

NEED GEAR? NEED CONDOMS?

The NESI team distributes kits for safer rock smoking, fits, and all the stuff that goes with them. We also have supplies for safer sex, and provide education and referrals to services.

Here's how to reach us...

(BIGGER) NESI Drop In!

Times: **Mondays to Fridays 1pm-4pm**

We're at Somerset West Community Health Centre (corner of Booth and Eccles). Drop-in for support and advocacy in a non-judgmental environment. Chat. Chill out on a couch. Grab some gear. Use a computer. Have a coffee. In a rush? You can also grab a five packs of stems or fits from reception or medical walk-in. Call us! We accept collect calls. **613.238.8210 ext.2246**

the NESI VAN

Just give us a call! **(613)761-0003**

We're happy to deliver supplies to you anywhere in the greater Ottawa Area. Got rigs to return? Used Pipes? We'll come get'em!

We're out on the road:

Tuesday mornings: 10am to noon

Monday to Saturday: 5pm -11:30pm

Wednesdays: 5pm to 10pm

(Sundays no service)

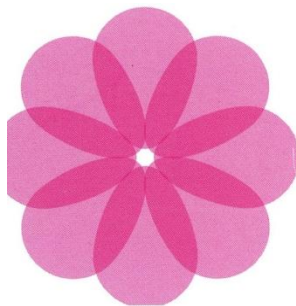
Outreach!

Outreach & Peer workers are out on foot throughout the week in different neighborhoods. Call our **outreach cells!**

Ali: 613.327.0003 (she's back!)

Shannon: 613.290.0363

Stan 613.295.4329



Daisy's

Support, Supplies &
Something to Eat

Fridays
5:30 - 8:30am

1475 Caldwell

Questions? 613-327-0002 or 613-722-4000 x.258

RESEARCH STUDY

"From prison to community: removing barriers to care for formerly incarcerated persons with HIV."

Looking for volunteers:

We are studying what kinds of challenges are faced by people living with HIV when trying to connect with health and social support services after release from prison.

Who can participate? People living with HIV who are at least 18 and have experienced trying to reconnect with health and social support services after released from prison

When? On September 9th, participants will be asked to take part in a group brainstorming activity, to share their stories and opinions.

To participate, please call Caleb 613.238.5014 ext 252 or clean 613.238.5014 ext 235. An honorarium will be provided.

TICKET DEFENSE PROGRAM AT SWCHC!!

SWCHC is now hosting FREE drop-in legal clinics at the NESI Drop-in!! Got a ticket? Cops beat you up? Come and talk with the Ticket Defense program! We can help you fight! You don't even need your paper work!

When?

(Every second Friday of the month)

12:30-2:30 Friday, August 7th

12:30-2:30 Friday, Sept 3rd

(see inside for a list of clinic locations)



NESI News AUGUST 2015

what's cracking?



Monthly info brought to you by SWCHC's Needle Exchange Safer Inhalation Program

NESI Peer Program

Looking to make a healthy connection with other folks who use drugs? Looking to make some extra cash? Come work with the NESI program! **Every Thursday at 1PM**, our peer program compensates peers for 2 hours of work. **Every 2nd Thursday** of the month we do a **Women's only day**. Work ranges from preparing smoking & injection supplies and gear, to workshops and/or gardening!

Interested? Call us to find out how to join!

(613)238.8210 ext 2246

Changes

Why did it take me,
So long to see?

That the best things in life

Are absolutely free.

I don't have to be P. Diddy or G. Unit

I have to be me. Hopefully i can figure out

The ying and the yang

This will fit my life to a 'T'.

I can't dwell on the past,

Or what could be

I can't solve everything,

But i learn to be free.

Cheers, S.R.

NESI PEER Beach & BBQ Day!

Don't miss the NESI Party of the year! Come celebrate our work together over the last year, the victories, defeats, and our connections! Give a big send off to our wonderful Phase 3 Peers as we begin to hire new folks for the coming year.

When? 1pm Thursday, August 20th

Where? Mooney's Bay



Join us for a **FREE BBQ** on the beach along with a raffle & prizes and a great time hanging out together! Chat, take a dip in the water, or hang out in the shade and keep to yourself.

We will be biking, busing and driving there.

Join us!

Call us or sign up in the NESI room so we know how much food to make!

Peers and friends of NESI welcome!

No Stigma. Just Beach, food and sun.

Pick up a map and bus tickets!

The NESI program is based at Somerset West Community Health Centre, 55 Eccles (Corner of Booth and Eccles).

