



**aberdeenshire  
alcohol & drug  
partnership**

# The Shire ADP Bulletin

Issue 1

July 2010

## Meet the ADP support team

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# First issue out today

**A**berdeenshire Alcohol & Drug Partnership wants to keep you informed of our work and the work of services in our area. We aim to publish an electronic bulletin every two months to share the latest news and forthcoming events throughout the Shire.

For more information visit [www.aberdeenshireadp.co.uk](http://www.aberdeenshireadp.co.uk)

If you would like any items included in future editions please contact the bulletin editor, **Angie Anderson**.

# Ministerial visit

**F**ergus Ewing, Minister for Community Safety, visited the Alcohol & Drug Partnership, Kessock Clinic and service users at Lifeshapers in Fraserburgh on Friday 7th June, 2010. Both the meeting and the following visits seemed to go down well. Mr Ewing was pleased with the progress made on community engagement and was anxious to see this continue to develop. He was also keen that we increase the pace of our service redesign efforts.

### **Fergus Ewing MSP letter of thanks**

*Thank you very much for your hospitality in hosting my recent visit to Aberdeenshire. I was pleased to see, at first hand, the progress your Alcohol and Drugs Partnership (ADP) have made in your first few months of operation. You have a*

*clear grasp of your local information and are taking forward some really positive work, particularly around service user involvement. I look forward to seeing the outcome of your planned service redesign and the positive effect this will have locally. As discussed at the meeting there is still work to be done, but I am confident that you are working in partnership to tackle any problems.*

*I also enjoyed my visit to the Kessock Clinic and Foyers Lifeshapers and have written to Fiona Malloy and Brenda Wylie respectively to thank them and the service users for taking the time to share their thoughts with me.*

*I wish you every continued success in your work at Aberdeenshire Alcohol and Drugs Partnership.*

### **Fergus Ewing MSP**

Minister for Community Safety  
10th June, 2010

focus on how a person achieves and maintains recovery rather than focusing on their addiction. My job is to involve people with problem substance use in the process of their own recovery.

What exactly do I mean? Well, I guess that varies from person to person. In general, people believe that the word “recovery” means that someone is trying to stop using alcohol or other drugs. In my experience, recovery is a process. It begins before the cessation of alcohol or drug use and continues long after the period of initial stabilisation or sobriety.

Someone who has a problem

# Create a better “ life”

**Miriam Kemp, Service User Involvement Officer**

with alcohol or other drugs has touched most of us, either directly or indirectly. Our communities are affected by the implications for healthcare, or community safety. Yet people who have overcome adversity can develop a special sensitivity and skill in helping others experiencing a similar adversity. People in long-term recovery from addiction can offer recovery-focused supportive relationships that happen naturally, without having to be

forced or “understood”. They can relate to where someone has been and what they can achieve because they have been there too.

There are currently service user groups in Stonehaven, Banff, Peterhead, Fraserburgh, and Huntly. The groups look at how people recovering from addiction can contribute to the services available.

To become part of this Recovery Community call **Miriam** on **07836500076**.

Self Management and Recovery Training is ideally delivered in peer-support groups. In a SMART Recovery group people share a lived experience of addiction, support one another and share information in a relaxed informal setting.

Aberdeenshire now has

## Aberdeenshire SMART recovery network

six groups running across Aberdeenshire with a further group planned for Aboyne in August. The Fraserburgh and Peterhead groups are supported by Margaret Ritchie who continues to be an asset to the

local community through her commitment to the groups and national developments. Other groups are working toward becoming peer facilitated while receiving support from the ADP support team.

Any one interested in more information about joining a SMART Recovery group, volunteering at an existing group or facilitating their own group can contact:

**Elaine Lawson**  
**Elaine.lawson@**  
**aberdeenshire.gov.uk**  
**07824473948**

Or see the SMART Recovery page on the ADP website.

### SMART recovery

Monday	<b>Peterhead</b>	1pm - 3pm Turning Point Scotland, 1 Peter Street.
Tuesday	<b>Kemnay</b>	10.45am - 12.15pm Youth Café, Aquithie Road.
Tuesday	<b>Fraserburgh</b>	2pm - 4pm United Reform Church Hall, Mid Street.
Wednesday	<b>Inverurie</b>	1pm - 3pm Garioch Community Centre, Chelsea Road.
Thursday	<b>Stonehaven</b>	1pm - 3pm The Bothy, Robert Street.
Friday	<b>Huntly</b>	3pm - 4.30pm Basement Room, Linden Centre.

