



Aberdeenshire Alcohol and Drug Partnership (ADP)



August 2017

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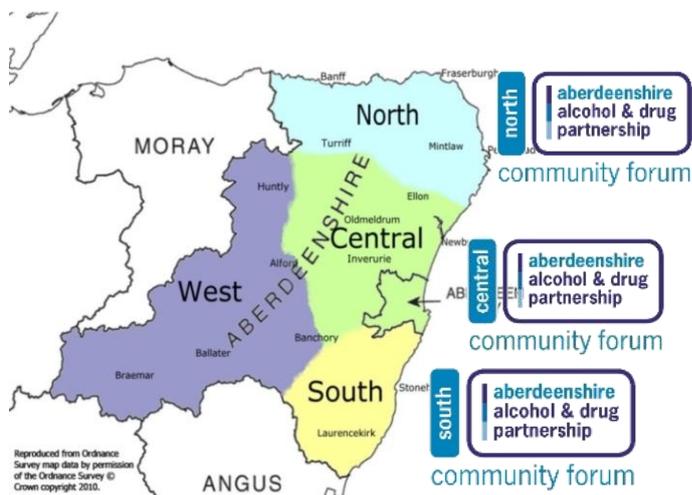
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[HOME](#)[ADP NEWS](#)[FORUM UPDATES](#)[EVENTS](#)[RECOVERY CAFES](#)[ADVICE AND HELP](#)[TRAINING](#)

Welcome to the August edition of Aberdeenshire ADP E-Bulletin where we would like to showcase our work as well as give you as much local information as possible.

We hope you will find these updates informative and interesting.

Please feel free to [contact us](#) with any feedback, comments or suggestions for anything you would like us to cover in future editions. We are always striving to improve the bulletin and your input is invaluable.



In this issue:

- A new recovery cafe
- Update on the LOIP
- Alcohol and drug related deaths
- Walking for recovery
- FASD event at Thainstone
- 3 Forums 1 Voice event
- ADP community Forum updates
- Recovery walk 2017 in Dundee
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Sunday Connections Cafe

A huge well done to Katie & Andy for the successful opening of the latest Recovery Cafe in Aberdeenshire. 25 attended the first day of the 'Sunday Connections' Cafe for food, friendship, conversation and art delivered by Jenny.

The cafe will open regularly on Sunday's 3-5pm at the Inverurie Tesco's Community room. All Welcome.



Event to show recovery from addiction is possible

Over 80 people attended a celebration of recovery event at the Alexander Clinic recently.

Founded in 1998, Oldmeldrum based Alexander Clinic is an independent hospital providing 23 residential beds offering alcohol and drug treatment to adult men and women. They provide confidential, 24 hour medical support, detoxification, primary and secondary care treatment as well as aftercare and family services.



The Alexander Clinic is also funded by Aberdeenshire Council to provide Counselling and Therapy services for people who may feel that a residential intervention is not a viable alternative or suitable for their needs.

Former clients from as far away as Worcestershire, Norfolk and Brighton who had formally lived in Grampian at time of treatment, were among those who attended the event.

Christine Duncan, Director of Aishling

Healthcare Ltd who run the service, said “We had clients who have 24 years sobriety and clients who have just completed treatment attending the event.

“There has been much focus on deaths from addiction recently but each of the 80 people who attended the event last Saturday is a success story. They are proof that long term recovery is possible and it is a credit to them and the people who work at the Alexander Clinic that they have been able to turn their life around.

“Due to the success of the celebration of recovery event, we have decided to make it an annual event and next year friends and families will also be invited.”

Wayne Gault Lead Officer at the Aberdeenshire Alcohol and Drugs Partnership said: “Anyone can suffer addiction but every single person who attended the event last weekend is proof that people can and do recover. There is a huge amount of work which goes on across Aberdeenshire to help people who suffer from addictions. The message from Saturday, for people who have an addiction, is that help is available and you can recover.”

Local Outcomes Improvement Plan (LOIP)

The Community Empowerment (Scotland) Act 2015 is legislation that aims to support communities to have a stronger voice in planning and delivering services. It focuses on addressing inequality and empowering communities to improve outcomes in their area, The Act requires all Community Planning Partnerships in Scotland to publish at least 1 LOIP and 1 Locality Plan by 1 October 2017.

