

World Drugs Event



22-26 June 2011 Birmingham

JUMPING ON THE BUS

Find out how the city joined in this global campaign



ZEENAT'S MISSION

Zeenat Akbar tells how a friend's drug overdose led her to become a family drug support worker



BEER GOGGLES WERE A REAL EYE-OPENER

Visitors were able to find out just how unbalanced alcohol can make you feel, while totally sober! Find out how it helped one man to vow never to drink again.

SHOCK BLOOD PRESSURE RESULTS

Some people had a wake-up call to go to their doctor



REAL LIFE STORIES

Mark Spooner says his mum's smile shows how far he has come since the dark days of heroin addiction



ALL ABOARD FOR WORLD DRUGS DAY

Drug and alcohol services got out and about in the heart of Birmingham's communities to showcase what they have to offer and get local people's interest.

And hundreds of people hopped aboard the health bus to learn more about what is being done to tackle the problems caused by drugs and alcohol.

Angela D'Ippolito, Deputy Drug Intervention Programme Manager said: "It's extremely important to continue to engage with local communities in a holistic way to tackle the wide range of issues which include anti-social behaviour and health concerns that underpin substance misuse."

World Drugs Day provided the inspiration behind Birmingham Drug and Alcohol Action Team's (BDAAT) decision to take a "health bus" out into local communities.

Staff from BDAAT, Service User Involvement Groups and local treatment and support agencies staffed the bus, encouraging local people to drop in and find out more about what they do.

At the same time, people could get advice, information and check-ups, including having their blood pressure measured and getting some relaxing therapies, including acupuncture and massages.

While the United Nation's International Day against Drug Abuse and Illicit Trafficking,

on June 26, provided the platform for the event, BDAAT used the opportunity to also cover awareness of alcohol services and general health.

Parveen Akhtar, BDAAT Strategic Lead, said: "The health bus was a fantastic chance for people living in Birmingham to access information on drugs and alcohol.

"We hope that bringing services like this to the heart of local communities will encourage those who would not normally engage in health services to come forward."

As Sam Marsh, Deputy Service Manager of the "A Team" alcohol service, based in Bournville, said: "It's a cracking event – you never know who will come past, pick up a leaflet and get involved in services."

Christie Galloway, Communications Officer for BDAAT, said: "The goal of the campaign was to mobilise support, encouraging people with drug and alcohol concerns to come forward as well as raising awareness of drug and alcohol issues.

"And it was really successful, with a lot of interest from the different communities and really good feedback from the public and the workers from the various agencies that took part.

"It linked in very well with general health advice services, including healthy eating, smoking cessation and blood pressure testing."



THE HEALTH BUS DIARY

The bus pulled up at venues in Sparkhill, Washwood Heath, Weoley Castle and Aston over the four days leading up to World Drugs Day on June 26.

Here's a summary of what happened.

Wednesday June 22 Stratford Road, Sparkhill

A total of 57 blood pressure checks were carried out and the nurses on board advised those with high readings to visit their GPs.

Questions were asked about their alcohol intake and health bags, including information about drugs and alcohol, along with general advice about healthy eating, keeping fit and stopping smoking, were given to everyone who came on to the bus.

Five people tried acupuncture and two referrals were made to drug and alcohol treatment services.

Thursday June 23rd Washwood Heath Road, Washwood Heath

Blood pressure checks were carried out on 104 people – and seven were advised to go to their GP because their readings were high.

Five referrals were made to help people with housing issues and another five were made to drug and alcohol services.

While people seemed nervous to come over to the bus at first, once staff explained the purpose of the event there was a high level of interest.

They were keen to take health information packs, which included literature around drug and alcohol information.

And one man who had his blood pressure checked ran home to get his family to come over too.



Friday June 24th Weoley Castle Square

Two of the 120 people who had their blood pressure checked were identified as having dangerously high readings.

One person was referred immediately to the Accident and Emergency department and four other people were found to have an extremely high alcohol intake and were encouraged to engage with treatment services.

They took information about help and support away with them. Between 10 and 20% of the people who had their blood pressure checked had very high readings and were referred to their GP.

One lady who visited the bus had seen a TV interview with a service user who is winning his battle against alcohol misuse – John Gill-Barron (see page 4) – and travelled from her home over an hour and a half away to speak to advisors and get information.

