



Welcome to the  
Aberdeen City Alcohol and Drugs  
Partnership (ADP) E-Update:

[www.aberdeencityadp.org.uk](http://www.aberdeencityadp.org.uk)

ISSUE: DATE: 16<sup>th</sup> March 2018

\* [FEATURE](#) \* [LATEST NEWS](#) \* [EVENTS](#) \* [TRAINING](#) \* [VACANCIES](#) \* [RESOURCES & PUBLICATIONS](#) \*

## INTRODUCTION

If you have any items you wish to be included in the E-update please [contact us](#).

Your feedback is also very important - if you wish to make any comments about the E-update please contact us at [nhsq.aberdeencityadp@nhs.net](mailto:nhsq.aberdeencityadp@nhs.net) Wherever possible we will incorporate all aspects to enhance the effectiveness of this E-update.

Should you wish to be removed from our circulation list please contact us as above.

Aberdeen City ADP on [f](#) & [t](#) for daily updates and local/national news concerning alcohol & drug related topics

## FEATURE



Alcohol & Drugs Action

## Alcohol & Drugs Action CEO Announced

Alcohol & Drugs Action is delighted to unveil Fraser Hoggan as Chief Executive Officer.

On his announcement of his appointment Fraser said “ADA has continued to grow a strong reputation for delivering 7 days a week, first class services to individuals and families affected by alcohol and drugs use. Having worked alongside many ADA projects and services in recent years, I have been able to see and experience at first hand their deserved reputation for delivering confidential, person-centred and innovative support. This was a clearly attractive factor to my motivation to join the organisation in this very exciting opportunity”.

Fraser has been with the Alcohol & Drugs Partnership since June 2010. As well as currently covering a senior position, he has also previously held other positions within the Partnership and was responsible for developing employability programmes such as 'Lifeshaper' when working at Aberdeen Foyer.

Roger Buckland, Chairman of ADA board said "It was always going to be a tough task to replace Luan Grugeon as the former CEO of ADA, but I am confident Fraser is set to take us from strength to strength. His experience with the City's Alcohol and Drugs Partnership is invaluable, his grasp of the issues, policy and detail is huge, but most important is his commitment to ADA's values, dedication to ADA's service users and staff and to the continued impact of our award-winning service".

Fraser will be taking the helm at ADA from 3<sup>rd</sup> April 2018 which coincides with the start of the new Aberdeenshire contract for ADA.

# ADA Focus Goup

*"Have your say in the future"*



- **Do you identify as Lesbian, Gay, Bisexual or Transgender +?**
- **Have you ever or do you access support for alcohol or drug use?**

ADA Aberdeen would like to welcome you to our LGBT+ Focus Groups and 1:1 interviews to share your experiences and give you the opportunity to have your say about alcohol and drug services.

Please contact Colin or Sheri on 01224 577120

[cmckay@alcoholanddrugsaction.org.uk](mailto:cmckay@alcoholanddrugsaction.org.uk)

[smilan@alcoholanddrugsaction.org.uk](mailto:smilan@alcoholanddrugsaction.org.uk)

If you have any questions about this, please don't hesitate to get in touch!

**Helpline on 01224 594700**

**[www.alcoholanddrugsaction.org.uk](http://www.alcoholanddrugsaction.org.uk)**



Alcohol & Drugs Action is a company limited by guarantee and a Scottish Registered Charity, Number SC013582



Aberdeen City Health & Social Care Partnership

*A caring partnership*

## **Partnership launches new website**

Aberdeen City Health & Social Care Partnership has launched its new-look public website.

The site – at <http://aberdeencityhscp.scot/> – has undergone a complete redesign to make it more user-friendly for everyone accessing the webpages.

The website now features clear links into the site from the Home page, via About Us, Our Delivery, Our Innovations, Our News, and Let's Talk, along with the Partnership's Twitter feed.

The web team will continue to develop the site over the coming months in response to feedback from staff and the public.

Partnership Chief Officer Judith Proctor said: "Our public website is one of the key ways to communicate with citizens about what the Partnership is seeking to achieve as we continue to transform health and care services in Aberdeen. I would encourage staff to take advantage of the site, and use it to highlight all our new developments so that citizens are kept fully informed."

**ENDS**

**Notes for staff:**

- **The new website involves a new system for staff to ask for fresh or updated information to be uploaded. A simple-to-use Web Request Form has been developed to help standardise the way potential updates are submitted and to ensure that the web editors are given the correct content.**
- **The request form is attached with this communication and can be sent to a centralised mailbox [achscptransformation@aberdeencity.gov.uk](mailto:achscptransformation@aberdeencity.gov.uk) which is monitored regularly by the web team. Additional forms are also available via this email address.**

## Website Amend Request Form

Please complete the below form with as much information as possible. This will assist in the completion of your request.

1. What needs to be done:

Web page url	Description

2. Images, Video and documents: (Please attach through Outlook)

- Image
- Video
- Supporting document with further information

Please advise on any missing content relating to this task:

[Click here to enter text.](#)

3. Deadline date:\*

- Date
- High Priority

4. Business Reason/Impact for Required Deadline: (examples: News Release, promotion etc)

[Click here to enter text.](#)

5. Approval obtained by relevant departmental lines

Name:

Position:

Date:



**ABERDEEN** *inspired*  
BUSINESS IMPROVEMENT DISTRICT



## **Aberdeen city centre secures Purple Flag success for the fifth successive year**

Partnership working in Aberdeen city centre has been hailed as an exemplar to the rest of the country after it secured the prestigious Purple Flag accreditation for a fifth year in a row.

Led by business organisation Aberdeen Inspired, with support from Police Scotland, Unight, Aberdeen City Council, Street Pastors and other key stakeholders, the city has achieved the coveted standard in recognition of its commitment to promoting a safe and secure night time economy.

Aberdeen became the first city in Scotland to be awarded the accreditation in 2014 and has now been re-accredited for the fifth time, receiving praise for its strong partnership working alongside its lively mix of evening entertainment.

Adrian Watson, chief executive of Aberdeen Inspired, welcomed the award and praised the ongoing work which goes into making this continued success possible.

He said: "A huge amount of effort has gone in by the team here at Aberdeen Inspired, as well as Police Scotland, Unight, Aberdeen City Council and a host of other partners to ensure that we continue to provide the safest possible environment for the public to enjoy our city centre evening economy.