#### New Meeting starting in Aboyne

Every Tuesday from the 15th June, 2010.  
 1.30pm - 3.30pm Lochnagar Room, Bonty Court.

## The Big Stand

ADP regularly attend local events by having promotion stands and will be at Turriff Show on the 1st and 2nd August. All are welcome on the day. For more information contact **[lindawatt2@nhs.net](mailto:lindawatt2@nhs.net)**

## Overdose prevention and intervention: A training resource

A series of training sessions in overdose prevention will be on offer in August and September to enable people to cascade to their peers and clients. The training uses an easy to use 'participatory style' resource pack from which workers can deliver/facilitate training around overdose prevention and intervention.

### Main aims:

- To provide information on risk factors, thereby decreasing the likelihood of overdose.
- To provide basic knowledge and skills to respond effectively on witnessing an overdose.

### Areas covered during training:

- Identification of main drugs associated with overdose.
- Effects on the body of these drugs.
- Key risk factors for accidental overdose.
- High risk times for overdose.
- Observable signs/symptoms of drugs overdose.
- Common myths, dangerous practices and important facts around managing an overdose.
- Emergency First Aid/Basic Life Support Skills Training.

The ADP has organised for the Scottish Drugs Forum to provide training for trainers (T4T) for people who may wish to cascade overdose prevention training.

### Training for Trainers (T4T) course

- One day compressed T4T session aimed at workers across all sectors who have experience of facilitation/

group work and come into contact with drug users.

- The two day course is better suited for workers who may wish to develop these training/facilitation skills and develop a clear understanding of the essential overdose prevention messages.

We are running a series of TFT sessions in Grampian on the following dates:

**30th August**  
**Elgin one day T4T**

**31st August and 1st September**  
**Inverurie two day T4T**

**2nd September**  
**Fraserburgh one day T4T**

**3rd September**  
**Aberdeen one day T4T**

Should you require a booking form, email Angela Anderson, Aberdeenshire ADP Administrator [aanderson5@nhs.net](mailto:aanderson5@nhs.net) by Monday 16th August. Allocation on places and going instructions will be confirmed by email by Friday 20th August.

Those who complete the training will be asked to deliver awareness sessions to service users and/or colleagues on an ongoing basis.

This training meets with the recommendations from Scottish government report 'Reducing Drug Users Risk of Overdose' (Figure 8 consultancy and SDF, 2008).

If you require any further information please do not hesitate to contact: **Angie Anderson, Administrator Aberdeenshire ADP Team**  
**Tel: 01224 558554**  
**Email: [aanderson5@nhs.net](mailto:aanderson5@nhs.net)**

## Funding

Lloyds TSB Foundation for Scotland Partnership Drugs Initiative (PDI) promotes voluntary sector work with vulnerable children and young people affected by substance misuse.

### Groups targeted are:

- Children and young people in families in which parents misuse drugs or alcohol.
- Pre-teen children who are at higher risk of developing problems.
- Young people who are developing or who have established problems with substance misuse.

There will be one round of funding open to all applicants eligible to apply to the PDI. The deadline dates are given below:

- Initial stage deadline 23rd July.
- Full application stage deadline 1st October.
- Decision 2nd December.

For more information visit [www.tsbfoundationforscotland.org.uk](http://www.tsbfoundationforscotland.org.uk)

## Think Big Programme02

Telecoms company O2 are offering £5million to young people aged 13 - 25 across the UK to support a project of their choice in their local community. A cash grant of £300 together with training and support to help them make the most of it. You will then be able to reapply for a further cash input. You could get free broadband for a year, a laptop for your project and the rest. For more information please visit [www.o2.co.uk/thinkbig](http://www.o2.co.uk/thinkbig)

# Recovery

This is the first of many articles to be published in the ADP newsletter which will start to unpack some of the current thinking and contemporary ideas around recovery. Initially the intention is to support existing learning and development around recovery across all our stakeholder groups and provide additional avenues for personal research. The intention is to cover some basics around recovery for people who are quite new to it all, and then move to some more challenging ideas and philosophies.

## Defining recovery – a quick history lesson

In 2007 the Betty Ford Institute Consensus Panel defined recovery as “a voluntarily maintained lifestyle characterised by sobriety, personal health and citizenship”.

