

Don't make a Hash of your Life'....

Did you know on January 26th this year, Cannabis is going to be reclassified to a 'Class B'

For those who jump on the band-wagon and say that cannabis is harmless, "its natural, and not in the same league as Heroin or Crack"... think again...

Although many people happily puff away for years without encountering problems, for others however, this may not be the case.

You can fall foul of its side effects – paranoia, schizophrenia, lung cancer, breathlessness, heart disease and not to forget mental health problems.

Its been proven that Cannabis can worsen any existing mental health problems that an individual may have, ie; OCD, ADHD.

Cannabis Psychosis – delusions, hallucinations. Cannabis is highly mentally addictive and giving up can cause significant problems, severe anxiety, depression.

The main active ingredient THC (tetra-hydro-cannabinol) gets stored in the body's fatty tissue, and its the brain that contains the high proportion of fat...

In 1995 the THC content was just 6%, now in 2009 it can be anything upto 28%. It's entirely up to the individual what drugs you do – but we suggest you give any involvement serious consideration – even the so-called 'harmless' joint...

USEFUL TELEPHONE NUMBERS

Cranstoun Drug
Services: 812755

IDAS Island Drug and Alcohol Service: 526654

Broadlands JobCentre: 273000

Housing Benefit: 823190

Citizens Advice: 520594 Drop in Mon to Fri at Newport 812678 (Ryde)

St Mary's Hospital: 524081

IW Housing – help
advice and homeless, housing grant: 823040

Tax Credits:
0845 300 3900

NHS Direct:
0845 4647

FIZ Family Info Zone: 821999

Social Services: 823340 / 525790

Law Centre: 524715 free advice on benefits, court procedures, eviction.

Stop Smoking – 814280

We want to hear from you...

RESULT

EDITION 4 March 2009

Empowering Service Users & Liaising with Treatment

Welcome to RESULT news and may we wish you all a happy new year!

RESULT aim to:

Reduce the harm associated with drug use.

Disseminate as much reliable information amongst drug users.

Relay Bad Gear Warnings

Bust myths and mis-information and generally inform **YOU** the service user.

**'At the end of 2009, don't be the one who said 'I wish I did'...
be the one who said I'm glad I did!'**

This newsletter benefits everyone – not just drug users – every addict is also someone's child, mum, dad or friend.

We are aware these newsletters haven't been coming thick and fast as of late, the group has arrived at a bit of a crossroads 'members' wise, as you are probably aware our Service User Co-ordinator left us and we have been struggling to get new members to join the group, we hope this will all be resolved very soon as they are recruiting a new post in the next few months.

How you could be part of RESULT.....'DIRECTION & CONFIDENCE.'

As many of us ex-addicts press a desire to help other addicts when they get off gear, this could be the ideal time to arrange this opportunity.

We know living drug and crime free can take years, especially if you are really on your arse when you start the whole treatment process, homeless, criminal record, reduction regime that can take a year or 2...

If someone's been into it for a long time, it's a huge task to take your life in a whole new direction.

Members can benefit from an induction package along with any training – we will identify areas in which you wish to become involved in and give the support you require. For an ex-user its crucial that you feel properly prepared.

For more info just contact us on 07807159628 or 07977 835012

P.O.W.E.R – women's only substance misuse group.

Our motto is 'Providing opportunities for women and ensuring respect'.

Working alongside Cranstoun and IDAS, POWER was set up to enable women currently in treatment to become empowered and to manage their lives more effectively.

NEW MEMBERS ARE BEING SOUGHT ...

WE WELCOME ANY WOMEN TO BRING ALONG IDEAS, DON'T FORGET IT IS ALL ABOUT RELAXATION AND PROMOTING SELF HELP ... IT'S ALL FREE!!! - ALL YOU NEED TO DO IS TURN UP.

**More info contact Helen 07977 835012 or come along to
Cranstoun on Fridays at 11am**

For more info, friendly, helpful advice, just contact us:
Email: resultiow@hotmail.co.uk
Or call on 07807159628 or 07724746378

**Cranstoun
Notice Board**

Acupuncture : Tuesday and Thursday
Music Therapy :
Mondays 2-4
Workshops every Thursday (inc lunch)
Full English Breakfast available on Fridays for just 50p

Phone 812755 for more details

New Horizons (IW) Ltd
General counselling and support
Do you need help with housing issues?
Completing forms?
Advice on debts, over due bills?
Contact Tonya or Linda on 861555

**Shaw Trust – a new
service for people
claiming incapacity or sickness benefits. YOU could earn £40 per week
with RETURN TO WORK CREDITS.**
**Help you to get off
benefits and get back to work.**
Ask one of RESULT reps for further advice.

**Problems with drugs but
want to go back to work? Call Nadia**

Monsoor on 023 80682490. MAATWERK are a progress to work service supporting people who've had substance misuse problems, finding and keeping paid employment.

Harm Reduction..

There was a bit of ripple through the Council recently about 'used works' being dumped in litter bins on the streets.

RESULT are doing are best to get the pharmacies to treat you guys with respect, but this won't work if you don't do your bit.

Sharps containers are available at IDAS, Cranstoun and the chemist

PLEASE ENSURE YOU RETURN USED WORKS

The NTA believes that users should be involved in policy making and are always interested in gaining user feedback and complaints.

If you feel you could benefit from our **Advocacy Service**, Neil is on hand at IDAS on Mondays, Wednesdays and Fridays, to help with housing forms, legal advice, substitute prescribing (Meth, Subutex) advice, problems with G.P's or help with detox.

NOTICE: IDAS are running Hep B clinics on Wednesday and Fridays mornings.

What Cranstoun can offer you in 2009.

Work shops (Dance Drugs, Reducing Risk/Harm, Overdose Awareness, Alcohol and Me, Heroin) **Thurs 10-1 (inc lunch)**

Auricular Acupuncture **Tues and Fri am**

Breakfast Club – full English cooked breakfast for only £1 **Fri am**

Music Therapy –for service users to volunteer to help set up and run – (purchasing instruments and recording equipment.)

Mondays pm and Fridays after breakfast club

Drop in and appointment system **Mon, Weds, Fri**

Assessment for treatment Continued Support

Alternative Therapies Info and advice

RESULT – peer support and advocacy – **Mon, Weds and Fri**

POWER women's group **Fridays fortnightly**

Carers Group – new for 2009

ALL BUS FARES CAN BE RE-INBURSED