She stayed on the bus for two hours, receiving complementary therapies and speaking to drug workers for advice, saying the event was well worth the trip and was extremely useful and informative.

Many people had smoking cessation advice and a large proportion of those who came on to the bus had alcohol concerns, including a large proportion of young adults who had high alcohol intake.

Eight referrals were made onto drug and alcohol treatment services.

Saturday June 25th Tesco's Car Park, Aston

A total of 87 blood pressures were taken, showing a large proportion of under 30s with high readings.

Several referrals were for people to see their GPs.

Many people over the age of 40 had never had a full body "MoT" health check.

Volunteers from the SUGAR – Service User Groups Around Recovery – group had some interesting conversations with people about their alcohol use.

One man admitted to drinking 1.5 litres of vodka and two bottles of wine every weekend, along with smoking 300 cigarettes a week.

He knew that how much he consumed was a problem and speaking to the volunteers who had been in similar situations helped him to talk through his concerns.

Hugo McPherson and Kellie Levi,
both Drug Workers for Freshwinds Brosis

OUT AND ABOUT IN THE BIG CITY



Muff Murfin (left) and John Taylor (right) of Big City Radio, with Christie Galloway, Communications Officer for BDAAT.

The bus that hosted Birmingham's World Drugs Day sessions in local communities is run by Big City Radio.

The double-decker, complete with an open top at the rear upstairs and broadcasting music from the community radio station, proved a crowd puller to draw passers-by to learn more about services for drug and alcohol misuse around the city.

On board people were also able to take advantage of free blood pressure tests, health advice, private consultations and complementary therapies, such as acupuncture and massages.

Big City Radio also promoted the sessions – at Sparkhill, Washwood Heath, Weoley Castle and Aston – with interviews on air and adverts.

Members of the public who stepped aboard were impressed with the range of services on offer – and snapped up the opportunity of having their blood pressure checked, as well as the sample therapy treatments on offer.

Stephen Farrell, of Quinton, a dependent drinker in recovery who underwent detoxification at All Saints Hospital and had help to beat his addiction from Aquarius, said: "A lot

more people would come to services if this kind of event happened more often.

"Not many people go to their doctors just to get their blood pressure tested and I've just found mine is a bit up at the moment."

Kathleen Coady, also of Quinton, who works as a drugs counsellor, also popped in on the bus at Weoley Castle.

She said: "I think we should definitely have more of this kind of event."

Muff Murfin, owner of the station, said: "I've learned a lot from the events myself – including that my blood pressure is a bit high and I must keep my eye on that.

"I've also realised that there's a huge need to give information to the communities about drug and alcohol services."

John Taylor, presenter of Big City Radio's drive-time show, said: "Drug and alcohol addiction is a difficult subject for some people to broach.

"But on the bus people can find out that there are people to help – and not judge."

TAKING THE PULSE ON HEALTH

A visit aboard the World Drugs Day bus proved a potential life-saver for some people, as they found their blood pressure was high – a warning that they could be heading for heart problems, strokes and other serious health problems. Beth Houston – DIP East Manager co-ordinated the nurses from BSMHFT to deliver blood pressure checks across the four days.

Staff from various agencies offered blood pressure checks upstairs on the bus, advising those people with high readings to visit their doctor.

At Weoley Castle, between 10 and 20% of visitors had high blood pressure readings.

Among the most alarming during the four days was a woman with a reading of 208 over 107 – the ideal is 120 over 80, so this was extremely high blood pressure.

One person had a reading so high the nurses immediately sent them to the Accident & Emergency department.

Laverne Van Schalkwyk, Hepatitis Screening and Blood Borne Virus Nurse for Addaction, the drug and alcohol treatment specialist agency, in Birmingham, said: "High blood pressure leads to the risk of having strokes and heart problems.

"We have referred some of the people we saw on the bus to their GPs or smoking cessation clinics, as stopping smoking will help to lower blood pressure."

She added: "The World Drugs Day event has been fantastic to raise awareness of services and we should do this kind of thing more often, particularly in areas that are hot spots for drug and alcohol misuse."



Mohammed Qasan, aged 25, of Sparkhill, gets his blood pressure checked by Andrew Ryan, a Psychiatric Nurse and Drug Worker with the DIP (Drug Interventions Programme) East team.



