

FREE

Issue #7

RECOVERZINE



DUNDEE

March • 2024

Inside this issue

Poetry corner
Recovery stories
Jewellery making with DRN
Snap & Chat with
The Maxwell Centre
Stay informed - Nitazenes
A visit to Lochee Community Cafe

And more

 [recoverzinedundee](https://www.facebook.com/recoverzinedundee)

Welcome to Issue 7, the first of 2024.

Over the last few months we've had many conversations about winter giving way to spring, the cold days getting warmer and people looking forward to new beginnings.

In searching for a theme it seemed that one word kept coming up again and again: hope.

So that was our starting point and has been the inspiration for many of the articles in this issue of Recoverzine.

We've got some great content for you in this issue including pieces from brand new contributors Daniel and Z who both did brilliant interviews for their respective articles. Well done!

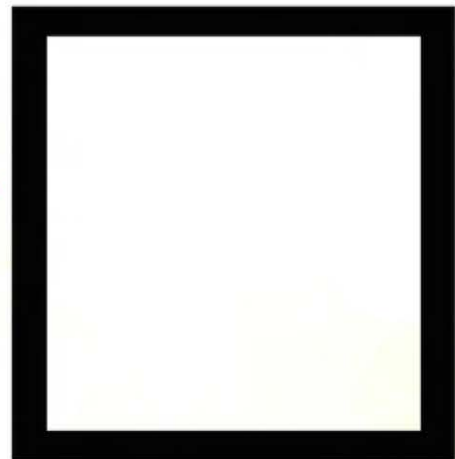
Another thing that kept coming up in discussions was the importance of creativity as part of the recovery journey.

So for this issue we've done our best to include as much creative content as possible, including an article about some fantastic jewellery workshops as well as people's experiences of returning to art and crafting after a period of absence.

And of course there's also our regular poetry corner and the crossword as well.

Hopefully this issue will inspire, motivate, and encourage you to try something creative as the cold dark days give way to warmer brighter times ahead.

Whether that's getting out and taking some photos on your phone, trying your own diamond art, or writing a few lines of poetry I think all of the contributors to this issue have proved that creativity in all its forms is a great way to stay active, stay positive and, perhaps most importantly, stay hopeful.



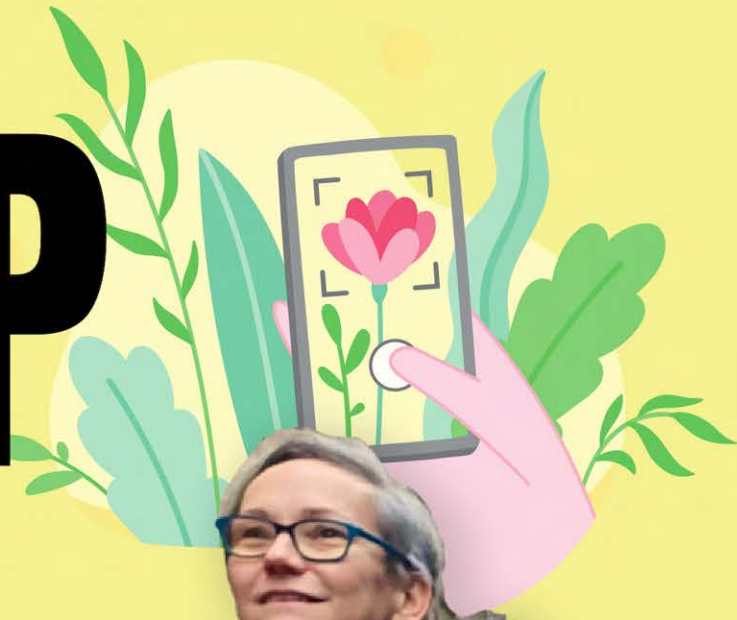
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SNAP AND CHAT



Report by Daniel Burns

Every Monday afternoon a group sets out into the streets around the Maxwell Centre. Led by Support Worker Jenni the Snap and Chat walks are open to all and encourage people to get some exercise and meet others while looking for interesting things to take photos of.

I've been going to Snap and Chat since it began last year and it's been great because I like meeting new people and having a yap.

Although I've got depression and anxiety I like being open and this feels like a safe place to do that.

Before I started going up to Maxwell I was pretty much a hermit, afraid to leave the house in case I had a panic attack. I still get panic attacks but going to stuff like this definitely helps.

After the walk we come back for some food and a cup of tea. With everyone just blethering away it feels like being round a campfire.



