

# SPECTRUM PULSE



SPECTRUM  
Drug and Alcohol  
Recovery Services  
Hertfordshire

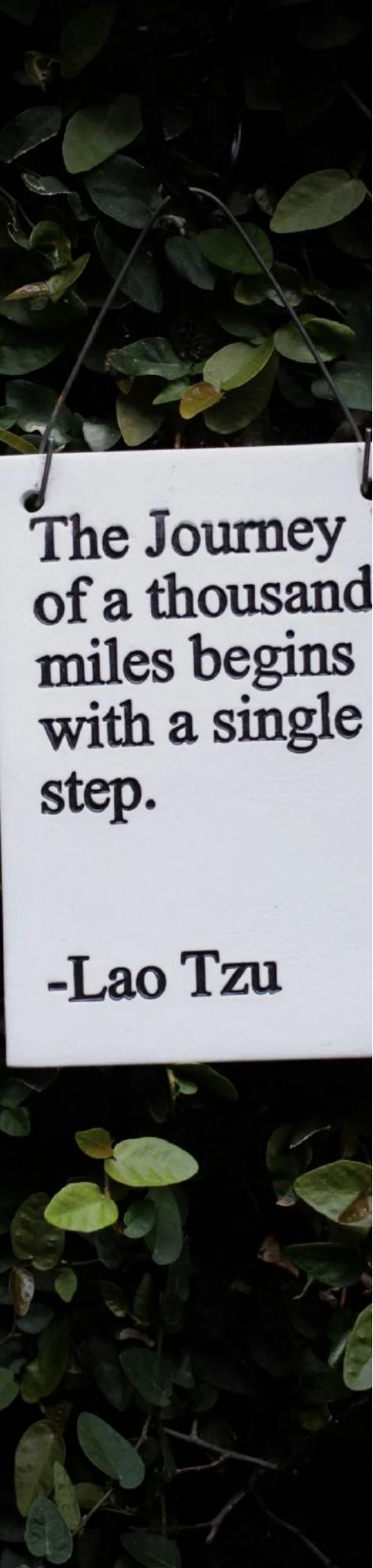
Change Grow Live Hertfordshire



DIFFICULT  
ROADS  
LEAD TO  
BEAUTIFUL  
DESTINATIONS



123456



The Journey  
of a thousand  
miles begins  
with a single  
step.

-Lao Tzu

# Table Of Contents



**1**

International Overdose  
Awareness Day 2024 -  
Together We Can

**2**

What is Fetal Alcohol  
Spectrum Disorder?

**3**

International Suicide Day: A  
United Effort in Hertfordshire

**4**

Recovery Month Special



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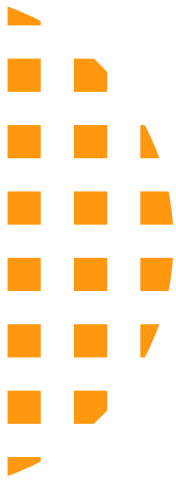


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[anthony.pierre@cgl.org.uk](mailto:anthony.pierre@cgl.org.uk)



# MANAGER'S NOTE

**“YOU ARE NOT YOUR ADDICTION. YOU HAVE AN INDIVIDUAL STORY TO TELL. YOU HAVE A NAME, A HISTORY, A PERSONALITY. STAYING YOURSELF IS PART OF THE BATTLE.” - JULIAN SEIFTER**

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Welcome to this special edition of Spectrum Pulse ! This month, we present a series of articles beginning with International Overdose Awareness Day and International Suicide Prevention Day. We also highlight Fetal Alcohol Spectrum Disorder, a frequently misunderstood condition.

In honor of Recovery Month, we emphasise the significance of recovery and our support for the Hertfordshire community.

We hope you find these stories informative and inspiring.