Laverne Van Schalkwyk, Hepatitis Screening and Blood Borne Virus Nurse for Addaction (left) with Lisa Ellis, Project Manager and Blood Borne Virus Manager for Birmingham and Solihull Mental Health Foundation Trust, who helped to run the blood pressure checks aboard the bus.



Stephen Farrell and Kathleen Coady talk to Tony Smith, Substance Misuse Arrest Referral Worker with SMART (the Substance Misuse Arrest Referral Team), a part of the Drug Interventions Programme.

AND IT WAS A HIT ON THE WEB!

A total of 510 visitors took a look at the BDAAT website between June 20 and 26 - the week of the World Drugs Day event - which was 237 more than in the previous week. There were a total of 580 hits on the site, compared with 320 the week before.

Muff Murfin and John Taylor, of Big City Radio.



John Gill-Barron,
*who told the story of his battle
against alcohol dependence for
the World Drugs Day event.*

JOHN FINALLY WINS HIS BATTLE WITH ALCOHOL

John Gill-Barron used to drink to celebrate his successes in life – a new job, a house, getting married, the birth of his son. But then he drank to drown his sorrows as, one by one, he lost everything he loved and valued in a sea of alcohol.

It all started when he was aged about 13, drinking half pints of beer and playing pool after school at a friend's parents' pub. The drinking escalated after his two older brothers were sent into care the following year and he used to go and consume alcohol with them near their care home.

He never found studying a problem, despite his drinking, and got a good job as a Dental Technician, later progressing to become an Orthodontic Technician and then into maxillofacial prosthetics, providing aids for facial reconstruction.

But, as his drinking reached sky-high levels – an average of 30 to 40 units of alcohol, mainly super strength lager – per day, colleagues noticed he was turning up for work smelling of drink, despite his efforts to hide it by eating mints and regular brushing of teeth.

He was on a downward slope and ended up being dismissed in 2006, after attempts by his employers at Birmingham's Queen Elizabeth Hospital to help him through their occupational health system failed.

After getting married in 2001, he bought a dog so he could take it for walks to hide his heavy drinking, buying and consuming a couple of cans of beer along the way. His marriage ended in divorce in 2004 due to his drinking and his wife took their son, then aged two, with her.

He spent the £25,000 his ex wife's parents gave to buy him out of their house on alcohol as he travelled around Europe – and then ran up £27,000 debts on credit cards.

He attempted suicide and collapsed in the streets and, on one occasion, his mother received a distressing phone call from the

hospital – although, fortunately, staff eventually managed to resuscitate him.

John says he always thought he would “die a drunk” and found himself living rough in train stations and the airport, shoplifting to buy food and alcohol.

“I'd lost everything I had – even the love and respect of my parents,” said John, aged 39, who lives in Newtown, Birmingham.

At last, John decided he needed to take action and went to Aquarius, a Birmingham-based agency that helps individuals and communities with addictive behaviour problems.

He checked into Park House, a new drug and alcohol treatment centre of excellence in Hockley, Birmingham, for a two-week “detox” programme, followed by 10 weeks of daily sessions there.

“If I can get sober so can anyone.”

He last had a drink on February 1 this year and says he now feels “fantastic”.

“I wake up at 6am feeling fresh and full of life,” said John, who told his story on ITV Central News to inspire others that there is help available to beat their addictions for Birmingham's World Drugs Day Event.

“I had, over the last 10 to 12 years, tried countless detox units but I think what made the difference this time is that I was screaming out for it – I needed it and I wasn't being pushed into it.

“I also go to AA and Narcotics Anonymous meetings every day to have a coffee and talk and I don't mix with my old drinking friends.”

He now does some voluntary work with Birmingham Drug and Alcohol Action Team (BDAAT) and is involved in the Service User Group Around Recovery (SUGAR) project.

“He is enrolling at Wolverhampton College on a drug and alcohol awareness course in the hope of becoming a support worker.

He is living with his mother and step father and sees his son, now eight, occasionally.

“Drinking so heavily for 20 years, I always thought I would die a drunk,” said John.

For confidential information and advice on all available drug and alcohol treatment services please call the free number **0800 073 0817**

ACUPUNCTURE IS GREAT FOR REDUCING CRAVINGS

Community Engagement Outreach Worker Marc Blanchette treated visitors to the bus at Sparkhill to some relaxing acupuncture.

Marc, who works for Phoenix Futures, a leading provider of services for people with drug and alcohol problems, said acupuncture was useful for suppressing clients' cravings.

