



Word on the Street

W I N T E R 2 0 1 6

StreetWorks Harm Reduction Services offers free, anonymous and confidential services to anyone in the Niagara Region.

Stop by our office at
120 Queenston St.,
St. Catharines.
Monday-Friday,
9am-5pm

We offer a mobile service.
Monday-Friday,
6pm-10:30pm
Call us at
(905) 328-6715



Returning your Sharps

It is **YOUR** responsibility to properly return needles



Throwing away your used needles in parking lots, grocery bags, parks, dumpsters, garbage bags, recycle bins, etc. is **DANGEROUS** and puts the community at risk. This also brings unwanted attention to your neighbourhoods.

We have big yellow bins and small black bins for you to use, and welcome returns in the office or the van. Please make sure the lids are on tight and locked.

If you do not have a bin that we have provided for you, please use a puncture proof container. Some examples include:

- ◆ kitty litter bins
- ◆ coffee cans
- ◆ detergent bottles

Remind your friends to dispose of their sharps, and if you see needles in your neighbourhood, ask us for tips about how to help clean them up.

Be Sharp Safe



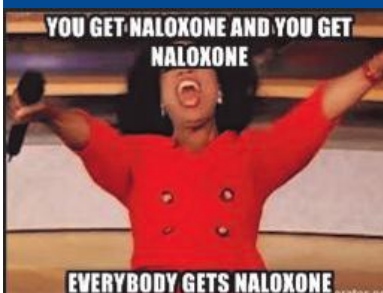
This is your program, let's keep it running!

NALOXONE/ NARCAN

Have you used your naloxone? Be sure to let us know so we can replace it as soon as possible. Over 130 kits have been used successfully to reverse opioid overdoses.

If you're interested in the 15 minute training, talk to staff today.

**Be part of a
healthy
community!**



When it comes to Hep C... Know Your Status and Your Options

Written By: Don Crocock, Hepatitis C Outreach Worker

2015 saw the arrival of new medications to treat Hepatitis C and they can cure this chronic disease. One of the most common misconceptions about Hep C is that it "never goes away" or it "just goes dormant".

These are myths! Hepatitis C can definitely be cured, and if it is, then it's gone for good, unless you get re-infected. In a small amount of cases, it is possible for the body to clear the virus on its own! A person who had Hep C but was cured will always test positive for the antibodies, but this is not the virus. Antibodies are created by your immune system to fight off the disease when you are first infected and they stay with you for life.

There are six main strains (genotypes) of Hep C. Genotype 1 is the most common and with the old treatment, the cure rate was only approximately 45%. In 2015, a new drug, Harvoni, became available for use and the cure rate for it is around 95%, a remarkable difference.

Even better, the dreaded side effects of the old treatment are gone! Harvoni has very few, if any, mild side effects. With Harvoni Genotype 1 clients take just one single pill a day for 12 weeks.

If you think you have Hep C or you have been told that you have it, you owe it to yourself to explore your options and find out about treatment. The Hepatitis C Care Clinic (HCCC), part of the Niagara Health System is a harm reduction clinic, meaning we work with people who use or have used drugs in the past and we're not there to judge you, just help.

You call me, Don, the HCCC Outreach Worker at 905-329-1598 and I'll get back to you as soon as possible. If you prefer to self-refer to our clinic, you can call 905-378-4647 ext. 32554. Our main clinic is in Port Colborne, and we have satellite clinics in St. Catharines, Niagara Falls and Welland. We don't let transportation be a barrier to your healthcare, so give us a call.

Did you know that StreetWorks has a lot of volunteers? They help in the office and in the van, assemble inhalation kits, and provide services through our satellites sites. All of these helpers provided over 1300 of volunteer hours in 2015. THANK YOU!

Peer Outreach Workers

We are looking for Peer Outreach Workers. You can be an important link in providing information between your community and StreetWorks.

If you are interested in getting involved and volunteering, please talk to Keira.

**FREE
CONDOMS &
LUBE
AVAILABLE
THROUGH
STREETWORKS**

Vitamin C

Vitamin C is the safest thing to use for breaking down **heroin** and **crack cocaine**. Even though lemon juice and vinegar can also be used, they are more harmful to your body and may cause bacterial infections which may result in things like diarrhea or constipation, bladder infections, and even endocarditis. Vitamin C is also less damaging to your veins.

