



Aberdeenshire Alcohol and Drug Partnership (ADP)

February 2016

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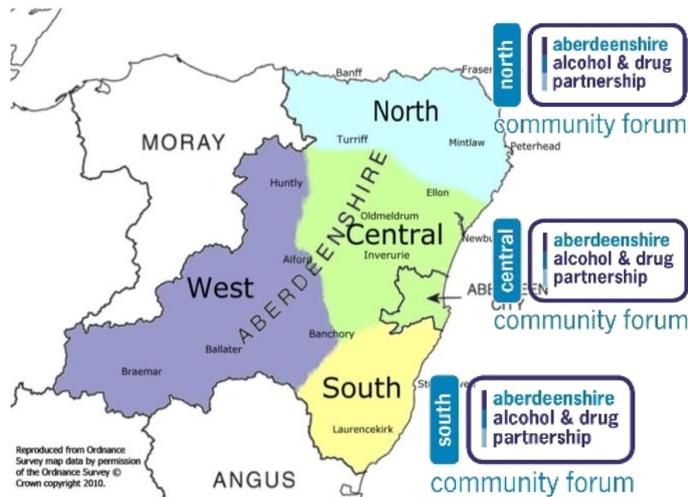
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Welcome to February edition of Aberdeenshire ADP E-Bulletin where we would like to showcase our work as well as give you as much local information as possible.

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.



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ADP NEWS

Community involvement and recovery from addictions

Aberdeenshire's alcohol and drug strategy has 4 priority themes. One of them is inclusion and community engagement. This is about addressing power imbalances and empowering marginalised people to reconnect and discover bonds with wider society. All the priorities inter-relate but I think the most important is 'inclusion'. Why?

Human beings need to bond. When we are well, we'll bond with each other. But if we're traumatized, isolated or beaten down by life we'll bond with something to take the pain away. Any one of us could drink to oblivion but we tend not to, not because anyone's stopping us, but because we've got people, work and homes we want to be present for. For people with substance use problems, drugs and alcohol may not be 'the' problem; they are actually the solution to numbing the pain of the life they can't bear to be present in.

Most addicts want to get well. Recovery is a social process that needs to be at the heart of our communities. Aberdeenshire's three Community Forums have done great work in helping people bond by connecting communities with recovery. They involve real citizens, they independently fund community projects and they've drawn in marginalised people to do things for themselves. They've enabled a wide range of peer-led, peer-delivered community supports to emerge such as recovery cafes and peer support groups.

Aberdeenshire's even become more inclusive! At the end of last year, 863 respondents on the Aberdeenshire Citizens panel told us that our communities are remarkably empathetic towards recovery from alcohol and drug addictions:

39% of respondents personally knew of someone who had successfully recovered from addiction

60% thought addiction was an illness that could happen to anyone

83% thought we should do whatever we can to help people recover from addiction

72% thought addicts should be more included in the community

The opposite of addiction isn't abstinence; it is human connection. The 'inclusion' priority is there to help people connect and belong. We need to find more ways to help communities liberate the natural strengths and recover assets that they've got because flawed humanity is more adaptable, creative and enduring than the most perfect service. And services can help too by helping find the recovery capacity in communities. Let's start by stopping saying, "Hi, my name is xx, these are my qualifications, what's the matter with you?", and instead say, "Hi, my name is xx, what is it that matters to you?"!

South Community Forum Update

At our AGM on Tuesday, we elected Jean Henretty, from Banchory, to the role of chair and Chrissie Gutteridge, from Stonehaven, to the role of Treasurer. Kelvin Tonner, from Banchory, agreed to continue as vice-chair. I am sure you will all join with me in welcoming our new committee members and wishing them the best. We were, of course, sad to say goodbye to our previous Chair, Mary Annal, who has steered the forum through the last year, seeing our membership grow and our profile raised locally. We would like to wish Mary the best of luck with her forthcoming retirement. We would also like to say a huge thank you to our outgoing Treasurer Brian King who has managed the forum accounts for over ten

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years – a huge commitment. I hope that Brian will enjoy having a bit more time to relax, but I suspect that he will quickly find himself roped into another shift at Banchory's Magpie – they are lucky to have him!