If you're sitting around munching away it helps the conversation flow better. It's a motivation for some people because especially with the cost of living people it can help bring out people who wouldn't normally socialise.

Some people are motivated by the food and that's why they come the first time, but when they see what else is going on they often want to get more involved.



We get people from all backgrounds and as long as they're not under the influence then we welcome them.

"THE ENVIRONMENT IS SO RELAXED"

It's really important that people feel they're not coming here for charity. Because the environment is so relaxed, it's like a bunch of mates hanging out and not formal at all.

There doesn't seem to be a big hierarchy at Maxwell, everyone's opinions matter and everyone is treated with respect. In here volunteers are listened to and if volunteers make a suggestion, if it's a reasonable suggestion, then there's a good chance it will come to fruition. We see it as our space and have that sense of ownership.

But that's just my perspective, so during a recent walk I took the opportunity to chat to Jenni and some of the others about why they come along and what the benefits are for them.

Daniel: How did the walks get started?

Jenni: We started in November 2023, did it for a couple of weeks but only two people came along and then I was ill, so we weren't off the best start! This is us just getting it back up and running again and encouraging people to join us so it's great to see six people and a dog today.

Daniel: Do you enjoy walking normally?

Jenni: No! I need to walk for a reason instead of just wandering or wasting my time. I like taking photos and hearing people's stories though so that gives me a reason.

Daniel: You grew up round here didn't you? What was it like back in the 80s?

Jenni: Well it was all shops right down this street [Ann Street]. Those are all gone and it's just houses now. There were second hand shops, a couple of newsagents, there was a hairdressers. There was a shop that sold cakes and stovies - you can tell what was my favourite shop!

Snap & Chat meet
every Monday 1.30pm
at the Maxwell Centre,
Carnegie Street Dundee.

