Training Team

Mat Southwell is Managing and Technical Director of Coact. Mat was a first generation harm reduction worker who went on to be professional head of NHS drug services in East London. For twenty years Mat has helped governments, universities, service providers, and the United Nations build meaningful partnership with people who use drugs. Mat became an Honorary Member of the Faculty of Public Health in 2025.





Abbie Chistie is a community leader and social media influencer who uses her lived experience and nursing training to gather and share knowledge about the UK ketamine crisis. Abbie is a leading member of the online peer platform REC, has a recovery education TikTok channel, and has developed the Ketamine Resource Hub. Abbie is an expert on K-cramps including developing a pioneering in-depth peer guide. She is committed to educating future generations about the risks of ketamine and works on communications at Project 6.

Mason Stillings is a community leader and peer group work provider on ketamine. Mason is a leading member of the online peer platform REC and has delivered the online K-WHOLE groupwork programme. He recently organised a key webinar on ketamine bladder syndrome. Mason is a particular expert on ketamine bladder syndrome and promotes a holistic response to bladder health. He champions support for peers to achieve the 6 months of abstinence required before assessment for surgical interventions.



Bookings

Sharon Rodd, Coact's Office Manager is standing by to take your bookings. We have held dates with trainers for one-day events on Wednesday and Fridays to support efficient bookings in 2026. Sharon can negotiate training courses on other days if required.

sharon.rod@coactsupport.com.

Course developed with guidance from the Ketamine - Peer Advisory Group (K-PAG) and advice and support from Hit. More info: www.hit.org.uk/ketamine. Photos: @NigelBrunsdon

coAct
expertise in drugs, hiv and hepatitis

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