“It's a way of relaxing, helping them to centre themselves and focus on where they are at the moment,” he said.

“It's also good as a gateway to involve local people in services by offering it out in the community.”

One of the visitors who tried out the acupuncture on the bus was Vina Thanki, from Sparkhill, who said: “It made me feel very comfortable.”

For further information on all community engagement outreach services call free on 0800 073 0817



Vina Thanki tries out acupuncture with Phoenix Futures Community Engagement Outreach Worker Marc Blanchette.

WHEN RECOVERY IS SWEET... ...AND A MUM'S SMILE SAYS IT ALL

It's the smile on his mum's face that shows Mark Spooner just how far he has come since the dark days of his heroin addiction.

Mark, aged 41, who has been drug free for 18 months, now realises how much he put his family through during years of drug abuse, starting when he dabbled in cannabis and alcohol at 16 and later descending into a "life of pure hell" on heroin.

And, now that he is free from illicit drugs, he is devoting himself to helping others to kick their habit – so that they no longer put their families through the same heartache.

Last November he was one of four people who founded SUGAR (Service User Groups About Recovery), which is based at Summerhill House, Ladywood, and offers a forum for service users and their carers.

Birmingham Drug and Alcohol Action Team (BDAAT) had encouraged the group to start up to further develop user involvement in services. It all led to the launch of a Birmingham Recovery Forum (BRF) – 35 service users attended the first event and meetings since have drawn an average of 60 members.

Mark who now works with BDAAT in service user involvement, was drawn into the dangerous world of hard drugs when he was aged about 21.

His relationship with his three year old son was ended abruptly due to personal differences with his partner. He had difficulty coming to terms with this and made the wrong decision to 'solve' his problems through drug taking.

At 25 his mental health deteriorated and he suffered from "drug induced psychosis."

He also spent some time in Birmingham prison and, after his release, went to a probation hostel in Nuneaton, where he suffered from depression.

He then started using heroin, which he says led to a "life of pure hell."

In 2007, he received another prison sentence and at this point, he sought help from the CARAT (Counselling Advice Referral Assessment Throughcare) team in Birmingham Prison, and took part in a cognitive behavioural therapy course.

Mark says that a number of people helped him including the chaplain at Blakenhurst Prison.

"She taught me to draw a line under my past wrong-doings to try to get over my guilt and shame through meditation and self reflection," he said.

After leaving prison he sought help from the South DIP Team (Drug Interventions Programme) which arranged for him to receive person centred counselling and he later began to volunteer to involve other service users. "I now feel part of society and I have something to give."

"Some of my old user associates are now involved with services – I know a lot of people and they can see how I've changed, which gives them hope."

But the part of his recovery that he loves the most is seeing the change in his mother. "I put her through so much destruction – but when I see her now there is a massive, genuine smile on her face," he said.



Mark Spooner, a former heroin addict now helping BDAAT to involve other service users.

SAYING "THANKS" TO CARERS

People who have used substances like drugs or alcohol often feel "guilt and shame" about the effect that has had upon their loved ones, says Sue O'Sullivan, Chairperson of SUGAR (Service Users About Recovery).

So, as a "thank you" to those closest to them, members of SUGAR recently organised a day of pampering therapies and treats for their carers at their HQ in Summerhill House. Just over twenty carers received Thai seated massage and took part in an impromptu Mutual Aid Group with service users.

A buffet was provided, as well as light refreshments throughout the day.

The feedback was very positive, with requests for something similar on a regular basis, especially from the service user and carer mutual aid group.

"It was a way of giving something back," said Sue.

"Our members are all either service users or ex service users and we are getting the word out that treatment is available and showing people where to go.

"We are all in recovery – and will be for the rest of our lives."

SUGAR, which is based at Summerhill House, Summer Hill Terrace, Ladywood, Birmingham, can be contacted on 0121 465 4936 and information can also be found at www.bdaat.co.uk/involvement

Sue O'Sullivan, Chairperson of SUGAR.



SUPPORT FOR FAMILIES



Suleman Ahmed (left), Practitioner at Aquarius Family Service, pictured with Amanda Higgins (centre), Substance Misuse Worker with the West Midlands Police Substance Misuse Arrest Referral Team, and Colette Lloyd (right), Young Persons Alcohol Practitioner with Aquarius.

Amanda, who started as a Police Community Support Officer, moved into her current job three years ago.