We still have a vacancy for a secretary of the South Community Forum – if you would like more information about this role please get in touch with Kirsty.forrester@aberdeenshire.gov.uk

“Recovery Social Aberdeenshire” One of the South Forum's community members has set up a facebook group for people in recovery or working towards recovery, family and friends. The purpose of the group is to arrange cinema trips, walks, meals and other social outings for people across Aberdeenshire looking to meet likeminded people and make new friends. Please [find them](#) on facebook!

Central Community Forum Update

We are happy to announce that Community Forum in Central Aberdeenshire now have their very first community member chair of an ADP Community Forum. Stuart Bowie has been elected as the joint chair, along with Diane Ord, of the Central Community Forum ably supported by Des Allison as vice-chair.

North Forum identified future priorities at its meeting and AGM on 25th February

At their first meeting in 2016, which was held in Banff, membership of the North community forum took the opportunity to recap on the activities and achievements of the past year:

- Forum membership is constantly growing and a total of 83 people had attended the 5 forum meetings of 2015, including 29 community members.
- 2015 had been a really successful year with lots of activities between forum meetings and a focus on communication and awareness raising in our communities.
- Highlights of the work in the North were the opening of the Banff Bridge recovery café in November, the Christmas film clip produced by community members to promote support over the festive season, the participation at the Banff Coast Festival, the Fraserburgh Blue Light Festival and Drumming Up Peterhead, and the Public Launch of the Margaret Ritchie Community Fund in September.
- The Margaret Ritchie Community Fund offers funding to small community led projects and initiatives and a total of £ 12.130 were so far granted to projects focussing on Prevention, Protection and Recovery.

Forum membership also discussed priorities for the coming year and identified the following areas of work:

- Rurality and Transport and the challenges to recovery
- Building Recovery Communities and connections
- Volunteering support, training and Employment
- Mental Health and Substance Use
- Prevention and information – linking with schools

Recently the forum has also been going through a period of change in leadership and had to say good bye to their two Co-Chairs of 3 years. Late in 2015 Luan Grugeon had stepped down and yesterday Bryan Duncan also resigned from his post. Forum membership unanimously agreed that they had successfully steered the forum through exciting times of change and growth and at yesterday's meeting all wished Bryan well for his new ventures in South and Central Aberdeenshire. Thanks were also expressed to Moira Davidson for her continuous work as forum Secretary and Treasurer.

Following an election process Brenda McGinley and Angela Fraser were welcomed as new Co-Chairs. They both are part of the forum membership as representatives of local 3rd sector support services.

At this point in time unfortunately no community members were available to step up to the chair role. While the current vice chair is a community member, forum membership felt strongly that a strong focus should be put on engaging more community members into committee posts. It was agreed that forum membership will, over the next 6 months, review committee structures to be fit to support this process and focus on encouraging community members to become office bearers with the forum. Both Brenda and Angela expressed that they see their role as "keeping the chair warm" until community members for these positions can be welcomed into this role.

Aberdeenshire Community Forum Celebration Event



Three Forums One Voice

The 3 Aberdeenshire ADP community forums are planning to hold a celebration event together to promote community involvement and the important work the forums do, to learn from each other and share experiences and of course to celebrate and have fun together.

This will be a day for everybody involved in the forums or interested in their work to get together. Expect a day of fun workshops, presentations, life stories and much more. Local community projects funded by the forums will also have the opportunity to showcase their work.

The event will take place on

Saturday 23rd April 10am to 4pm at Curl Aberdeen

Posters and booking forms will be distributed through the forums shortly.

This event requires booking and the deadline for this is 1st of April.
Transport can be organised where required and childcare is available.

For more information, to get involved and to book a place please contact the
Community Engagement Officers:

[North: Tanja.Mehrer@aberdeenshire.gov.uk](mailto:Tanja.Mehrer@aberdeenshire.gov.uk)

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[Central: Naida.Sneddon@aberdeenshire.gov.uk](mailto:Naida.Sneddon@aberdeenshire.gov.uk) , Tel: 01467 641444

[South: Kirsty.Forrester@aberdeenshire.gov.uk](mailto:Kirsty.Forrester@aberdeenshire.gov.uk) , Tel: 01569 762688

YOUR COMMUNITY NEEDS YOU, STEP UP!!!

