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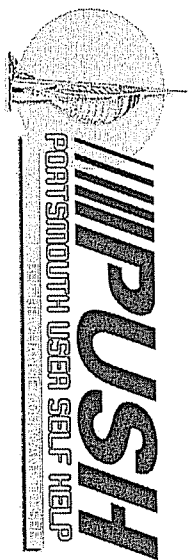
PORTSMOUTH USER SELF HELP

BE THE CHANGE YOU WANT TO SEE



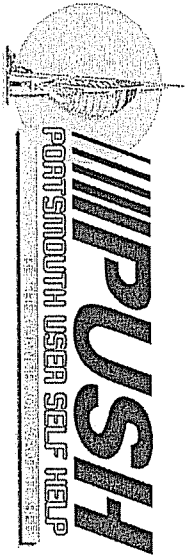
WHAT IS PUSH?

- We are an independent peer led service user group
- We promote inclusion rather than exclusion, being a Service User group, anyone is welcome to join us over the age of 18 with a substance misuse history.
- We are not abstinence focussed.
- We are the voice of the Service User.
- We provide advocacy for all service users within Portsmouth.
- We provide harm reduction workshops across the city such as overdose workshops and safer injecting practices.
- We offer support groups such as relationship therapy and support for people with blood born viruses (Hepatitis C at present).



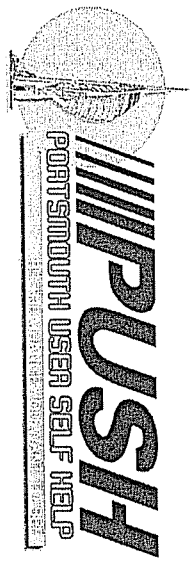
HISTORY OF PUSH

- PUSH Began its life about 4 years to boost Service User involvement in Portsmouth. As part of the Portsmouth Drug and Alcohol Action Team (D.A.A.T) and the Safer Portsmouth Partnership, Danny Sullivan was appointed as the Service User Involvement Co-ordinator of PUSH.
- A small number of service users gathered outside the Civic Offices in Portsmouth and life for PUSH began their. Eventually we managed to rent a room in the John Pounds Centre.
- The early PUSH members began sending out blanket email enquiries for a bigger space to hold a growing PUSH and Central Point allowed us to use their offices on the first floor of their building.
- PUSH continued to grow in numbers and we found our permanent home above the library in Elm Grove, where we continue to reside today.



OUR AIMS

- The aim of the group shall be to provide Peer advocacy, Peer support and representation for the drug and alcohol using community at all levels of planning, policymaking, and service provision.
- To challenge and change discriminatory attitudes in the community.
- The primary aims of P. U.S.H. are to Increase effective and meaningful user involvement in services accessed by people with substance misuse problems in Portsmouth .
- Increase, develop and maintain effective and meaningful user involvement in strategic planning, delivery and review.
- To improve the health and social care of users and there carers Empowerment of service users and carers.



OUR AIMS (continued)

- To develop and incorporate effective and meaningful user and carer involvement mechanism's within services
- To further develop and maintain user needs led services.
- Develop approaches that empower users and carers and help eradicate oppressive and discriminatory practises within the substance misuse services in Portsmouth.
- The Safer Portsmouth Partnership recognises that effective service user involvement informs commissioning and improves treatment outcomes for individuals.
- The Safer Portsmouth Partnership are committed to involving Service users in the planning, commissioning, delivery, monitoring and evaluation of services accessed by drug and alcohol users in Portsmouth



PUSH ADVOCACY

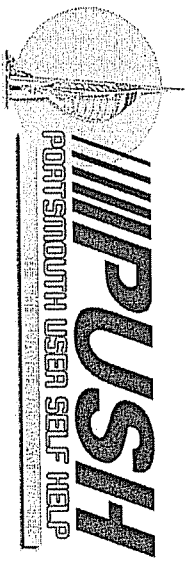
All advocates are fully trained and undertake weekly supervision.

Service Users can get support around anything relating to their treatment needs and rights.

For example... Prescriptions, Detox (In Patient or Home) Care plans, Choice of Treatment, Choices of Treatment Centres and Rehab's, Housing, Or just where the Service User may feel they are not being heard.