"We are delighted to have secured our fifth consecutive Purple Flag that has put us to the fore in Scottish terms. Moreover, it is satisfying indeed to receive detailed feedback from the assessors who have said that Aberdeen City Centre's partnership work is also an exemplar in UK terms. They said it was some of the best practice they have seen to date.

"Of course, in this field, there is no room for complacency whatsoever and there will always be challenge in a city this size.

“However, I trust the public will take a great deal of reassurance that we are innovatively working with our businesses and partners, in particular with outstanding support from Police Scotland, in getting to a position where we are consistently seen by so many others as being one of the safest city centres in the United Kingdom.

“Safety is a fundamental for any town or city centre and with the rigour that the Purple Flag accreditation scheme brings, allows us with some confidence to continue to move forward and explore ways in which we can build on our city centre’s vibrancy and offering.”

The Purple Flag scheme is a town and centre award managed by the Association of Town and City Management (ATCM) which looks at the wellbeing, movement, appeal and sense of place within a city centre.

Cities are rewarded for their ability to showcase a variety of initiatives aimed at attracting visitors to the area during the evening.

This year’s application was strengthened by several projects aimed at fostering a sense of pride within the city, with Aberdeen Inspired’s Summer of Art, the Nuart Aberdeen festival, the Painted Doors project, Aberdeen Comedy Festival, Police Scotland’s Operation Oak campaign and Aberdeen Christmas Village all playing a part.

<http://aberdeeninspired.com/aberdeen-city-centre-secures-purple-flag-success-for-fifth-successive-year/>

# OUR SFRS IS CHANGING

The Scottish Fire and Rescue Service is currently entering into an exciting and unprecedented period of Transformation in order to meet emerging and changing risks faced nationally. This process will also allow capacity to be created in order to support our partners in the wider prevention agenda.

To this end Area Manager Bruce Farquharson the Local Senior Officer for Aberdeen City would like to invite all our valued partners to a briefing session in order to provide more detail on the Transformation and answer any questions our partners may have.

## Transformation Presentation

Tuesday 3<sup>rd</sup> April 2018

North Anderson Drive Fire Station

1300hrs – 1430 hrs

The session will comprise of a 40 minute presentation from the Local Senior Officer, Response and Resilience and Prevention and Protection Managers. A 20 minute session where any questions partners may have will be answered. Finally an opportunity for everyone to see first-hand equipment and appliances located within Aberdeen City.

Refreshments will be available thought the event. Anyone wishing to attend please RSVP to [N.ABERAdministration@firescotland.gov.uk](mailto:N.ABERAdministration@firescotland.gov.uk).

**Our Transformation Strategy**

**OUR VALUES**

- Safety
- Teamwork
- Respect
- Innovation

**OUR VISION**

To deliver a modern, flexible and efficient fire and rescue service to meet the changing risks in our communities

**WE'LL DO THIS BY...**

- Expanding the firefighter role
- Improving workforce flexibility
- Refining our station footprint
- Introducing new emergency vehicles
- Strengthening our retained service
- Utilising new technology

**...AND WE'LL DELIVER:**

- ✓ A more efficient and effective service
- ✓ Firefighters trained and equipped to meet new risks
- ✓ Safer ways of working
- ✓ A broader prevention role
- ✓ A service doing more for the people of Scotland



## A new service to support those affected by steroid use has been launched.

Substance misuse charity Alcohol and Drugs Action (ADA) has opened the Image and Performance Enhancing Drugs (I PED) support service in Aberdeen.

Finlay Colville (pictured above), substance use worker at the charity, said: “At Alcohol and Drugs Action we provide harm reduction information and education for anyone considering the use of, or currently using I PEDs. This includes safer injecting advice and equipment, discussion regarding the potential harm associated with the use of I PEDs and signposting to relevant health services where appropriate.”

ADA’s new service comes after statistics from needle and syringe programmes across the UK suggested the use of I PEDs is increasing. The charity saw 266 individuals accessing its services in relation to steroid use in 2014/15, this increased to 285 the following year, but has fallen to 237 for 2016/17. Among the main motivations which prompt people to use steroids are to gain muscle, get stronger or lose fat.

Finlay said: “The service should be successful, I think people will engage with it. Those who want to use I PEDs and those using it will want to find out information and reduce the risks and harm of their actions.”

I PEDs side effects include hormone imbalances, high blood pressure or low mood. Among females, steroids increase the risk of potentially permanent physical effects such as the development of male characteristics – deepening of the voice and abnormal hair growth.

ADA’s steroid users support service will be open every second Tuesday at the charity’s Hadden Street base, from 5.30 until 7.30pm. To contact the charity call **01224 594700**. Visit the Facebook page at <https://www.facebook.com/AberdeenI PED/>



The Scottish Parliament passed legislation in 2012, the **Alcohol (Minimum Pricing) (Scotland) Act 2012**, which allows the Scottish Ministers to introduce a system of Minimum Unit Pricing for alcohol. The legislation was then challenged in court by some parts of the alcohol industry and that has delayed the implementation of this important policy. On 15 November 2017, the UK Supreme Court confirmed that the legislation which allows Minimum Unit Pricing to be introduced is lawful. The judgment can be found on the following link <https://www.supremecourt.uk/cases/docs/uksc-2017-0025-judgment.pdf> .

**The Scottish Government plans to introduce Minimum Unit Pricing for alcohol on 1 May 2018.** Before they introduce the Minimum Unit Price, the Scottish Ministers ran a public consultation to gather views from people, businesses, public bodies and interested parties about the Scottish Government's preferred price of 50 pence per unit of alcohol. This ran from 1 December 2017 to 26 January 2018. A report analysing the responses to the consultation was published on 26 February 2018 and is available at <https://consult.gov.scot/alcohol-policy/minimum-unit-pricing>.

The consultation received a total number of 130 responses (70 of these responded to the proposed price directly). Of these 70, 52 (74.3%) indicated that they are in favour of the 50 pence Minimum Unit Price. Sixty-four of the 70 respondents (91.4%) who commented on the proposed price are either in favour of a 50 pence per unit minimum price or a higher Minimum Unit Price.

Taking account of a range of factors, including the responses to this consultation, **the Scottish Government concluded that a Minimum Unit Price of 50 pence per unit provides a proportionate response to tackling alcohol misuse, as it strikes a reasonable balance between public health and social benefits and intervention in the market.** Scottish Ministers will now proceed to propose to the Scottish Parliament that a minimum price of 50 pence per unit is introduced from 1 May 2018.