For more info contact
Jenni

01382 802628

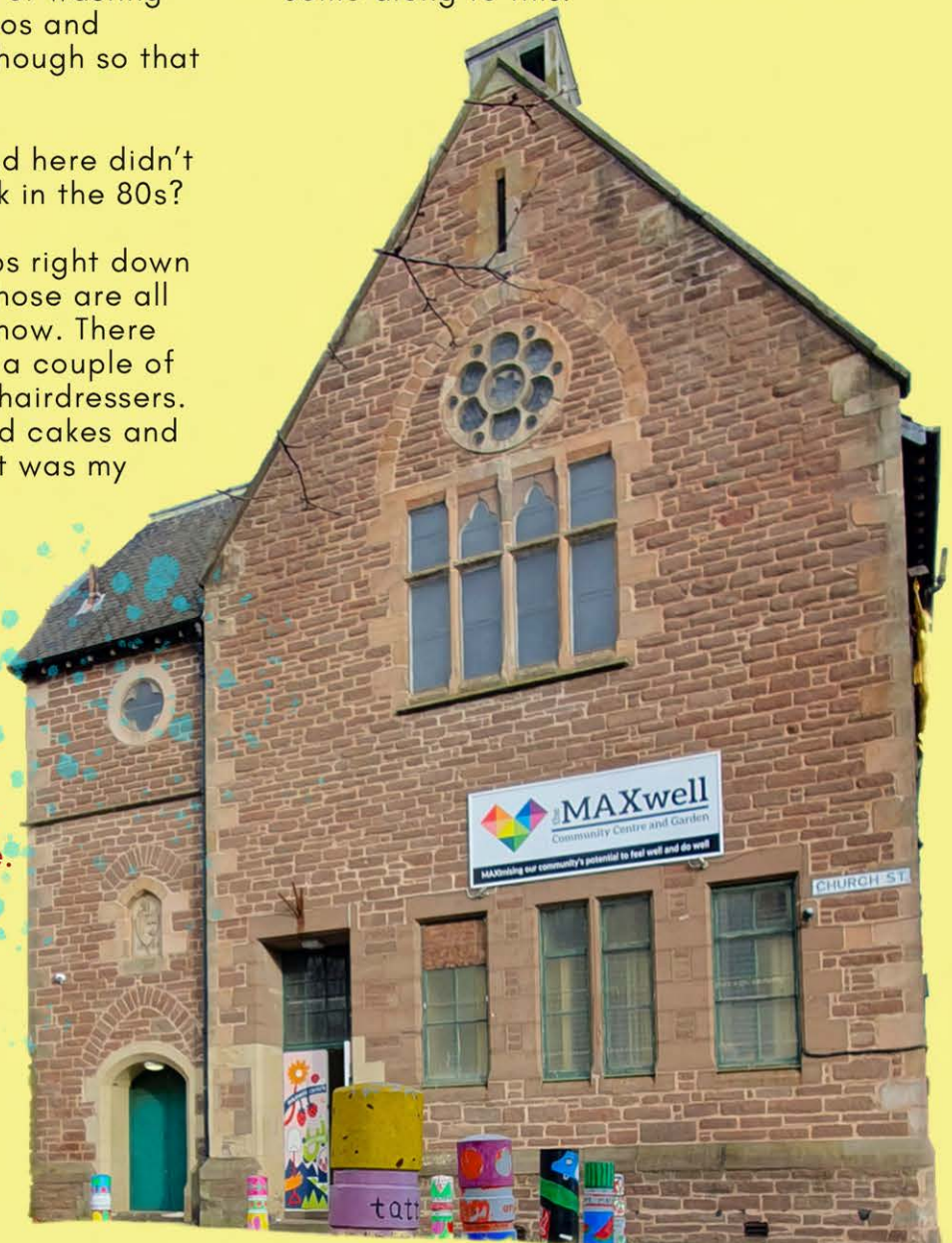
jclmaxinfo@gmail.com

Daniel: Have you been on these walks before Hannah?

Hannah: No this is my first one. I also suffer from anxiety and depression and that so I thought there was no point isolating myself in the house so I just had a look to see what was out there that I could go along to and meet different people.

Daniel: It can be quite hard to take that first step can't it?

Hannah: Well yeah, that's just it. I'd been to the Maxwell Centre before to get help with benefits so I knew there was other stuff going on. I was passing with my dog one day and saw people going about so I just phoned up Jenni to ask what was on and she told me to come along to this.



Couple

Poem and art by S.

With passion they have been competing,
With passion they have been arguing,
With passion they have been breaking up,

All the more they have been putting
themselves together with love.

Again and again.

Drugs of Dundee

Poem by Alex Lafferty

Dundee, Dundee! Oh what of the tale
The drugs, the drugs are right off of the scale
When all of the addicts think they bounce and they wail
when in fact they have to borrow and stale
then there's the fact we go very thin and pale
and the last or best option is the tin pail
three meals a day and free drugs tae
this is really a bad thing to say

We go to our doctors who swore an oath to help
But they lost our trust as they were meant to help
Which gave my life a big bad skelp,
now I am me again i'll try to help
Show these people we can still be a help

The social, the social oh what of their scams
I think these people just take us as bams,
there to help but they hinder instead
it's no wonder the system is dead
Society is fractured and the people need to be healed
but with big pharma the ties are sealed

They work for them and we are the chattel
So lets give this system a big scary rattle.
We don't want to be treated, we want to be healed

When people are corrupt and corporations too
It all comes down to me and you
So educate your kids and open their minds
or we shall be like this till the end of times

Now I'll be a lion and never a sheep,
I'm always awake and never asleep
so please be patient and always be kind
Never judge a book as you never know what you may
find

It's time to change and change this now
So stop being lazy and asking how
Words are lies, actions are truths
so walk the walk and don't just talk
I've lost too much, it's personal to me
I've lost too much for it not to be.

NITAZENES

by S, Z and R

In recent years Scotland has seen an increase in the availability of a new group of potent synthetic opioids called Nitazenes.

Since January 2022, Nitazenes have been associated with 25 deaths in Scotland and have commonly been detected alongside other drugs including heroin/morphine, cocaine, codeine, and bromazepam.

Gabriel Calvert, Recovery Network Coordinator at Dundee Volunteer and Voluntary Action (DVVA) spoke to Recoverzine about the emergence of Nitazenes in the UK.

“Although we’re not seeing Nitazenes in Dundee in a big way, it’s important that we look at what’s happening nationwide so we can be informed and prepared.

Nitazenes are often being missold as other drugs so there’s no way for someone to know what they’re getting. At the moment we’re not seeing people going out to buy Nitazenes. It’s often sold as something else such as heroin. And while there might still be a lot of heroin in there, the effects are much stronger.”

The Scottish Drugs Forum recognise that the picture we have here in Scotland is imperfect, putting this down to our slowness to heed warnings and make adequate preparations.

To counter this a set of resources including booklets and social media graphics can be downloaded from www.stopthedeaths.com

The resources are intended to reduce risk as much as possible for those using drugs, their friends, families, and service staff.

10

Gabriel is keen to make sure we take the problem seriously but don’t overreact.

