

Safety Checklist for the Festive Period

- ✓ **Set a limit** for what you're using, whether it's drinks, pills, powders and stick to it.
- ✓ Use cash or **set a budget** so you don't end up spending more than planned.
- ✓ **Eat something solid** before using, it helps your body cope and can slow absorption.
- ✓ **Hydrate often**, water or soft drinks between alcohol or doses.
- ✓ **Avoid mixing alcohol with other drugs**, especially benzos, opioids, or prescriptions, it increases overdose risk.
- ✓ **Test your drugs** if you can. **Start with a small amount.**
- ✓ **Use clean gear, don't share** straws, pipes, foil, or needles.
- ✓ **Stick with people you trust**, check in with each other, especially if someone's using heavily.
- ✓ **Listen to your body**, if you feel off, dizzy, or sick, stop and get help.
- ✓ **Carry naloxone** if opioids might be around, it's free and saves lives.
- ✓ **Know the signs of overdose**, slow breathing, blue lips, unconsciousness. **Call 999** and stay with them.
- ✓ **Everyone's on their own journey.** Respect if someone's cutting down or staying sober.

Extra Medication

Over the Christmas Bank Holidays, you won't be able to collect Physeptone or Espranor. You'll get extra doses the day before, **take them as prescribed**, not all at once. Taking more than your usual dose, especially with other substances, raises your risk of overdose.

Your guide to staying safe this Holiday Season

Sending you festive cheer and safe celebrations from all of us at Turning Point Inspiring Recovery



Opening Times

Tel: 0300 1231912 (option 3 then 1 for Wakefield and option 3 then 2 for Castleford)

Day/Date	Opening Timing	Needle Exchange Timing
Wednesday 24th December	9:30 - 16:00	13:00 - 15:00
Thursday 25th December	Closed	Closed
Friday 26th December	Closed	Closed
Wednesday 31st December	9:30 - 16:00	13:00 - 15:00
Thursday 1st January	Closed	Closed

Please note that on the specified dates, the opening and needle exchange timings will be as listed. On all other days, we will operate according to our usual schedule.

Ketamine

Ketamine can cause **bladder damage, cramps, and coordination issues**. Start low and take breaks to avoid building tolerance. **Stay hydrated** before, during, and after use. **Avoid mixing** with other drugs, especially depressants. **Use your own snorting tool**, chop finely, rinse your nose, and test your drugs.

Stimulants

Stimulants like **cocaine, crack, ecstasy, M-Cat, and amphetamines** boost brain **activity**, increasing alertness and energy. Taking too much or mixing them with other drugs can cause serious issues like **irregular heartbeat, hallucinations, seizures, and even death**.

Nitazenes

Nitazenes are a particularly **strong synthetic opioid** which carry a **significant risk of overdose**. They have been found in a number of substances, not just opioids. **We offer test strips** to check for nitazenes before use and **recommend carrying two Naloxone kits**, as one dose may not be enough.

What's an Overdose & Signs of an Overdose

An overdose is when someone takes **too much of a substance**.

An opioid (like Heroin, Morphine, Codeine, Methadone) overdose causes respiratory depression. This means someone's breathing has slowed down to a dangerous level or stopped completely.

If you suspect an overdose, you must **call 999** and ask for an ambulance. Inform the operator that someone is unconscious and having difficulty breathing, follow the operator's instructions. Naloxone can restore breathing giving time for an ambulance to arrive.

Naloxone Saves Lives

Ask your Key Worker about Naloxone



- Slow or no breathing
- Snoring or gurgling sounds



- Nodding off or unresponsive
- Can't be woken up



- Cold and clammy skin
- Gray or blue skin, especially around lips or nails

Mixing Drugs and Alcohol

The holiday period is when people tend to drink more than their daily recommended limit (2-3 units). If you're planning to drink alcohol, please be aware that **mixing substances significantly increases the likelihood of an overdose**.



1.6 units
1 bottle of premium beer (330ml)



2.3 units
1 pint of beer (4% ABV)



2.6 units
1 pint of cider (4.5% ABV)



1 unit
1 glass of 25ml measured spirits (40% ABV)

Prison Release

Tolerance decreases rapidly after a break in use, making an overdose more likely in the initial 2 weeks after release from prison. It is important for you to go easy and speak to your key worker for more information and advice.

Useful Contacts

Service	Telephone & Opening Timing
NHS 111: Non-emergency 24/7 medical help and advice for people in England.	111 If you call 111, select option 2 to access a 24/7 helpline offering urgent mental health support.
Samaritans: Samaritans have a helpline for anyone in emotional distress, struggling to cope or at risk of suicide.	116 123 samaritans.org Open 24 hours a day, every day of the year.
Campaign Against Living Miserably (CALM): Information and support for anyone affected by suicide or suicidal thoughts.	0800 58 58 58 5:00pm to 12:00am, every day of the year.
National Domestic Abuse Helpline: 24/7 helpline for women who have experienced domestic abuse and violence, with all female advisors.	0808 2000 247 nationaldahelpline.org.uk Open 24 hours a day, every day of the year. They also have a live webchat- Monday to Friday, 10:00am to 10:00pm.
Shout: Confidential 24/7 text service offering support if you're in crisis and need immediate help.	85258 (text SHOUT) Shout is open 24 hours a day, every day of the year.

Pharmacy information

Please Note: Pharmacy opening hours are subject to change. These pharmacies also issue Naloxone Kits.