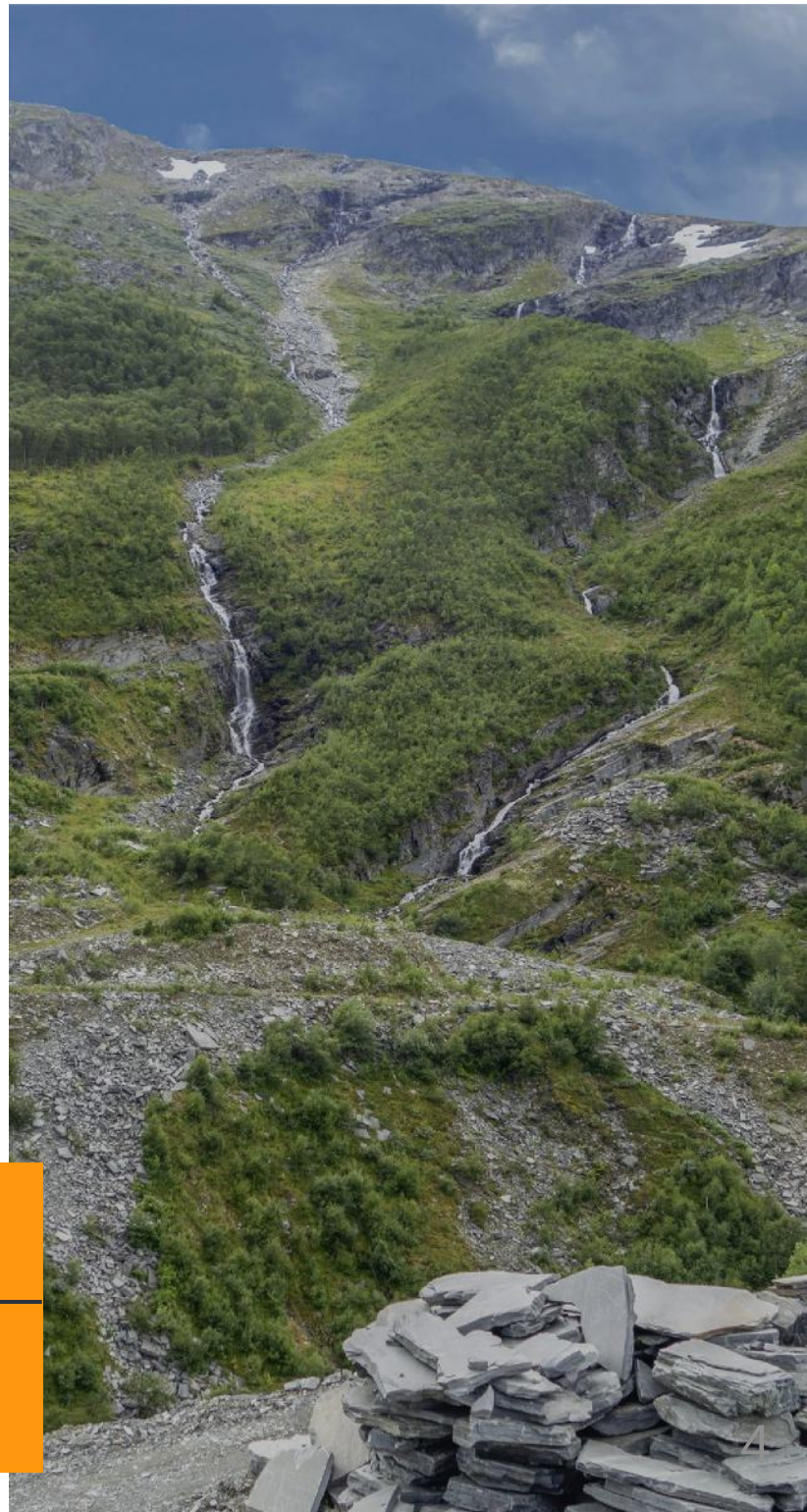
Happy reading, and thank you for being part of our journey.

Thank You!