“The big thing to reinforce is that this is not a public health emergency we’re seeing. What we want is for people to be aware so they can take all the steps to stay as safe as possible if they or anyone they know is using a substance.”

There are active steps that people can take to help reduce the risks, and even save a life in the case of overdose.

Naloxone is a medication that can temporarily reverse the effects of opioid drugs, including Nitazenes.

It’s available in a nasal spray or pre-filled syringe and can be easily and legally used by anyone to help save a life.

However because Nitazenes are highly potent experts are advising that multiple doses of Naloxone may be required.

“The same harm reduction advice applies as with other opioids; dose small when using a new batch, use in company and not alone, and always have Naloxone on you.”



WOULD YOU RECOGNISE THE SIGNS OF AN **OVERDOSE**?



STOP THE DEATHS

IF A PERSON IS UNRESPONSIVE AND HAS ANY OTHER SIGNS CALL 999



IMPORTANT

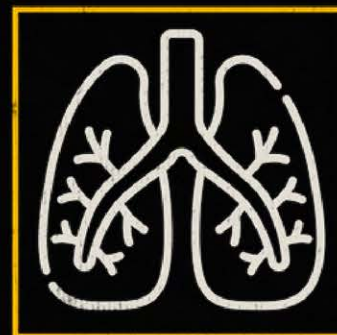


WE CAN PREVENT DRUG DEATHS. WE JUST NEED TO KNOW HOW.

SNORING



SHALLOW BREATHING



PALE SKIN



BLUE LIPS



PINPOINT PUPILS



CARRY NALOXONE

NALOXONE REVERSES THE EFFECTS OF OPIOIDS, IT CAN HELP SAVE LIVES



SDF
Scottish Drugs Forum

Creative Recovery

words and pictures by Starling



However, in my secondary school years, I shut myself to the outside world and with that I also withdrew from drawing as I didn't believe in myself and considered my illustration pretty dull and ugly. My confidence also suffered and it hit rock bottom.

It wasn't until my mid 20s that I rediscovered the joy of art again.

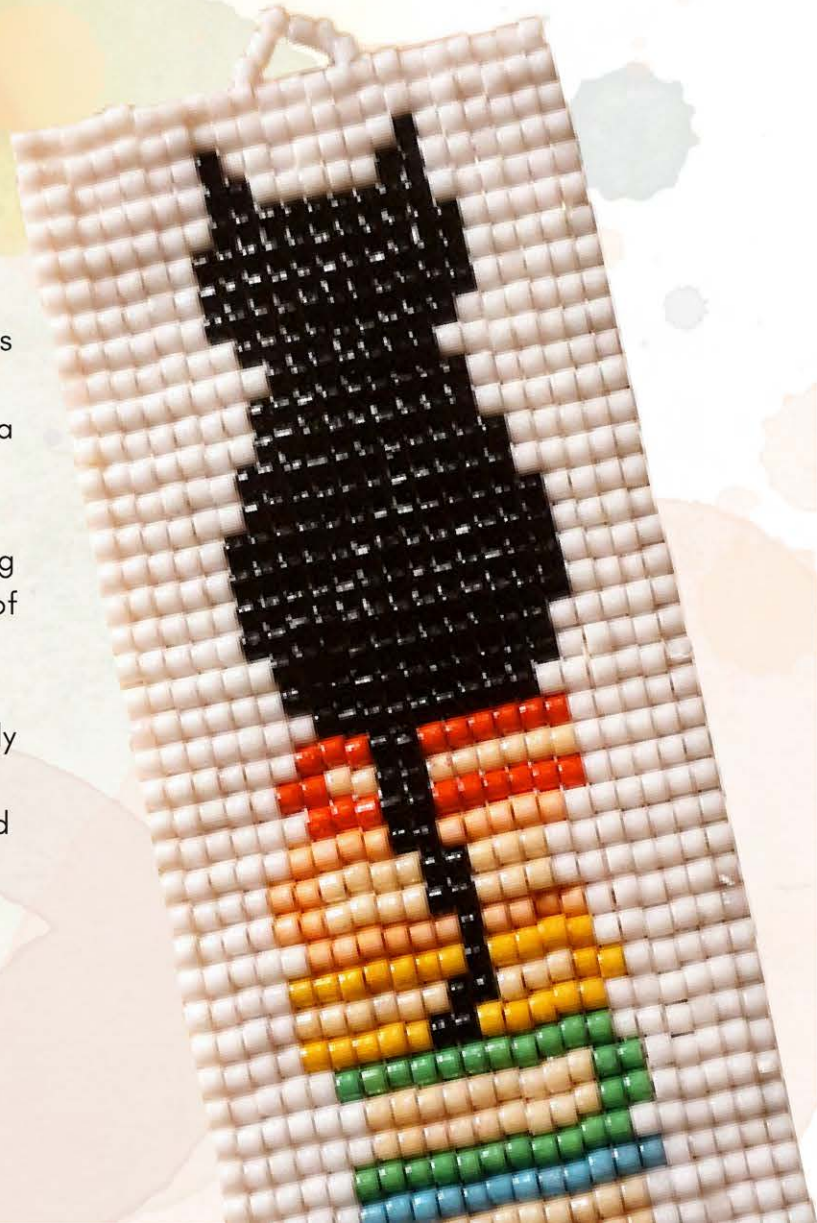
I stumbled upon art by accident in my early teens.