Got Questions? Need Supplies?

Drop by the NESI Drop in room, or call **(613)238-8210 ext 2246**. Call a **NESI Worker** at: Shannon ext.2319 Stan ext.2392
Evening or night? Call the NESI Outreach Van: **(613)761-0003**



NESSI Peer Worker Opportunities!

Join the NESSI Team!



We're excited to announce that we're recruiting folks who use/used drugs to work with us through eight new Peer positions! Are you a person who currently uses or used to use drugs? Plugged into the scene? Are you a firm believer in non-judgmental support and harm reduction? A natural helper? Interested in supporting other folks who use drugs in our community? If so, this position is for you!

We are looking to hire eight Peer Workers to engage in a series of monthly training workshops, after which you would staff our drop-in, do outreach, public speaking and help organize events throughout the year. Those interested must be willing to commit to one 2 hour shift per month, and a bi monthly meeting, for a term of two years.

Interested?

Apply! You can pick your application up at any of the following places: DUAL, CCHC, the NESSI van, SWCHC's NESSI drop-in, ACO's Tool Shed, and/or OASIS's Junction. Submit your application to a NESSI worker by Friday, August 28th!



NESSI News with Sarah North...

Happy Pride NESI!!!

Stay tuned to find out where Stan, Sarah and a NESSI peer will be tabling for NESSI after the Pride Parade on August 23rd!



Remember that NESSI has lube and a variety of condoms so you can play safe with your partner(s).

Have questions about HIV risk or anonymous HIV testing?

Ask NESSI staff or get in touch with Sarah North 613-295-9574

Here are tips from peers on safer ways to use fentanyl!

Patch/powder /pill, Fentanyl is the leading drug contributing to overdoses in our community! Here are some tips from peers, if you're using.

- * Do a taste or sample before you smash.
- * Know your supplier * Never use alone
- * Don't mix Fentanyl with other downers
- * Chewing Fentanyl patches is a safer way of using when cut into small strips & stuck to the inner cheek
- * Smoking Fentanyl is still risky but decreases a chance of overdose.
(Grab some FOIL from N.E.S.I or S.I.T.E.)
- * Do not stop using until you want to stop. If a tolerance is lost, you're just as vulnerable as when you first started

POPP

Get trained. Save a life. A naloxone kit could help you prevent a loved one from overdosing on opiates. Many fatal overdoses have already been averted by people who use who carry these kits. Get your free training and Naloxone kit today through Public Health's SITE Peer **Overdose Prevention Program (POPP).**

How & Where?

Site Office

179 Clarence St.

Mon-Fri 8:30am-4:30pm

Site Van

613.232-3232

Daily 5pm-11:30pm

STAY IN THE LOOP ON POPP TRAINING at NESSI in the coming weeks!

Harm Reduction Supper & Support

Looking to connect with other folks who use drugs through conversation and food? Check out OASIS's peer social. Meet. Eat. Greet. Every Second Tuesday
Cook a meal together, and share stories and a laugh with others who use drugs.

When? 3-5pm

Where? OASIS

This group is only open only to people who are in the scene.

Come vent, have a chat and a bite to eat.



Get your teeth fixed in non-judgmental environment! Capital Dental Hygiene now has a DENTURIST! Amanda Bolle has joined their team and they are busily building a lab for her to start the first week of September! Taking appointments. We will also be offering MOBILE DENTURE services, to those who have difficulty coming into the office!

Connect at **613.238.3384**

Free Tai Chi!



When:

Mondays : 10AM to 11AM & 11AM to noon

Where: SWCHC Boardroom

Facilitated by: Quoc Vinh Truong

This free 11 week Tai-Chi Qigong class is for people living with a chronic disease who are new to Tai-chi and Qigong. Tai-chi and Qigong are a series of movements done either very slowly or quickly to help move the body's chi.

Tai-Chi and Qigong are used as a way to combine meditation and movement and to improve and maintain health. Some of the benefits of Tai-Chi and Qigong are:
reduced pain and stiffness, improved mood
enhanced immune function
lower blood pressure
To register, please contact Anne at SWCHC; 613-238-8210 ext. 2381

French Toast

Friday's with.....



Are you an active or recovering drug user living in Ottawa?

If so, please visit Drug Users Advocacy League **breakfast every Friday morning from 9:30-11:30am** at 216 Murray Street (next to Shepherds' of Good Hope). The #1 Ottawa-Rockliffe Bus stops right in front!