**TRUDY SEALY**

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Service Manager







# INTERNATIONAL OVERDOSE AWARENESS DAY 2024

As we recently marked International Overdose Awareness Day on 31st August, it was a reminder of the importance of unity in our efforts to support those impacted by overdose. This year's theme, "Together we can," highlighted the power of coming together as a community—whether you're someone who uses drugs, a heartbroken loved one, an activist, or a healthcare worker, overdose affects us all. By fostering compassion and understanding, we can break down the stigma surrounding drug use and support those in need.

We encouraged everyone to spread awareness, show support, and get involved. For those who wanted to learn more, we offered valuable information and resources, empowering individuals to act and help prevent overdose in their own communities. It is crucial to recognise that the more we educate ourselves and others, the better we can protect and care for those at risk.





In honour of International Overdose Awareness Day, **our Hertford Hub recently hosted a highly successful BBQ event for our service users.** The event saw a fantastic turnout, demonstrating the strength and solidarity within our community. It was heartening to witness so many people come together to not only enjoy the day but also engage in important conversations about overdose prevention and harm reduction.

One of the standout aspects of the event was our team's dedication to healthcare. During the day, **our team conducted 13 BBV (blood-borne virus) tests, reinforcing our commitment to making essential healthcare services accessible to everyone in attendance.** These tests are a vital part of harm reduction, helping to detect conditions like hepatitis and HIV early, and ensuring that those affected receive the care they need. In addition to Hertford's event, **Hatfield organised an equally successful awareness BBQ.** The food received high praise from attendees, creating a welcoming and relaxed environment where people could comfortably discuss the often difficult topic of overdose. By combining enjoyable social activities with important health information, we were able to spread awareness in a way that truly resonated with the community. These events were not only about raising awareness but also about showing that, as a community, we stand together to support our service users.

**A huge thank you goes to all the staff who contributed to making both these events such a success.** Your hard work and dedication did not go unnoticed—your efforts made the day memorable and reinforced the vital role you play in helping those impacted by overdose.

As we continue our work, it is important to remember that this journey doesn't end with just one day of awareness. **Every action we take, no matter how small, contributes to the larger fight against overdose.** Together, we are making a real difference, offering hope, support, and essential services to those who need it most. #TogetherWeCan.

RECOVERY IS  
A JOURNEY OF  
TWISTS & TURNS



Change  
Grow  
Live

SPECTRUM  
Drug and Alcohol  
Recovery Services  
Hertfordshire

Recovery is a journey with twists and turns, but you don't have to walk it alone. Our free and confidential services are here to guide you through every step, helping you transform your life and reach your recovery goals. Take the first step towards a healthier, brighter future today!

Contact us today at **0800 652 3169** or email **[herts@cgl.org.uk](mailto:herts@cgl.org.uk)**.

# FETAL ALCOHOL SPECTRUM DISORDER

What is it and how does it affect people?

Fetal Alcohol Spectrum Disorder (FASD) Awareness Day (**9th September**), a day dedicated to increasing understanding of this lifelong condition. FASD occurs when a baby is exposed to alcohol in the womb, and it can lead to a range of difficulties, including physical, behavioural, and learning challenges. These challenges vary from person to person, but they can have a profound effect on daily life.

Many people are unaware that even small amounts of alcohol during pregnancy can impact a baby's development, potentially causing problems with memory, attention, and emotional regulation, as well as physical and cognitive development. Because FASD is often misunderstood or misdiagnosed, raising awareness is incredibly important.

## Why Awareness Matters

Awareness of FASD is vital for several reasons. First, it encourages expectant mothers to avoid alcohol during pregnancy to help prevent the condition. Secondly, it promotes early diagnosis, which can significantly improve the quality of life for those affected. With the right support, individuals with FASD can learn strategies to cope with their unique challenges and achieve their potential.

## Getting Help and Support

If you or someone you know is affected by FASD or would like to learn more, it's important to seek help and support. One excellent resource is FASD Hertfordshire, a local organisation that provides crucial information and assistance to individuals with FASD, their families, and professionals.

