

"Family Matters"

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



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In this newsletter you can find out about our Family Matters Event and how to get involved in the delivery of Hertfordshire's new Drug and Alcohol Strategy. You can also learn more about Community Reinforcement and Family Training (CRAFT), a behaviour therapy approach for supporting someone with an addiction.

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:

Su Bartlett,
Family Carer Development
Worker, Drugs and Alcohol

Or Roma Mills,
Carers Involvement Manager.

Tel: 01992 58 69 69
@: contact@carersinherts.org.uk
www.carersinherts.org.uk

Carers in Hertfordshire,
The Red House, 119 Fore Street,
Hertford, SG14 1AX.

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Making carers count

Welcome

As this is the first newsletter of 2017, I wanted to take some time to reflect on what Carers in Hertfordshire and myself, Su Bartlett, Family Carer Development Worker, Drugs and Alcohol, have been doing to support carers affected by someone else's drug or alcohol use. We have held three Family Carer Forums since August and an evening Mindfulness session.



We have also run a Dual Diagnosis Workshop in partnership with Viewpoint to look at the new protocol for delivering interventions for people who suffer mental ill health and who also have a problem with drugs or alcohol. The carers and service users who attended the workshop contributed to the protocol and will meet again to produce an easy read factsheet highlighting the main changes and what people can expect from the services implementing the protocol. Thank you to everyone who gave up their time to be involved in this.

I look forward to seeing old and new faces at our future forums as we like you **to get involved, to hear your views and to give you a voice** on the development of health and care services in Hertfordshire. Issues and questions raised are collated and taken to the Drugs and Alcohol Strategic Commissioning Group. Details of upcoming forums and support groups are on page four.

If there is any topic you would like covered at a forum or if you have any issues about services then please get in touch with me, Su, on 01992 58 69 69 or email su.bartlett@carersinherts.org.uk

New Drug and Alcohol Strategy for Hertfordshire

Hertfordshire has a new Drug and Alcohol Strategy that outlines plans for reducing the harms caused by drugs and alcohol misuse to individuals, families and communities in Hertfordshire.

Hertfordshire County Council agreed the Strategy for 2016 – 2019 and it will be delivered across three domains - prevention and education, treatment and support and enforcement and control. The new Strategy is also 'all age' in its remit.

There are four main priority outcomes:

1. People choose not to misuse drugs and/or alcohol;
2. More people get the right help with their drugs and/or alcohol misuse;
3. Fewer children, young people and families are affected by drugs and/or alcohol misuse;
4. Fewer crimes are committed by those who misuse drugs and/or alcohol.

Plans include more research into the needs of older age and of LGBT populations in order to tailor information and services to meet their needs.

As a result of the new Strategy the existing governance structure for the Drug and Alcohol agenda in the county will change. The current Drug and Alcohol Strategic Commissioning Group (SCG) meets for the final time on 14th March 2017. It will be replaced by a Drug and Alcohol Network chaired by Healthwatch Hertfordshire.

The Network alongside a range of topic-groups (full governance structure to be confirmed), will report into a Drug and Alcohol Management Group and will provide involvement opportunities for carers at a level where services are shaped and planned.

Su Bartlett said: "It is anticipated that the changes will mean that carers will have more opportunities to be involved in how drug and alcohol services are delivered in Hertfordshire."

If you would like to have your say on drug and alcohol treatment service planning and delivery please contact me, Su (details on the first page).

Family Matters Event for Carers

Tuesday 28th March 2017

10am - 3pm

**Oxlease House, Travellers Lane,
Hatfield, Hertfordshire, AL10 8TJ**

The event is for unpaid carers supporting someone who misuses drugs or alcohol and this year's theme is Food and Mood and looking after yourself.

You will hear from Judy Watson, a Nutritional Therapy Consultant, BSc (Hons) DipION DipAIT Mbant CNHC, who will be presenting on diet to support emotional needs.

Nicola Hope and Fay Sanderson from the Wellbeing Team at Hertfordshire Partnership University NHS Foundation Trust will be



talking about how carers can look after their own emotional wellbeing and the services provided by the Wellbeing Team and how to access them.

Over lunch carers will have the opportunity to enjoy a taster session in reflexology, Indian head massage or hand massage.

**Places must be booked by calling
01992 58 69 69 or via our website
www.carersinherts.org.uk/events**

New skills will help carers support their loved one to address substance misuse

Carers attending the CGL Spectrum Carers Programme will soon be benefiting from some newly acquired skills the CGL Spectrum Carers Leads have acquired.

Staff from CGL Spectrum, Resolve and Carers in Hertfordshire attended a two-day course in January to learn how to deliver Community Reinforcement and Family Training (CRAFT).

