

Making A Point

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NOVEMBER 2008 ISSUE 3

TURNING POINT
 turning lives around
 
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Hi everyone I hope you are all well and looking forward to your third edition of the Service User magazine.

Its has been really great to see how fast the magazines keep flying out of the service and how many of you have been inspired by the information in them.

I too have also been inspired by some of the stories that you have very kindly agreed to us putting in these issues, I hope you will keep giving us your stories and information to put in future issues as after all this is your magazine and it is important that we get your views and thoughts so we can share it with others.

Many thanks to you all your Editor Jill.

[A little word search](#)

I have drawn up a little word search, some thing to keep you busy while you are waiting hope you enjoy.

Special Points Of
Interest.

- Recipe page
- Clients view box

EXCHANGEDRUGSVANLEAFLETSTESTNURSE

E	X	C	H	A	N	G	E	R	F	G	I	J
D	F	K	L	X	Z	S	W	A	V	J	U	K
R	Y	H	E	O	P	Q	X	O	A	M	F	X
U	G	P	A	H	T	K	L	S	N	Y	X	V
G	Q	M	F	K	E	S	U	J	H	W	D	M
S	D	Y	L	W	S	H	Z	K	P	Q	T	O
D	J	P	E	L	T	P	F	G	Y	Q	W	V
H	K	O	T	E	S	R	U	N	K	L	P	A
T	Y	G	S	K	C	E	Y	V	Z	S	I	J

And does not generate immediate personality change. However, drug studies have confirmed that the powerful hallucinogenic effects of this drug can produce profound adverse reactions, such as acute panic reactions, psychotic crises, and flashbacks.

What is “Tripping” like?

LSD has got the reputation for being a mind-expanding drug. Many users claim that after using LSD, their life has changed. Users in the first hour of “tripping” feel anxious, a little tingly and colours may seem brighter. After the first three hours, the peak begins. Users have extreme visual hallucinations.

Some report that everything seems like it is in motion, and colours are vivid.

Users sometimes see things that are not there. Mental changes are the most intense.

Users often experience extreme mental stages, going from periods of giddiness, to extreme insight. Users often may have conversations that do not make a whole lot of

Sense to an outside observer. They also show extreme paranoia, especially when put in a situation with people who are not tripping.



Once a user develops an idea in his head, it is hard for them to let it go, particularly if it deals with fear or a problem he or she has been agonizing over. The mind becomes extremely sensitive to its surroundings, and any change or disruption can extremely upset a user. When this happens, it is called a “bad trip” , stay with them, keep them calm, talk to them.

Names usually given to LSD

Acid, Trips, Tabs, Blotters, Microdots, Dots, the chemical name for LSD is known as (Lysergic acid diethylamide)

What LSD can look like: LSD more often than not comes in the form of tiny squares of paper usually with a picture on one side just like the ones below in this magazine.

LSD and the effects it can have on you and your body: LSD is an hallucinogenic and can have powerful effects on your mind, the effects of LSD are often known as a trip and can last as long as 8 to 12 hours. When some one is tripping they may experience their surroundings in a different way than they normally do. The effect that a trip has on some one can often depend on their mood and the type of people they are with at the time.

The users sense of movement and time may speed up or slow down and objects, colour and sound can feel like it is distorted, even though some one has had a good trip on there first experience this does not mean that they will all be this way every trip can be very different from the last, so if you are going to use them make sure that you are in a safe and familiar place and you are with some one you know well and can trust.



Service Users My Story

My name is Stacey I am 32yrs old and today the 18th of July I have been clean 5yrs and 6mths so I am quite proud of myself. I lived in London where I ended up losing absolutely everything apart from something somewhere inside giving me the strength to leave and get away. I was in deep, id lost my family , my precious daughter , my pride and my life, and went through an horrific journey doing so in the process which made me not care whether I lived or died . I would be down on my plot most of the time clucking praying for that car to pull over and it was yes to business which I put myself through sick degrading stuff just so I could go and score and me boyfriend would love me again and not hurt me. As usual I got less than half it was only fair because he'd been sick too and worrying that I wouldn't let him down which he knew I wouldn't dare so when I was raped or locked in a house to be beaten and used I was more scared of coming back to whatever we were staying in like a car , a doorstep in a tower block or if we really landed on our feet a squat I still stayed out there to get that good punter, the one that's nervous and clueless that you've sussed straight away your going to make your money for the night to get out of the cold and have your pipe and gear. So I suppose thinking about it now I was strong then, because I made sure I got what I could and I was a hard worker. I would get out in the morning normally walk miles which when your sick is awful to do me shoplifting, then walk to sell it on then go score and then get ready to go down the street , obviously doing all this without getting pulled by the old bill so I had to have my wits about me all the time!