**Minimum Pricing Questions and Answers Briefing Paper:**  
<http://www.gov.scot/Resource/0052/00528217.docx>



## Truer picture of alcohol harm revealed

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As we come to the end of Dry January, it's sobering to read the latest assessment of just how badly alcohol is damaging our health. The figure of over 100,000 years of life lost due to early death or living in poor health in a single year should make us all pause for thought. I'm guessing that you, like me, know someone behind that statistic. Someone whose life - and the lives of those around them - has been blighted, or cut short, because of alcohol.

Perhaps one of the most surprising findings of this research was that alcohol-related cancers are the biggest killers. More than 1 in 4 of the deaths are due to cancers of the bowel, breast, stomach, throat or mouth. Most of us know the link between alcohol and liver disease and assume that it's only people who are dependent on alcohol who are affected. Only a small minority of us (around 10%) are aware of the cancer risk, and even fewer of us realise that even low levels of drinking increase our risk of cancer. The research also highlights the wide range of health impacts that alcohol can have, from falls, road traffic accidents, alcohol poisoning and mental illness to pneumonia, stroke and pancreatitis. Some of those conditions may take years to affect us while others can occur after a single drinking session.

We often assume that young people are the problem and that those of us in middle age have less of an issue. It's true that young people are more likely to be involved in alcohol-related accidents. But it's also true that we 45-59 year olds are most likely to experience a heart condition, stroke, liver disease or cancer. And it's not just 'alcoholics' who suffer - we need to stop kidding ourselves that this is someone else's problem.

### **Minimum unit pricing and alcohol labelling**

So, what will solve our problem? Minimum unit pricing will save lives and is a strong start. But we also need to ensure that people have the information they need to make decisions about their drinking and their health. The government should require alcohol producers to label alcohol drinks clearly with health warnings and the Chief Medical Officers' low risk guidelines. It is simply unacceptable that there is more consumer information on a pint of milk than on a bottle of wine.

### **Alcohol marketing**

And we need to protect children and young people from exposure to high levels of attractive alcohol marketing, which evidence shows increases the likelihood they will start drinking and drink more. The Scottish Government is consulting on restricting advertising of high fat, salt and sugar foods; why not do the same for alcohol?

We know we have an alcohol problem, a big problem. We know what will make a difference. What's stopping us?

*Alison Douglas, Chief Executive, Alcohol Focus Scotland*

## **SDF receives new funding for work on blood borne viruses and sexual health**



After a tendering exercise, Scottish Drugs Forum has secured three year funding from Scottish Government to focus on key projects around viral hepatitis, HIV and sexual health for vulnerable populations. This will extend the range of work currently undertaken by Scottish Drugs Forum under the banner of *Hepatitis Scotland* and SDF's Sexual and Reproductive Health project.

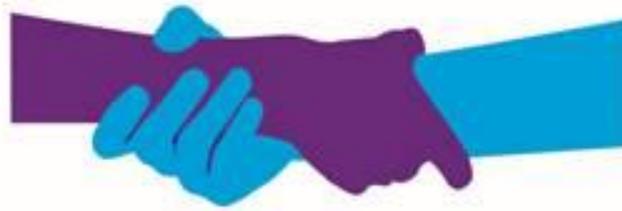
The new projects will involve the development and delivery of training, capacity building and supporting local networks and primarily focus on vulnerable groups, including people who inject drugs, young people, men who have sex with men, people involved in prostitution and people who use image and performance enhancing drugs.

SDF CEO David Liddell said "This funding will allow us to continue to build on the many years of good work done by both Hepatitis Scotland and SDF's Sexual and Reproductive Health Project.

"It is clear from the networks and partnership which have developed around the BBV and sexual health work that there are groups with particular vulnerabilities that demand focused work. Scottish Government have been quick to recognize this need and this funding will help to address emerging issues in particular groups e.g. the HIV outbreak in people who inject drugs and BBV issues related to chemsex among men who have sex with men, IPED users affected by BBVs and sexually transmitted infections.

"I am pleased that there is a recognition of the particular vulnerability of some young people, especially those who are care leavers or who are affected by homelessness. Many of these groups were identified in our research on new psychoactive use in 2016 and we will be building on the networks established for that work".

The work is due to commence in Spring 2018 and more details will be available soon.



## Scottish Families Affected by Drugs

# Family Recovery Initiative Fund

One-off grants up to £1,500 available for  
family support groups & for people looking to  
start their own local support group



<http://www.sfad.org.uk/recovery-stories/family-recovery-initiative-fund>



**PADS**  
PARTNERSHIP FOR ACTION  
ON DRUGS IN SCOTLAND  
Drawing on our  
collective strengths



We'd like to follow up our email of three weeks ago regarding the PADS Community Group's enquiries into the contribution discretionary travel bus passes make to recovery.

First of all, thanks for helping community members express their views on the impact of bus passes on their recovery and thanks for helping community members participate through various local means. The survey will continue to be open for another month. We've received 120 replies so far. This has shown significant differences of experience across Scotland, including wide variations in the rate of survey return. I'd be grateful if you could redouble efforts to help community members complete this survey which can be found at

<https://www.surveymonkey.co.uk/r/H6L3RBR>.

We'd also welcome your assistance in helping to distribute this second survey to tier 1-4 statutory, voluntary and third sector services that work with people seeking recovery from problematic alcohol or drug use.

#### [Alcohol and Drug Service Views on the Value of Concessionary Travel for clients](#)

This survey seeks to gather the views of service providers about the value of bus passes to recovery; current arrangements for the provision of bus passes to our client group and any wishes to be able to extend the power to endorse concessionary travel applications to more services. There are only 8 tick box questions and the survey can be completed in under 60 seconds. We aim to keep this survey open for a month.

It is absolutely critical that we gain a high response rate for both surveys as this will strengthen the PADS Community group's hand in informing forthcoming deliberations with Transport Scotland to influence revisions of the rules and eligibility criteria for concessionary travel.

In anticipation, thanks for your help in distributing this survey widely throughout your area.