She is based at Stechford Police Station, where she now sees people who have been arrested and tested positive for drugs to refer them for treatment.

Colette has worked with young people for 10 years and her role with Aquarius now includes going into schools, social services homes, hostels and the local community to raise awareness about alcohol.

She also works one-to-one with young people who have an alcohol problem.

It's not just those who misuse alcohol or drugs that suffer from the effects – but also the loved ones who are trying to care for them.

And Aquarius, which helps individuals and communities with addictive behaviour problems, has a special service to support the people who care about users.

Suleman Ahmed, practitioner in family service for Aquarius, said: "We support family members of people who use drugs or alcohol with home visits and group work.

"People often don't know where to turn for support but we can speak to them confidentially."

Aquarius currently has groups for carers of substance users in Edgbaston, Highgate and Washwood Heath.

The service is also hoping to set up more carers groups, where members can offer support to each other and share ideas, in other areas.

Anyone interested in the groups should contact the Aquarius Family Service on 0121 414 0888.

ZEENAT HELPS OTHERS TO "KIKIT"



A close friend's death from an overdose of heroin and crack cocaine set Zeenat Akbar on a mission to try to stop more users and their families from suffering through drug misuse. Zeenat, aged 25, is a Family Drug Support Worker with the KIKIT project, specialising in the needs of black and minority ethnic groups in Sparkbrook.

Zeenat, who has been doing the job for six years, said: "It was my personal experience as a carer for a friend, who died from an overdose of heroin and crack in 2004, that led me into this line of work.

"She was a member of my Pakistani community, which does not really accept drugs as an issue.

"But KIKIT is breaking down that stigma and people are now coming forward for help. "We engage on a community level with different ethnic minority and cultural groups to raise awareness of different types of drugs and the various services that can support and help users and their families.

"Substance misuse has an effect not only on the users themselves but also on the family around them."

KIKIT, based in Stratford Road, is a part of the Ashiana Community Project, which also offers a range of services, including employment and access to childcare, through its Ofsted registered nursery.

It is one of the agencies in Birmingham to specialise in the needs of black and minority ethnic groups.

Clients can call into a drop-in centre at any time between 12 and 4pm Mondays to Fridays, where people can be assessed.

A fast track referral is then made into treatment services, with clients usually getting an appointment within two weeks.

KIKIT then continues to provide support through the drop-in and one to one sessions and clients who have chaotic lifestyles, who are not ready to stop using drugs, are given advice on how to minimise harm.

This includes information on blood borne viruses, the dangers of sharing needles and advice about needle exchange services offered by local pharmacies.

For further information on all services available within local communities in Birmingham – please call 0800 73 0817

OUT ON THE BEAT WITH THE BUS



Police Community Support Officers Sarah Swift and Kevin Hathaway talk to Teresa O'Reilly at the World Drugs Day event in Weoley Castle.

Police Community Support Officers Kevin Hathaway and Sarah Swift are familiar faces around Weoley Castle.

And they found that a session helping local drug and alcohol services to raise awareness of the treatment and support on offer to the community paid dividends for them in their own line of work.

"It was a good opportunity to meet more members of the community in the area we cover," said Kevin, who is based, with Sarah, at Hillwood Road police station, Bartley Green. Sarah said: "We were very interested to find out more about the services on offer."

Among the visitors to the bus that they met was 89-year-old Teresa O'Reilly, of Weoley Castle, who had her blood pressure tested while aboard.

"I was pleased to find my blood pressure was OK – and I think it's marvellous that the bus was in our area," said Teresa.

INTO AND OUT OF DRUGS – A PERSONAL JOURNEY

Based around an interview with an ex-service user in the West Midlands by Jan Watts

A former drug user with a cosmopolitan background has talked about his journey into – and out of – drug misuse.

John – not his real name – used to be referred to by friends as "the professional drug taker".

But now he is a professional helping others to beat their addictions as a drug worker.

John, who was brought up in a small provincial town in France, began using illicit substances by sniffing solvents at the age of 10.

During his teens he went on to take cannabis, which he continued when he came to London at 17 to work as a chef.

He later travelled around Africa and the Indian ocean doing military service in the French Navy, visiting places that produced the "best cannabis in the world."

On his travels he began to try other drugs – heroin and, after returning to England, LSD and Ecstasy.

He came to Birmingham and friends introduced him to a supply of methadone – much cheaper than street heroin.