FASD Hertfordshire offers a wide range of services, including workshops, support groups, and educational materials, helping those affected navigate the challenges they may face. Whether you are a parent, caregiver, teacher, or health professional, FASD Hertfordshire can provide guidance and practical tools to make a difference.

You can visit their website at <https://hertsfasd.org.uk/> for more information, resources, and ways to get involved.





# CHANGE GROW LIVE HERTFORDSHIRE YOU MATTER, WE CARE.

0800 652 3169 ☎

✉ [HERTS@CGL.ORG.UK](mailto:HERTS@CGL.ORG.UK)

We provide advice and ongoing support.

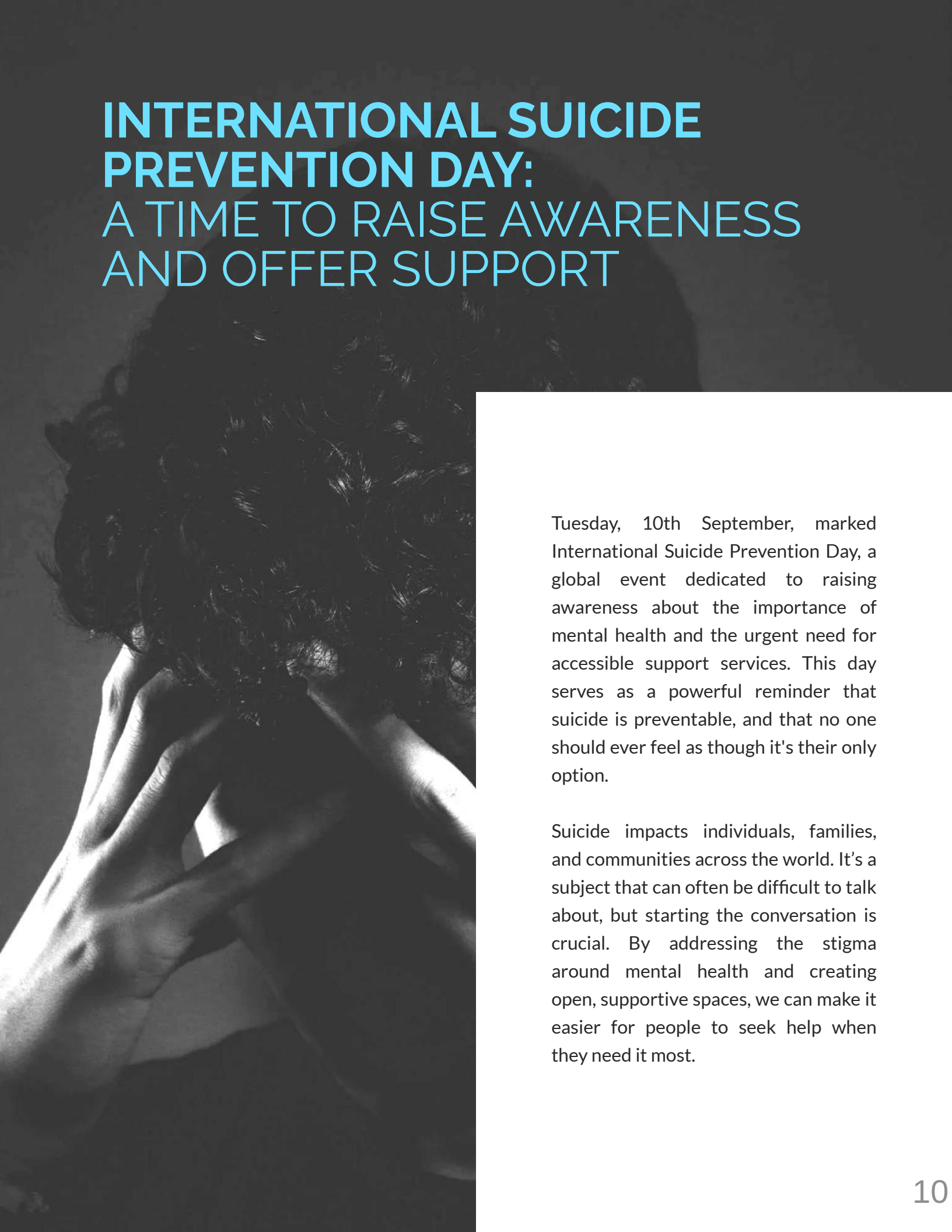
Experienced health and care staff to help you along the way.