Three main priorities are the focus for Aberdeenshire’s LOIP:

1. Reducing child poverty in Aberdeenshire
2. Changing Aberdeenshire’s relationship with alcohol
3. Connected and cohesive communities

Relationship with alcohol: The impacts of alcohol consumption affect all communities and place rising demands on services. Alcohol related deaths are only one consideration, others include adverse impacts on health (48 associated conditions), incremental impacts on children, alcohol related crime and reduced individual potential and economic success.

There is a real opportunity to enact a gradual but important culture change by focusing on:

- Normalising low-risk drinking and challenging the high-risk drinking culture.
- Engaging with high risk drinkers.



[Viewpoint](#) issue 48 has been published. This is a publication from the Aberdeenshire Citizens’ Panel with the results of their latest survey. In line with the LOIP priority, Aberdeenshire ADP had submitted some questions. Wayne Gault, Lead Officer, Aberdeenshire ADP commented in this issue:

“This is what we are doing ->

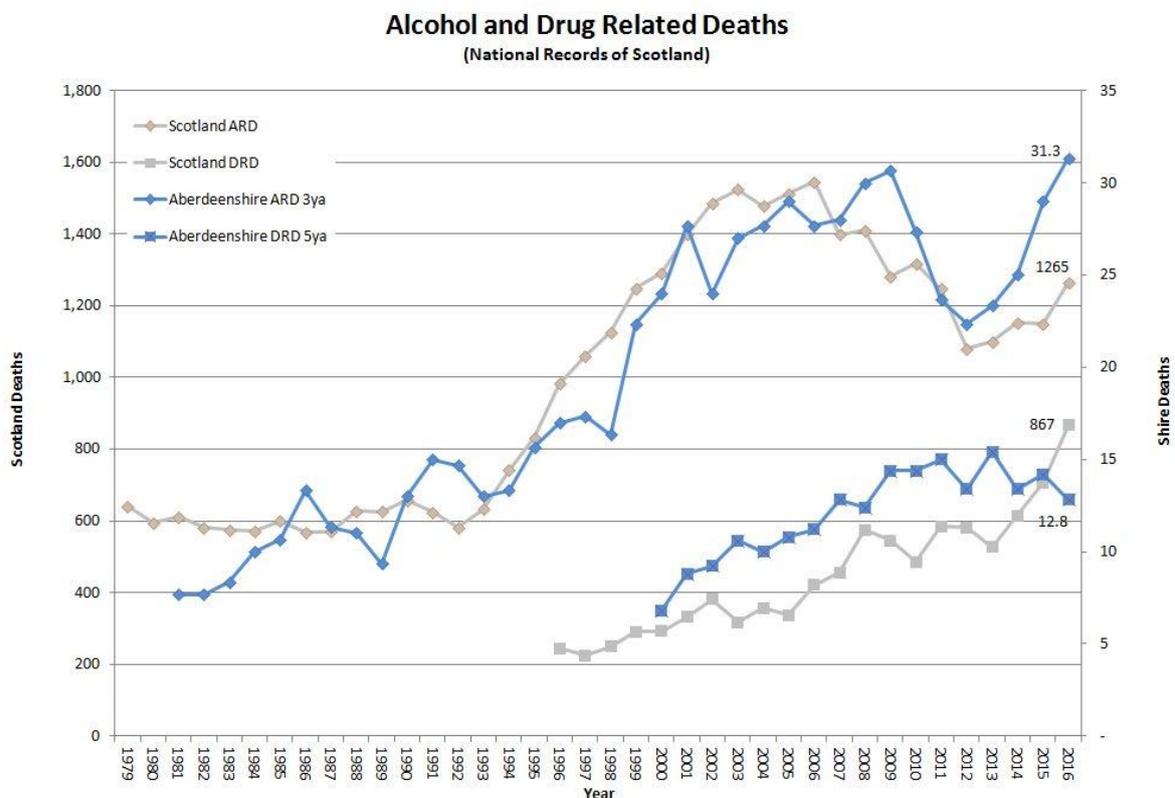
The increase in panel members reporting they knew someone affected by alcohol mirrors the increase of alcohol harm observed in recent years in Aberdeenshire. The panel’s support for various interventions gives Aberdeenshire Community Planning Partnership the mandate to adopt ‘Changing Aberdeenshire’s relationship with alcohol’ as one of their top three priorities. This will involve:

- Reducing demand and improving regulation of supply, so that low-risk drinking becomes the norm and drunkenness is unacceptable.
- Enabling more people to recover by making it easier for them to find the help they need.
- Protecting those vulnerable to harm to achieve a safer and healthier environment.