CRAFT is a skills-based programme that teaches carers whose lives are affected by a loved-ones drug or alcohol use strategies for helping their loved one change.

The aims of CRAFT are to encourage the person into treatment and reduce their substance use and improve the family situation such as relationships and wellbeing.

On the CRAFT programme carers learn:

- What triggers a loved one's substance use;

- How to encourage them to seek treatment and recovery;
- Communications strategies;
- Self-care; and
- Responding safely to potential aggression or violence.

Su Bartlett, our Family Carer Development Worker, Drug and Alcohol, said: "I was really excited about what I learnt and can't wait to try it. I am going to talk to carers about it."



Changes at CGL Spectrum in Hertfordshire

Over the coming year, five of the nine CGL Spectrum Hubs will be changing to become more community-based. This does not mean that these services are closing, just that one to one sessions and groups will be provided in alternative community venues.

The changes are:

- Hemel Hempstead – moving by April 2017;
- Borehamwood – moving by September 2017;
- St Albans – moving by September 2017;
- Letchworth – moving by April 2018;
- Waltham Cross – moving by November 2018.

We will share further details of the new locations when we have them.

All Medical reviews and vaccinations are already being carried out at the four

remaining Hubs (Hatfield, Hertford, Stevenage and Watford).

Each of the four Hubs will have two Carers Leads who will be responsible for undertaking Carers Assessments, facilitating the new CRAFT Groups and overseeing the Carers Cafes.

There will be CGL Spectrum keyworkers who will specialise in new roles to ensure a high level of care to service users. These roles are Complex Case Worker, Specialist Drug Worker, Specialist Alcohol Worker and Rapid Engagement and Brief Intervention Worker.

To learn more about CGL Spectrum please visit www.changegrowlive.org or see the contact details on the back page.

Family Carer Forums

Our Family Carer Forums are open to carers of someone who misuses drugs or alcohol. They provide an opportunity to meet others, listen to speakers, get information and have your say about caring issues and improving services.

Upcoming Forums:

Tuesday 9th May 2017

Tuesday 5th September 2017

Tuesday 5th December 2017

All of the meetings take place at Oxlease House, Travellers Lane, Hatfield, AL10 8TJ.

Refreshments are provided and there is a light sandwich lunch for the sessions that run from 10am - 1pm.

To book your place:

 **01992 58 69 69**

 [**contact@carersinherts.org.uk**](mailto:contact@carersinherts.org.uk)

 [**www.carersinherts.org.uk**](http://www.carersinherts.org.uk)

If you don't have your own transport and wish to attend, please contact us to discuss travel arrangements. We can also cover the costs of alternative care.

Groups and contacts

There are a number of groups across Hertfordshire that offer information, support and education to carers. These include **CGL Spectrum** groups at:

St Martin's House, 14 The Commons, **Hatfield**, AL10 0UR.
Tuesday 6pm - 7.30pm. Call 01707 256532.

1 Yeoman's Court, Ware Road, **Hertford**, SG13 7HJ.
Monday 5.30pm – 7pm. Call 01992 500161.

18 Station Road, **Watford**, WD17 1JU.
Monday 6pm – 7.30pm. Call 01928 222889.

Armstrong House, Norton Road, **Stevenage**, SG1 2LX.
Wednesday 6pm – 7.30pm. Call 01438 364495.

The Living Room, 8-10 The Glebe, Stevenage, SG2 0DJ.
Wednesdays and Thursdays 10.30am – 2.30pm.
Call 01438 355649.

The Living Room, South West Treatment Centre,
Rear of 156 Hatfield Road, St Albans, AL1 4JA.
Thursday 10.30am – 2.30pm. Call 01727 854479.

Resolve, Mill Green Road, Welwyn Garden City, AL7 3XD.
One to one drop-in service on Tuesdays, 3pm – 4.45pm,
followed by a support group from 5pm - 6.30pm.
Counselling for carers is also available on Tuesdays.
Call 01707 690739.

For details of Al-Anon groups visit
www.al-anonuk.org.uk/meetings and type in your postcode or town.

Places available on Action on Addiction Course

There are two funded places available on the Action on Addiction Brief Residential Family Programme running from 26th – 29th June 2017.

The Programme, held in Warminster, Wiltshire, is available to any carers (relative, partner or friend, over the age of 18) of someone who has or has had drink or drug problems. It offers information about addiction and its effects on others, guidance on related subjects such as anger management and self-esteem, awareness and coping skills.

Accommodation and meals are included. Please contact me, Su, if you are interested in attending by calling 01992 58 69 69 or emailing su.bartlett@carersinherts.org.uk

To learn more about the Programme, which normally costs £500, or the charity Action on Addiction, please visit www.actiononaddiction.org.uk