



Ro Bell &lt;robell@dapl.net&gt;

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## Good to speak to you

8 messages

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**Ro Bell** <robell@dapl.net>

8 May 2024 at 11:53

To: Ricky Smith <rickylad73@gmail.com>

Here is the alert for synthetic cannabinoids



Drugs alert - Synthetic Cannabinoids 27.03.24 ...

Yours aye

Ro

R K Bell  
Counsellor

07 557 037 823 (I do not work on Mondays)

Drugs, Alcohol & Psychotherapies Limited (DAPL)

1-2 Parkdale Avenue

Leven

Fife

KY8 5AQ

Tel: 01333 422277

Fax: 01333 422288

[www.dapl.net](http://www.dapl.net)

Registered Scottish charity number SCO23317

Company limited by guarantee registered in Scotland number  
357883



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**Ricky Smith** <rickylad73@gmail.com>

8 May 2024 at 11:58

To: Ro Bell <robell@dapl.net>

And to you too Ro get a better chat first session looking forward to it 🍌

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**Ricky Smith** <rickylad73@gmail.com>

3 February 2026 at 18:02

To: Ro Bell <robell@dapl.net>

Hello Ro you said a could get intouch if needed a have reffered to DAPL just before xmas a spoke to a guy who done the questionnaire thing av not heard back as yet a think ma health is giving up on me after we stopped sessions I started getting poorly sickness lost weight and bloated stomach all the time with pain I went for a MRI scan couldnt do the dye so it was low focus but the doctor proctor said he couldnt see cancer it was the Rapid cancer diagnostic service but then they asked me to do a camera down ma throat and the camera up the botty too a told them a couldnt do it a was petrified my GP thinks it could be crohns disease but av never went back it got

better and felt back to normal for a month or two but it came back again my GP said it comes and goes its called a flare up but because a can't do the camera thing am never gonni find out am to scared to do it a canni even go to give blood av no viens the doctor said a was a hard case keep thinking am gonni die and my addiction worker moved to another job after seeing a red fag come up about home visits my police liason told her a was okay and that there was nothing to worry about but she left without telling me why Ro now av got someone else have to start from scratch again thought about self harm for the first time in a while the mumbling got louder n clearer telling me am gonni die anyways that no one really liked me and that they were acting they were really laughing at me new neighbour downstairs banging and shouting and next door too had a dream about walking along a landing in prison and a guy coming up asking if a wanted a joint for baccy a said aye defo when a got yo the cell the door shut and he brought a big bread knife out and went to stab me thats when a woke up anyways a needed to get that out Ro ma heeds burst trying to keep it together a dont know ma addiction worker enough to tell her what av just told you a did tell her a was waiting on DAPL getting back to me but that's all a said to her Ro her names Debbie anyways sorry for bursting ure ears just needed to let that out feel a bit better now <sup>100</sup>

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**Ro Bell** <robell@dapl.net>

4 February 2026 at 13:10

To: Ricky Smith <rickylad73@gmail.com>

Hullo?

Ricky, eh hh man - ye hivnae yer troubles tae seek.

This all sounds a big bit scary.

There's a couple of things we can dae. First - get you back into doing some talking therapy.

And it sounds like your support network has frizzled away. I wonder who is around at the moment? Are Bethaney Trust still popping in? Is FIRST involved in supporting you in any way?

Are you able to fill this in?

<https://docs.google.com/forms/d/e/1FAIpQLSf1EHnhUKVLoV7BU3YPcgqwav3C1jXZhN0ylXmCxBEvvqBejQ/viewform>

Let me know your thoughts.

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Yours aye

Ro

R K Bell  
Counsellor

07 557 037 823

Tuesday 09:30 - 18:30hrs

Wednesday 12:00 - 20:30hrs

Thursday 10:00 - 18:00hrs

Outside these times please contact [susaninnes@dapl.net](mailto:susaninnes@dapl.net)

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357883

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Ro Bell <[robell@dapl.net](mailto:robell@dapl.net)>

To: Ricky Smith <[rickylad73@gmail.com](mailto:rickylad73@gmail.com)>

4 February 2026 at 13:31

Sorry Ricky,

Ignore the form.

Yes, you are on the waiting list to speak to me and I am trying to get your name shuffled up the list.

In the meantime, to look at getting some suitable support for you, perhaps even someone who would liaise with the GP and yourself to help get access to diagnosis, and to improve the relationships with Addiction worker, I'd like your permission to refer you to The Well, who will do some of this for me and are some good guys.

I need you to just send an email saying Yes, and I can at least get that moving.

Hope you feel that you are being listened to?

Keep in touch.

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**Ricky Smith** <rickylad73@gmail.com>

4 February 2026 at 13:45

To: Ro Bell <robell@dapl.net>

Hello Ro av just completed the form never heard ure next email coming though who's the well Ro ??? There's alot more to talk about but will save that till we get a chat still never finished the house cause the illness grounded me a just stopped everything and tried to get myself better 👍

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**Ricky Smith** <rickylad73@gmail.com>

4 February 2026 at 14:07

To: Ro Bell <robell@dapl.net>

Av looked up the well Ro on Google based at leven library if you think it will help then yes do it Ro hope to hear from you soon when we can get a better chat on the fone

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**Ro Bell** <robell@dapl.net>

5 February 2026 at 11:10

Draft To: Ricky Smith <rickylad73@gmail.com>

Ricky - you are a hero.

I will get on to them.

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