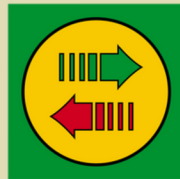


# HARM REDUCTION HUBS



## WHAT ARE THEY?

Previously referred to as Needle and Syringe Programmes (NSPs), Harm Reduction Hubs are **easy-access** services aimed at helping individuals to reduce the harms linked to substance use through a range of specialist interventions.

These services were introduced into the UK in the late 1980's, as a response to the worsening HIV/AIDS epidemic, and have since evolved to minimise the impact of a range of substance related harms including drug related overdoses, bacterial infections, and the transfer of hepatitis B & C.



**CAVDAS**  
0300 300 7000  
info@cavdas.com  
www.cavdas.com

### TYPES OF HARM REDUCTION HUBS

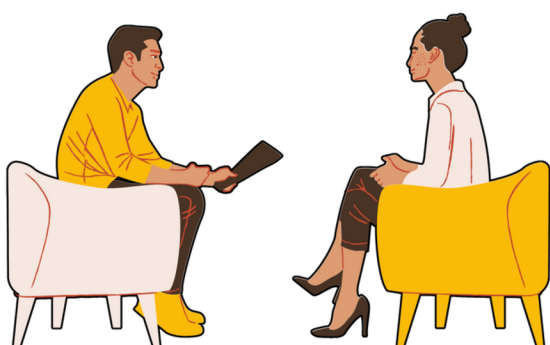
Across Cardiff and Vale of Glamorgan there are two types of Harm Reduction Hub which help cater for a range of needs - Specialist Harm Reduction Hubs and Community Pharmacies. The services you can expect to see on offer include:

#### SPECIALIST HARM REDUCTION HUBS

- Supply of sterile injecting equipment (e.g. needles, syringes, spoons, filters, VitC, sterile water), and foil
- Sharps bin provision and returns
- Supply of naloxone kits (injectable and nasal) and overdose prevention training
- Finger prick testing for hepatitis B, hepatitis C and HIV and referrals to treatment
- Dressing packs for early bacterial infections, and wound care advice
- STI self-testing kits, along with condoms and sexual health advice
- Specialist information and advice e.g. safer injecting, alternatives to injecting, anabolic steroids and image enhancing drugs etc.
- Referrals into support services e.g. drug and alcohol, homelessness, health teams etc.
- Drug testing via WEDINOS and follow up advice

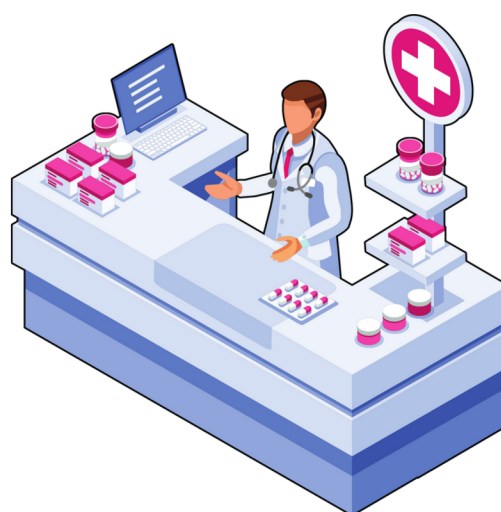
### WHO IS ABLE TO USE THESE HUBS?

**Anyone and everyone**, from all walks of life, can access a harm reduction hub as frequently as needed. Harm Reduction Hubs cater to **all individuals who use drugs (including steroids)**, tailoring the service to **all needs** via a **supportive, empathetic** and **non-judgemental** approach.



Harm Reduction Hubs are **open access**, so **no appointment is needed**, **free** and **confidential**!

### COMMUNITY PHARMACIES



- Supply of sterile injecting equipment (e.g. needles, syringes, spoons, filters, VitC)
- Sharps bin provision and returns
- Specialist health information and advice
- Minor illness interventions, including; Common Ailments, Urinary Tract Infection, Throat Infection and vaccination services (where available)
- Signposting into support services e.g. drug and alcohol, homelessness, health teams, STI testing etc.

### DOES ANY PERSONAL INFORMATION GET RECORDED?



In the main, only a minimal amount of personal information needs to be recorded. Individuals will likely be asked for their initials, date of birth, and basic demographic and substance information. This is to ensure staff can provide the best service possible, and help develop future services.

For interventions where a follow-up is needed (e.g. testing, supply of naloxone) individuals may be asked to provide more detailed information.