All PUSH advocates undertake regular training and attend weekly supervision which takes place at the PUSH office every Tuesday morning from 11am. We have two advocates at each of our clinics which consists of the lead and a shadow. A shadow is an advocate who is training into the role of one of our lead advocates and fully supported by the lead at all times.

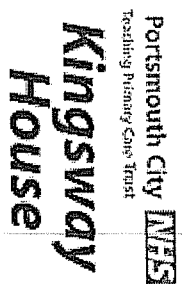
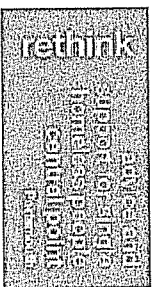
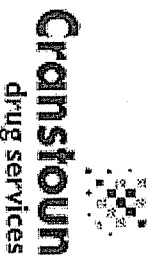
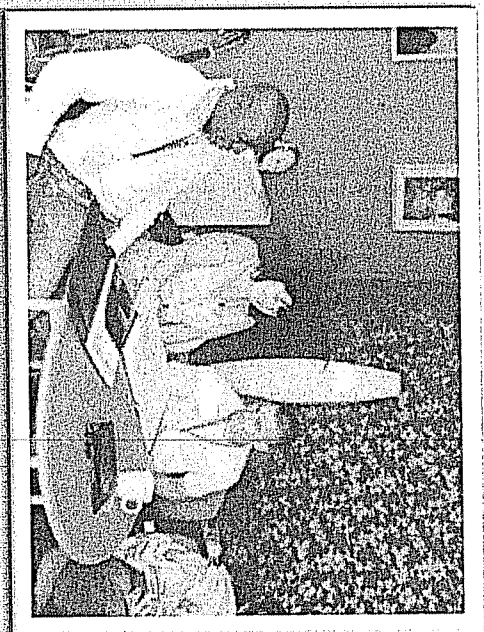
PUSH is always looking to recruit new advocates. If you feel this is something you would like to get involved in please contact us or visit our open forum which takes place at the office every Tuesday from 2pm.



ADVOCACY CLINICS

We provide advocacy clinics at the following services with Portsmouth:

- ❖ Cranstoun Structured Day Care Programme.
- ❖ Cranstoun Open Access.
- ❖ Cranstoun Needle Exchange.
- ❖ Cranstoun Woman's Service.
- ❖ Kingsway House
- ❖ Central Point.
- ❖ Baytrees





PUSH FORUM

Every week PUSH members get together in a forum environment to discuss what's been going on in substance misuse around the Portsmouth area. PUSH members feedback on events attended during the previous week and then each event is opened up for discussion by the forum itself.

The forum takes place in the PUSH building situated at 157 Elm Grove, Southsea (above the library) every Tuesday from 2pm to 4pm. Refreshments are provided and anyone is welcome to attend. We often have visitors and guest speakers attend the forum and we do ask that for the safety and benefit of PUSH members and anyone attending the forum that you do not attend while intoxicated. However we do not operate an abstinent policy so you can attend and get involved regardless of you still using substances, being on a maintenance script or in treatment.

If you would like to get involved with PUSH, then our forum is the place to start. Here you will get to meet and listen to other PUSH members share their experiences, be offered training and support and given the opportunity to attend some of the events we are invited to around the city of Portsmouth.



