



COVID-19

NEWSLETTER - EDITION 2

What Support is available through the Covid-19 Pandemic?

REACH CHRISTCHURCH – The REACH office will remain open 9am – 5pm. Staff will be available for 1:1's and support via phone only on **01202 482908**. Please ensure you call before you attend the office.

NEED TO CONTACT YOUR RECOVERY NAVIGATOR (ask about WhatsApp calls too)?

Julian 07554 228063

Sasha 07545 212291

Rosie 07930 285034

Cat 07774 896509

Ray 07872 637218

Colette 07850 507916

Alan 07841 922014

NEEDLE EXCHANGE:

REACH Christchurch is still open to access the NX. Please contact the office before attending.

PHARMACIES:

Pharmacies intend to remain open, however will sometimes be working behind closed doors and with changes to their opening hours so that staff have time to clean, prepare prescriptions and also have lunch breaks. We recommend you contact your local pharmacy regularly for opening times and any changes to their service.

MEDICAL ADVICE:

If you think you have COVID 19 symptoms, do NOT go to your GP, Hospital or Pharmacy. Visit <https://111.nhs.uk/covid-19/> for online support. Ring your GP surgery for other medical issues or 999 for emergencies.

Smoking Cessation Programme with REACH Drug & Alcohol Services; if you are thinking about making changes to improve your help, then REACH can help with stopping smoking or moving to vaping.

Please contact: **Sasha 07545 212291** for 1:1 phone support and details of virtual group support

Alternatively, you can download the 'smokefree' App or 'KWIT' App

RELATIVE SUPPORT

If you would like support or interested in being part of a relative support group, please call us on **Office on 01202 482908 or Cat 07774 896509 or Rosie 07930 285034.**

FAMILY SUPPORT

If you are struggling with any aspect of family life, our specialist family support worker can offer support. Please contact: **Office on 01202 482908 or Colette 07850 507916**

DSUF - DORSET SERVICE USER FORUM

If you have any feedback on the support you are receiving from REACH at this current time or need advice with an issue you are having, DSUF can act as an advocate for you. Please contact them direct on: **07483 848971**. Alternatively, they will be hosting a 'Zoom' **Service User Forum on Monday 4th May at 10.30**. If you have not yet given your Recovery worker your email, please contact them and an invite will be sent to you.

'Zoom' Group Workshops.

You should by now have received an email from your recovery worker with details of how to join our virtual Zoom Group Workshops. If you have not yet received this, please contact your recovery worker to let them know your email address and they will send you details of how to long on. You will then receive an invite to the following groups:

Monday - Lose the Addiction

Tuesday - Aftercare

Wednesday - Changing Thinking patterns

Thursday - Recovery Group

Friday - Healthy Living

ADDITIONAL SUPPORT:

MUTAL AID MEETINGS online:

Narcotics Anonymous <https://online.ukna.org/>

Cocaine Anonymous <https://www.ca-online.org/>

All fellowships <https://www.intherooms.com/home/>

SMART Recovery <https://smartrecovery.org.uk/online-meetings/>

AL-ANON – Family Support Group <https://www.al-anonuk.org.uk/>

DOMESTIC ABUSE:

You First work with women, men and children.

Free phone: 0800 032 5204 (Please be aware that calls to 0800 numbers may show up on itemised phone bills)

Visit: <http://theyoutrust.org.uk/service/domestic-violence-abuse/>

Email: youfirst@theyoutrust.org.uk

Refuges:

24 hour helplines:

Dorset 0800 032 5204

Bournemouth 01202 547 755

Dorset Rape Crisis

Call: 01202 308 855

In an emergency always dial 999

BENEFITS:

For up to date advise on benefits please go to:

<https://www.gov.uk/government/organisations/department-for-work-pensions>

BCP Helpline:

To Support the vulnerable, open from 8am to 8pm 7 days a week – 0300 1237052

Mental Health:

CMHT: Community Mental Health Team 01202 858100

Samaritins: 116 123

Feedback for REACH:

If you would like to give us any feedback, please let us know your email address and we can send you the link to our survey.