We’ll do this by raising awareness of low-risk drinking; using the panel’s view to influence Aberdeenshire’s Licensing Boards’ policy; improving the reach of treatment services and the profile of peer support groups; promoting an alcohol safe childhood and helping communities to shape their local environment.”

Alcohol and Drug Related Deaths

The data for drug related deaths in 2016 has just been launched. In Scotland 867 deaths have been reported, the highest since data recording began in 1996.



Aberdeenshire vs Scottish drug & alcohol related death trends. Alcohol deteriorating. Drugs stabilizing.

Alcohol related deaths:

- Nationally: 1,265 alcohol-related deaths in 2016. An increase in 10% compared with 2015. This is the highest annual total since 2010.
- Aberdeenshire: 30 alcohol-related deaths in 2016. A decrease of nearly 20% (n=7) compared with 2015. However, other than 2015, this is still the highest since 2008.

Walking for recovery



Back in June 2017 the ADP North community forum started a summer challenge 'Walking for Recovery' to promote recovery from addiction and the benefits of physical activity. Anyone who wanted to support the cause could take part.

The challenge was that all participants together would aim to walk **3 Million** steps between 1st June and 7th September. The North forum supplied pedometers and recording sheets, provided information about existing local health walks to join in and once a month the forum also organised a

walk in different areas of the North. Below is a picture from our first walk in Mintlaw.



It was the first time we had organised something like this and very quickly we learned that we had totally underestimated interest in this challenge as well as walking power of participants. Our Recovery walkers have been amazing and have walked and counted their steps tirelessly

over summer to support this.

Some comments along the way:

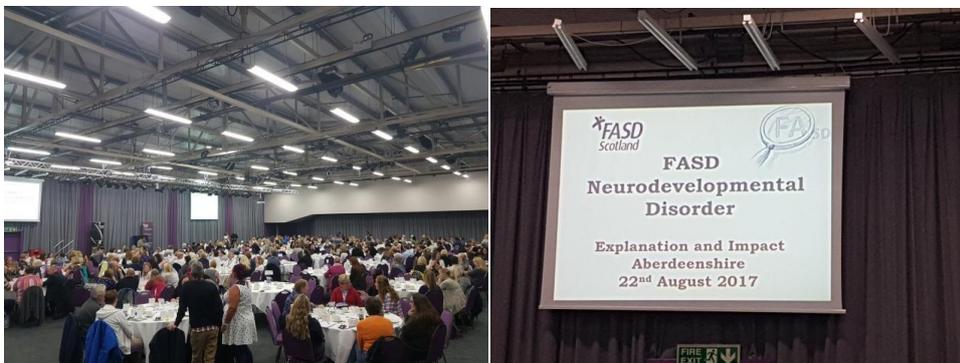
'really enjoying this...it has motivated us to go out walking more....given me the motivation to be more active.....I can walk much further now'

Every step counts and people with all levels of physical fitness are taking part in the challenge. The 3 million steps were achieved within the first month and we had to up our game and adjust our goal.