"Three Forums, one voice" is the slogan you'll hear,
For the day of celebration is now drawing near,
A Shire wide party, a day to rejoice,
And you don't pay for nothing, the ADP picks up the invoice.

But what are you wanting? What do you want to see?
Some drumming? Face painting? Or a workshop by me?
You know you have to tell us, we cannot read minds,
And then we can sort it, get off our behinds.

A steering group is one thing, if all think the same,
But your voice is needed, then there is no-one to blame,
For leading us one way with a set attitude,
Ignoring our input and being quite rude.

Now we need to listen, this isn't our show,
It's in community members that recovery will grow,
We don't think you're stupid and brush you aside,
You've won your battle and now walk with pride.

So before the next meeting, I'm putting this question to you,
The Forums are yours, what do you want to do?
Have a regular conference? Repeating what we all know,
Or something original? Just go with the flow.

I need your advice folks, give me something to say,
Or I for one will be boycotting this day,
The work we've been doing, it ain't just marking time,
Help make this party bloody sublime!!!

By Stuart Bowie 02/02/2016

Foyer REACH Team 2's graduation

Foyer REACH Inverurie Team 2 celebrating their graduation at the Acorn Centre on Thursday 28th January. REACH, delivered in Aberdeenshire by Aberdeen Foyer in partnership with Nescol, Aberdeenshire Council and ADP, is a 12 week employability programme for people in recovery from anything that has held them back in their life. During the course of the 12 weeks, students take part

in a variety of challenges, projects and activities designed to increase confidence, raise self esteem and gain nationally recognised qualifications.



During their graduation, the team gave a presentation showcasing all they have achieved throughout the course and also shared personal speeches about their experience. All who attended agreed that it was a brilliant evening. The team would like to thank everyone who has supported them throughout.

Development Coach, Claire Farquharson is now recruiting for team three which starts Monday 29th February. For more information please contact claire.farquharson@aberdeenfoyer.com or call 07467919784.

Follow Aberdeenshire ADP on Twitter - [@AbdnshireADP](https://twitter.com/AbdnshireADP)

SHAAP CALL FOR FURTHER ACTION ON ALCOHOL AVAILABILITY AND MARKETING TO REDUCE ALCOHOL-RELATED HARM/
Media Release: Embargoed until 00.01, Thursday, 11 February 2016

[SHAAP's Top Twenty: A Manifesto for Action on Alcohol from Scottish Health Action on Alcohol](#)

SHAAP (Scottish Health Action on Alcohol Problems) has written personally to all Members of the Scottish Parliament in advance of the 2016 Holyrood elections, laying out its 'Top Twenty' recommendations for action on alcohol. These recommendations mark SHAAP's renewed commitment to work with partners to prevent and reduce alcohol-related harms.

Reducing alcohol-related harm in Scotland remains a priority for several reasons, including:

- Scotland has one of the highest liver cirrhosis mortality rates (a marker for alcohol-related harm) in Western Europe.
- Alcohol death rates in Scotland are almost twice the level they were in the early 1980s.
- Twenty Scots die every week because of alcohol.

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- Hospital admissions for alcoholic liver disease have more than quadrupled in the past 30 years.

Eric Carlin, Director of SHAAP, said:

“After several years of welcome reductions in alcohol-related hospitalisations and harms, these are both on the increase again. It is vital that alcohol policy in Scotland should be aligned to the WHO’s ten ‘Best Buy’ recommendations, with a specific focus on increasing the price of the cheapest, most harmful products and taking action to restrict the availability and marketing of alcohol. SHAAP’s Top Twenty recommendations should be regarded as an entire package, including health interventions such as Alcohol Brief Interventions (ABIs).”

Dr. Peter Rice, Chair of SHAAP, said:

“We represent health professionals who are in the frontline, dealing with the problems that alcohol causes to individuals and communities on a daily basis. There has been much good work in Scotland in recent years in prevention and in helping individuals and families, but much remains to be done. Some of this work will be to progress existing policies, in particular Minimum Unit Price, which has been delayed by the actions of global alcohol producers. There are other new actions, for instance, on licensing and the way alcohol is sold, which we are keen to see introduced.”