One sunny afternoon, I spent time at my friend's house, watching Naruto. Out of boredom, we grabbed some papers and pencils.

Spontaneously, we began to draw characters from the anime which was just in front of us and I was surprised how I managed to draw a very pretty picture of the main character!

Since that day, I spent a lot of days improving my skills in drawing and got lost in an abyss of fun.

As I grew, the world started to be increasingly complex - friendships, school, home got very complicated and difficult. Everything seemed so daunting, I felt very lonely and drawing gave me a safe sanctuary where I could survive the turmoil of daily life.



I watched some YouTube videos which looked like fun. I bought myself second-hand soft pastels because I was uncertain if I would like it. I still remember how excited I was for the soft pastels. They were very messy BUT so colourful and fun!

It gave me a different perspective on art - it's not about having everything perfect and right because there's no right or wrong in art. It's about something different - to have fun, experiment without feeling ashamed that I can't do something.

This mindset led me to discover different mediums - soft watercolours, more technological 3D modelling, sewing in beading, bright gouache, relaxing crocheting and it snowballed to many more.

This ignited my never-ending journey of enjoying art and craft. Today, I embrace art every day as an integral part of my daily life, finding purpose and fulfillment in every project.

It has become my source of my resilience, healing my inner self, growth and self-discovery.



RECOVERY RINGS

as told to Recoverzine by Mandy and Wayne

"It's important to discuss our recovery but it's also important to have the chance to just switch off sometimes and have some fun."

The Dundee Recovery Network (DRN) recently hosted a jewellery making workshop led by Stephanie Graham and Anastasija Avenina from Dundee Community Craft, a social enterprise who provide collective healing through craft.

Established in 2023, Dundee Recovery Network is a group of people with lived experience of addiction who come together to offer each other support.

Meeting every Thursday 11am - 2pm at Hilltown Community Centre, the group usually come together first for a chat and a cuppa before having a short check-in session followed by some lunch and an activity.



On 22nd February the group were lucky to be joined by Steph and Ana who guided them through making their own rings.

For Steph these workshops are a great chance for personal discovery.

"I think learning new skills that you wouldn't always have the opportunity to is always a good thing. And I think it can meet a need in people that they don't know that they have.

And also it's a place that you don't necessarily have to talk about recovery and you can just come along and have fun.

I think it's important to make more positive happy memories and have something that symbolizes that head space."

The group that Recoverzine attended had 7 participants who all made their own ring and are all on their own recovery journeys.

For Mandy, the Thursday meetings provide a space to be around others who know what its like.

"I think it's just a great place to come to be around like-minded people, people who have been through the same as yourself.

Alcohol is something that took over my life for a long time. I just came



out of rehab a couple months ago so I'm just trying to keep busy, get to meetings and places like this I'd have never really thought of before.

I was invited along and it's been really nice just to sit with people, like I say, who have gone through the same."

The activities that DRN put on are often a good way to do something more than just talk about recovery.

"I go to AA meetings where we're all talking about alcohol and recovery so it's nice to get away from that as well.

When you're [in meetings] you're hearing that bad side but with this it's not all bad being in addiction, there's nice things you can do as well."

During Steph and Ana's workshop everyone started off with a strip of silver which they wound to the correct size after measuring their fingers.

The silver was bent into shape then soldered before being textured with a hammer, cleaned and polished.

Each participant left the workshop with their own ring, a smile on their face and the feeling that, even for a little while, some of the stresses of life in recovery had been lifted.

DUNDEE RECOVERY

EST.

