been engaged with community services for a period of time, and tried to work on their addiction in the community. Obviously, there might be reasons why working on their addiction in the community may not be possible, perhaps they are pregnant and therefore need quicker intervention, maybe mental health issues, etc

**Sheikh:** Is it easy for anybody to get hold of the requirements and where can Service Users find this in print?

**Jane:** All the agencies that are represented at the Care Panel have copies of the eligibility criteria. ie the Specialist Addiction Unit, the Specialist Alcohol Team, Lifeline, City and Hackney Alcohol Services, Open Doors and the SMT. All the other Hackney DAAT Funded services should also have them as SMT will give it to anyone who wants it. Service User's who would like a copy should ask their key-worker or the key worker will sign post them as to where to go

**Sheikh:** Do SMT and housing services work closely together to get people rehoused after treatment, if not why?

**Jane:** There have been a number of problems over the years because the social housing stock in general is reduced,



Above: Jane Walton

and quite often, our client group can frequently be considered to have made themselves intentionally homeless by having rent arrears and losing their tenancy. Housing is not easily available to our client group. But I do think that is changing now, for example, we have Eric Jackson a Housing Liaison Worker based at the DAAT who has several years of experience in homeless services in Hackney. He is working to make links to help people to access housing but this is an ongoing struggle due to the general housing shortage.

**Sheikh:** Could there be possibilities of moving rehabs if you find that a particular rehab is not working for you, maybe due to difficult relationships with key workers etc?

**Jane:** that happens occasionally, but we are not keen on doing that and would obviously want to know why

**SpeakOut**



# An interview with Jane Walton of SMT

**Sheikh:** Can you tell us how many forms of different residential treatments there are e.g. 12 steps, Therapeutic etc?

**Jane:** They mostly fall into these two categories:

- 12 step model which is advocated by the AA/NA approach, which is the best known model of treatment.
- Therapeutic Interventions which can cover a different number of approaches, like person centred, cognitive behavioural, etc.

There are others and they all have slightly different approaches as to their attitude towards addiction and how they approach things like relapse prevention and the various skills that people need to acquire when they leave treatment. Care managers will try giving people a broad overview and then help the Service Users to identify which facility suits them.

**Sheikh:** Do you get any feedback from the care managers about which rehab methods is producing better outcomes

**Jane:** We haven't broken it down in terms of therapeutic approach, but we do have some providers that we use frequently and which seem to have good success rates. It can be quite complicated to analyse outcomes because people may select and thrive in a particular treatment service because it is women or men only, which may be important for them, or because it is located close to family members.

A number of different factors can affect how successful a particular service can be. People pick rehabs for a number of different reasons and they complete or don't complete programmes for different reasons as well.

There is also the Care Quality Council (CQC) which inspects and publishes reports on all residential treatment providers, rating them from "Weak", to "Fair" to "Good" to "Excellent". We rely on these reports to a certain extent. They base their ratings on a number of factors such as the quality of the

accommodation, the food, their adherence to health and safety requirements, the levels of suitably qualified staff and interviews with service users about their levels of satisfaction. Unfortunately, these inspections and reports do not cover treatment outcomes.

I think though that the NTA is becoming increasingly interested in measuring and analysing outcomes and this is likely to be an area of development in the near future.

**Sheikh:** Once a Service User has secured the funds for a residential treatment, what say do they have in deciding where to go?

**Jane:** Many people come to us without any particular rehab in mind. In which case, our care managers will usually come up with two or three rehabs from our list to suggest and discuss with them. This in itself can often allow people to explore what is available and what may be particularly important to them about a treatment service.

If the provider they are interested in is on our list that's fine. As our list of tried and tested treatment providers is already quite large, if a new provider is being suggested, either by the client or the care manager, then a case must be made to the Care Panel as to why the needs of this particular individual can only be met by this new provider.

Of course we also have to take cost into account and would have to be able to demonstrate the need to use a particularly expensive provider in terms of what it offers that cannot be provided at a more economical cost.

**Sheikh:** How long does it take for a residential treatment to complete and how much does it cost per head to complete such a treatment?

**Jane:** We fund treatment in blocks of 12 weeks. People may do a 2 weeks in Detox and then go on to do their initial primary

12 weeks in rehab, and then we would review them in about 8 to 10 weeks into that treatment and if they need to extend treatment for a further 12 weeks, that will come back to the Care Panel for a decision. 6 months is normally the maximum.