In 2008 the UK Drug Policy

Commission published their definition of recovery as being a process of “voluntarily sustained control over substance use which maximizes health and wellbeing and participation in the rights, role and responsibilities of society”

In 2008 Scotland the Government published The Road to Recovery and similarly defined recovery as “a process through which an individual is enabled to move from their problem drug use, towards a drug-free lifestyle as an active and contributing member of society ...recovery is most effective when service users’ needs and aspirations are placed at the centre of their care and treatment... an aspirational and person-centred process”

Aberdeenshire ADP after wide consultation defined recovery as “a deeply personal, unique and voluntary journey of regaining control over and living as meaningful and satisfying a life as possible as a full and valued member of society.”

From these key definitions four themes emerge which enable someone with an alcohol and other drug lifestyle to change:

1. To actively address the pre-recovery alcohol and other drug taking behavior through the identification of external and internal resources and strengths and recovery priming.
2. Recovery initiation and stabilisation.
3. Recovery maintenance.
4. Enhancements in quality of personal/family life in long-term recovery and across the personal/family and community life cycle.

Next newsletter will look at recovery capital – what it is, how to measure it and current thinking.

See the recovery section of the ADP Website pages:

[www.aberdeenshireadp.co.uk](http://www.aberdeenshireadp.co.uk)  
[grace.ball@nhs.net](mailto:grace.ball@nhs.net)

## What are they?

An Alcohol Brief Intervention (ABI) is a short, evidence-based conversation with someone about their alcohol consumption, aiming to motivate them to moderate their drinking habits. The person is helped to realise that change is up to them and is possible, with support.

## Who are they for?

ABIs can help people drinking at hazardous or harmful levels. This means regularly exceeding the guidelines for safe drinking: 2 - 3 units per day for a woman, 3 - 4 units per day for a man, 14 units per week for a woman and 21

# Alcohol Brief Interventions

## Chris Fyles, ABI Support Officer

units per week for a man. A unit is 10ml of pure alcohol, a single 25ml shot of whisky usually works out as 1 unit.

ABIs are not for dependent drinkers. A conversation will not help these people address their problems, which require specialist treatment.

## What's going on?

The Scottish Government has promoted ABIs for public health, requiring NHS boards to deliver 149,449 ABIs nationwide. Aberdeenshire's share is 6229, mostly from general practices.

By January 2010, Aberdeenshire

had reached 16% of the target. Since then, work has progressed to promote ABI, remove obstacles and provide training. The total is now 23%, with big practices like Inverurie and Peterhead now participating.

Meanwhile, a partnership between Grampian Police and Turning Point Scotland will deliver ABI in Fraserburgh police station. As more avenues for delivery are found, opportunistic ABIs can help as wide a group of people as possible to address their drinking.

## Aberdeenshire Alcohol Drugs and BBV Fora

The Aberdeenshire ADP supports the activity of three local fora to bring together communities with specialist interest and lived experiences of alcohol and other drugs. The fora also have an interest in Blood Borne Viruses.

Each fora is given a small budget to meet administration cost and support small community ventures and activity. The aim is to create

and promote recovery communities across Aberdeenshire.

The fora are interested in hearing from members of the community, service users and family members to become members and make bids for funding to support their areas of interest in developing a recovery community.

Please contact the fora chair or administration for further information.

### North Aberdeenshire Alcohol Drug BBV Forum

Chair: [Garry Sutherland](mailto:garrysutherland@turningpointscotland.com), garrysutherland@turningpointscotland.com

Administration: [Lisa Stronach](mailto:lisastronach@turningpointscotland.com), lisastronach@turningpointscotland.com

### South Aberdeenshire Alcohol Drug BBV Forum

Chair: [Angus McCurrach](mailto:angus@drugsaction.co.uk), angus@drugsaction.co.uk

Administration: [Kelly Smith](mailto:southabdaforum@yahoo.co.uk), southabdaforum@yahoo.co.uk

### Central Aberdeenshire Alcohol Drug BBV Forum

Chair: [Kathy Henwood](mailto:Kathryn.henwood@children1st.org.uk), Kathryn.henwood@children1st.org.uk

Administration: [Angela May](mailto:abdncentral.forum@hotmail.com), abdncentral.forum@hotmail.com

## Grampian Family Support Forum

Aberdeenshire Alcohol Drug Partnership are pleased to support the development of the Grampian Support Forum which has been created by SNFAD Scottish Families Affected by Drugs. The ADP Development Officer attended the last meeting of the Family Support Forum and plans to work closely with Lisa Finlayson SNFAD Development officer to promote support for families across Aberdeenshire.