Only a little bit of Vitamin V is required for it to be effective. You only need a pinch of it- about 1/4 the size of your rock.

Vitamin C packets are available through StreetWorks.



Feeling Blue?

If you're feeling depressed, it may be due to Seasonal Affective Disorder, something many people experience during the dark winter months. Here are a few things that may help:

- ◆ Open the curtains and sit near windows when you're inside
- ◆ Stay active. Go for a walk! Come visit us at the office, go see a friend, or head to Start Me Up for a warm drink and some socializing.
- ◆ Try to eat healthy foods. Fruits and vegetables go a long way!
- ◆ If you need someone to talk to, call the Distress Line at 905-688-3711

Your Voice Matters!

If you are having problems with any of our products, please talk to staff. If we are made aware of any issues we can start conversations with suppliers.

Satellite Sites

Can't make it in to the office? Visit one of our satellite sites for safer injection materials.

St. Catharines

Mapleland Pharmacy
120 Welland Ave.

STOMT Drop-In
St. Barnabas Anglican Church
33 Queenston St.

Port Colborne

Boggio's Pharmacy
200 Catharine St.

Ridgeway

Boggio and Edwards Pharmacy
307 Ridge Rd.

Brodies Pharmacy
315 Ridge Rd.

Welland

VIP Pharmacy
601 East Main St.

Fonthill

Boggio & Parton Pharmacy
155 Hwy. 20 West

Niagara Falls

Project Share
4129 Stanley Ave.

Out of the Cold

FREE Hot Meal & Emergency Overnight Shelter
7 days a week (Nov 1-March 31)

Monday

Silver Spire Church, 366 St. Paul St.

Tuesday

Cathedral of St. Catharines, 3 Lyman St. (at 67 Church St.)

Wednesday

St. George's Church, 83 Church St.

Thursday

St. Alfred's Church, 272 Vine St.

Friday

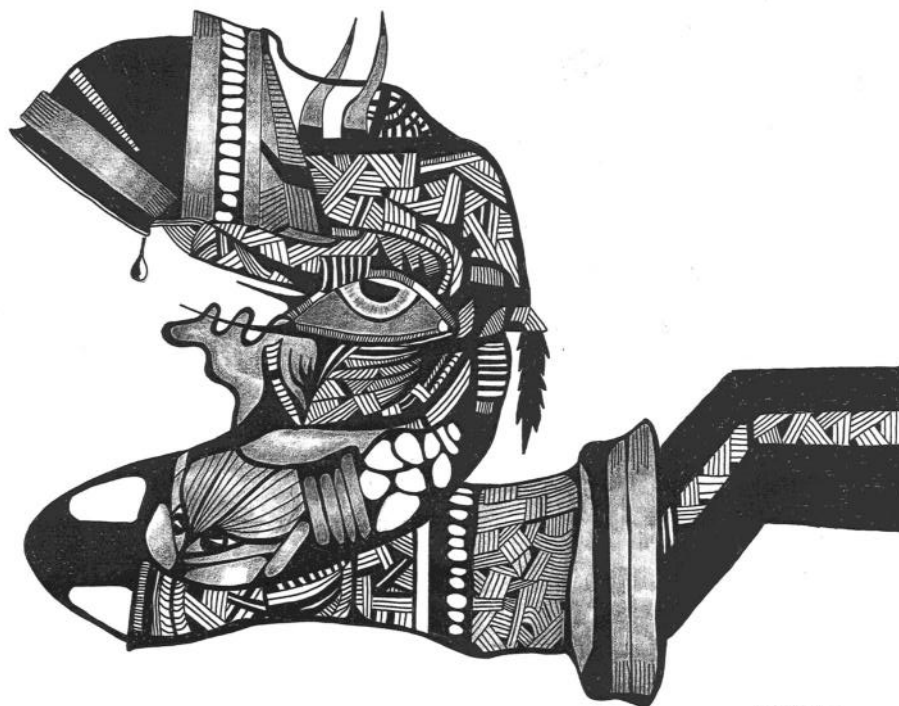
Knox Church, 53 Church St.

Saturday

Queen St. Church, 57 Queen St.

Sunday

Westminster Church, 180 Queenston St.



GBS 13

Artwork submitted by a participant of the StreetWorks program

MENTAL HEALTH & ADDICTIONS

ACCESS LINE

1-866-550-5205

CONFIDENTIAL HELP 24/7