The average cost these days is about £600 per week for rehab. The most economical one is about £350.00 per week, but most of the others are around £580.00 - £620.00 per week. Some of the specialist services working with people with dual diagnoses or with families can be over £800.00 per week. The Day Programmes are not that much different, as they will cost about £450.00 a week.

The vast majority of the money goes to treatment; we do obviously pay for the travel to and from the rehab. If people want to visit relatives, we pay for it once every treatment period (12 Weeks). A treatment period is a 12 week block. Funding from us for any travel expenses have to be discussed with the Care Manager. We don't pay for anything else like clothing etc.

**Sheikh:** Can you disclose your yearly budget versus the number of treatments episodes expected.

**Jane:** Our budget has been fairly constant only rising by 2% over the years. It is just under £500,000.00 a year for treatment and that's for both residential treatment and spot purchased day programmes such as The Sharp Day Programme or The Core Trust Day Programme in West London.

**Sheikh:** Do you have a target number of people you intend put through treatment and if so, are you meeting that target?

**Jane:** this is based on funding. And we normally deal with 200 episodes of treatment per year and we call both Detox and Rehab one episode. So one person can have 2 episodes or they might start at the beginning of the year

and come back at the end of the year and thereby ending up with 4 episodes.

Last year we had about 172 episodes at the end of the year and about 23 people that are waiting to start Residential treatment. So we definitely hit around 200 per year.

**Sheikh:** Can you give us the statistics of the success and failure rate you have in turning people's lives around for the better, and based on those figures can you tell us if your methods are working or not?

**Jane:** I did analyze the figures from last year and out of the 173 episodes: 7 people are still in treatment, 89 episodes have been completed, and when I say completed I mean they have completed the agreed 12 weeks without dropping out.

- 48 people were self discharged,
- 22 people have disciplinary discharges,
- 2 people have been discharged to hospital and
- 5 people have been discharged to prison.

The difficulty with self discharges and the disciplinary discharges is that they make up 70 out of the 173 episodes. We have to take into account that sometimes people in their treatment journeys would need several admissions over the years. For example, someone might complete only 2 or 6 or 10 weeks initially, which looked at in isolation could be seen as a failure at that time.

It does not necessarily mean that episode has been wasted though and earlier experiences of treatment can be used to help them in the future. We don't really follow people up after they have completed treatment to see how they get on in the longer term. We have made some attempts to do that in the past but it can be difficult as people move away from the area or they simply may not wish to respond.

**Sheikh:** Do you see some reoccurrence of names over the years that continuously keep going to residential treatment?

**Jane:** Oh yes, there is a core group of people who frequently re-present for treatment. We would still fund them for treatment if the assessment shows that they are eligible.

There might reasons such as dangerous injecting practices, some people may have dealers after them or be at risk of domestic violence. Children may be involved and be at risk of significant harm, either as a result of their parent's substance misuse or other environmental factors. So there are various factors that can come into play.

**Sheikh:** What is the appeals procedure when a client is refused funding for rehab and is the appeals body an independent body?

**Jane:** If a clients case is taken to the Care Panel and is turned down, then the first thing to do is to work in conjunction with their key-workers to appeal the decision in writing.

Put down all the reasons why they think their case was not considered properly. That will then be taken back to the Care Panel at the first opportunity.

They are held weekly, every Wednesday, and we would present the new information there.

**Sheikh:** That brings us to the close of our interview. I think people will be very interested with the information that you have given to us, but before we leave you, do you have any other words that you would wish to tell the Service Users

**Jane:** Service Users are more than welcome to ring our duty line and make any enquiries or ask about anything that has not been made clear. The telephone number is 020 8356 4057. Thank you.



# the games page...

...if you think your smart enough, try your luck!

## some logic riddles...

### Pears

There are a few trees in a garden. On one of them, a pear tree, there are pears (quite logical). But after a strong wind blew, there were neither pears on the tree nor on the ground.

*How come?*

### Apples

A basket contains 5 apples. Do you know how to divide them among 5 kids so that each one has an apple and one apple stays in the basket?