### Grampian Family Support Forum

Are you affected by a family member's drug use?

Why not join the Grampian Family Support Forum.

The aim of these meetings is to offer you the opportunity to:

- Learn and develop new skills.
- Build relationships with other family members.
- Have your opinions and issues heard by decision makers.
- Increase your contact with decision makers.
- Positively impact upon you, your family support group (if you have one), and your local community.

The next forum meeting is:

### Saturday 7th August, 2010

2 - 4pm at:  
Third Level Resources,  
35a Union Street,  
Aberdeen  
(Beside Vue Cinema)

If you think you would benefit from being involved, please contact [Lisa@snfad.org.uk](mailto:Lisa@snfad.org.uk), or call 0141 221 0544 for further details.

## Substance Misuse Conference

9th and 10th September 2010

Aberdeen Exhibition and Conference Centre

This is the eighth Substance Misuse Symposium on multi-agency working with Substance Misuse Services.

The theme is family generations and how to break the cycle of addictions. We are also looking at how younger people use websites and technology.

This conference is held over a day and a half. Registration is at 9am on 9th September followed by speakers and workshops. Lunch will be

provided on the Thursday. The conference closes at 12.30 pm on Friday 10th September.

Conference cost is £165.

For further information please contact:

### Nicola Shand

Conference Secretary  
Fulton Clinic, Royal Cornhill  
Hospital, Aberdeen, AB25 2ZH  
Tel: 01224 557610  
Email: [n.shand@nhs.net](mailto:n.shand@nhs.net)

Dr Elilidh Whiteford, the MP for Banff and Buchan formally launched two new services that are now available in Aberdeenshire to support people to deal with a drug and alcohol related issue. The opening took place on Friday 9th July in Fraserburgh Business Centre, South Harbour Road, Fraserburgh AB43 9TN.

Community Alcohol Service Aberdeenshire (CASA) provide brief intervention support to help people change their drinking pattern to safe limits. As well as providing ongoing counselling from alcohol case workers, CASA also provide volunteer buddies to help people recover from alcohol dependency. The volunteers are recruited from local communities and help reintegrate people who may feel isolated as a result of their alcohol problem.

Compass offers support to children and young people affected by parental alcohol and other drug use. The goal of Compass is to ensure that children and young people are

# New drug and alcohol services launched in Aberdeenshire

provided with support to make sure their health and wellbeing and their own future is not badly affected by their parents alcohol and other drug use.

Both services are based in Fraserburgh and are part of the Drugs Action range of services and are funded by Aberdeenshire Council.

Colin McKenzie, the Convenor of Aberdeenshire's Alcohol and Drug Partnership and Chief Executive of Aberdeenshire Council said "I am delighted to see these services up and running. The outcomes that CASA and Compass will deliver are hugely important for our citizens in difficulty and our wider community. I wish Drugs Action, it staff and volunteers every

success in their new roles and thank them for the inspirational work they do in offering people in difficulty the real prospect for hope, recovery and a brighter future.

Senga MacDonald, General Manager at Drugs Action said "We hope these services will make a real difference in the lives of people throughout Aberdeenshire. We would also encourage anyone who is interested in becoming a volunteer with CASA to get in touch with us

If anyone is interested in finding about volunteering with the service or would like to find out more about the service, please call **0845 475 2272**.

## Comic Relief UK Grant Programme – Cycle 4 now open to applications

Comic Relief's UK Grant Programme aims to bring about positive and lasting change in the lives of poor and disadvantaged people in the UK by investing in work that addresses people's immediate needs, as well as tackling the root causes of poverty and injustice.

Registered charities and voluntary organisations (including social enterprises

and community interest companies) in the UK are invited to apply for grants of between £25,000 and £40,000.

Grants are available to cover running or capital costs of organisations or projects under the following programmes:

- Mental health.
- Domestic and sexual abuse.
- Refugee and asylum seeking women.

- Sexually exploited and trafficked young people.
- Young people and alcohol.
- Young people with mental health problems.
- Local communities.

The deadline for Cycle 4 applications is **17 September 2010**.