We provide a chill, peer-run, safe space. Find out about services, surveys, & advocacy opportunities happening right now! So far we have at least 30 people visiting a week, so don't be shy!





Art call out to all Peers!

NESI Drop-in Art contest!

Five of pieces of art will be selected for \$ 25 cash. Theme of the art: What does the NESI room mean for you? Talk to us for more details! Deadline September 15th.

Ten year Anniversary!

Our friends in Montreal at L'injecteur are looking for creative stuff from people who smoke or inject drugs for their **ten year anniversary magazine issue!** Submit something and celebrate 10 years of activism for drug users' rights, against police repression and towards better access to health care!

If your submission gets selected & published they'll pay you for it! Hook up with a NESI worker to send out your work:

Here's what they pay you for your stuff, if published....

Photo.....	\$15
Interview.....	\$25
Comic strip (full page)...	\$65
Poem.....	\$20
Text (200 to 500 words Max) by more than one writer.....	\$65
Text 200 to 500 Max.....	\$35
Drawing (any size).....	\$35
Cover.....	\$125

Phase 3 NESI Peers...



If you don't have a team, you can't play ball! What a journey it's been! Phase 3 Peers have come to the end of their two year contract! SWCHC & the NESI gang would like to say a HUGE THANK YOU to these Peers that have been working with us over the last two years.

They are moving on and making space for eight new peers to join us! Some will stay available and let us call them for their expertise and skills and others have bigger and better things planned!

Big thanks to **Carrie, Dale, Glenn, Lori, Randy, Richard, Rob, Shaun, Tracy & Tom!** Thank you for being our partners in crime! It has been a pleasure and honor working and learning with you! Through your involvement and help we have nearly tripled the number of people coming in for support and connection.

You were critical in making the NESI drop-in a stigma free & safer space for people who use drugs and because of you, as a team we've been able to reach, connect with, and be there for more people than ever before. Thanks for representing us in the community! You've taught many people in the community what Harm Reduction means through speaking to agencies and talking with people one on one. You've worked in the drop in serving clients and you've been out on the van and out on the street doing outreach! Thank you for all your input on where to steer and how to serve best. You have made a big difference in the community of people who use drugs in Ottawa. Thank you!

THE New NESI Drop-in is open!

The NESI drop-in has expanded into a larger space! We're still next to the washroom, but now have a private exchange room and space for one on one counseling, and a bigger Drop-in for more peer programming, knowledge sharing and hanging outs!

Thanks to everyone who made this happen, and thanks for your patience during this time, while you had to get gear from a sweltering hot parking lot! We are open and welcome everyone to come on by!

Stay tuned for info about our Drop-in party!

Ottawa Freedom Center



In partnership with the Ottawa Freedom Centre, Somerset West is pleased to announce we now provide HIV testing outreach to the Ottawa Freedom Centre!

Where? in Vanier, 265 Montreal rd.

Contact: 613- 422-2294

When? The 2nd & 4th Wednesday of the month, between 5pm-7pm!

Toll Free: 1-855-294-0949

A rapid anonymous HIV test involves pricking your finger for a small amount of blood. You will receive your results before you leave the room. No health card is required. The entire testing process, which includes a pre and post test discussion, takes about 30 minutes.

Your Relationship with your drug

Often we talk about the traumas, hurts and ways of reducing harms when using drugs. The NESI News is looking for stories that tell us about your relationship with your drug of choice. The highs the lows, the struggle and the peace. Send your reflection our way!

Sunburns and Heat Stroke

By: Joanna Binch, Nurse at SWCHC

Obviously prevention is key. Sunblock is available for free through many health centres, drop-ins, and the SITE van. Try to find air conditioning and stay in it on these hot, humid days- city buildings, libraries, community centres. When the humidity is high, even if it is cloudy, sweat does not evaporate as quickly, making it easy to overheat.

However if you are reading this, it is an indication that you may already have heat stroke or a sunburn.

Symptoms: Sunburns can start as a mild skin discoloration to bubbling burns. If you have the bubbles, pain relief, moisturizer and future prevention is the focus. Remember if you have fair skin and have worked outside for many years you should have a skin exam annually looking for skin cancer. See your doctor or come into the Walk-in at SWCHC.

If you have heat stroke- a mild form is thirsty, more significant you have a headache, and the more severe forms you are not acting yourself, are no longer thirsty and you may even pass out. Urgent transport to the hospital is needed for IV rehydration if you have a significant form or heat stroke- whether you have a valid health card or not! For mild heat stroke you can take over the counter Tylenol (acetaminophen) and drink water or juice. The idea that you need Gatorade is a myth. Water and juice are fine.

