

Suomen Lummery Finland

“Our initiative started some years ago in 2006. The Swedish user union, Brukarföreningen, has been a wonderful example for us, motivating Finnish users, to start our own union. As you might notice, the Finnish union has copied the logo from Sweden. At the moment our union has around 100 members, but actively involved are around ten people. The professional agency A-Klinikka foundation has supported and promoted our work, since we started.

Society is often dealing with users in a very cynical, prejudiced, and accusing way. Our goal is, that users of substances are treated with respect and dignity, as human beings, not as patients, madmen, aliens or criminals. We ask for an individual approach. Our task is very difficult. Bad attitudes on users are deeply rooted in the minds of the society, all caused because of wrong information and a couple of bad examples. Our aim is to prevent substance abuse problems arising, and if people are up to it, support them in a substance abuse-free life. Lumme produces a magazine with stories on our lives, health and culture. We also work in international context with other similar initiatives.

One of our activities is that we regularly clean certain areas where there are used syringes and needles, and other drug use related garbage. It is one example of where we think that we can contribute to the living environment and to the wider society. Next to that we keep on communicating with other users on issues that are of our common concern: we talk on health promotion measures, prevention techniques and ways to improve your health and personal well being.



Fighting the bad attitudes on drug users in society



Helsinki is predominantly characterized by mixed use, with opioid-based pain-killers (like Buprenorphine), benzodiazepines, amphetamines, alcohol and cannabis. The prominence of prescription drugs, other medications and so called 'legal highs' as MDPV has become a growing concern in our city Helsinki. The drug scene has changed a lot over the last years, with younger people and more chaos.

In the future Suomen Lumme will do hepatitis C education courses for municipal health clinics and social offices. We will also produce HepC educational video, to support the courses."

More information:

Lumme, Finland Ry

Email : suomenlumme@hotmail.fi

Facebook : Suomen Lumme

Webpage : <http://suomenlumme.nettisivu.org/>

