

Wandsworth Drug and Alcohol Services

May Bulletin 2020

Remote Learning Opportunities

We have developed a resource of online learning opportunities which people can make use of at home. These include learning new languages, live musical performances, mental health and wellbeing, and physical exercise, among many more.

Please ask a WCDAS worker if you would like to request a copy of the list.

Day Programme Online Groups

CDARS is running daily virtual online groups Monday – Saturday across abstinent and non-abstinent/open programmes through ZOOM. All groups are from 11.30-1.00pm unless stated below with brief overview of each group also shown:

Monday – Weekly Planner for Abstinent Clients only

Tuesday – Prep for Change/Weekly Planner Open for All group - Fun Recovery Open Group – 7.00-8.30pm

Weds – Meditation and Mindfulness Group for Abs Clients only

Thursday – Harm reduction/Relapse Prevention Open for all - Aftercare Open group – 7.00-8.30pm

Friday – Relapse Prevention/Topic Group for Abs Clients only

Saturday – Saturday Aftercare Support Group Open for all

If you wish to access these groups, please ask your keyworker to refer you or, alternatively, you can contact Tim from CDARS on 0207 498 6149 to discuss and then access. Stay safe, protect the NHS, and access support through 'virtual' means - connection is different right now, but it still exists.

Local Grocers Offering Click and Collect

We now have information about local shops that will deliver to your home- please ask your key worker for the list that Community Partnerships have collated. This may help if you are struggling with the larger supermarket queues.

Beyond Words Free Colour Booklets

Beyond Words is a charity that provides books and training to support people who find pictures easier to understand than words. Whether supporting somebody with a learning disability or communication difficulty, our resources empower people through pictures. They have published full colour versions of resources aiming to help people know what to do during the coronavirus pandemic and how to cope with lockdown. You can download all their resources for free at the following website: <https://booksbeyondwords.co.uk/downloads-shop>

24/7 Mental health support line

If you need mental health support in a crisis **you can call our 24/7 Mental Health Support Line on 0800 028 8000** or visit <https://www.google.com/search?q=wandsworth+community+hub>

The Mental Health Support Line offers emotional support and advice to people who are affected by urgent mental health issues, at any time of the day or night. It is open to everyone: both children and adults of all ages, and to people who haven't previously accessed mental health services.

Please only attend A&E if you have an emergency with your physical health. The Mental Health Support Line can help and direct you to the right service for your mental health.

Changes to delivery of CLC sexual health services during the Covid pandemic

General clinics:

We are still offering open access services to everyone however this is being delivered in a different way to remain within current government guidelines. All of the walk-in clinics are shut (except for young people). Patients who feel they need advice or treatment should call our SPA on 0333 300 2100 to book a telephone consultation.

- ☐ The clinic at Falcon Road is open from 8-6 with telephone consultations available all day and medication pick up and face to face appts scheduled for the afternoons
- ☐ At Patrick doody the clinic is open mon-wed 9-6
- ☐ At Acorn group practice the clinic remains open on Wednesdays
- ☐ At Wideway clinic remains open on Mondays
- ☐ The Danebury Ave service has been suspended due to very low demand and to consolidate available staffing

Young people

In line with national guidance all walk in clinics are suspended. We have maintained the timeslots for our borough specific YP clinics but they are not advertised as this would be against the PHE and government guidelines for people to stay at home. We would not turn any under 18 away from clinic should they attend but would take all social distancing and use appropriate PPE where needed.

The clinics are open:

- ☐ Monday 3.30-6.00pm Patrick Doody Clinic Merton
- ☐ Monday 3.30 -5.00pm Off the Record Richmond
- ☐ Wednesday 3.30-6.00pm 160 Falcon Road, Wandsworth



Dogs Trust **Hope Project** – supporting people and their pets to stay together

Supporting homeless dog owners during COVID-19

Advice for homelessness services on homeless people with dogs

For many homeless dog owners, their dog is their main companion and source of love, support and warmth. Recent measures introduced in relation to coronavirus have led to homeless people being housed in hotel and emergency accommodation to allow them to self-isolate.

This information sheet is designed to support and aid homelessness services who support service users with dogs, in order to ensure the safety and wellbeing of their service users and to keep people and their pets together where possible.



Housing people in hotels / emergency accommodation:

- We would strongly recommend ensuring that any rough sleepers who own a dog are also able to access accommodation and are not in a position where they may need to be separated from their dog.
- Individual 'dog policies' are available for hotels, hostels and emergency accommodation providers through Dogs Trust's 'Welcoming Dogs' scheme, as well as essential dog items and food.

Dog owners who need to self-isolate:

- Dogs should be kept with their owners where possible. Consider if someone else may be able to walk their dog for a short period – please see our guidance on walking and caring for your dog.
- Dogs can be provided with enrichment activities to keep them busy during longer periods inside – these can be provided by the 'Welcoming Dogs' scheme.

Dog owners who become unwell and need additional support for their dogs during this time, such as for a hospital stay:

- The owner may have a friend who the dog could stay with temporarily.
- Dogs Trust may be able to offer temporary private boarding during this time. Please contact the 'Welcoming Dogs' team for more information.

We would like to say a huge thank you to all the hotels, hostels, accommodation providers and key workers who are doing everything they can to support people and their pets during these challenging times.

Dogs Trust Hope Project has been supporting homeless dog owners for more than 25 years, providing access to free vet care and working with hostels and accommodation providers to encourage them to accept dogs.

We are here to help

For guidance on producing a dog policy for hotel, hostel or emergency accommodation, as well as provision of dog items, access to free vet care, and emergency boarding, please contact the Hope Project direct.

020 7833 7611

hopeproject@dogstrust.org.uk
www.dogstrusthopeproject.org.uk

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How to access support

*Telephone self-referral for assessment
Battersea and Tooting
Mon, Tue, Thu, Fri 9AM-11:30AM*

*WCDAS Battersea: St. John's Therapy Centre, 162 St John's Hill, SW11 1SW.
Tel: 0208 8124120*

*WCDAS Tooting: 1079 Garratt Lane, London, SW17 0LN.
Tel: 0203 228 8080*

Recovery Hub: Tel: 0207 501 2615

CDARS Day Programme: 0207 498 6149

*Workers linked to GP surgeries:
Chatfield, Mayfield, Heathbridge,
Battersea Fields, Putney Mead, Tudor Lodge, Bollingbrook, Lavender Hill, Danebury, Balham Park.*