Recovery coaches who understand the journey you're on.

And a range of other support services to keep you going.



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# INTERNATIONAL SUICIDE PREVENTION DAY: A TIME TO RAISE AWARENESS AND OFFER SUPPORT

Tuesday, 10th September, marked International Suicide Prevention Day, a global event dedicated to raising awareness about the importance of mental health and the urgent need for accessible support services. This day serves as a powerful reminder that suicide is preventable, and that no one should ever feel as though it's their only option.

Suicide impacts individuals, families, and communities across the world. It's a subject that can often be difficult to talk about, but starting the conversation is crucial. By addressing the stigma around mental health and creating open, supportive spaces, we can make it easier for people to seek help when they need it most.



## A United Effort in Hertfordshire

Here in Hertfordshire, the Suicide Prevention Network has been working tirelessly to ensure our county is a place where no one feels isolated or without support. This network brings together over 20 organisations from across the community, all united by a shared goal: to prevent suicide and make sure help is always available.

The Network's mission is to ensure that everyone in Hertfordshire has access to the support they need, when they need it. Whether through direct services, community outreach, or simply raising awareness, the work they do makes a difference every day. They aim to break down barriers, so those struggling with their mental health know they are not alone, and there is always someone to turn to.

The message is clear: we can all play a role in suicide prevention. By encouraging others to seek help, knowing where to signpost resources, and being open about mental health challenges, we can create a community where everyone feels supported.



## How You Can Help

One of the simplest but most impactful things you can do is to share information and raise awareness. Visit [Hertfordshire Suicide Prevention Network's website](#) for more information and resources. There, you'll find a range of tools designed to help you recognise warning signs, offer support, and direct people to the appropriate services.

If you're active on social media, consider sharing posts and resources to help spread the word. You never know who might see your post and be reminded that support is available – whether for themselves or someone they know. Together, we can ensure that no one feels left behind or without hope.

## Final Thoughts

International Suicide Prevention Day may be just one day in the calendar, but the message it brings is important every single day: mental health matters, and no one should feel like they have to face their struggles alone.

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[anthony.pierre@cgl.org.uk](mailto:anthony.pierre@cgl.org.uk)



# CGL FYP PARENT AND CARER GROUP

## WHAT'S INCLUDED?

Our P+C group is a custom made 8 week course designed to help those living with or supporting young people under 21 struggling with a substance misuse issue.

With advice, information and resources to help your young people you will learn:

- Drugs Education and Awareness
- Understanding the Teen Brain
- Values and Principles
- Communication Skills
- Relationships and Family Dynamics

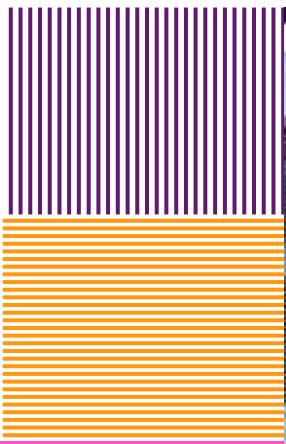


MEGAN.HOLDEN@CGL.ORG.UK

**RUNNING  
THURSDAY  
6:00PM-7:00PM  
VIA MS TEAMS**



# The Recovery Month Special: Celebrating Strength, Resilience, and Support.





## This Year's Highlights Across Hertfordshire.

This year, we were proud to showcase our four main hub locations—Hatfield, Stevenage, Hertford, and Watford—to local professionals, organisations, and council members. These events highlight our ongoing commitment to supporting communities across Hertfordshire. At our first event, we were honoured to welcome the Mayor of Watford, Peter Taylor, who expressed his enthusiasm for the work we're doing and his eagerness to learn more about the services we offer.