**Anne-Marie Quigg, SRC**  
**Wayne Gault, Aberdeenshire ADP**

**For PADS Community Group**



**LIVER HEALTH EVENT**

**Wednesday 25<sup>th</sup> April 2018  
9.30am - 3.00pm**

**Jurys Inn Aberdeen Airport, Argyll Road, Dyce, Aberdeen AB21 0AF**

This event is intended for GPs, Practice Nurses, Community Pharmacy staff and Substance Misuse Service staff.

The event will comprise presentations and case study working groups and will cover:

- Current state of liver health in Grampian
- Addressing alcohol with every patient contact
- Addiction psychology
- Re engaging patients in Viral Hepatitis C therapy
- The alcohol plan for Scotland
- Are we missing opportunities to address liver health?
- Tackling obesity and weight loss strategies that work
- Testing and Treatment within substance misuse service
- Long term outcomes from chronic hepatitis B
- Fatty Liver Disease
- Overview of NAFLD guidance
- Type 2 diabetes mellitus in Grampian
- Patient testimonies

Registrations are now open.

This event is FREE with CPD points awarded on completion.

Please return completed forms to [nhsg.mcn-shbbv@nhs.net](mailto:nhsg.mcn-shbbv@nhs.net) or post to Margo Urquhart, NHS Grampian, Summerfield House, 2 Eday Road, Aberdeen AB15 6RE **by Monday 16<sup>th</sup> April 2018**

# INDIVIDUAL REGISTRATION & PRE-COURSE NEEDS ASSESSMENT



<b>Course Organiser's name:</b> Grampian Sexual Health & BBV Managed Care Network	<b>Course title:</b> Liver Health Event <b>Date &amp; venue:</b> Wednesday 25 <sup>th</sup> April 2018, 9am – 3pm, Jurys Inn Aberdeen Airport
<b>Your name:</b>	
<b>Job title/position:</b>	
<b>Practice/work address:</b>	
<b>Email address:</b>	
<b>Why do you want to attend this course /undertake this learning?</b>	
<b>What skills or knowledge do you hope to develop? (please be specific)</b>	
<b>Will this learning have an impact on your work, and if so what will it be?</b>	

Please return completed form to [nhsg.mcn-shbbv@nhs.net](mailto:nhsg.mcn-shbbv@nhs.net) or post to Margo Urquhart, NHS Grampian, Summerfield House, 2 Eday Road, Aberdeen AB15 6RE **by Monday 16<sup>th</sup> April 2018**

# 'Seek, Keep and Treat'

Save the Date

## What does it mean for service provision?

20th of March 2018

### **Seek, Keep, Treat What does it mean for service provision?**

**Date:** Tuesday 20<sup>th</sup> March, 10.00-16.00

**Location:** Grand Central Hotel, Glasgow

Scottish Drugs Forum is pleased to host this conference to explore the implications of new Scottish Government strategy on drug treatment.

**Early booking is advised  
£95 SDF members / £120 non-members**

Secure your place using the booking form at the bottom of this page.

SDF membership is free – [click here to apply](#)

This event should be of interest to policy influencers; those planning, commissioning and delivering drug services and those involved in providing services to people who have a drug problem.

Confirmed speakers include –

**Dr John Budd, Edinburgh Access Practice** – John chaired the Expert Group on Older Drug Users and is a member of the PADS group advising the Government of drug-related harm

**John Hinton, Executive Director, Move On** – Move On services include community-based intensive support, group work including employability, personal development and pre-vocational training, mentoring, befriending, volunteering, aftercare, peer education, guidance, advice and information.

#### **Background**

In July the Minister, Aileen Campbell, announced that Scotland was to change its approach to treatment by adopting a 'seek, keep and treat' approach.

This approach will address issues identified most recently in Scottish Drugs Forum's work on reducing drug-related deaths and on the needs of older people with a drug problem. The approach

has the potential to improve Scotland's response to problem drug use by:

- Undertaking outreach to encourage greater service uptake
- Improving access to specialist help and in particular swift access to treatment
- Increasing retention rates to ensure that people stay in the service for as long as they need it
- Building and enhancing therapeutic relationships and encouraging fuller engagement with wider treatment
- Enable specialist treatment services to take a wider view of service user needs including physical and mental health
- Promote and facilitate improved joint work with mainstream health and support services including housing, employability and welfare rights

The potential benefits are a reduction in people leaving and re-entering treatment; less crisis-based intervention; reduced use of emergency and acute services; fewer hospital admissions; breaking the links between problem drug use and homelessness and between mental health and problem drug use.

This is an interesting new approach and the evidence, best practice and practical implications will be explored at this conference.

Booking Details:

<http://www.sdf.org.uk/event/new-treatment-strategy-see-keep-treat-mean-service-provision/>



A national resource of expertise on drug issues

# MENTAL HEALTH MOVIE MONTHLY

Hi folks,

Our next **FREE showing** will be *'Black Swan'* (15), Monday 26th March, 5pm to 8pm in room N242 of the Sir Ian Wood Building at RGU, Garthdee Campus. As ever, staff, students and the general public are all welcome. There is free parking from 4pm, with First Bus Service numbers 1 and 2 stopping directly outside. Refreshments will be free of charge and available throughout, and facilitated discussion around mental health will follow.



**17:00: Reception. Doors open** with tea, coffee, juice and water available.

17.30: Film start

**18.30: Intermission** with Papa John's pizza and Subway Sandwiches provided.

**Film end: Facilitated discussion around mental health**

A description of the film can be found here: <http://www.imdb.com/title/tt0947798/>

Many thanks

Dan Warrender and Scott Macpherson  
Lecturers in Mental Health

[Find out more about Mental Health Movie Monthly](#)



## SHAAP/SARN Alcohol Occasionals – 2018

Scottish Health Action on Alcohol Problems (SHAAP) and the Scottish Alcohol Research Network (SARN) are pleased to organise the lunchtime 'Alcohol Occasional' seminars. These showcase innovative research on alcohol use and provide the chance for researchers, practitioners and policy makers and members of the public to hear and discuss alcohol related topics, over lunch in the historic Royal College of Physicians of Edinburgh at 9 Queen Street, Edinburgh.

### 2018 programme:

The talks will focus specifically on **Alcohol and Social Justice** in the next session. The programme and dates are now confirmed:

- 23rd April 2018 - [Accounting for harms; the role of qualitative sociology in social justice approaches to alcohol and suicide](#),  
Dr Amy Chandler, University of Edinburgh
- 28th May 2018 - '[Drunk and doubly deviant? Gender, intoxication and assault](#)',  
Dr Carly Lightowlers, University of Liverpool

**These events are popular and places are limited. Please confirm if you would like to attend.** To register via EventBrite, please click on the title of the event/s (above) that you wish to attend.