### Sack

A poor farmer went to the market to sell some peas and lentils. However, as he had only one sack and didn't want to mix peas and lentils, he poured in the peas first, tied the sack in the middle, and then filled the top portion of the sack with the lentils. At the market a rich innkeeper happened by with his own sack. He wanted to buy the peas, but he did not want the lentils. Pouring the seed anywhere else but the sacks is considered soiling. Trading sacks is not allowed. The farmer can't cut a hole in his sack.

*How would you transfer the peas to the innkeeper's sack, which he wants to keep, without soiling the produce?*

### Sea Tales

The captain of a ship was telling this interesting story: "We travelled the sea far and wide. At one time, two of my sailors were standing on opposite sides of the ship. One was looking west and the other one east. And at the same time, they could see each other clearly." *How can that be possible?*

### Ship Ladder

A ladder hangs over the side of a ship anchored in a port. The bottom rung touches the water. The distance between rungs is 20 cm and the length of the ladder is 180 cm. The tide is rising at the rate of 15 cm each hour. *When will the water reach the seventh rung from the top?*

### Puzzling Prattle

Two children, who were all tangled up in their reckoning of the days of the week, paused on their way to school to straighten matters out. "When the day after tomorrow is yesterday," said Priscilla, "then 'today' will be as far from Sunday as that day was which was 'today' when the day before yesterday was tomorrow!" *On which day of the week did this puzzling prattle occur?*

### Twins

Two girls were born to the same mother, on the same day, at the same time, in the same month and year and yet they're not twins.

### One-Way Street

A girl who was just learning to drive went down a one-way street in the wrong direction, but didn't break the law. *How come?*

### Just in Time

*What occurs once in every minute, twice in every moment, yet never in a thousand years?*

## and some short riddles...

- Why can't a man living in the USA be buried in Canada?
- Is it legal for a man in California to marry his widow's sister? Why?
- A man builds a house rectangular in shape. All the sides have southern exposure. A big bear walks by. What color is the bear? Why? (similar to the Bear riddle in the section)
- If there are 3 apples and you take away 2, how many do you have?
- How far can a dog run into the woods?
- One big hockey fan claimed to be able to tell the score before any game. How did he do it?
- You can start a fire if you have alcohol, petrol, kerosene, paper, candle, coke, a full matchbox and a piece of cotton wool. What is the first thing you light?
- Why do Chinese men eat more rice than Japanese men do?
- What word describes a woman who does not have all her fingers on one hand?

**Pears - solution:** At first, there were 2 pears on the tree. After the wind blew, one pear fell on the ground. So there were no pears on the tree and there were no pears on the ground. Another possible solution: The wind blew so hard that the pears fell off the tree and blew along the ground into the water or hovering in the air in a tornado. **Apples - solution:** 4 kids get an apple (one apple for each one of them) and the fifth kid gets an apple with the basket still containing the apple. **Sack - solution:** Pour the lentils into the innkeeper's sack, bind it and turn inside out. Four in the peas. Then unbind the sack and pour the lentils back to your sack. **Sea Tales - solution:** The marines were standing back to the edge of the ship so they were looking at each other. It does not matter where the ship is (of course it does not apply to the north and South Pole). **Ship Ladder - solution:** If the tide is raising water, then it is raising the ship on water, too. So water will reach the first rung. **Puzzling Prattle - solution:** The two children were so befogged over the calendar that they had started on their way to school on Sunday morning! **Twins - solution:** The two babies are two of a set of triplets. **One-Way Street - solution:** She was walking. **Just in Time - solution:** The letter M. **The Short Ones - solutions:** Why should a living man be buried? ● No, it is not legal to get married if you are dead ● The bear is white since the house is built on the North Pole ● If you take 2 apples, than you have of course 2 ● The dog can run into the woods only to the half of the wood - than it would run out of the woods ● The score before any hockey game should be 0:0, shouldn't it? ● A match, of course ● There are more Chinese men than Japanese men ● Normal - I wouldn't be very happy if I had all my fingers (10) on one hand.

IF YOU ARE INTERESTED IN ADDING POEMS, LIFESTORIES, JOKES ART WORK, COMMENTS OR HAVE ANY CONTRIBUTIONS AT ALL TO MAKE TO THE NEWSLETTER IT WILL BE APPRECIATED.  
THANK YOU AND LOOKOUT FOR THE WINTER EDITION OF THE NEWSLETTER.