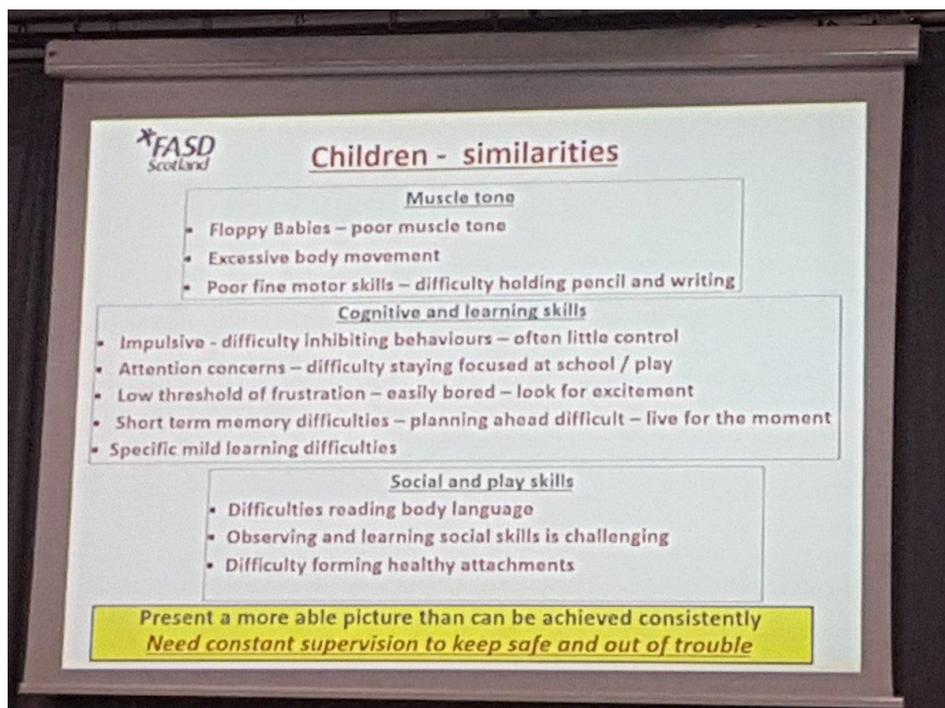
The challenge will come to an end on 7th September and we are proud to say that **more than 50** people in North Aberdeenshire contributed to this challenge and together we have already gone over the threshold of **10 Million (!!!)** steps.

At our ADP North community forum meeting on 7th September, at 12.30pm, we will bring the challenge to an official close with a celebration of all the collective and individual achievements. Please come along to the celebration and join us in a big and roaring applause for the recovery walkers. You guys rock!

FASD event



Close to 400 people attended the Foetal Alcohol Spectrum Disorder Aberdeenshire event at Thainstone on 22 August with Dr Raja Mukherjee, UK FASD expert, the biggest turnout of all the events held throughout the UK.



A third of looked after children may have FASD with almost 90% undiagnosed, it's crucial that early recording of maternal drinking behaviour is taken, especially at antenatal booking, and in early years. If no early information diagnosis is difficult to make. FASD babies are known as the million dollar babies and an FASD child is a 10 second child living in a 1 second world. Only 10% of FASD babies show the well known characteristic facial features, however 9 cognitive brain functions and the central nervous system are affected by drinking during pregnancy some of which can be seen in the slide above. FASD is 100% preventable – no alcohol, no risk.

Aberdeenshire ADP chair Stepping down

Message from Wayne Gault: “Aberdeenshire ADP’s Chair Philip English is stepping down as a result of his retirement from the Health and Social Care Partnership (H&SCP). I’d like to express my gratitude for his leadership of the ADP and wish him every happiness in his retirement. David Rodger, the ADP Vice Chair and chair designate, has agreed to act-up from vice-Chair into the role of Chair for a temporary period. This is to enable the H&SCP recruit a Partnership Manager for the North who will take on the role of Chair for the remaining period of the Local Authority’s term prior to handing over to the Third Sector. In keeping with the ADP Partnership agreement section on change of chair during a term of office, we’ll seek your formal endorsement of this arrangement at the next ADP meeting on 11 Sept.”

‘3 Forums 1 Voice’ 2017



Fast becoming an annual tradition the 3 Aberdeenshire ADP community forums organised another fantastic ‘3 Forums 1 Voice’ event. 86 community members from across Aberdeenshire came together at Curl Aberdeen on Saturday 17th June to showcase the work of our Aberdeenshire recovery communities and the 3 forums.

The programme consisted of a mixture of presentations and workshops, celebrations and networking. A market place of information stalls was also set up.

Participants heard about the importance of family recovery and discussed the needs of our recovery community groups in Aberdeenshire. The workshops were well subscribed and ranged from Laughter Yoga and Tai Chi to drumming, ukulele playing, recovery crafts, naloxone training and sound engineering.

A more detailed evaluation report about the event will be available shortly. Participants unanimously thought that it was a brilliant event and the feedback was loud and clear – ‘bring on 3 Forums 1 Voice 2018’!

