

# S. U. News

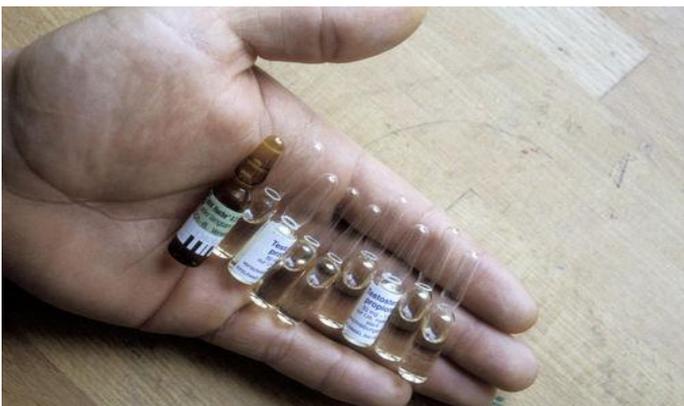
The newsletter for Ealing Service Users

## Body builders baffle needle exchanges

Ealing pharmacists and needle exchange schemes have noticed that fewer and fewer needles and syringes are actually being returned although the number being issued has not decreased. Increased numbers of syringes are not being found in the places where they have traditionally been dropped and so the local authorities were initially baffled.

It seems this is not just a local issue as a Government spokesman recently said. "Needle and syringe programmes have been a huge success story in the UK, they are credited with helping stem the AIDS epidemic in the '80s and '90s. However, we are now seeing a completely different group of people injecting drugs. Recent research suggests that levels of HIV and hepatitis infection among men using image and performance enhancing drugs have increased since the 1990s.

They do not see themselves as 'drug addicts'; quite the contrary, they consider themselves to be fit and healthy people who take pride in their appearance".



Since the National Institute for Health and Care Excellence (NICE) last published its guideline on needle and syringe programmes in 2009, they've seen an increase in the use of image and performance enhancing drugs such as anabolic steroids. There is also anecdotal evidence that more teenagers are injecting these image and performance enhancing drugs too. NICE are updating their guideline to make sure all of these groups of people are considered in the planning and delivery of needle and syringe programmes. So that these services continue to be delivered in the most effective way to reach and support the people who need them the most.

This will not affect service users currently using needle exchange schemes in Ealing!

## 5-a-side football

Service users can now add 5-a-side football to Badminton as part of your fitness programme.



St Bernard's Gym in the grounds of Ealing hospital has been booked every Thursday evening between 6:30 - 7:30 pm.

The Gym is in the old (St Bernard's) part of the hospital beyond the main entrance and on the right.

Cont...

For much better directions and further information contact Jatinder on 07713806655



## Life Stories

RISE are still looking for your recovery stories, quotes and experiences to be used in the publications, and other media. Anything you provide will be "anonymised" (have all your personal details removed) to **your** satisfaction before it is used in any publication.

If you would like to put your own experiences down in writing you can send them to Chris Wait at the Social Cafe (the address is at the end of the newsletter) or e-mail it to Chris at [chriswait@buildonbelief.org.uk](mailto:chriswait@buildonbelief.org.uk) or he is happy to meet to interview you.

Personal stories are a very powerful way of persuasion, and it is a good way to give something back. If you are interested or wish to know more contact Chris on the above e-mail address or text or call him on 07710 353000.

Thought for the week!

"Live as if you were to die tomorrow.  
Learn as if you were to live forever."

Mohandas Karamchand Gandhi

## Service User Voice

The monthly Service User meeting for all Ealing RISE Service Users is held at the Social Café on the 2<sup>nd</sup> Tuesday of each month 2-30pm to 3-30pm (£5 voucher for attendees).

The next three dates for your diaries are:

- 10<sup>th</sup> June
- 8<sup>th</sup> July
- 9<sup>th</sup> September

## Free Social Activities

**29th May - Kew Gardens** the azalea gardens and peonies will be particularly colourful at this time of year.

**30 places, children welcome (it is half term!)**

**Call Sean Kelly on 07858400543 for more details, to book a place and to get confirmation of dates and times.**

## About Your Newsletter

If you would like to provide articles on what's happening to drug and alcohol services in Ealing or help edit the newsletter please let us know, contact details below.

If you wish to be included on our e-mail mailing list, please e-mail "newsletter" to the e-mail address below, conversely if you no longer wish to receive the newsletter, e-mail "stop" and we will remove you from our list.

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