

DO NOT MIX DRUGS & ALCOHOL
DO NOT USE ALONE

SAFETY

- To reduce the risk of overdose if you have not used drugs for a while, use smaller amounts than you would normally use
- If you have swelling or abscess around an injecting site go and get it seen by a doctor or nurse

INJURIES

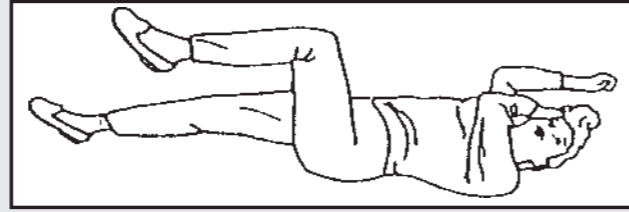
- Use the smallest needle possible to inject
- Clean sites and hands before preparing to inject
- Use the smallest amount of acid possible
- Do not lick the needle before injecting
- Introduce the needle at a shallow angle
- Inject with the blood flow (towards the heart)
- Check that you are in the vein by pulling back the plunger (dark red blood should enter the barrel)
- Release the tourniquet before the hit
- Inject slowly
- Alternate injection sites regularly

GOOD PRACTICE

Only use your own equipment, including Needles, Filters, Syringes, Mixer, Acid Containers, Water and Tourniquet

INJECTING DRUGS IS RISKY!

PLEASE WAIT FOR THE AMBULANCE TO ARRIVE



IF PERSON IS BREATHING AND HAS A PULSE PLACE THEM IN THE RECOVERY POSITION



- Repeat 2 breaths and 30 compressions until ambulance arrives or person shows signs of life
- Press down firmly and smoothly
- Measure 2 finger widths above this and place heel of one hand there with other hand on top
- Find the notch at the bottom of the breast bone
- Give 2 breaths without pause to inflate the lungs
- START CHEST COMPRESSION



- NO CIRCULATION
- Look for any movement
- Feel for pulse in neck



- CHECK CIRCULATION
- Make sure there are no air leaks and that the chest rises and falls
- Give 2 big breaths into their mouth
- Pinch nostrils



- IF NOT BREATHING
- Check breathing - look, listen and feel for signs of breathing
- Tilt head back and lift the chin to open airway

WHAT ACTION SHOULD YOU TAKE

- Looks weak / pale - blue / grey lips, toe & finger nails
- Breathing slowly or not at all
- Foam coming out of mouth or vomiting
- Snoring or gurgling when asleep
- No response to shaking, being shouted at or pain
- Very slow / faint pulse or no pulse at all

SIGNS OF AN OVERDOSE

PHONE 999 FOR AN AMBULANCE



Use Needle Exchange

don't be a tosser!

Needle exchanges rely on public good will, if we lose it by leaving used needles in public places, it may be harder to develop new services.

Never toss used needles in the street, in rubbish, down the drain or down the toilet.

Dispose of all used equipment at the needle exchange.

Discarded needles aren't someone else's problem they're yours

Neath-Port Talbot-Bridgend

Local Needle Exchange Services

We're here to help

SEVEN SISTERS

- PHARMACY NEEDLE EXCHANGE**
- 1 S.R Bailey Ltd Tel: 01639 700271
Dulais Road, Seven Sisters, Nant y Cafn, West Glamorgan, SA10 9EY
Opening Times: Mon-Fri 9am-1pm & 2pm-6pm

RHONDDA

- PHARMACY NEEDLE EXCHANGE**
- 2 Co-op Pharmacy Tel: 01656 732277
77a High Street, Nantyllyllon, CF34 0BT
Opening Times: Mon-Fri 9am-1pm & 2pm-6.30pm

PONTYPRIDD

- PHARMACY NEEDLE EXCHANGE**
- 3 Sheppard A & JM Ltd Tel: 01656 860480
2 Penybont Road, Pencoed, Mid Glamorgan, CF35 5RA
Opening Times: Monday-Friday 9am-6pm and Saturday 9am-5pm