Older People with a Drug Problem

The population of problem drug users in Scotland is aging. Research was commissioned by the Scottish Government to provide a better understanding of the issues facing Older People with a Drug Problem (OPDP) in Scotland so that policy and practice can be targeted appropriately. The Scottish Drugs Forum submitted a report in June. Some of their results are shown below:

(Data was collected from 123 older people with a drug problem, 93 male 30 female. Participants were 35-57 years old with a mean age of 41 years). Key findings were:

- Drug use became 'problematic' at a mean age of 25 years
- 79% were living alone
- 37% had been in treatment five or more times
- 75% had overdosed at some time in their lives
- 95% were on welfare benefits
- Three individuals worked
- 96% had convictions for any offences
- 84% had been in prison at some time in their lives
- 91% had been homeless at some time in their lives
- Five individuals had never been in treatment
- 75% were in opiate replacement treatment
- 95% suffered from depression
- 89% suffered from anxiety
- 53% suffered from chronic pain
- 80% used prescribed medicines other than opiate replacement treatment with antidepressants most frequently noted
- 32.5% used over the counter medicines
- 86% would use mental health support service in future
- 83% would use substitute prescribing in future

This research highlighted, very starkly, the issues facing those aged thirty five and over with a drug problem. In particular it highlighted that issues facing this group (average age 41) would be equivalent to people in the general population fifteen years older.

The report is available [here](#)

ADP Community Forums Updates

ADP North Community Forum



Your forum in North Aberdeenshire where people meet and create local solutions to local needs around drugs, alcohol and recovery

The ADP North community forum is holding its next meeting on **Thursday 7th September from 10am-12.30pm at the Fraserburgh Solid Rock Café, 24 Broad St, Fraserburgh AB43 9AE.**

People living, working or studying in North Aberdeenshire are invited to join the community forum so that together we can achieve positive changes for our communities.

Please also join us for a lunch time celebration after the meeting from 12.30 to 1.30pm to celebrate the incredible achievements of all the participants contributing to the 'Walking for Recovery' challenge.

It would be great to see as many of you as possible at both the celebration and the meeting as we also look to appoint new committee members for the Aberdeenshire ADP North Community Forum.

We encourage any interested forum members, and in particular community members, to consider this great opportunity to take up a role within the forum committee and to be actively involved in shaping the work of the forum. Applications are welcomed in the first instance for the position of Co-Chair, and also for the position of Vice Chair should this become vacant following co-chair elections.

For more information please contact Tanja.Mehrer@aberdeenshire.gov.uk .

ADP Central Community Forum

The next Central Forum meeting:

Thursday 16th November: 1.30 – 3.30 (refreshments at 1.00) Tesco community space (Hosted by LINKS Recovery Café)

ADP South Community Forum

South Forum Update:

Well, we've been having a busy summer...The South Forum hosted an alcohol free session as part of the Stonehaven Folk Festival. This was the third time we have held this informal session and, with over 100 people attending, it just gets better and better. This year our event was held in the Stonehaven beach pavilion with bakes and refreshments from the South Forum volunteers.

We used the event to launch our Alcohol Free Kitemark. We want to run a regular alcohol free programme of activities which are fun, family friendly, empowering and engender a sense of belonging. We also want to tackle the normalisation of alcohol and make people think about their drinking. We have developed an "Alcohol Free Space" kite mark (attached) to promote safe places where alcohol is not present; we hope that this will become a well-recognised badge. We have also set up a Facebook page on which events can be listed (fb.me/alcoholfreescotland)

Please adopt and share our kite mark for your alcohol free events; we also hope that you will list your events on our Facebook page, so that people struggling with addiction issues can be part of a community and build recovery networks. You can sign up to using the kite mark using this form: <https://www.surveymonkey.co.uk/r/alcoholfreespace>

