

"Caring About Addiction"

The newsletter for carers affected by the drinking or drug use of a loved one or friend.



Winter/Spring 2020

In this newsletter you can find out about some new and improved drug and alcohol treatment and support services in Hertfordshire, such as Resolve's new centre in Letchworth Garden City.

You can also find out about our upcoming forums for carers providing unpaid support to someone who misuses drugs or alcohol. Plus, there are details about organisations that provide treatment and support to people with an addiction and their relatives, friends or carers.

For more information about anything in this newsletter or to find out more about our support for carers whose lives are affected by someone's drug or alcohol use, contact us:

☎: 01992 58 69 69

@: contact@carersinherts.org.uk

🌐: www.carersinherts.org.uk

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Registered in England and
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Making Carers Count

Welcome

Hello and welcome to our first newsletter of 2020. We, the Involvement Team that supports people providing unpaid care to someone who misuses substances, has a mental health condition, or both, hope the year has been good to you so far.

You can find out who is in the team below. Our job is to make sure that the voices of carers are heard by those providing and planning services in Hertfordshire. We attend a range of meetings with organisations commissioned to provide drug and alcohol support services in the county, to make sure that carers' experiences are represented.

One of the team, Nicola Beedell, who takes the lead on drug and alcohol services and supporting carers affected by someone's substance misuse, has been meeting with representatives from Change, Grow, Live (CGL) Spectrum and Hertfordshire Partnership University NHS Foundation Trust (HPFT), about updating the Dual Diagnosis Protocol as it was released in 2017. The Protocol outlines how HPFT and CGL can treat people with a co-existing mental health and substance misuse problem and support their relatives and carers. It is important that carers are involved with this process, so if you have any feedback or questions, please get in touch by emailing nicola.beedell@carersinherts.org.uk or calling 01992 58 69 69. We will keep you updated about the Protocol and any changes to it.



Pictured left-right are Will Davis, Sarah Williams, Rosemarie Muldoon and Nicola Beedell, the Involvement and Development Team working with carers that provide unpaid care or support to someone who misuses substances or who has a mental illness.

Spotlight on our Drug and Alcohol Carers' Forums

The Involvement Team at Carers in Hertfordshire regularly host forums for people in a variety of caring situations, including one for people providing unpaid care or support to someone who misuses drugs or alcohol. The forum offers carers an opportunity to hear from guest speakers about issues relevant to their caring role and about changes to local health or community services, as well as have a say on any concerns, improvements or plans for services.

Nicola Beedell, one of our Involvement Workers, said: "At the start of the year we asked carers who they wanted to hear from at our forums and suggestions included the Citizens Advice Bureau and Turning Point. So in March 2020, someone from the Citizens Advice Bureau will be at the forum and carers will have the opportunity to ask questions on matters around benefits, housing, debt management and employment."

Throughout the year, the team also hope to have speakers from Change, Grow, Live (CGL) to highlight de-escalation tips and how to set boundaries with the person you care for and also from Turning Point to talk about their complex needs service. The team would also like Herts Mind Network to give an update about the NightLight out-of-hours crisis service and have a representative from Hertfordshire Partnership University NHS Foundation Trust (HPFT) talk about the Trust's new Personality Disorder Pathway.

If you have any ideas about speakers or topics to cover at the meetings please send an email with your suggestion to nicola.beedell@carersinherts.org.uk or call 01992 58 69 69.

Upcoming Drug and Alcohol Carers' Forums in 2020:

Tuesday 24th March 2020

Tuesday 12th May 2020

Tuesday 30th June 2020

Tuesday 11th August 2020

Tuesday 6th October 2020

Tuesday 1st December 2020.

All of the meetings take place at Oxlease House, Travellers Lane, Hatfield, AL10 8TJ, from 10am - 1pm. A light sandwich lunch is provided at 12.30pm. To book to attend call 01992 58 69 69, email contact@carersinherts.org.uk or go online at www.carersinherts.org.uk/events

Please contact us to discuss travel arrangement if you don't have your own transport or if you need help with the costs of alternative care to enable you to attend.

Update about dual diagnosis support

In October 2019, we hosted a Dual Diagnosis Forum for carers of people with co-existing mental health and substance misuse problems. Dr Gideon Felton from CGL and Sarah Damms from HPFT, spoke about how the two organisations aim to work together.

We hope to host another Dual Diagnosis Forum later this year once there is more information to share about how the Dual Diagnosis Protocol is being updated (as mentioned in the welcome section). When we have a date set we will let carers know the details through our e-bulletin, forums and other communication channels.

If you would like to know more, please email nicola.beedell@carersinherts.org.uk or call 01992 58 69 69.



Hertfordshire's drug and alcohol treatment services offering more support

The support available to people in Hertfordshire who misuse drugs or alcohol or are in recovery from addiction, and their family carers, has expanded. Resolve is offering extra services after moving into bigger premises and Emerging Futures is now providing housing and recovery support to people who have a drug or alcohol problem and are homeless or sleeping rough. Find out more below.

Resolve celebrates new facility in Letchworth

Resolve North Herts has embraced its move to bigger premises by launching some new services including acupuncture and movement therapy. It is also planning a group for family members and carers.

Resolve provides community drug and alcohol treatment services to adults wishing to be abstinent from drugs or alcohol from centres in Hatfield, Welwyn Garden City and the new one in Letchworth.