## 'Gender & Alcohol: Tackling Stereotypes' 21st March 2018

Scottish Health Action on Alcohol Problems (SHAAP) and the Institute of Alcohol Studies (IAS) are pleased to invite you to this evening event at the Scottish Parliament, hosted by Alex Cole-

Hamilton MSP.

SPEAKERS:

- Dr Carol Emslie, Reader within the School of Health & Life Sciences at Glasgow Caledonian University, and
- Dr Niamh Fitzgerald, Senior Lecturer in Alcohol Studies at the Institute for Social Marketing, University of Stirling, will present new infographics on 'Men, Women and Alcohol in Scotland'
- Katherine Brown, Chief Executive of IAS
- Victoria Troy of Glasgow Caledonian University will showcase a report by SHAAP/IAS on their 2017 seminar series 'Women & Alcohol' which looks at globalisation, empowerment, stigma, and the next steps.

If you wish to attend, send an email to [shaap@rcpe.ac.uk](mailto:shaap@rcpe.ac.uk)

**For reasons of Parliamentary security, you MUST BE REGISTERED!**



## Stronger suicide prevention

### **Draft suicide prevention plan published for public views.**

Workplaces across Scotland will receive a suicide prevention and mental health training programme under proposals announced today.

The Scottish Government is seeking views on the creation a nation-wide training programme, aimed at embedding mental health training in workplaces.

Other proposals in the draft Suicide Prevention Action Plan include:

- making more use of social media to provide information and support
- building stronger partnerships between public, private and third sector organisations
- better use of data and evidence to ensure more effective interventions

Mental Health Minister Maureen Watt launched the draft plan at a public event in Edinburgh to get the views of people directly affected by suicide and those delivering frontline services.

[https://consult.gov.scot/mental-health-unit/suicide-prevention/?\\_ga=2.21155387.1895906377.1520953241-49734158.1455706545](https://consult.gov.scot/mental-health-unit/suicide-prevention/?_ga=2.21155387.1895906377.1520953241-49734158.1455706545)

**A series of consultation events will be held across Scotland, details below:**



## **Suicide Prevention in Scotland: Share your views on what can and should be done – register your interest**

Over the last year, the Scottish Government has been gathering views on how to build on the existing range of national and local activities to raise awareness of suicide and its prevention, provide support to those experiencing distress and support to those who have been bereaved by suicide. Building on feedback from those with lived experience, a broad outline of the direction and the focused areas will be issued shortly for review and comment in a new draft Suicide Prevention Action Plan.

To help people consider what is being proposed and have further opportunities to discuss and further shape the action plan, NHS Health Scotland will run a series of feedback events at a range of locations, to allow you to voice your views on suicide prevention in Scotland – see below for dates and venues.

We want to hear from those affected by suicide and those who directly engage with those affected. This will help build on our understanding of what could be done better or differently to reduce suicide and the impact it has on people, families and communities in Scotland.

The events will influence the further development of the Scottish Government's next Suicide Prevention Action Plan, due to be published in summer 2018. As well as attending these events, we would encourage you to submit your comments and views using the Scottish Government's online engagement process (further details will be circulated when available).

### **Events will take place on:**

**Murrayfield Stadium, Edinburgh, 8 March, 9am-12 noon (lunch provided post session)**

**Trades Hall, Glasgow, 15 March 10am-1pm (lunch provided post session)**

**Spectrum Centre, Inverness, 11 April, 11.30am – 3pm (lunch included)**

**Apex Hotel, Dundee, 12 April, 1030am – 2.00pm (lunch included)**

**Beach Ballroom, Aberdeen, 18 April, 11am – 2.30pm (lunch included)**

Additional sessions may be organised if there is sufficient demand.

If you wish to **attend one of these events** please register via the [Eventbrite direct link](#).

For further information, please email us at [nhs.healthscotland-publicmentalhealth@nhs.net](mailto:nhs.healthscotland-publicmentalhealth@nhs.net) or call 07500 854 552. Places will be allocated on a first come first served basis.

We look forward to working with you on this important work.

**NHS Health Scotland**

**Scottish Government**



## A Connected Scotland: Tackling social isolation and loneliness and building stronger social connections

In the last Parliamentary term, the Scottish Government welcomed The Equal Opportunities Committee report on Social Isolation which was the first of its kind anywhere in the world. The committee found that social isolation and loneliness was a problem in Scotland, and recommended that the Government developed a national strategy to tackle it. This consultation is an important part of the process.

Social Isolation and loneliness is an issue that can affect anyone at any age or stage of their lives. Feelings of loneliness have been demonstrated to have wide ranging consequences for those effected. and has been shown to lead to depression across all ages, as well as cognitive decline and dementia in older people. There is also the potential for serious physical health implications which have been compared to those of obesity or smoking.

We want a Scotland where individuals and communities are more connected and everyone has the opportunity to develop meaningful relationships regardless of age, status, circumstances or identity. We see the role of communities as vital in achieving this goal, and have already begun to empower them to make decisions that help them address their unique priorities. Because communities are so central to tackling this problem, it is important that the people who live in them get to have their say.

### **Why We Are Consulting**

We want to hear a wide range of opinions and views from Scotland's diverse people directly. Although we are arranging a number of engagements up and down the country, we recognise that people who might have an important point to make may not be able to attend. Each and every one of us has a role to play in reducing social isolation, and your voice will help to shape the direction that the national strategy takes.

[View the full consultation paper](#)

**Local Consultation Event:**

Tue 3 April 2018  
13:00 – 15:30 BST

Doubletree by Hilton Aberdeen City Hotel  
Beach Boulevard  
Aberdeen  
AB24 5EF

<https://www.eventbrite.co.uk/e/social-isolation-and-loneliness-strategy-aberdeen-consultation-event-tickets-42452386230>



THE SCOTTISH ASSOCIATION FOR  
THE STUDY OF OFFENDING

Charity No: SC008124

# Glasgow & West of Scotland Branch

**Chair:** Sheriff Iain Fleming  
**Hon Branch President:** Hon Lady Rae  
**Hon Branch Secretary:** Prof Cyrus Tata

[www.sastudyoffending.org.uk](http://www.sastudyoffending.org.uk)

## Annual Conference Thursday 10<sup>th</sup> May 2018

10.00 am – 4.00 pm

[McCance Lecture Theatre, University of Strathclyde, Richmond Street, Glasgow](#)

### ***'ADDICTIONS & CRIMINAL JUSTICE'***

*A multi-disciplinary forum for justice and health professionals - academics, lawyers, social workers, members of the judiciary, health practitioners, third sector, police, prison and policy officials – to tackle key themes including*

*Specialised Courts – Drug & Alcohol | Women, Addiction & Justice  
Children & Addiction | Safe Injecting Rooms | Decriminalisation*



### **Conference Chair: Sheriff Lindsay Wood**

Speakers confirmed so far ...