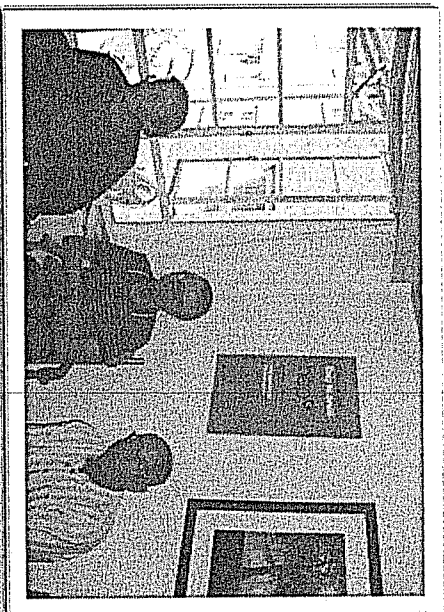
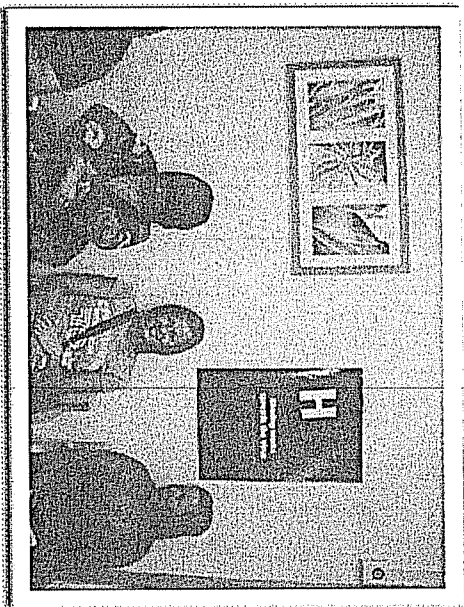
PUSH MEMBERS

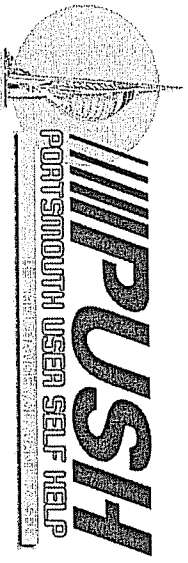
Voluntary Members:

- Chairman
- Vice Chairman
- Treasurer
- Secretary
- Advocate
- Forum Member

Paid Members:

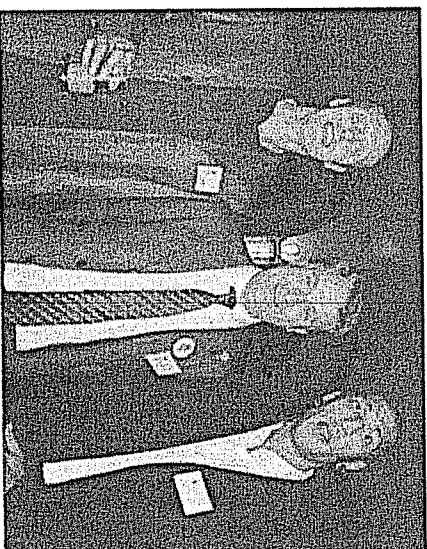
- Service User Co-ordinator
- Development and Support Workers
- Positive Parenting Programme Worker

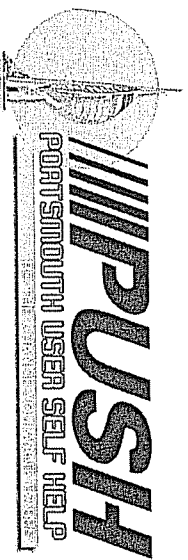




PUSH INVOLVEMENT

- JCG (Joint Commissioning Group)
- Clinical Governance
- DAG (Drug Action Group)
- WRAP (We Reflect Around Practice)
- NHS PCT (Primary Care Trust) Interview Panels
- Dual Diagnosis
- Portsmouth LINK (Local Involvement Network)
- DIP (Drug Intervention Programme) Team
- Overdose and Harm Reduction Workshops
- Drug Education With Local Schools
- LGBT (Lesbian, Gay, Bisexual, Transgender) Work
- BBV (Blood Born Virus) Support
- KWH (Kingsway House)
- CDA (Cranstoun Drug Agency)
- Central Point
- Baytrees Detox Unit
- Patient Focus Groups
- **Standards For Better Health**





CURRENT PROJECTS

PUSH WEBSITE: The PUSH website is now up and running. You can view the website at the following address:
www.pushingchange.org

HEPATITUS C SUPPORT GROUP: The Hep C support group takes place on the 1st Saturday of every month at 4pm at the PUSH offices. Anyone looking for support around Hep C is welcome to attend.