2023



NETWORK



 Dundee Recovery Network - Hilltown

TWICE AS GOOD

CASE STUDY BY ANON.

In April 2023 Steph wanted to do jewellery classes at the Bella Centre as she had got funding for it. The classes now run on Mondays with the women here including myself.

First day in the class though I walked out and disappeared as I thought "no, can't manage" as I have cerebral palsy and it affects my right hand.

The following week I went back after an officer spoke to Steph and explained my difficulties.

She managed to get hold of a few gadgets including a 'third hand' to help me and my confidence.

It was a slow process but each time I went I got better.

I know I'm safe with Steph because she'll take her time and listen. She's one of those people who just gets it.

Going into a new group can be scary but I didn't feel isolated which was good for me.

I gradually built up my confidence

until I was able to help the new women who've come into the Bella Centre to make silver rings and bracelets.

My confidence is still growing as the skills I've learned I just never thought I would have.

Right now I'm waiting on getting Community Access which means 3 days a week working on the outside and unescorted day release to visit family.

I'm on a life sentence so there's a lot of paperwork to go through before that can happen. It's a slow process but in the long run it'll be really good.

As soon as it's all taken care of Steph has offered me a placement working in her jewellery workshop but until then Steph still comes into the Bella Centre every week so I can finish off my rings.

I know myself when I get out to work, I'll have the skills and knowledge to do it myself. The opportunity to work is really important to me because if I can keep it going for a year then I'll hopefully be allowed overnight stays in the community.

I learned so much from Steph that I now see rings in the shop and think yeah I could've made that twice as good!

The Bella Centre is a Community Custody Unit opened in 2022 and operated by the Scottish Prison Service. It can house up to 16 low supervision women and young people in 3 houses at its site in the Hilltown area of Dundee.

The Lochee Community Larder and Cafe is a volunteer-run charity helping people in more ways than one.

So much so that in 2020 they won the Evening Telegraph's Community Champion Award in recognition of all their fantastic work.

Established in 2019 and based at Whorterbank, the cafe is open on a Monday, Wednesday and Friday from 10.30am - 2pm where you can go to get a seat and a bite to eat.

There is also the food larder where you can get a selection of different priced food parcels - £3 for a basic bag, £6 for a basic bag plus 2 items from the fridge or freezer, and £8 for a basic bag plus 4 items from the fridge or freezer.

The larder is open Mondays, Wednesdays, and Fridays 10.30am - 12.30pm

There's often folk from different services in the city who are there to help people in need with things like benefits, housing and so on. If the service you need is not there they will signpost you or put you in touch with the right people for your needs.

I have been and experienced their services. They are all good people doing a good job treating people with love and respect and I take my hat off to them all. When you walk through the doors you're met with a warm

welcome and have the opportunity to meet all kinds of people, get a free breakfast roll and dinner.

Also on a Tuesday night the cafe has a cosy space from 5.30pm till 7.30pm and on Saturdays from 12pm till 2pm where you can go for a free meal.

I think the plight of so many people in Britain is terrible. 20 years ago food banks were unheard of and now they're everywhere. Why are we as a nation in this mess? Who is responsible? Either way we're here and without our voluntary sector where would we be?

I have volunteered all my life and so I love to see the people take back control and empower themselves to help themselves.

Recovery in every sense. Don't make things worse let's make it better.



LOCHEE COMMUNITY CAFE



by Alexander Lafferty

Diamonds From The Rough

words and pictures by Wendy MacDougall



Diamond art created from a kit

I was very creative when I was a child but like a lot of us growing up life takes over, work and family get in the way, and I stopped being as creative.

During lockdown I was really bored and had loads of time which is when I picked up my artwork again.

I consider myself quite lucky and had a not bad support network. So for me it wasn't so much the isolation of lockdown but the boredom.

I've got a child with additional support needs and there's only so much Paw Patrol you can watch before it gets right on your last nerve.

I needed to be physically doing something so that I wouldn't be overthinking during the boredom of lockdown.

The diamond art kits are perfect because they aren't that expensive and you can get them pretty much anywhere.

I don't overthink so much when I'm doing my art because when you're concentrating on a particular piece, especially if you're doing it for someone else, you don't have time to think about what's going on in the back of your head.

