

CHARMUS

A Forum for Carers Affected by Substance Misuse



Your Opportunity to Get Involved!

We will be re-launching our Forum in the very near future, and we are inviting all carers whose lives are affected by substance misuse to get involved.

The Forum is an opportunity **for carers who want to see change** in either drug or alcohol services to make a difference.

The Forum provides an opportunity to **have your voice heard**, as part of a

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group, which is often more effective than as an individual.

Meetings to be held once a month and lunch will be provided.

Watch this space for further information, and dates of meetings to be held.

If you would like to express an interest in joining the Forum then please contact Jane on **0151 288 6068**



The Princess Royal Trust
for Carers
Network Member

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Sefton Carers Centre

Carers Contact eXtra

news for carers affected by substance misuse

Respite Breaks for Substance Misuse Carers



After a successful second year, our holiday home is now closed for the winter.

A well earned respite break was provided to many carers, and their families, whose lives are affected by someone else's substance misuse.

We will reopen again in the spring, therefore, if you would like to apply for a respite break next year, please speak to your Carer Keyworker for an application form.

Contact the Carers Centre on 0151 288 6060 for more details.

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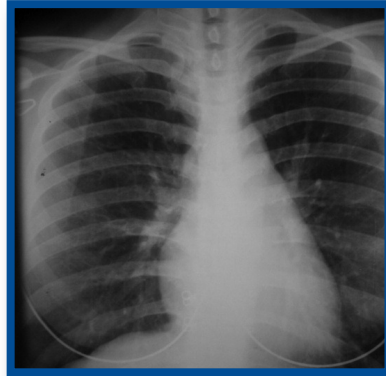
THE
TRUTH
ABOUT
TB

What is TB?

Tuberculosis - Be Aware, Stay Safe

If you or the person you care for take drugs or drink alcohol excessively, then you are at increased risk of contracting TB.

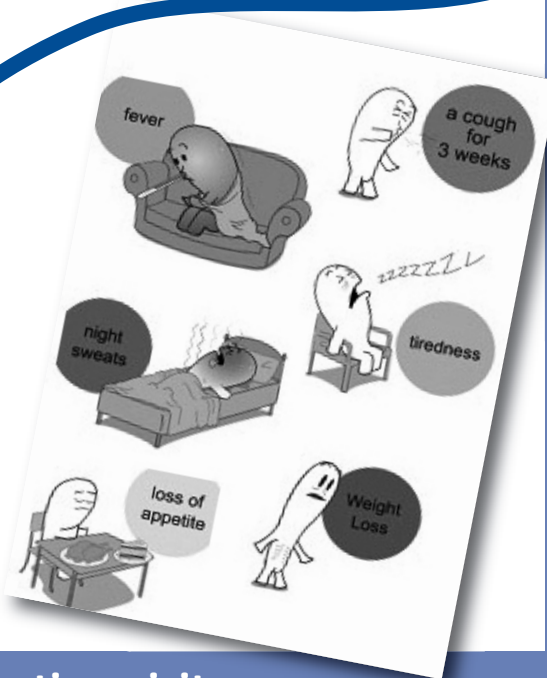
TB is a serious, but curable infection caused by airborne bacteria. It can affect any part of the body, but mainly the lungs



Symptoms

Look Out For:

- A cough for three weeks
- Fever
- Tiredness
- Night sweats
- Weight loss
- No appetite



If you think you have TB:

- Go to a doctor: call in at a local surgery or visit www.nhs.uk to register. You can also visit a local drop-in centre.
- Go to the Accident & Emergency department of your local hospital.

Accessing Services:

- TB treatment is free for everyone in the UK
- Doctors are there to help: they will take you seriously if you say you are worried about TB
- NHS staff follow strict rules on confidentiality: your personal information will be kept private

Do You Know Someone With A Drugs Problem?



Do they need access to support and treatment, including counselling, detox and rehab?

Then contact the Health & Wellbeing Centre
221 - 223 Knowsley Road,
Bootle on

0151 934 3100

The gateway to drug services in Sefton

Sefton Drug Action Team is committed to tackling the issue of drug misuse and works closely with a number of partners to deliver a comprehensive range of education, prevention, treatment and aftercare services for drug users and their families in the borough

All services are free & confidential

For more information visit
www.thetruthabouttb.org or www.tbalert.org