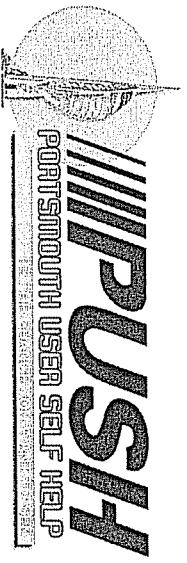
ADVANCING KINGSWAY HOUSE: We are currently helping Kingsway re-develop their assessment process reducing the time it takes for a service users pathway to a prescription. We are also helping Kingsway to change the service for the better, and have regular meetings with Kingsway.

DRUG INTERVENTION PROGRAMME: We currently hold regular groups with the DIP, sharing our experiences of recovery from substance misuse problems and of the legal system. We also sit on the DIP steering group.

PUSH NEWSLETTER: We are currently designing a service user newsletter.

LESBIAN, GAY, BI-SEXUAL, TRANSGENDER WORK: We now have an LGBT worker within PUSH who works alongside GLOW and INSCAPE.

SMART RECOVERY: PUSH has just launched a peer lead support group working on the SMART model. This takes place every Monday at 2pm. The idea is to provide a support network for people who struggle with the 12 step fellowships in Portsmouth.



TRAINING OFFERED

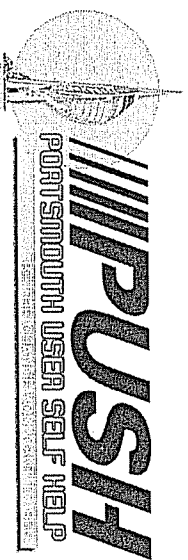
At PUSH we aim to move people onto full time, paid employment. Many of our members have since gone on to work with substance misuse services across the country. Some of these include: Learning Links in Portsmouth, ANA Treatment Centre in Portsmouth, Probation at Portsmouth, The Portsmouth Alcohol Interventions Team, The Portsmouth Drug Intervention Team, Baytress Detox Unit, The Hampshire Drug and Alcohol Action team and Bournemouth's Crime Reduction Initiative.

We currently offer the following courses within PUSH:

DANOS (Understanding substance misuse) - NVQ Level 3
Advice and Guidance – NVQ Level 2 and 3

We also train people in the following:

- Peer Advocacy
- G.O.A.L.S (Gaining opportunities and living skills)
- SMART Groups (Self management addiction recovery therapy)
- Brief Alcohol Interventions
- Safer Injecting
- Harm Reduction
- Overdose Prevention
- Relapse Prevention



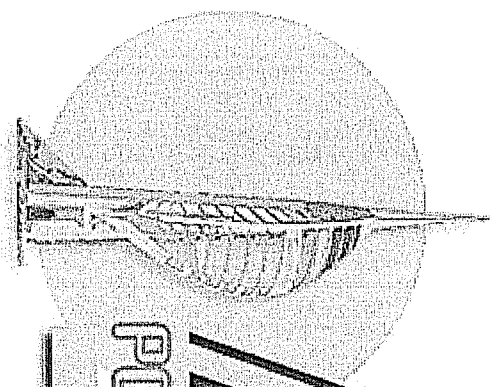
SUPPORT

Here at PUSH we aim to support people within their recovery. For many of us PUSH has been a fundamental part of our journey in recovery. It offers a support network, builds self esteem and self worth and gives people an opportunity to build a C.V. To use when returning back into paid employment.

We also currently offer the following on going support groups at PUSH:

- **Basic Maths and English Courses**
- **Creative Writing Courses**
- **Photography Courses**
- **Relationship Courses (Group Therapy)**
- **Access to one to one counselling**
- **Smart Recovery Groups**

As well the various groups and courses on offer, for many of us PUSH has become like a family, offering each other support on an on-going basis. The infamous PUSH lunch takes place every Tuesday lunchtime with many of us getting together after advocacy supervision on Albert road and we also have regular PUSH dinners at gun wharf, photos from which are often found on Face Book and of course the PUSH website. Many of us find that PUSH gives us a structure and a purpose in recovery and for those people just about to leave residential rehab this is often of great benefit!



PUSH

PORTSMOUTH USER SELF HELP

BE THE CHANGE YOU WANT TO SEE

**"We're here to help you with all your
substance misuse and treatment needs"**

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