Eventually he tried to give up drugs to change his lifestyle during a relationship – but at that stage he failed because he was trying to quit for someone else.

Finally, after a third attempt, he succeeded, with the help of a community drugs team in Birmingham.

He was fed up of making excuses, switching off the phone and withdrawing and he had had enough of being referred to by friends as the "professional drug taker."

Now, as a drug worker, having been "clean" for six years, John's priority is to keep people as safe as possible.

He says he feels "absolutely fantastic" and loves helping others to stay safe – and eventually achieve their goal of being abstinent.



A RELAXING BREAK FOR ROMAIN

Romain Coleman took a break from shopping for his little daughter's birthday present to hop aboard the bus for a relaxing massage. Anne Marie Dillon, complementary therapist for Swanswell's social enterprise project, gave him a fully-clothed Thai seated massage.

Anne Marie and her colleagues at Swanswell offer a range of therapies, including acupuncture, reiki and Indian head massage as a way of promoting general health and wellbeing which supports people tackling drug and alcohol misuse.

They have also trained some of their service users to deliver the therapies, which are offered to local businesses to help reduce stress and sickness.

Romain, who has previously been a mental health support worker, took advantage of the free massage after he spotted the bus in Weoley Castle while he shopped for clothes for his daughter Amelia's second birthday.

"I just had to pop in to see what was happening to raise drug awareness," he said.

"I think services should do this kind of thing more often to break down stereotypical perceptions."

And his verdict on the massage?

"It was very relaxing and made me feel great," said Romain, aged 26, who lives in Handsworth.

For confidential information and advice please call 0800 073 0817.



Romain Coleman gets a relaxing seated massage from Anne Marie Dillon.

ON WITH THE BEER GOGGLES

AND JULIAN VOWS NEVER TO DRINK AGAIN



Julian Lehmann tries out the beer goggles watched by, from left to right: Christie Galloway BDAAT, Jacqui Talbot BSMHFT, Tony Kelly SUGAR and Paul Matthews SIFA Fireside

Truck driver Julian Lehmann found out just how it feels to be unsteady on your feet after drinking too much – without touching a drop.

Julian, from Nechells, had dropped in on the World Drugs Day bus in Aston and tried out the “beer goggles”.

And his experience has brought home to him the physical effects of drinking too much alcohol.

“The goggles made me feel extremely strange – it just showed a haze like looking through a whirlpool glass,” said the 47-year-old. “I was just out shopping and got talking to the people on the bus and learned a lot about the harm that drinking can do.

“One of the people I spoke to had lost his house and his family through drink. It has given me a great deal to think about.”

Jacqui Talbot, Acting Team Manager for Birmingham and Solihull Mental Health NHS Foundation Trust’s Slade Road Community Drug Team, said: “The goggles have an unbalancing effect, showing an individual how they would lose coordination if they were intoxicated.”



Jacqui Talbot, Acting Team Manager of Slade Road Community Drug Team, demonstrates the beer goggles to Julian Lehmann.

Jacqui, who was on the bus with colleague Craig Henry, Substance Misuse Practitioner, added that she thought the World Drugs Day event had raised awareness in local communities about addiction services.

It had also helped to alert people of the need to find time in their busy schedules to look after their health by getting regular ‘MoTs’, including getting their blood pressure tested, she added.

For information and advice about drug and alcohol services, contact 0800 073 0817

BDAAT HELPS USERS TO BEAT DRUGS AND ALCOHOL – AND START AFRESH

Birmingham Drug and Alcohol Action team (BDAAT) aims to help people to start new lives and leave their addiction behind.

The team is constantly working hard to support individuals into treatment, funding a range of services which help them not only to combat their drug or alcohol use but also to re-join the community.

This can include employment and training support, housing assistance, help with child care and education opportunities.

Services also offer support to families and carers, recognising that having to deal with someone else’s drug or alcohol addiction is difficult and they too may need help and advice.

If you are concerned about your or someone else’s drug or alcohol use then call the Birmingham Drug and Alcohol Action Team’s helpline number on 0800 073 0817. We can help you find the support you need.



BDAAT would like to thank all of the drug and alcohol treatment agencies and the service user involvement groups who contributed to the success of the World Drugs Day events.

For information and advice about Birmingham drug and alcohol services call 0800 073 0817 or visit www.bdaat.co.uk