Anyway I am now in lovely Yorkshire with my daughter, a great partner and a mortgage for a beautiful home that I am forever pinching myself for because my 10yrs of drug hell will never leave my thoughts, my dreams and my insecurities but it is real and I wouldn't change a thing because I have been to the pits of your worst dreams and I am now a Rep for Turning Point which I am determined to work for eventually because id like to use these awful fears, feelings and nightmares to do some good for somebody, anyone because life in drugs is ugly and cruel!

ABSCESSSES

An abscess is an infected lump, filled with pus, under your skin. They can be serious and need to be treated by a doctor. If injections are not done correctly infections or abscesses can occur at the injection site. They may be caused by not cleaning the area properly before injecting or by using second hand needles and syringes. This allows bacteria to enter the site.



WARNING SIGNS

Swelling and redness

Skin feels hot to touch

Pus discharge and a bad smell

Pain or burning at the injection site

If you feel generally unwell or weak with a temperature.

TREATMENT

There is only one way to deal with an abscess: get to a doctor or ask for advice at your needle exchange. They will not go on there own. If you get treatment early enough your doctor can sort out the problem straight away very easily. Your doctor can give you antibiotics to clear the infection or open up the abscess to remove the pus.

DON'T

Don't try to lance an abscess yourself. You may spread the infection and cause further problems.

Don't try to inject near a lump. Give that area a rest and use another site

Don't leave an abscess to get better on its own. It's likely to get a lot worse. Get to a doctor or ask for help at a needle exchange.

If you don't get treatment quickly, infections like abscesses and cellulites can cause very serious problems and illness.

AVOIDING PROBLEMS

DON'T SHARE OR REUSE. Used syringes, filters swabs and water all carry bacteria that can cause infections and dirty hits. Use them once then discard. Never share **ANYTHING** you use to inject.

STAY CLEAN. Wash your hands and the place you are going to inject. Use hot water and soap. If these are not available a swab is better than nothing at all.

WATCH YOUR AIM. Missed hits can cause lumps and abscesses. Make sure the needle is properly in a vein before you inject. Don't keep hitting the same spot. Rotate sites to give your veins a chance to heal.

Jokes & Poems

Jokes & Poems

Patient- Doctor, Doctor I feel like a pair of curtains;

Doctor- Well pull your self together then.

What's black white, black white, black white?

Answer- A nun in a washing machine.

What do you call an ant who honestly hates school?

A tru-ant.

What's a skeletons favourite instrument?

A trom-bone.

What do a vulture, a pelican and a taxman have in common?

Big bills.



Tina Turning-Point Agony aunt.

Dear Tina I have been feeling quite stressful lately due to different things that have been happening in my life, and I was wondering what advice you could give me?

TINA: We all get stressed from time to time this is normal but some times if we try to deal with our stress on our own it could lead to you becoming depressed. My advice to you is may be to talk to some-one you trust about the things that are trouberling you and by sharing your thoughts with another person it can help to relieve the situation.



recipe page

recipe page

Shepard's pie

Ingredients

- Minced beef
- 1 onion
- 1 beef stock cube
- 4 carrots
- 2-3 parsnips
- 3 mixed coloured peppers
- 5-6 potatoes
- 1-2 tins of chopped tomatoes
- 1 table spoon of tomato puree
- Peas or baked beans 1 tin
- Salt & pepper (optional)
- 1 block of mild cheddar & some cherry tomatoes



Method (how to cook it.)