The charity moved from Westmill Community Centre, Hitchin, to Resolve House, Letchworth, in September 2019 and on 17th December 2019 held an event to launch its new facility, which we attended. *(Pictured is the Lord-Lieutenant of Hertfordshire Robert Voss at the opening).*



Patricia Elliott, a Senior Project Manager at Resolve, explained that since the move more people are accessing the centre for support. She outlined what people can expect from the service and said: "We offer cognitive behavioural therapy (CBT), group therapy and one to one counselling, aimed at bringing about change in people. Our services are provided five days a week from 10am – 4pm."

Resolve also offers support and advice on housing, finance/debt management, employment and more. It also has a range of intervention strategies including relapse prevention and changing behaviours that look at how the social environment affects a person's physical and mental wellness and their ability to function without their substance misuse.

To find out more about accessing the services or the support provided please visit www.resolve-online.org or call **01707 268221** for Hatfield, **01462 684978** for Letchworth, and **01707 690739** for Welwyn Garden City.

Increased housing support now available in Hertfordshire

Safe, transitional housing is now being offered to people in Hertfordshire who have a drug or alcohol problem and sleep rough or are at risk of homelessness. Previously, accommodation was only offered to people abstaining from drugs or alcohol and in recovery or treatment.

Emerging Futures, a community interest company, has been providing housing and support for drug and alcohol users at different stages of their recovery journey since August 2019. Hertfordshire County Council awarded them the contract and they took over from Supporting Herts, which had offered similar services for seven years.

So far Emerging Futures has 17 beds in three community houses in Hatfield – five more than Supporting Herts provided. It is also looking to provide accommodation in Hertford, Stevenage and Watford, near to the county's other drug and alcohol treatment service providers – The Living Room and Change, Grow, Live (CGL) Spectrum – as it works closely with them.

Emerging Futures aims to keep people off the streets or out of prison by providing a chance at a healthier lifestyle and stable housing. It also supports those with severe substance misuse issues towards independent living.

It offers peer to peer support, harm reduction techniques, and a floating outreach service at CGL hubs and other venues to assist people in maintaining their tenancies or with housing advice.

You can find out more about Emerging Futures and how to access their services by emailing info@emergingfutures.org.uk or calling **0333 012 4714**.

Groups and useful contacts

The Living Room - This is an abstinence-based addiction recovery charity that provides free treatment for all addictions, including drugs and alcohol. It also offers weekly counselling groups for friends and family members affected by addiction. The person you care for doesn't need to be accessing services for you to attend.

8-10 The Glebe, **Stevenage**, SG2 0DJ, on Wednesdays 10.30am – 12pm noon and 1pm–2.30pm. Call 01438 355649.

Rear of 156 Hatfield Road, **St Albans**, AL1 4JA, on Thursdays 10.30am – 12pm noon and 1pm – 2.30pm. Call 01727 854479.

149 York Way, **Watford**, WD25 9UF, on Wednesdays 6pm - 8pm. Call 01923 590159.

You can also email enquiries@livingroomherts.org or visit www.livingroomherts.org

For out of hours help and advice you can contact Family Lives on 0808 800 2222. www.familylives.org.uk

Families Anonymous - The charity provides support for family members and friends (unpaid carers) affected by someone's substance misuse. There are carers' meetings and you can just turn up to these, although calling ahead is preferable. There are meetings at:

Christchurch, Bedford Road, **Hitchin**, SG5 1HF, on the second Saturday of each month, 10:30am – 12pm noon.

St Luke's Church, The Crescent, Bricket Wood, **St Albans**, AL2 3NF, on Thursdays, 7.30pm - 9pm.

Call 0207 498 4680 for details or visit www.famanon.org.uk to learn more.

Al-Anon - Provides support to anyone whose life is, or has been, affected by someone else's drinking, regardless of whether that person is still drinking or not. For details of Al-Anon groups visit www.al-anonuk.org.uk/find-a-meeting/ and type in your postcode or town.

The helpline number is 0800 0086 811.

Change, Grow, Live (CGL) Spectrum - This health and social care charity provides drug and alcohol recovery services in Hertfordshire for adults and people under 18 and their families. It offers carers' groups that meet at:

St Martin's House, 14 The Commons, **Hatfield**, AL10 0UR, on Wednesdays, 6pm - 7.30pm.

1 Yeoman's Court, Ware Road, **Hertford**, SG13 7HJ, on Thursdays, 6pm – 7pm.

Armstrong House, Norton Road, **Stevenage**, SG1 2LX, on Wednesdays, 6pm – 7.30pm.

18 Station Road, **Watford**, WD17 1JU, on Mondays, 6pm – 7.30pm.

Call 0800 652 3169 or email herts@cgl.org.uk for more information.

www.changegrowlive.org/spectrum-drug-alcohol-recovery-service-hertfordshire

CGL also runs an eight-week carers' programme from the four centres. The course helps family and friend carers:

- Prepare to support the person they care for with recovery - setting goals and getting goals;
- Build therapeutic relationships with CGL and other services; and
- Develop techniques for better communication and managing stress and time.

For details or to book onto a course please get in touch with CGL Spectrum.

Resolve - Has a weekly carers' group and provides one to one counselling and complimentary therapies. The person you care for doesn't have to receive support from Resolve for you to attend.

The Carers' Group meets on Tuesdays from 5pm - 6.30pm at Resolve, Mill Green Road, **Welwyn Garden City**, AL7 3XD.

For more information call 01707 690739 or visit

www.resolve-online.org/our-services/welwyn-garden-city/