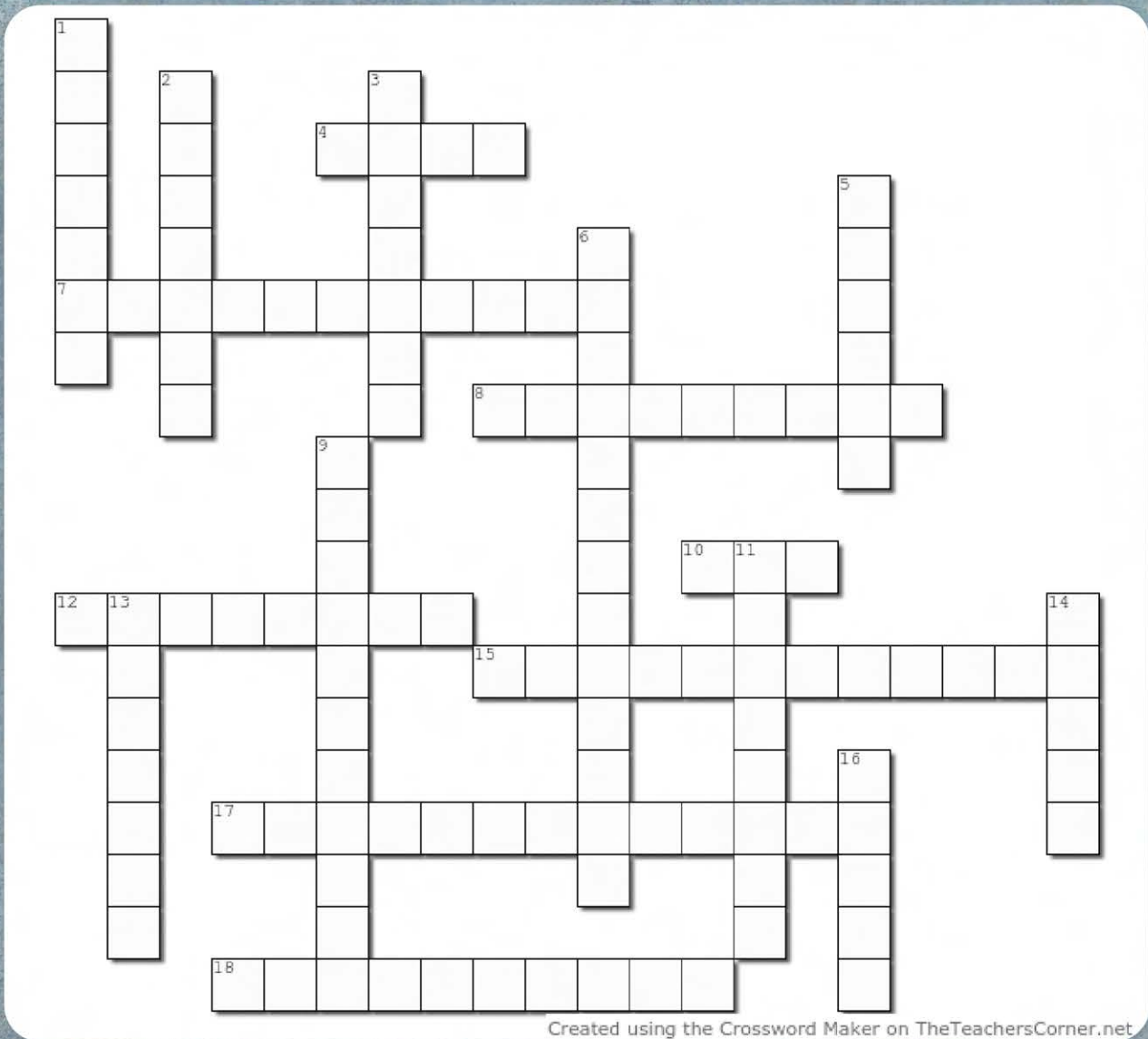
I prefer doing drawings or diamond art as gifts because I'm more likely to take my time. It helps me get away from the stresses of life because you get in the zone doing it and before you know, wow is that the time!

Lockdown has a lot to answer for but for myself at least I got a new pass-time out of it and a way to cope better with the stresses of everyday life.



Diamond art created from a photo

Crossword



Created using the Crossword Maker on TheTeachersCorner.net

Answers on the back page

Clues

Across

4. Opposite of despair
7. Positive statement of belief
8. Gradual change over time
10. A feeling of great pleasure and happiness
12. Forward movement towards something better
15. A significant discovery
17. Firmness of purpose
18. The feeling of having little doubt

Down

1. Starting afresh with positivity
2. Feeling of optimism
3. The strength to face difficult situations
5. A guiding light in the darkness
6. Inspiring someone to keep going
9. Anticipation of good things to come
11. Positive outlook on life
13. Shining brightly
14. Expression of encouragement
16. Working together for the common good



General Disclosure:

The views expressed in Recoverzine Dundee are those of the individual contributors and do not necessarily reflect the views of DVVA, its staff, or partners.