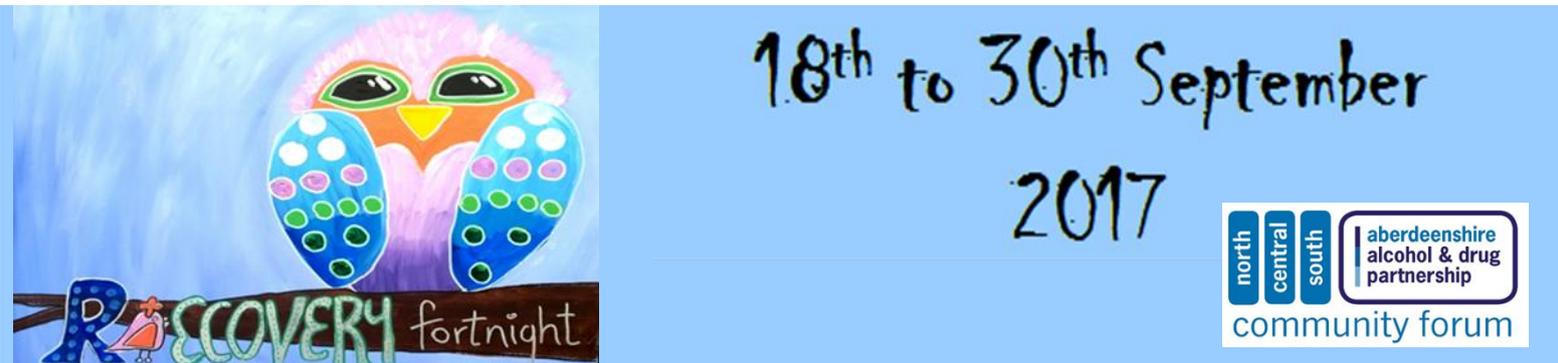
We've been working on a community conversation about alcohol at summer events. If you have not completed the survey, please do so and we'd be grateful if you would share it with your friends and colleagues.

Let us know what you think...fill out this form or complete our survey online at [Alcohol & Summer Events Survey](#)

The South Forum will hold their next meeting on the 5th September in Aboyne Community Centre from 1 till 3:30pm (Join us from 12:30 for a sandwich lunch).

Keep up to date with what we are doing on facebook:
<https://www.facebook.com/ADPSouthCommunityForum/>

Events



September is International Recovery Month with celebrations being held all over the world. Aberdeenshire forums and recovery communities are joining these celebrations for the 3rd year running by holding a recovery fortnight from 18th to 30th September. In each of the 3 ADP community forum areas North, Central and South activities and events will be held during that time to make recovery from addiction more visible in our communities and to highlight that those recovering from many issues can work together to improve their lives. The fortnight will demonstrate the variety of Recovery projects occurring throughout Aberdeenshire and illustrate the assets, strength and resilience of those Community members in recovery working together to help themselves and others.

Recovery fortnight will kick off with a launch event at Inverurie Town Hall on 18th September from 12 to 4pm, with a variety of workshops and a conversation café on 'Stigma, Respect and Inclusion'. Following that there will be recovery focussed activities and events in each of the forum areas, such as wellbeing and mindful living sessions, outdoor experiences, recovery crafts, cookery, music and creative writing and much more, culminating in participation at the Scottish Recovery Walk in Dundee on 30th September.

A programme of events will be available from 1st September onwards and will be distributed through the forums. Please contact Tanja.Mehrer@aberdeenshire.gov.uk or phone 07500 095790 for more information.

And of course, all these events are kite marked as



DUNDEE 30TH SEPTEMBER 2017



On Saturday 30th September, Recovery Walk Scotland 2017 takes place in Dundee City. Hosted by Recovery Dundee and supported by national and local recovery stakeholders and for the first time direct sponsorship from the public. This year the day will begin with Roses in the River memorial, continue with a Recovery Walk through the city centre and end at the Recovery Village and Festival with speakers and music.

.....and we are are going to be there!

Aberdeenshire ADP community forums are going as a group and traveling together. If you would like to join us or require more information please contact Tanja.Mehrer@aberdeenshire.gov.uk or phone her on 07500 095790 if you live in Central or North Aberdeenshire and Michael.Riley@aberdeenshire.gov.uk or phone him on 01467 534354 if you live in South Aberdeenshire.



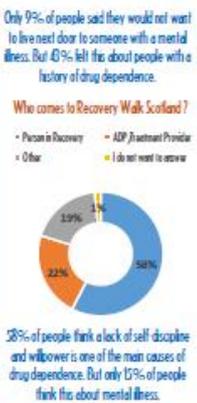
RECOVERY WALK SCOTLAND 2017

Dundee Saturday 30th September



WHY WALK?
Addiction is visible all around us — one counteraction to this is to make recovery more visible. It tackles the stigma people with addictions face in our society. Walking helps to improve the knowledge and understanding among the general public about recovery.