**Sheriff Frank Crowe, Sheriff Iain Fleming  
Dr Saket Priyadarshi (GGC Alcohol and Drugs Services)  
Ian Hamilton (University of York)  
Shona Malone & Ruth McReynolds (Court Addictions Team)**

*SASO members and non-members alike are welcome.  
Delegate Rates: £90 (full) £30 (concession)  
4.5 hrs CPD*

***Registration now open!***

For further information contact:  
Irene Cameron | Tel: 01796 473556 | E-mail: [info@sasudyoffending.org.uk](mailto:info@sasudyoffending.org.uk) | [www.sastudyoffending.org.uk](http://www.sastudyoffending.org.uk)

The aim of SASO is to bring together people with a wide range of experience in the criminal justice system so that by listening, talking and sharing experience, a better understanding of our common challenges will develop.



THE SCOTTISH ASSOCIATION FOR  
THE STUDY OF OFFENDING

# Glasgow & West of Scotland Branch

**Annual Conference | Thursday 10 May 2018**  
**McCance Lecture Theatre, University of Strathclyde, Glasgow**

## **'ADDICTIONS & CRIMINAL JUSTICE'**

### REGISTRATION FORM

Delegate Details	
Delegate Name(s):	
Address:	
E-mail Address:	
Profession/Organisation: (for inclusion in the delegate list)	
Special Requirements:	
Registration Fees	
Conference fee includes lunch & afternoon refreshments	Quantity
Full day delegate: £90	
Concession: £30 (unwaged, full-time students, trainees)	
Payment Details (please tick)	
Cheque (made payable to SASO Glasgow Branch) enclosed	<input type="checkbox"/>
BACS transfers to: The Royal Bank of Scotland plc, Sort Code: 83 07 06 Account: 00688455	<input type="checkbox"/>
Please invoice to the above address (include PO Number):	<input type="checkbox"/>
Please invoice to the undernoted address (include PO Number):	<input type="checkbox"/>

Booking confirmation will be sent by e-mail unless otherwise specified. Group bookings will be accepted on one form with an accompanying list of delegate names and positions. Cancellations received after 1/5/2018 will be liable for the full conference fee.

Please return delegate registration forms to:-

Irene Cameron, SASO Glasgow & West of Scotland Branch, PO Box 7225, Pitlochry, PH16 9AH E-mail: [info@sastudyoffending.org.uk](mailto:info@sastudyoffending.org.uk)

**Note to advocates and solicitors: It is suggested that 4.5 hours of CPD time may be claimed**

**Branch Chair: Sheriff Iain Fleming    Registered Scottish Charity No: SC008124    Honorary Branch Secretary: Prof Cyrus Tata**

Please tick the box if you would wish to be added to our mailing list for notification of future conference and seminars



**SDF**  
Scottish Drugs  
Forum

**W**orkforce  
**D**evelopment  
**P**rogramme

# Aberdeen City & Aberdeenshire ADPs

## *Introduction to Motivational Interviewing - 2 Day Course*

### Overview

Motivational Interviewing (MI) is a collaborative and empowering method which can effectively influence change through the use of person centred counselling skills and directive strategies. MI can be used with brief encounters and is shown to be more effective than traditional advice giving.

### Aim

This workshop is appropriate for practitioners who are in the role of conducting one-to-one therapeutic discussions with people using drugs and alcohol with the focus on making and sustaining healthy behaviour changes. This introductory course will begin to develop knowledge and skills in motivational interviewing and seeks to support practitioners to work towards improving service user outcomes through training in how to apply this method.

### Learning Outcomes

By the end of the course, participants will be able to:

- Define the nature of ambivalence about change.
- Apply the spirit of motivational interviewing, integrated with the OARS counselling skills to engage a person in personal conversation.
- Analyse how motivational interviewing can influence change by intentionally evoking and strengthening natural language (change talk).
- Identify how motivational interviewing may be used within own practice setting.

**Dates:** 26 and 27 March 2018 - 9.30am - 4.30pm.

**Venue:** Library Room, Woodend Hospital, Aberdeen.

These courses are open to workers across Aberdeen City & Aberdeenshire. To book your place and view full course descriptors, please visit:

[www.sdfworkforcedevelopment.org.uk](http://www.sdfworkforcedevelopment.org.uk)

Please contact SDF Administration Team on: 0141 221 1175 or email: [enquiries@sdf.org.uk](mailto:enquiries@sdf.org.uk) if you have any general queries about these events.

Scottish Drugs Forum Charity No. SC008075.



## Domestic abuse and child protection

The aim of this seminar is to build a solid understanding of the nature and scope of domestic abuse and its intersections with child protection, providing the delegates with the confidence and knowledge to deal with the issue effectively in their work setting. The training has been developed by Scottish Women's Aid with the expectation that delegates will have already attended domestic abuse training.

By the end of the session delegates will be able to:

- Understand the harm caused to children through domestic abuse including post separation abuse
- Consider the implications for safe service interventions with families where domestic abuse is an issue, including listening to children, protective factors and resilience
- Reflect on the gendered nature of 'professional dangerousness'
- Identify key practice messages from the National Guidance for Child Protection in Scotland as it relates to domestic abuse interventions
- Understand how domestic abuse impacts children's rights and their role in upholding those rights.

**Book online:**

<http://www.grampian-womens-aid.com/training/domestic-abuse-and-child-protection/>

or email: [lynsey.macreedy@grampianwomensaid.com](mailto:lynsey.macreedy@grampianwomensaid.com)



## **Getting It Right for Every Child in Aberdeen City**

### **Multi-Disciplinary Training Programme April to June 2018**

The programme comprises 8 courses covering different aspects of GIRFEC practice. Participants may attend one course or multiple sessions. Training is for individuals who work within Aberdeen City Children's Services only, whether private, public or third sector. There is NO COST to attend.