The articles in this magazine do not constitute advice and are offered as suggestions and personal experiences only.

If you require specific advice on any topic, you should contact an expert or an appropriate professional in the relevant field.

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We are keen to hear from anyone with lived experience of recovery. This could relate to your own journey or the journey of someone you know.

Please send any submissions for the next issue of Recoverzine Dundee to rossbull@dvva.scot before 1st June 2024.

Please also get in touch if you would like support with your submission or just want to discuss your ideas over a cuppa.

If you would like to see your work featured in the next issue of Recoverzine please send it in no later than **1st June 2024**.



**DON'T
MISS OUT!**

If you would like some support before submitting please let us know. Some of the articles featured in Recoverzine are entirely written by the author. For those less confident with writing one of our Engagement Workers can have a chat with you and turn the recording of the conversation into an article that you're happy with.

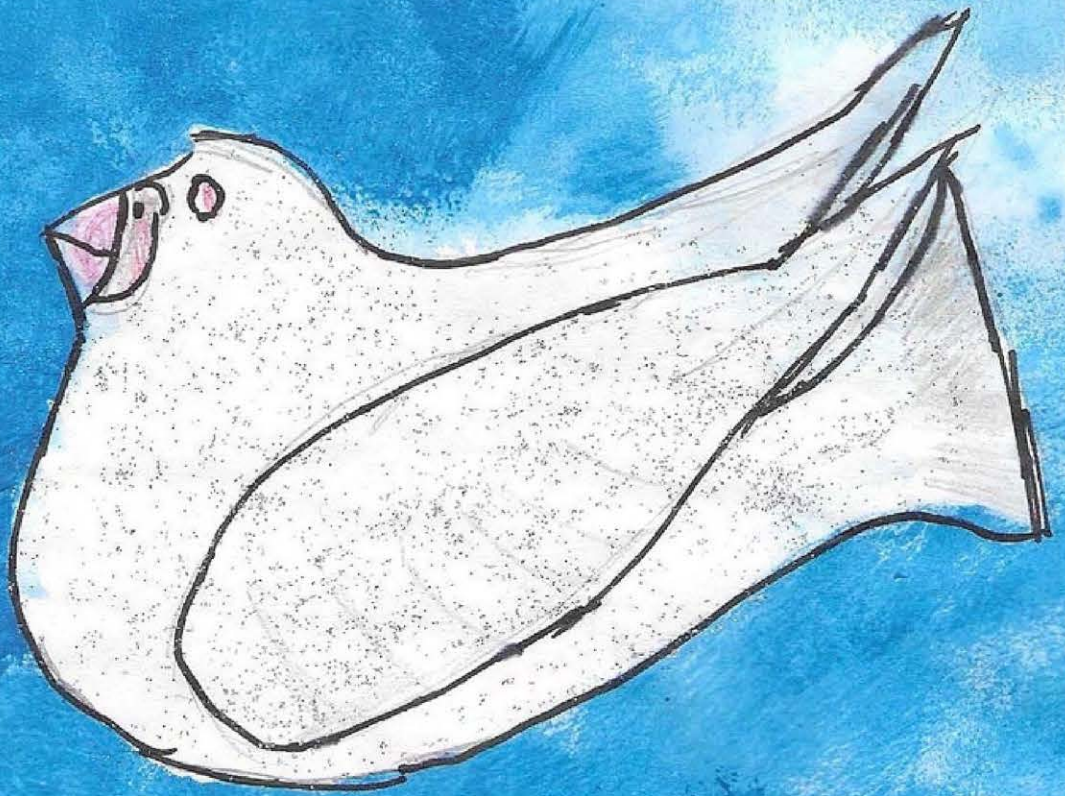


Poetry
Recovery Stories
Features
Reports
Visual Art

To submit your work or to discuss support please contact rossbull@dvva.scot

Across: 4 Hope, 7 Affirmation, 8 Evolution, 10 Joy, 12 Progress, 15 Breakthrough, 17 Determination, 18 Confidence
Down: 1 Renewal, 2 Hopeful, 3 Courage, 5 Beacon, 6 Encouragement, 9 Expectation, 11 Optimism, 13 Radiant, 14 Cheer, 16 Unity

PEACE



HOPE

artwork by Wendy M.