Harm Reduction Newsletter

Suffolk Drug and Alcohol Service
Autumn 2026

Welcome and Introduction

I have enjoyed meeting many of you over the past few weeks in my new role as harm reduction lead for Suffolk Turning Point. I hope that this quarterly newsletter will be helpful and will pique your interest.

What we've been up to:

We recently marked International Overdose Awareness Week with displays and memorial trees in each hub which were very touching to see.



We are thrilled to have achieved micro-elimination of Hepatitis C in our Lowestoft hub! This is testament to our Lowestoft's hubs persistent and hard work.

New Trends

We're starting to see more people use our needle exchange programmes for image & performance enhancing drugs as well as users of weight-loss medication. We encourage both the wider public and our clients to bring their returns to us and we can provide sharps bins for this

Drug Alerts

We continue to collaborate with Suffolk Constabulary and Suffolk County Council on communicating local drug alerts. We understand that illicit vapes sold as 'legal highs' but containing synthetic cannabinoids (e.g. 'spice') have been involved in several non-fatal overdoses recently and we are continuing to monitor this. We encourage people to use our testing strips which can test for fentanyl and nitazines (synthetic opioids which are significantly stronger than heroin). We continue to provide 2 naloxone units to all clients at risk.



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Training

Please use our QR code to access our courses via Eventbrite.
Naloxone refresher
Needle & Syringe Provision
Dry Blood Spot Testing (DBST): Help us to achieve micro-elimination of Hepatitis in Suffolk!
For booking and further information please contact either me or our training team:
suffolklearning@turning-point.co.uk

Watch this space

ONS statistics on 2025 drug trends are due to be published in early December, see our Winter newsletter for analysis and discussion.

That's all for now and thanks for reading! My contact details are below, I'd love to hear from you with any feedback and ideas for areas to cover in future.
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Referrals for substance use:
Web: For Professionals | Turning Point (turning-point.co.uk)

Referrals for family and friends affected by substance use:
Web: Get Support with Substance Use from Turning Point | Turning Point
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