Our findings from Glasgow showed:
35% of participants thought the event made recovery from addiction more visible in their local areas.
50% thought recovery from addiction is more visible in Glasgow now.
64% thought that recovery from addiction is more visible nationally.
70% of people made connections with people or ideas that they found helpful in building recovery from addictions.



WHAT DOES IT FEEL LIKE TO WALK?

"We all had a beautiful and moving day. It was so inspirational and a breath of fresh recovery air"

"It was a very, very emotional day but amazing still buzzing!"

"A beautiful sea of recovery"

"The flags, the people I spoke to from lowlands to highlands and everywhere in between"

"Amazing exchange of energy at George Square"

"The sense of community was electric"

"A day of victory for recovery"

"For too long, a great majority of the recovery community – those in recovery, their families and allies – have been silent about their experiences and successes. As a result, there has been no unified public voice advocating on behalf of recovery and for those who benefit from it"



Recovery Cafes

SUNDAY

CONNECTIONS

INVERURIE TESCO COMMUNITY ROOM

EVERY SUNDAY 3PM - 5PM

LIGHT LUNCH & BEVERAGES

CHILDREN WELCOME

FOR MORE INFORMATION PLEASE CALL ANDY ON 07482118789

Im bored on a Sunday

Come along and socialise

I need support in my recovery

Meet new people

I have some ideas for events

No idea is a daft idea

I would like to learn new things

Skills workshops available

Find us on    

Changes and new developments for Recovery Café in Peterhead

The Peterhead Recovery Café now has a new name and meeting place. Now known as 'Peterhead Opportuneas' this group meets weekly on Thursdays from 4.30 to 6.30pm at the Foyer building at 1 Kirk Street. Peterhead Opportuneas offers a safe place for people in recovery or considering recovery from addiction to come together, seek support, meet new friends and enjoy social activities. All welcome, just pop in.

How we can help

- Recovery
- Wellbeing
- Socialising
- Friendship
- Inclusion
- Peer support
- Life Skills
- Personal Care
- Healthy Eating
- Nutrition
- Fare Share-Food Cloud with Tesco's
- Much more, tailored to meet individual need.

The Huntly Recovery Hub

Recovery Happens

We are here to help

Come join us shout about it &

Recover

For further information

Contact: Diane Ord

07709483283 or 01467 624240

diane.ord@cairscotland.org.uk



CAIR Scotland is registered in Scotland as a Charitable Company limited by Guarantee. Company no. 291928. Charity no. SCO 24173.

A safe place for people to come together, seek support, meet new friends, learn new skills & revive forgotten talents and person centred recovery coaching.

The Recovery Hub operates a Volunteer-led Recovery Café, where anyone can access good food, healthy eating, nutritional information, housing information, cooking skills, courses, friendship, support services and much more.....



Banff Bridge Recovery Café

is every Friday 4-6.30 at Macduff Town hall.

Recovery Café in Banchory

Banchory Recovery cafe is Wednesdays 1.30-3.30 in Number One, Scott Skinner Square, Banchory.

Inspiring Insch back after summer break

Inspiring Insch Social group is back after a summer break. The group meets every first and third Tuesday of the month from 10am to 12.30pm at Insch Community Centre, 35 Commerce Street, Insch, AB52 6JB. The group is open to all and family friendly. Come along for a chat and a cuppa, try out new activities, and learn about your community. Join us for our first meeting on 5th September, get your thinking caps on and enjoy a quiz that we have prepared for you.

Advice and Help



[V1P Grampian](#) opened Monday 12 December 2016. They aim to provide a comprehensive Veterans Service.



[Meetings in Aberdeen and Aberdeenshire](#)



natdomesticabuseforcedmarriagehelpline.org.uk/

 **Men's Advice Line**
Advice and support for men experiencing domestic violence and abuse

Call: 0808 801 0327 

Free from landlines and most mobiles
info@mensadviceline.org.uk

A blue banner with a white arrow pointing to the right. On the left is the Men's Advice Line logo, which consists of a white 'M' inside a blue diamond shape. To the right of the logo is the text 'Men's Advice Line' in bold, followed by 'Advice and support for men experiencing domestic violence and abuse' in a smaller font. On the right side of the banner, the phone number 'Call: 0808 801 0327' is displayed in large white font, with a white phone icon to its right. Below the phone number is the text 'Free from landlines and most mobiles' and the email address 'info@mensadviceline.org.uk'.