**These courses are suitable for trainee or qualified staff in Early Learning & Childcare, including practitioners, lead practitioners, managers, Out of School Care workers, Social Workers in training, newly qualified Social Workers, qualified Social Workers, trainee Health Visitor, Health Visitor, School Nurses, or other health professionals who work directly with children, Guidance Teachers, Deputy Head Teachers, Head Teachers, Police (both operational officers and specialist resources)**

Please read the course descriptors (pp.1 – 4) carefully and select only the courses which are suitable for your role.

**Introductory Courses** (All participants must attend one of these courses before accessing main programme)

- *Introduction to Getting it Right For Every Child*
- *Assessing & Planning to Get It Right*

**Main Programme** (Participants must have attended one of the introductory courses within previous 2 years)

- *Sharing Information to Get it Right*
- *Using & Sharing Chronologies to Get It Right*
- *Roles & Responsibilities of Named Persons & Lead Professionals*
- *Thinking About Risk to Get It Right*

- *Multiagency Working: Assessment & Meetings*

### **Adult Services - GIRFEC Basic Awareness**

This course is for those who work within adult services or with vulnerable adults and through this interaction may have occasional or minimal involvement with children, e.g. housing officers, care managers in elderly care, disability teams, care workers, CPNs, etc. This list is not exhaustive.

If you are unsure if this training is for you, please contact the Multi-disciplinary GIRFEC Training Officer for advice.

To book a place on this training please contact: [girfec@aberlour.org.uk](mailto:girfec@aberlour.org.uk).

**Please only attend sessions if you have received confirmation that you have an allocated place.**

#### **Additional courses may be offered and will be advertised separately**

All training is free and there is limited availability. **If you are unable to attend please let us know as soon as you can.** There is high demand for these courses and there is often a waiting list. People not attending without cancelling prevents others from accessing training.

**If participants fail to attend more than one session without cancelling in advance then all future bookings for that participant will be cancelled and the place(s) offered to others. Re-application will only be possible if there are places available.**

**Please arrive 15 minutes prior to course start time to ensure that courses can run to their scheduled times.**

Please only attend sessions if you have received confirmation that you have an allocated place. For queries about availability, confirmation of requested place or changes to booked places please contact:

Aileen Smialowski, Training Administrator  
[girfec@aberlour.org.uk](mailto:girfec@aberlour.org.uk)

**01224 764500**



In partnership with the Royal College of Psychiatrists, Project NEPTUNE has developed training modules that are accessible and easy to use for busy front-line clinicians and other practitioners. These e-learning modules are developed based on the principles used by the College to develop *Continuous Professional Development* (CPD). They include multi-media and interactive elements and are open access (free of charge).

To access the modules use the login. <http://neptune-clinical-guidance.co.uk/e-learning/>  
If you do not have a login simply register for a **free login**.



### **Module 1: An introduction to club drugs and novel psychoactive substances**

Module ID:23690 This module provides a general introduction to club drugs and novel psychoactive substances (NPS), which are now established as part of the changing patterns of drug use in the UK. Authors: Dr Dima Abdulrahim, Dr Owen Bowden Jones and Dr Fredrik Johansson



### **Module 2: Acute harms and management of depressants (club drugs and novel psychoactive substances)**

Module ID:24914 This module is aimed at clinicians who are likely to come into contact with people presenting to hospital with acute harms resulting from the use of depressant novel psychoactive substances (NPS) and club drugs. Authors: Dr Dima Abdulrahim, Dr David Wood, Dr Sarah Finlay and Dr Owen Bowden-Jones



### **Module 3: Acute harms and management of stimulants (club drugs and novel psychoactive substances)**

Module ID:25018 This module is aimed at clinicians who are likely to come into contact with people presenting to hospital with acute harms resulting from the use of stimulant novel psychoactive substances (NPS) and club drugs. Authors: Dr Dima Abdulrahim, Dr David Wood, Dr Sarah Finlay and Dr Owen Bowden-Jones



#### **Module 4: Acute harms and management of Synthetic Cannabinoid Receptor Agonists and new hallucinogens**

Module ID:25144 This module is aimed at clinicians who are likely to come into contact with people presenting to hospital with acute harms resulting from the use of novel psychoactive substances (NPS) and club drugs.

Authors: Dr Dima Abdulrahim, Dr David Wood, Dr Sarah Finlay and Dr Owen Bowden-Jones



#### **Module 5: Chronic harms and management of depressants (club drugs and novel psychoactive substances)**

Module ID:25296 This module is aimed at clinicians who are likely to come into contact with people presenting to treatment with chronic harms resulting from the use of novel psychoactive substances (NPS) and club drugs.

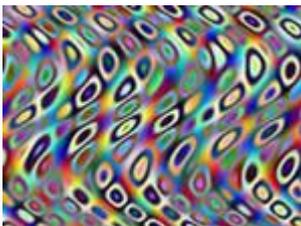
Authors: Dr Dima Abdulrahim and Dr Owen Bowden-Jones



#### **Module 6: Chronic harms and management of stimulants (club drugs and novel psychoactive substances)**

Module ID:25481 This module is aimed at clinicians who are likely to come into contact with people presenting to treatment with chronic harms resulting from the long-term and frequent use of novel psychoactive substances (NPS) and club drugs.

Authors: Dr Dima Abdulrahim and Dr Owen Bowden-Jones



#### **Module 7: Chronic harms and management of Synthetic Cannabinoid Receptor Agonists and new hallucinogens**

Module ID:26197 This module is aimed at clinicians who are likely to come into contact with people presenting to hospital with chronic harms resulting from the use of novel psychoactive substances (NPS) and club drugs.