Across these events, we've hosted health and recovery sessions, providing essential support for our clients. With the help of the **Better Health Bus**, we offered free health checks, identifying early signs of conditions such as heart disease, stroke, and diabetes. The Royal Free London contributed with liver health checks, **METRO charity** shared sexual health advice, and **Carers in Herts** provided much-needed support for carers. We also offered Hep B vaccinations and harm reduction services, ensuring our clients have access to the healthcare and preventive measures they need. We extend our thanks to these partnerships, which enhance healthcare access for our clients and demonstrate the lasting impact of our collective efforts in the community.

We're proud to have welcomed **over 50 professionals from 34 different organisations**, who took the time to visit and learn about the positive impact we're making in the lives of those on their recovery journey. These events have not only strengthened our partnerships but also reaffirmed our collective goal of creating healthier, more resilient communities.



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## The Recovery Journey: A 10-Step Guide

We understand that recovery is not a straight path—it's a journey with many twists, turns, and challenges. To support individuals in navigating this journey, we've developed a 10-step guide, designed to provide practical advice and encouragement along the way.

### 1. Set Small Goals

Recovery is about progress, not perfection. Setting small, manageable goals makes the process feel less overwhelming. Whether it's attending a support group or simply making it through the day without using, each small step is a victory. Celebrate these achievements—they all count towards your overall recovery.

### 2. Stay Connected

Recovery is easier when you have a support network. Surrounding yourself with people who care—whether it's friends, family, or peers—can make a world of difference. Stay connected and don't hesitate to lean on your support system when times get tough.

### 3. Practise Self-care

Self-care is key to your well-being. Taking time to care for your body, mind, and soul—through healthy eating, rest, relaxation, or hobbies—helps you maintain your recovery. Remember, self-care isn't selfish; it's essential for your mental and physical health.

### 4. Avoid Triggers

Triggers can challenge your progress, so identifying and avoiding situations, people, or places that tempt you to use is crucial. Making necessary changes to your environment or routine may feel tough, but it's a vital part of safeguarding your recovery.

### 5. Use Mindfulness

Mindfulness helps you stay present and in control of your thoughts and emotions. Whether it's through meditation, deep breathing, or simply pausing to reflect, practising mindfulness can help manage stress and reduce cravings, keeping you focused on your recovery goals.



## 6. Stay Proactive

Taking an active role in your recovery is empowering. Engage with resources like support meetings, set daily intentions, and stay involved in your progress. The more proactive you are, the stronger your recovery will be.

## 7. Seek Advice or Guidance

You don't have to go through this journey alone. Seeking advice from professionals, mentors, or peers with similar experiences can provide valuable insights. Reaching out for support is a sign of strength, not weakness.

## 8. Keep a Journal

Writing down your thoughts and feelings during recovery can help you process your emotions and track your progress. Journaling allows you to reflect on your journey and see how far you've come.

## 9. Learn to Say No

Saying no is a powerful way to protect your recovery. Whether it's declining invitations that may jeopardise your progress or setting boundaries with others, it's important to put yourself first and make decisions that support your health and well-being.

## 10. Celebrate Milestones

Every achievement in your recovery, big or small, deserves to be celebrated. Milestones mark your progress and serve as a reminder of your strength and resilience. Take time to celebrate how far you've come—it's a big deal!

You can visit our social media pages – [Facebook](#), [Instagram](#) or [Twitter/X](#) to share these steps. Better yet, share our bitesize [YouTube](#) video which gives a roundup about Recovery Month; its importance and its meaning.



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