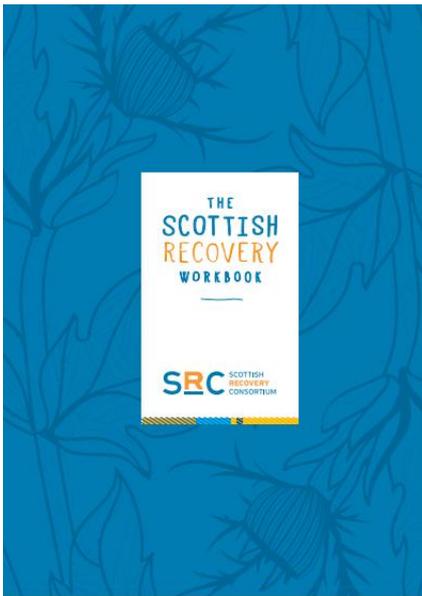


My Family and Alcohol is for parents, wives, husbands, partners, grandparents , aunts, uncles, cousins.. basically any family member.... who is worried about alcohol in their lives.

DRINKLiNK

DRINKLiNK is a new concept, offering something completely different to what currently exists.

Our Aim: To link people affected by someone else's drinking.



Click [here](#) to download the workbook



ASIST Applied Suicide Intervention Skills Training 2 Day Course

ASIST is the most widely practised suicide intervention skills training in the world with over 1 million people having attended the course. The two-day interactive workshop is facilitated by at least 2 highly experienced trainers who will create a safe environment in which to explore how anyone, regardless of their background or previous experience, can help someone stay safe from suicide.

This course aims to help participants from within Aberdeen City and Aberdeenshire:

- recognise invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

Who should attend:

• People concerned about someone	• Mental health practitioners
• Natural helpers and advisers	• Health, welfare or justice workers
• Emergency service workers	• Primary care staff (including GPs)
• Counsellors, teachers and clergy	• Community volunteers

If you have been recently affected by events concerning suicide or bereavement, then this may not be the right time for you to attend an ASIST course. Please contact Jacqui Mackintosh to discuss in confidence any concerns you may have. Email: j.mackintosh@nhs.net Tel: 01224 556739

Date	Time*	Venue
24/25 January	9.15 – 16.45	Donside Room, staff home, Woodend
22/23 February	9.15 – 16.45	Donside Room, staff home, Woodend
26/27 April	9.15 – 16.45	Donside Room, staff home, Woodend
17/18 May	9.15 – 16.45	Donside Room, staff home, Woodend
12/13 June	9.15 – 16.45	Donside Room, staff home, Woodend
11/12 October	9.15 – 16.45	Donside Room, staff home, Woodend
7/8 December	9.15 – 16.45	Donside Room, staff home, Woodend

*** Please note that attendance for the entire of both days is essential.**

This event is free and has been funded from local and national Choose Life/Aberdeen City Council/ Aberdeenshire Council. The actual cost is in the region of £170.00 per person. An invoice of £35 per person will be issued to the agency if an attendee does not attend and the replacement does not attend.

To apply for a place on the course, please email: nhsq.grampiandevelopment@nhs.net



'About Aberdeenshire ADP' barcode – a good way to getting to know & linking into us via your phone quickly and conveniently at the click of you phone button.

Follow Aberdeenshire ADP on Twitter - [@AbdnshireADP](#)

Local and national news for the Third Sector in Aberdeenshire – Aberdeenshire Voluntary Action (AVA) Newsletter: [August 2017](#)

Alcohol Focus Scotland – [eFocus July 2017](#)

Scottish Drugs Forum (SDF) – [August 2017 newsletter](#)

Scottish Families Affected by Alcohol and Drugs –[Summer 2017 newsletter](#)

The next Aberdeenshire Alcohol and Drug Partnership E-Bulletin will come out on 29 September 2017.

If you have any items or events that you would like included in the E-Bulletin please [contact us](#).

The deadline for contributions for this edition is 26 September 2017. Please feel free to [contact us](#) with any feedback, comments or suggestions for anything you would like us to cover in future editions.

If you would like to be removed from this mailing list, please let us know.