PORTHCAWL

- PHARMACY NEEDLE EXCHANGE**
- 4 The National Co-op Tel: 01656 772443
11 Lias Road, Porthcawl, Mid Glamorgan, CF36 3AH
Opening Times: Monday-Friday 9am-6pm and Saturday 9am-2pm

BLAENGWYNFI

- PHARMACY NEEDLE EXCHANGE**
- 5 S.R Bailey Tel: 01639 850317
53 Jersey Road, Blaengwynfi, West Glamorgan, SA13 3TA
Opening Times: Monday-Friday 9am-1pm, 1.30-5.30pm

BRIDGEND/PEN-Y-BONT AR OGWR

- PHARMACY NEEDLE EXCHANGE**
- 6 Boots the Chemists Tel: 01656 659221
8 Caroline Street, Bridgend, Mid Glamorgan, CF31 1DQ
Opening Times: Monday-Saturday 8.40-5.30pm, Sunday 10am-4pm
- 7 Emersons Tel: 01656 745600
1 Bridge Street, Kenfig Hill, Bridgend, Mid Glamorgan CF33 6DB
Opening Times: Monday-Friday (except Wednesday) 9-1 & 2-6pm, Wednesday 9-2pm and Saturday 9-12pm
- 8 Gareth Rowe Tel: 01639 840440
22 Ogwy Street, Nantymoel, Bridgend, Mid Glamorgan CF32 7SA
Opening Times:

LOCAL DRUG & ALCOHOL SERVICES

- 9 Bridgend CDAT (Statutory) Tel: 01656 763071
The Old Trust HQ, 71 Quarella Road, Bridgend, CF31 1JS
Opening Times: Monday-Thursday 9am-5pm and Friday 9am-4.30pm (telephone only)
- 10 Ogwr DASH (Drug and Alcohol) (Voluntary) Tel: 01656 650686
74 Nolton Street, Bridgend, CF31 3BP
Opening Times: Mondays 9.30am-1pm & 2pm-6pm, (Young peoples service only aged 18 years or younger) Tuesday-Friday 9.30am-1pm & 2pm-6pm (Open to all).
- 11 YOT Bridgend (Youth Offending Team) (Statutory) Tel: 01656 657243
Tremains House, Tremains Road, Bridgend, CF31 1TZ
Opening Times: Monday-Thursday 8.30am-5pm and Friday 8.30am to 4.30pm
- 12 West Glamorgan Council on Alcohol and Drug Abuse (WGCADA) Tel: 01656 667717
Flat 4, Gaylard Buildings, Court Road, Bridgend, CF31 1BD
Opening Times: Monday-Thursday 9am-12.45pm & 1.30pm-4.45pm, Friday 9am-12.45pm & 1.30pm-4pm

OTHER RELATED HEALTH SERVICES

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- 13 ABM University Health Board Tel: 01656 752752
Suite 4, Princess of Wales Hospital, Coity Road, Bridgend, CF31 1RO
Opening Times: Monday 1.30pm-4.30pm and Friday 9.30am-12.30pm

A&E - NOT NEEDLE EXCHANGE

- 14 Princess of Wales Hospital Tel: 01656 752752
Coity Road, Bridgend, CF31 1RO
Opening Times: 24 hours everyday

MAESTEG

- PHARMACY NEEDLE EXCHANGE**
- 15 Maesteg Pharmacy Tel: 01656 732278
20 Talbot Street, Maesteg, Mid Glamorgan, CF34 9BW
Opening Times: Monday-Friday 9am-5.30pm and Saturday 9am-5pm
- 16 Co-op Pharmacy Tel: 01656 732106
43 Commercial Street, Maesteg, Mid Glamorgan, CF34 9DH
Opening Times: Monday-Friday 9am-1pm & 2-5.30pm and Saturday 9am-1pm
- 17 The Village Pharmacy Tel: 01656 734253
178 Caerau Road, Caerau, Mid Glamorgan, CF34 0PD
Opening Times: Monday-Friday 9am-6pm and Saturday 9am-1pm

