



Voices – Action – Change (V-A-C) is an exciting project developing Service User Involvement and co-production across the substance misuse treatment landscape in Cardiff and Vale of Glamorgan.

What [VAC] means: actually having a way of putting a positive input into the system...and seeing the system change.

MEETING CAVDAS

We went to the first CAVDAS Service User/lived experience meeting on the 16th of June, learning more about how substance misuse services will look from 1st August. We know change is coming but that it won't all happen overnight. The main things we heard were: that support and treatment will continue with no break; coproduction will be at the heart of the new design and delivery. VAC will facilitate this! This is why they need YOU to share your thoughts!

More sessions are coming up, so stay in touch, get your questions ready and bring a friend!



1 IN A MILLION

"I see P most days, same spot, same smile, and we chat.

He's a cartoonist and his characters are full of irony.

I mention a VAC event down the Bay, what it is about and discuss popular issues. He's sharp and observant at knee level and says: 'great see you there.....'

Next day I see P and he says 'sorry, couldn't face losing [his] spot on the manor' His eyes have a lost childlike look of resignation.

His 'manor' is a 1-meter paving stone outside a supermarket. How can this be right...and for him to feel he'd let others down...really?"

- Owen, VAC Rep



IT STOPS WITH US

Written by Claire, a VAC Rep

This is a van that helped to save lives. A van that enabled the safe use of drugs for those suffering with substance misuse disorders and addiction. This was a place for people to use safely and cleanly to help the reduction of drug use on the streets and keep people safe. Although this van is no longer operational, it is still being used to spread awareness on the tragic reality of drug misuse.

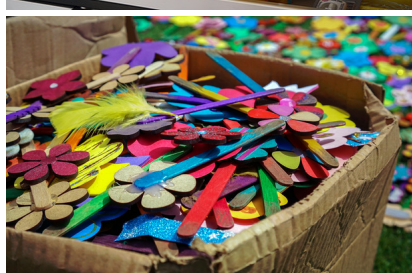


The flowers all over the floor symbolise the numbers of people lost to addiction in one year...4335 losses that could have been avoided. My heart was breaking reading all the names of the people lost, and for all the families who have lost loved ones due to this illness.

We need to detach from the stigma of drugs and put more measures in place so people can feel they can reach out for help whilst trying to achieve the goal of sobriety and give them a safe space to use if they have to.

What an amazing meeting by the Senedd, with Voices Action Change Reps, Kaleidoscope, politicians, the police and probation services, substance misuse services, charities, volunteers and survivors with lived experiences of addiction coming together to help aid the transformation of the way substance misuse services and addicts are supported.

This could be your child, my child, anyone's child.
#itstopswithus



Photography by JayStarPhotography CardiffSoul jaystarphotography

Do you have an issue or question you would like Representative views on? Please get in touch and we can help facilitate that.

If you are a service provider, please share our VAC news with your service users. If we can help, with anything, please get in touch!

If you believe yours or others views are missing, help connect us to them!

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