Notes to Editors:

1. SHAAP’s Manifesto is available here: [SHAAP’s Top Twenty: A Manifesto for Action on Alcohol from Scottish Health Action on Alcohol](#)
2. About SHAAP

Scottish Health Action on Alcohol Problems (SHAAP) provides the authoritative medical and clinical voice on the need to reduce the impact of alcohol related harm on the health and wellbeing of people in Scotland and the evidence-based approaches to achieve this. SHAAP was set up in 2006 by the Scottish Medical Royal Colleges through their Scottish Intercollegiate Group (SIGA). As a partnership, it is governed by an Executive Committee made up of members of the Royal Colleges, including the Royal College of Nursing.

For further information and comment contact:

Eric Carlin (Director) SHAAP: 0750 5081784 and shaap.director@rcpe.ac.uk

Dr. Peter Rice (Chair) SHAAP: 07740 937732 and peter.rice@nhs.net

Are you ready for the Psychoactive Substances Act to become law in April 2016?

After almost a year of debate since its initial proposal, the Psychoactive Substances Bill reached Royal Assent on the 28th of January 2016 and will become law on the 6th of April 2016. It is essential that all staff at drug services, services supporting people who use unbanned new psychoactive substances, and people who use drugs are aware of the law and what this new Act potentially means for them. [Read more](#)

The Drugs Policy Unit are holding a workshop in the **afternoon** of the **4 March** in Edinburgh on NPS and the Act. Aberdeenshire ADP has arranged for **VC access** to be available in Committee Room 2 at Woodhill House from 2pm for anyone that would like to join the workshop from Aberdeen. Please [get in touch](#) if interested.

EVENTS

SALSUS Event

Thursday 17th March 2016, Edinburgh

More information and the event agenda available [here](#) // To register [click here](#)

Scottish Health and Homelessness Event: 15th and 16th March 2016, Edinburgh

Registration is now open for the Scottish Health and Homelessness event. We hope that you will be able to attend. The event will be rebroadcasting selected speakers from the Faculty of Homelessness and Inclusion Health International Conference in London on 2-3 March at which Richard Wilkinson and Sir Michael Marmot will be speaking among others.

This Scottish event will weave the best of the London speakers with Scottish speakers and breakout sessions. As we confirm speakers and develop the programme, updates will be available at <http://www.healthscotland.com/news/events/index.aspx>

We look forward to seeing you all there for what we intend to be an inspiring and productive couple of days.

Register here: <https://scothealthhomelessevent2016.eventbrite.co.uk>

Contacts: Katy.hetherington@nhs.net and Neil.hamlet@nhs.net

Adolescent Substance Abuse 2016 Conference

Working Effectively with Adolescents with Substance Abuse Issues

Thursday 26th May 2016, Aberdeen

For more information and to book a place follow this [link](#) is information

The ADP would like to fund a place at this conference. To apply for funding please complete the attached form and return it to me.

Please circulate to colleagues.

TRAINING

Improving the Sexual and Reproductive Health of Drug Users Training

23rd March 2016 between 10am and 4pm

Citadel, Aberdeen

For bookings and enquiries contact: felinaemslie@nhs.net or 01224 558510

SFAD – Families and Communities Masterclass

22nd March 2016 at 10am – 4pm; Citadel, Aberdeen

One day Masterclass for professionals and family members who want the opportunity to explore the principles behind Asset Based Community Development

The cost is £55 (lunch included)

Please visit www.sfad.org.uk/training/abcd to fill in a booking form or email info@sfad.org.uk

SDF - Cannabinoid Masterclass
Working with and treating cannabis and synthetic cannabinoid users
15th March 2016, 18.00-20.45, Glasgow, Grand Central Hotel
More info & bookings: enquiries@sdf.org.uk

FUNDING

The Recovery Initiative Fund

The Recovery Initiative Fund (RIF) offers small grants directly to independent recovery groups that work in their communities to build and sustain long term recovery from addictions to drugs and alcohol. The RIF can help make ideas come to life with a one-off grant of up to £1500 to pay for costs and resources. For more information [click here](#)



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The next Aberdeenshire Alcohol and Drug Partnership E-Bulletin will come out on 24th March 2016.

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 22nd March 2016. 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.