Authors: Dr Dima Abdulrahim and Dr Owen Bowden-Jones

<http://neptune-clinical-guidance.co.uk/e-learning/>

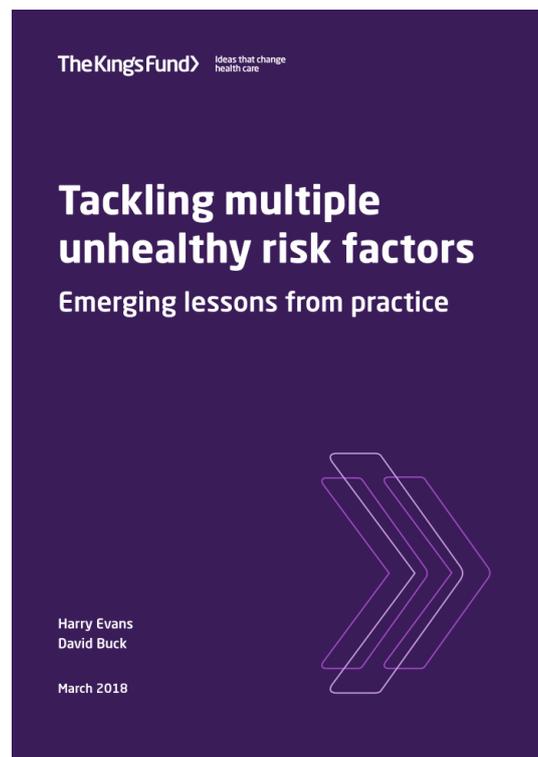


## **"Our Invisible Addicts" (2nd Edn) updated from 2011**

The publication of *Our Invisible Addicts* in 2011 represented an important landmark in recognising the extent of substance-related health problems amongst older people and that the special service needs to deal with the complexity of such problems, which often involve co-morbid mental and physical health problems, polypharmacy and psychosocial adversity.

Since then, our knowledge concerning the clinical and public mental health aspects of substance misuse in older people has continued to advance but substance misuse amongst older people continues to grow as the population of "baby boomers" ages, increasing both the number of older people and the percentage of the older population with experience of substance misuse.

<http://www.rcpsych.ac.uk/files/pdfversion/CR211.pdf>



## **Tackling Multiple Unhealthy Risk Factors: emerging lessons from practice**

Previous research by The King's Fund has shown that unhealthy behaviours cluster in the population. Around seven in ten adults do not follow guidelines on tobacco use, alcohol consumption, healthy diet or physical activity, yet most behaviour change services address these behaviours separately, not reflecting the reality of people's lives.

This report shares learning and insight from services that are using innovative ways to address the problem of multiple unhealthy risk factors in their populations. It draws on interviews and information from eight case studies in local authorities and the NHS and updates the evidence base on tackling multiple unhealthy risk factors.

<https://www.kingsfund.org.uk/publications/tackling-multiple-unhealthy-risk-factors>



# Health and Social Care Standards

My support, my life.



These Health and Social Care Standards set out what we should expect when using health, social care or social work services in Scotland. They seek to provide better outcomes for everyone; to ensure that individuals are treated with respect and dignity, and that the basic human rights we are all entitled to are upheld.

The Standards are underpinned by five principles; dignity and respect, compassion, be included, responsive care and support and wellbeing.

The Standards are based on five headline outcomes:

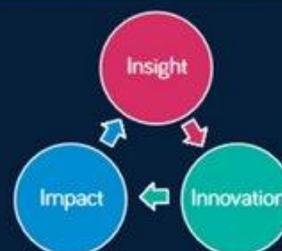
- I experience high quality care and support that is right for me.
- I am fully involved in all decisions about my care and support.
- I have confidence in the people who support and care for me.
- I have confidence in the organisation providing my care and support.
- I experience a high quality environment if the organisation provides the premises.

<http://www.gov.scot/Resource/0052/00520693.pdf>

forward

Pulse #2  
February 2018

Tackling substance dependence  
and mental health problems  
among UK prisoners:  
An integrated approach



An integrated approach to tackling substance use and mental health problems amongst people in prison could reduce mental health problems in the prisons, as well as reducing re-offending, according to research released by The Forward Trust.

Forward's research, based on data collected from participants of the organisation's substance use programmes (formerly known as the RAPt programmes) shows that the number of service users reporting symptoms of depression and anxiety fell by 50% and 25% respectively following completion of the programme.

The programme, based on a tailored mixture of support – including 12 Step interventions, Cognitive Behaviour Therapy (CBT) and mindfulness – resulted in far fewer participants reporting severe symptoms of depression or anxiety following treatment compared to before. After taking part in the programme the proportion experiencing the most severe symptoms dropped by almost a quarter for anxiety (71% – 54%) and over half for depression (57% – 25%).

<https://www.forwardtrust.org.uk/media/1512/pulse-2-tackling-substance-dependence-and-mental-health-problems-among-uk-prisoners.pdf>



## **A new resource for clinicians on the problematic use of synthetic opioids has been published**

Released by Project NEPTUNE, an initiative created to provide a clinical response to the emerging challenge of club drugs and novel psychoactive substances, the resource looks at the harms and clinical management of fentanyl, fentanyl analogues and other synthetic opioids. The project has responded to the current gap in knowledge for the clinical management of these substances by undertaking a review of the available research evidence to produce a comprehensive and evidence based reference document.

<http://www.neptune-clinical-guidance.co.uk/wp-content/uploads/2018/03/The-misuse-of-synthetic-opioids.pdf>

**Over two-thirds** of family members reported receiving help for emotional or **mental health problems** when their loved one was in active dependency, which dropped to just **one-third** when they were in recovery.



#familylifeinrecovery  
**#recovery**

## **UNDERSTANDING RECOVERY FROM A FAMILY PERSPECTIVE: A SURVEY OF LIFE IN RECOVERY FOR FAMILIES**

### Key findings:

Family members are both a resource to support recovery, and people whose own lives can be transformed through recovery, and who will benefit from their family member's recovery journey.

Heavy and dependent drinking is associated with a range of secondary problems within families, including financial problems, mental health issues, problems at work and interpersonal violence.

'Recovery' journeys are experienced by families as a period of positive change, but also emotional challenge, and starting on this journey does not mean full or immediate reversal of the damage done.

Where recovery is successful, family members can experience significant improvements to quality of life and wellbeing, including reduced domestic conflict, less use of healthcare, and improved personal finances.

By comparison to successful recovery, relapse can lead to poorer physical and psychological health, and poorer quality of life for family members

<http://alcoholresearchuk.org/alcohol-insights/understanding-recovery-from-a-family-perspective-a-survey-of-life-in-recovery-for-families/>

The Aberdeen City Alcohol & Drugs Partnership (ADP) is a multi-agency partnership which was formed in 2009 following the publication of the Scottish Government / COSLA document, 'A Framework For Local Partnerships On Alcohol And Drugs'.