PORT TALBOT

- PHARMACY NEEDLE EXCHANGE**
- 18 Co-op Pharmacy Tel: 01639 883473
20a, Victoria Road, Aberavon, Port Talbot, West Glamorgan, SA12 6AD
Opening Times: Monday-Friday 9am-5.30pm and Saturday 9am-1pm
- 19 Lloyds Pharmacy Tel: 01639 882085
187 Western Avenue, Port Talbot, West Glamorgan, SA12 7NE
Opening Times: Monday-Friday 9am-1pm & 2-6pm and Saturday 9am-12pm
- 20 Lloyds Pharmacy Tel: 01639 884300
38 Marsh Street, Aberavon, Port Talbot, West Glamorgan, SA12 6UD
Opening Times: Monday-Friday 9am-1pm & 2-6pm and Saturday 9am-12pm

LOCAL DRUG & ALCOHOL SERVICES

- 21 West Glamorgan Council on Alcohol and Drug Abuse (WGCADA) Tel: 01639 890863
46 Talbot Road, Port Talbot, SA13 1LN
Opening Times: Monday-Thursday 9am-12.45pm & 1.30pm-4.45pm, Friday 9am-12.45pm & 1.30pm-4pm
- 22 West Glamorgan Council on Alcohol and Drug Abuse (WGCADA) Cymer Outreach Clinic Tel: 01639 850326
16 Station Road, Cymer, Port Talbot, SA13 3HR
Opening Times: Thursday only 9.00am-4.45pm

OTHER RELATED HEALTH SERVICES

SEXUAL HEALTH CLINIC - NOT NEEDLE EXCHANGE

- 23 ABM University Health Board Tel: 01639 862000
Port Talbot Hospital, Hospital Road, Port Talbot, SA12 6PD
Opening Times: Monday 1.30pm-5pm and Tuesday 9am-1pm

NEATH/CASTELL-NEDD

- PHARMACY NEEDLE EXCHANGE**
- 24 Davies Pharmacy Tel: 01639 812291
103 Neath Road, Briton Ferry, Neath, West Glamorgan, SA11 2DQ
Opening Times: Monday-Friday 9am-1pm & 2-5.30pm and Saturday 9.30am-12pm
- 25 J.G & R.J Davies Tel: 01639 822676
29 Hunter Street, Briton Ferry, Neath, West Glamorgan, SA11 2RL
Opening Times: Monday-Friday 9am-6pm (close at 5.30pm on Thursday)
- 26 Manichem Pharmacy Tel: 01639 637117
32 Orchard Street, Neath, West Glamorgan, SA11 1HA
Opening Times: Monday-Friday 9am-6pm and Sat 9am-5.30pm
- 27 Medicine Centre (Novel Services Ltd) Tel: 01639 643152
153 Windsor Road, Neath, West Glamorgan, SA11 1NU
Opening Times: Monday-Friday 10am-5.30pm and Saturday 10am-12.30pm

LOCAL DRUG & ALCOHOL SERVICES

- 28 West Glamorgan Council on Alcohol and Drug Abuse (WGCADA) Tel: 01639 620222 (Abstinence)
30 Victoria Gardens, Neath, SA11 3BH
Opening Times: Monday-Thursday 9am-12.45pm & 1.30pm-4.45pm, Friday 9am-12.45pm & 1.30pm-4pm
- 29 West Glamorgan Council on Alcohol and Drug Abuse (WGCADA) Tel: 01639 633630 (Harm Reduction & NSP)
15 Victoria Gardens, Neath, SA11 3AY
Opening Times: Monday-Thursday 9am-12.45pm & 1.30pm-4.45pm, Friday 9am-12.45pm & 1.30pm-4pm