For more information go to [www.comicrelief.com](http://www.comicrelief.com)

**P**ack It In B4 U Start! is a prevention, advice and support service for North Aberdeenshire, based within Aberdeen Foyer, for individuals who feel they would like to stop or to cut down on their cannabis and/or tobacco use and also highlight/raise awareness of potential consequences for those who as yet have not commenced use. The support provided is dependent on the individual's needs and varies from awareness raising sessions, to brief, ad hoc advice, all the way through to the option of a 6-10 week intensive programme of cessation support. Individuals can attend on their own, be paired up with a "buddy" or attend group sessions. At sessions clients can also be assessed to see if Nicotine Replacement Therapy (NRT), Zyban or Champix would be useful to them in their quit attempt and how they can get these items on prescription if medically suitable.

While individuals attend the Pack It In B4 U Start! Programme we discuss other health issues such as healthy eating, physical activity and mental health.



Throughout the programme, once they have started to achieve the goals they have set for themselves, they are given healthy food bags and exercise vouchers to help break the habit. They are also taught relaxation techniques to help get them through the change to a healthier lifestyle.

Pack It In B4 U Start! is primarily open to Aberdeen Foyer clients and programme participants but referrals are also accepted from other organisations. Programmes run continuously throughout the year, with varying times and

days available, and we always attempt to arrange times which allow clients that are working or studying full time to attend.

If you have a client who would like some advice and support then please feel free to refer them to myself to have a chat and discuss the best way forward. Alternatively, if a client wishes to self-refer then they can contact the Pack It In B4 U Start! service directly.

**Pack It In B 4 U Start! is one service that is actively looking for quitters!**

## Grants available for arts and crafts activities

**T**he Make a Splash! project has a small grants programme offering small voluntary groups in Scotland the chance to apply for between £250 - £2000. Grants are to be used to help people take part in arts and crafts activities. The grant can be used to cover a wide range of things, from venue hiring to training. There are no deadlines for this funding and applications will be accepted until March 2012.

## UK Recovery walk 2010

**Saturday 25th September, 2010  
from 2pm**

Glasgow Green • Free entry • Everyone welcome  
Speakers • Stalls • Entertainment

To register to walk and for more information visit  
**[www.sdrconsortium.org](http://www.sdrconsortium.org)** or telephone **0141 226 1662**.



## Scottish Network for Families Affected by Drugs

### 2010 Annual Conference and AGM

10am – 5:30pm, Saturday 11 September 2010

Stirling Management Centre, University of Stirling Campus, FK9 4LA

This is a free, one day conference open to family members and family support groups as well as professionals and practitioners who work with families affected by drugs. The conference will include a contribution from Fergus Ewing MSP and Dr David Best, Chair of the Scottish Drugs Recovery Consortium.

Delegates will have the opportunity to network and meet other individuals and support groups from across Scotland. The conference will also include a variety of practical workshops and stories from family members.

The conference will be followed by the Scottish Network for Families Affected by Drugs' AGM.

To apply for a free place please complete the booking form and return it to:

**SNFAD, 85 Berkeley Street, Glasgow, G3 7DX**

Alternatively you can fax your completed form to: **0141 243 2777**

**If you have any enquiries please phone 0141 221 0544**



# Recovery starts with understanding

## Recovery Academy

Friday 24th Sept 2010:  
Woodside Hall, Glasgow  
38 Glenfarg Street,  
Glasgow G20 6GE

Delegate Rate: £120  
Service Users: £5  
Please contact  
info@recoveryacademy.org  
to book your place

## Celebrating Recovery in the UK: The Evidence Base

This innovative and interactive event aims to provide delegates with a comprehensive understanding of the concept of recovery and how to embrace it within their work.

### Timetable

9.30 - 10.00	Coffee / registration
10.00 - 10.45	Welcome and introduction
10.45 - 11.30	Session 1: Recognising recovery potential
11.30 - 11.45	Break
11.45 - 12.30	Session 2: Identifying recovery capital
12.30 - 1.15	Lunch
1.15 - 2.00	Session 3: Building recovery capital
2.45 - 3.15	Key messages
3.15 - 4.00	Prize-giving
4.00	Conference close

### Outcomes

**By end of the day you will be able to:**

- Demonstrate your commitment to on-going learning
- Better understand your beliefs about recovery
- Be confident in challenging yourself & others on the concept of recovery
- Incorporate your learning from four workshops into your practice

### Contributors include

**William White**  
(joining us via video from across the Atlantic!)

**David Best**

**Mark Gilman**

**Stephen Bamber**

**David McCartney**

**Teodora Groshkova**

**Matthew Kidd**

**Wulf Livingston**