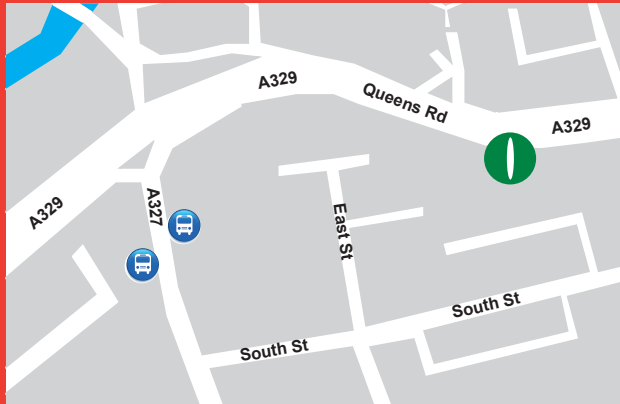


Thinking of Stopping?

At IR/S we can support you to get into treatment.

We have a drop-in Monday – Friday 12.30pm until 4pm.

This is held at 38 Queens Road, Reading, RG1 4AU. No appointment is necessary.



We will book you in for an assessment, after which you will be allocated a worker to support you with your treatment.

We will discuss with you the different options available to you including:

1. Substitute prescribing
2. Referrals into a rehab treatment Centre
3. 1-2-1 Key working
4. Counselling
5. Mutual Aid Groups
6. Structured Day Programme
7. Referral to Detox

If you are not ready to give up drugs yet, you are still more than welcome to come along for a sit down in a warm safe space.

We have hot refreshments available, toast, fruit, comfortable sofas, news papers, music and staff you can talk to.

Your Local Needle Exchanges

IR/S Reading

38 Queens Road, Reading, RG1 4AU

Boot's Pharmacy

Unit 7, Brunel Arcade, RG1 1LT

Erleigh Road Pharmacy

85-87 Erleigh Road, RG1 5NN

Lloyds Pharmacy

195 London Road, RG1 3NX

Lloyds Pharmacy

266-268 Oxford Road, RG30 1AD

Newdays Pharmacy

60 Wensley Road, RG1 6DJ

Oxford Road Pharmacy

270-274 Oxford Road, RG30 1AD

Rowlands Pharmacy

59a Hemdean Road, RG4 7SS

Southcote Pharmacy

636 Coronation Square, RG30 3QN

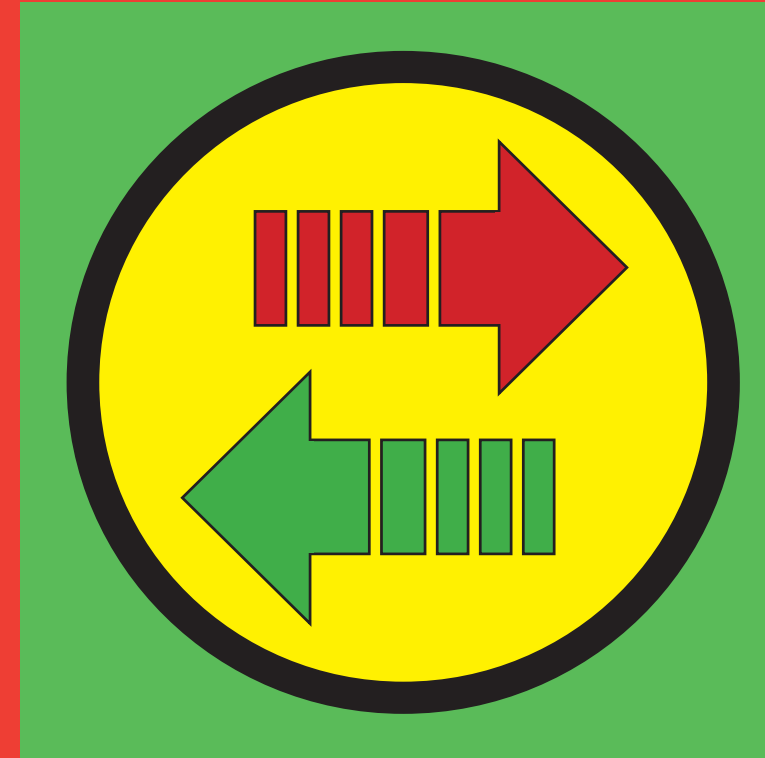
Tesco's Pharmacy

Napier Road, RG1 8D

Whitley Wood Pharmacy

534 Northumberland Avenue, RG2 8NY

There are more Needle Exchanges across Reading and we have a full list of these available at our services.



Reading Needle Exchange Programme

Please remember to bring your entire drug using equipment back to the Needle Exchange for safe disposal.

Which Needle Is Right For You?

12mm 30G 'Nevershare'

Designed for injecting into surface veins.

12mm 29G 'Insulin'

Widely used for injecting into the small veins of the arms, legs, hands and feet.

12mm 27G 'Grey'

A slightly thinner and shorter alternative to the 'short orange'. Widely used for injecting into the smaller veins of the arms, legs, hands and feet.

16mm 25G 'Short Orange'

It is mainly used for injecting into the arms, legs, hands and feet. Some Groin injector's may be able to use this needle to reach the vein. Great care must be taken to avoid bending or movement which could cause breakage

25mm 25G 'Long Orange'

This needle is too long to use in surface veins. It can be used to inject into deep veins and is less damaging than the long blue or green needles.

Note: There is increased risk of snapping so take care not to move during injection. Don't use if there is a lot of scar tissue to push through.

30mm 23G 'Long Blue'

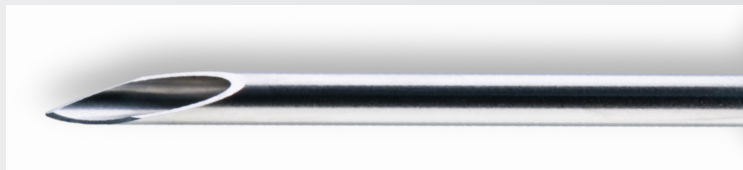
Some injectors use this needle to groin inject. However, it is advisable to use the thinner 25mm 25G Long Orange needle, as it will create a smaller hole and cause less damage to the vein.

40mm 21G 'Long Green'

Used by some to reach the femoral Vein (in your groin) that has been pushed back by years of repeated injecting. Using this needle will cause further damage to the tissue and serious damage to the vein. Vein damage causes circulation problems in the leg and feet and using this needle will make this worse.

Safety Information.

- Where possible, prepare your injecting equipment on a clean surface. You can use this leaflet if you don't have anything else.
- Do not use lemon juice to dissolve brown heroin, as research shows that it can carry a fungus, which can cause heart and eye infections and even blindness.
- Rotate injecting sites. Repeated use of sites can cause damage to veins to and lead to the vein collapsing.
- The needle end should be this way round when injecting to reduce injury to sites.



- Always use sterile water amps. If you don't have access to any water amps, and need to use tap water, boil it first to sterilise it.
- Use alcohol swabs to clean the injecting site prior to injecting. This is to reduce risk of infection and preventing bacteria on your skin entering your blood stream.
- Always inject upwards towards the heart.
- Always use fresh filters when injecting. Reusing filters can be dangerous as large amounts of bacteria can grow in them.

If You Hit An Artery!

- Apply firm pressure for at least 30 minutes
- Lay down
- If possible, raise the affected area
- Call 999 and ask for an ambulance

What To Put Into Your Sharp's Bin.

Your Sharp's Bin is not just for disposing of your needles. All or your drug using paraphernalia can be popped in there and dropped back to us to dispose of safely.

