



East Riding Partnership East Hub Recovery News

VOLUME 1 ISSUE 4

FEBRUARY 2016

**All Keyworkers in your
Hub are now Blood
Pressure Trained
please get yours
checked today!**



Naloxone training for all ERP service users is available. Please ensure you get your training and life saving free kit.



**Attention All ERP
Service Users!**

East Hub Breakfast Club is operating every Monday 0930-1130. Free cuppa and chat



How I got on drugs

In 1997 I got sent to Prison. I'd never seen or been around drugs, I got padded up with a guy I had known for some time; he was on heroin but I didn't associate with the people on drugs. I tried to keep myself away from that lifestyle; I went to the gym a lot while I was locked up. I got quite addicted to going all the time; my pad mate was getting bullied so I looked after him. One day I had a visit and it didn't go very well, I was upset and angry when I went back to my pad, my friend was sat smoking it so I said to him "come on then give me some, let's see what the fuss is all about". So every time my friend had some I shared it with him.

That's how I ended up with an addiction to heroin; I will never forget that man who introduced me to drugs. I wish I never had tried the devil drug, it ruins your life. What I would say to anyone going to try it 'just stop' and think about it, it ruins your life and the people around you who love you, it ruins their lives too. This addiction has gone on since I first ever tried that poison, I have struggled with this drug for 20 years on and off, I have lost my job, wife, kids and home. It has caused me to suffer with mental illness, anxiety, depression and a strong feeling of worthlessness. It has now got to the point where I feel I'm getting too old now to be able to fix my life and get back what I have lost. It's an awful feeling to think that you're now left on your own because of all the bad things you have done because of the effects of that heroin and cocaine have caused. I've lost my family and very good friends. I feel I'm never going to get this back, if only I could go back in time and fix this! But obviously I can't, and the one thing I would say to people thinking of buying these drugs is; 'Don't!', and the people who already take these drug is; 'Don't ever introduce someone to heroin or cocaine' because that person will for ever remember you for all the misery it will cause them through their lives

We would love to be able to print your story... please consider this with your keyworker.

February is National Heart Month 2018

Affairs of the Heart

Heavy drinking can make you more likely to get serious health problems like liver disease, cancer, and peptic ulcers, among others. Regular or high alcohol use can hurt your heart and lead to diseases of the heart muscle, called cardiomyopathy. Drinking alcohol regularly also can raise your blood pressure. Good heart health is essential for the prevention of all types of heart disease, including cardiovascular and coronary heart disease, as well as stroke. Many other health disorders are related to heart, arterial and circulatory health, including dysfunction in organs that are fed by our arteries and veins. These include conditions like impotence, brain diseases and dementia, macular degeneration and more. Just a century ago, heart disease was so rare that it had only been just discovered, but to day, it is the No. 1 killer, responsible for more than 40% of all deaths. Taking steps to improve and support good heart health is a must for longevity as well as for quality of life. One of the most important things you can do for your heart is to be active. Exercise is essential for managing risk. It helps control your weight and also decreases the chances of developing other conditions that can put a strain on your heart, such as diabetes and high blood pressure. It also helps to reduce stress and lower inflammation, both of which can contribute to heart disease.





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RECOVERY WORDSEARCH

INSPIRED	SOBER
CHANGE	DRUGFREE
PROGRESS	GROWTH
IMPROVEMENT	ACHIEVE
REFORMATION	ABSTAIN
BELIEF	SUCCESS

If you have any ideas for the Newsletter please let the Reception staff or your Key worker know and we can print your stuff!

Look After Your Heart—Take A Quick Test Of Your Alcohol Use

FAST	Scoring system					Your score
	0	1	2	3	4	
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Only answer the following questions if the answer above is Never (0), Less than monthly (1) or Monthly (2). Stop here if the answer is Weekly (3) or Daily (4).						
How often during the last year have you failed to do what was normally expected from you because of your drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
How often during the last year have you been unable to remember what happened the night before because you had been drinking?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily	
Has a relative or friend, doctor or other health worker been concerned about your drinking or suggested that you cut down?	No		Yes, but not in the last year		Yes, during the last year	

Scoring:

If score is 0, 1 or 2 on the first question continue with the next three questions

If score is 3 or 4 on the first question - stop here.

If you're worried or have any concerns with your alcohol use please discuss any issue with your Keyworker.

SCORE