In summary- try to stay cool (get out of your room if it is too hot), stay covered (in clothes or sunscreen), and drink up (water and juice, remember alcohol, colas and coffee make you pee more- so for every drink of alcohol have a break for water).

Syphilis Alert!

Over the last 12 months, OPH has seen a 76% increase in cases of infectious syphilis.

Syphilis is passed through oral, vaginal or anal sex and through skin-to-skin contact with a syphilis sore. Condoms are only partially effective in preventing transmission. Symptoms are usually mild and are often mistaken for something else. You can be infected and not know they have syphilis.

Symptoms can be a painless sore (chancre) and rashes which include palms of the hands or soles of the feet. Untreated symptoms resolve in the short term, but infection is still there and needs to be treated with antibiotics.

All cases in the last year have been male, and over 90% report they are men who have sex with men.

[Syphilis](#) is primarily transmitted by unprotected sex. OPH recommends syphilis screening for people at risk, including people with multiple sexual partners, particularly men who have sex with men.

Syphilis is easily cured with antibiotics when treated early! Delayed treatment can result in severe and irreversible damage to organs including the heart, brain, liver, bones and eyes.

Syphilis screening is recommended for:

Folks who have a sexual partner with syphilis

Folks with multiple sexual partners (especially men who have sex with men)

Sexually-active people showing signs and symptoms consistent with syphilis

Women who are pregnant or considering pregnancy

People at risk can access blood test screening through their primary care provider, or at OPH's [Sexual Health Centre](#) or [Gay Zone](#) clinic.

For more information, contact OPH's Information Line's at 613-580-6744 or the [AIDS and Sexual Health Information Line](#) at 1-800-668-2437.



Overdose Awareness Day

When? Monday

August 31st at 11:30 Where? Human Rights Monument (Elgin at Lisgar)

Overdose Awareness Day is an annual event to remember those who have passed due to accidental overdose and celebrate those who have survived. Individuals and community members come together and offer support to those who suffer from addiction or have lost ones to addiction. Guest Speakers will discuss challenges faced by those affected by addiction and call for drug policy reform in our community and country. If you have someone special you would like to acknowledge at the memorial please call us to let us know and contact either Stefan at (613) 325-4227 or Alisha at (613) 229-1083.

MarketMobile rolling into Laroche Park!

By Janelle (community developer)

The MarketMobile brings fresh and affordable vegetables and fruit to Ottawa neighbourhoods that have limited access to healthy food.

MarketMobile visits Laroche Park (62 Stonehurst Ave.) every other Wednesday from 6-7:30pm until December 2015. Upcoming Market Mobile dates include August 12 & 26. Talk to SWCHC staff for more details or check out www.marketmobileottawa.ca or talk to staff at SWCHC!

A Ticket Defense Program Update....

Fight the Ticket Blitz!

This past June, the Ottawa police aggressively targeted homeless residents of our city who are living in shelters through two ticketing blitzes.

Ottawa Police state that over June they issued a total of 454 Provincial Offence Notices, including "safe streets act" tickets, liquor licence act tickets, trespassing charges, and others. They also issued 140 criminal charges and 8 warrants.

The Ticket Defense Program strongly condemns these initiatives, which disproportionately target homeless residents of our city, and made the streets less safe for homeless people who use street drugs, putting them at greater risk of overdose and contaminated supply.

The Ticket Defense Program is committed to fighting and challenging each of these unfair and unjust tickets.

Connect with us at any of our free drop-in legal clinics! No appointments necessary! Just show up! If you have your ticket, great! If not we can still work to fight them!

TICKET DEFENSE PROGRAM LEGAL CLINIC

Locations and Times for the month of AUGUST...



No appointments necessary!

Just show up!

If you have your ticket, great!

If not we can still work to fight them!

The Mission

55 Waller

2-4pm Tuesday, August 4th

2-4pm Tuesday, August 18th

Centre 454

454 King Edward

12:30-2:30 Friday, August 7th

12:30-2:30 Friday, August 28th

Centretown Community Health Centre

420 Cooper

6-8pm Tuesday, August 4th

6-8pm Tuesday, August 18th

Somerset West Community Health Centre

55 Eccles

12:30 to 2:30pm Friday, August 7

12:30 to 2:30pm Friday, August 21st