Peel and chop the onion and place it in your pan and cook until the onions are lightly brown, add the mince and brown, peel and dice all your carrots and parsnips and peppers and place in the pan with the mince then place your stock cube in a jug and fill to the 1/4 of a pint mark with boiling water (be careful as not to burn your self) then stir till all the cube has dissolved let it simmer on a low heat till all the liquid has reduced down. When all the liquid has reduced add your tomato puree and stir well then add your tins of chopped tomatoes to the pan and stir also adding in your peas or beans, then place the mixture into an oven proof dish and set to one side. (season as and where required DO NOT ADD SALT IF COOKING FOR SMALL CHILDREN) Peel your potatoes and place in a pan and bring to the boil until soft in texture, drain the water from your potatoes and add a little milk and butter and mash till light and fluffy then gently spread on top of the mince mixture. Grate the cheese and spread on top of the potatoes then cut in half the cherry tomatoes and place round the edges of the potato topping, then place in the oven on 200celcius or gas mark 8 for 15-20mins or until the cheese is golden brown then serve with any vegetables of your choice. This meal should feed around 4-6 people and has been priced using low cost products. The cost of this meal is £6.89.

Important Numbers

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We have put together a list of numbers and addresses that we think you might find useful.

Turning-Point Wakefield 24 Trinity Church Gate Wakefield WF1 1TX Tel: 01924 377704	Wakefield & District Dip/DTTO services 1st & 2nd floor Grosvenor House 8-20 Union Street Wakefield WF1 3AE Tel: 01924 784999	The Open Door Project- 01924 304362 The Springs Advice Centre- 01924 302085 UK National Drugs Helpline- 0800776600
Turning-Point Castleford 4-6 Wesley Street Castleford WF10 1AE Tel: 01977 517422	Progress 2 work-link-up-01924 374727 Structured Day Programme 1st Floor, Centre House 17 George Street Wakefield WF1 1AE Tel: 01924 291358	Wakefield NHS Walk in Centre- 01924 214328 Wakefield & District Alcohol Team- 01924 302120
Turning-Point South Kirkby Former Staff Houses 122 Rear Of Langthwaite House South Kirkby WF9 2AE Tel: 01977 642611	Rebound- Young Person's Service Tel: 01924 211113	
ADFAM- 020 79288898	Samaritans- 01924 377011	
Alcohol Concern- 020 7928 7377	Shared Care Team- Andy Pearson- 01977 665713	
Benefit Enquiry Line- 0800 88 2200		
Citizen's Advice Bureau (Wakefield) - 01924 372563		
Gasped- Kristine Smith- 01924 787501		
NHS Direct- 0845 46 47		

News In Your Area

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Community Challenge 2008

Recently some of our Service User Reps teamed up with Health Skills a company they have been working with for some time now and a group of Finance scheme graduate trainees and also Turning-Point Drug and Alcohol services to help complete a community challenge in South Kirkby.

The challenge that was set for them was to make over the garden area at South Kirkby Turning-Point and to incorporate a vegetable patch and a flower bed in there so that in the future Service Users from the Structured Day Programme can help to keep the garden going and also they can have fresh vegetables from it to help them to eat more healthily.

The group was also set two more challenges they also had to revamp the old mobile needle exchange van so that it could return to the community to give out clean injecting equipment and also to offer advice around issues like hepatitis c and other important issues, this van will now be an important part of the new outreach programme, the next part was to lay on a lunch for all the people that had been involved in the challenge, there was only one catch to all of this the team had to get all three challenges done over just two days and also they had to blag all the equipment and tools they needed they were not allowed to purchase anything they needed.

I am pleased to say that the team was successful and they did manage to complete the challenge and the garden and the van both look fantastic, we would just like to take this opportunity to thank the following people who kindly donated money and materials for the challenge with out your support we wouldn't have achieved what we did.

- Moorthorpe Carpets
- Hemsworth Hardware Stoor
- Kevin (from langthwaite Business Centre for lending us his drill Thank-you)
- B&Q
- ASDA
- Tesco
- CO-OP
- Budget Kitchens in Wakefield
- Builder Base (South Kirkby Building supplies merchants)
- Polo Ford



Clients View Box

There is a **RED** box in the waiting room at Apple House some of you may have noticed it as it has now been there for some time, this box is for Service Users to write down their views or any comments they have about any certain issues.

One of our Service User Reps empties this box every week and tries to make sure that they can help in any way possible.

Please use this box as it really is a good way of getting your views across, you may also have noticed that we have drink facilities in our waiting rooms now and this was all made possible because a lot of you suggested that we have these facilities by using the **Red** clients view box so by all getting together and sharing our ideas we can make a lot of positive changes .

Thank-You your Service User Reps.

