

HADP Weekly Bulletin



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Welcome to the 13th issue of the HADP Bulletin. It's a bit of a bumper issue this fortnight with lots of information on training and events. Also included this month, on page 5 are the highlights from the 2016 Recovery walk held in Falkirk on the 17th of September. We have set two new dates for the SDF training—Understanding Stigma and Essential Skills for working with people who use substances. Please see the fliers on Page 5 and 6. Booking will open on the 7th October.

Many thanks

HADP

Special points of interest:

Drugs Research in Scotland – Scoping Review

The scoping exercise was commissioned in March 2016 by the Scottish Government, to capture information about current research and service evaluations in drugs use/misuse in Scotland. The aim was to provide an overview of current (up until May 2016), recently completed (post 2014) and, in a small number of cases, soon to start projects. There is a focus on drugs – not alcohol – and the scope is inclusive of research on Blood-Borne Viruses (BBV). <http://www.gov.scot/Resource/0050/00505865.pdf>

NRS Drug Related Deaths report—Highland Summary

National Records Scotland have published their annual report on drug related deaths in Scotland. A summary for highland can be found on the HADP website http://new.highland-adp.org.uk/userfiles/file/drug_related_deaths/Highland-Summary-Drug-Related-Deaths-in-Scotland-2014.pdf

Community Capacity & Resilience Fund open for applications on 19th September 2016

New round of grants for smaller grassroots, third sector organisations working hard to tackle welfare reform and poverty in communities throughout Scotland.

Scottish Council for Voluntary Organisations (SCVO) are delighted to announce that we have £330,000 to support innovative and creative projects that help mitigate the effects of welfare reform, combat inequality, promote social inclusion and have a preventative impact in communities. This investment from Scottish Government will increase the capacity and resilience of communities and third sector organisations to provide people with the support and skills they need.

Awards will range from £1,000 to £5,000 with project activity starting and finishing between Jan 2017 – August 2017.

We can support projects that will achieve one or more of the following criteria;

- Expand/develop your organisation's capacity in order to meet demand relating to welfare reform
- Develop a pilot project which focuses on tackling the impact of welfare reform and inequality
- Help bring organisations together in partnership to support people
- Develop people's ability to prevent themselves from reaching crisis point

If you work for or know an organisation that's tackling the impact of welfare reform and poverty (with an annual income of £200,000 or less) then we look forward to reading about your great ideas.

Applying to this fund is simple, with an easy online application process. Applications open on 19th September 2016 and close on 31st October 2016.

<http://www.scvo.org.uk/running-your-organisation/funding/capacity-resilience-fund/>.

Regards

Irene Connelly

Community Capacity & Resilience Fund / SCVO

Direct Dial: 0141 559 5027

Mobile Phone: 07794 973826

web: www.scvo.org.uk twitter: [@scvotweet](https://twitter.com/scvotweet)

Scottish Council for Voluntary Organisations, Mansfield Traquair Centre, 15 Mansfield Place, Edinburgh EH3 6BB
Supporting, promoting & connecting Scotland's third sector



Living Better

(with a long-term condition)

Come and join a group near you

Tuesday 27 September

Hilton Church Hall (1.30-3.30pm)

Nutritional Tips and Healthy Eating Advice

Thursday 29 September

Barn Church Lounge (12.00-2.00pm)

Emergency First Aid - useful tips and advice

Monday 3 October

Trinity Church Hall (2.00-4.00pm)

Looking after your oral health

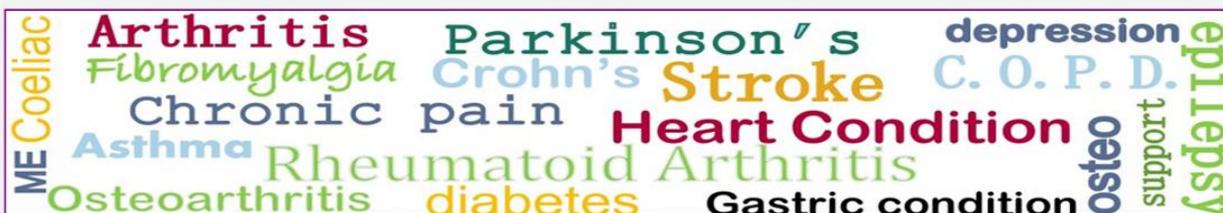
Plus tea, chat - and Boccia!

All ages welcome, including family and carers

Transport available on request

To find out more, contact Roy

(01667) 455620 lgowitroy@highlandtsi.org.uk



Recovery Walk Falkirk, 17th September 2016.

It was an early start for the Highland Recovery Walk Team that met on the bus on Saturday morning at 6.45 a.m. Spirits were high and everyone was enthusiastic and ready for the day ahead after a breakfast bacon roll. There was a strong team of forty people made up of service users, family, friends and staff from several agencies in the walking group this year. When the Team arrived at the Kelpies in Falkirk, they met up with around 2000 others on the recovery walk to firstly remember those that have died from substance misuse, in a touching ceremony that was marked with roses on the River Carron. Team members commented that the Kelpies were a truly amazing sight standing magnificently over the whole gathering.

The procession started with everyone gathering on the Great Lawn, Helix Park with the Highland Team waving their banners. With Kuladharini, Director of the Scottish Recovery Consortium leading the way the procession headed off on a 3 mile walk to the Recovery Village erected in the grounds of Callendar House.



Drum beats and whistles were deafening as the procession progressed through the streets of Falkirk. The atmosphere was one of celebration and connectedness. Members of the public came out of their homes to applaud and cheer for the walkers who all supported and encouraged each other on the walk to the recovery village. All ages took part from all walks of life. Some

Highland walkers described it as an emotional and humbling experience to make such a visible statement that people can and do recover from drug and alcohol problems.

On arrival at the village the Highland Team listened to several inspirational speakers with lived experience and enjoyed live music played by people in recovery from local bands. It was a family friendly day with bouncy castles, balloon sculptures, dancing, face painting and lots of opportunities to meet new people in recovery. The day ended with all recovery walkers joining hands in a large circle to say goodbye before the Highlanders started on the long journey home. The next day the walking team gathered once again at a buffet lunch prepared by Beechwood House, Inverness with donations from both the ADP and Apex. Certificates were presented by Debbie Stewart, Co-ordinator and we celebrated another wonderful recovery achievement for Highland. We would like to thank everyone who took part and supported our team and to those who made donations of food or refreshments. We had a wonderful planning team this year, made up of staff and services users, who helped to make this event the success it was. We could not have done it without you and are grateful for all your hard work see you again next year!





SDF
Scottish Drugs
Forum

Workforce
Development
Programme

Highland ADP

Forthcoming Professional Development Event: Essential Skills for Working With People Who Use Substances

Date: 26th January 2017 9.30am — 4.30pm

Venue : To be confirmed

Aim

The aim of this training is to allow health workers, youth workers, drug workers and other professionals to effectively respond to, treat, support and engage with people who use drugs and alcohol. It would be particularly helpful to those who are not specialist drug or alcohol workers, or are new to the substance use field.

Learning Outcomes

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

- Identify the key qualities needed to effectively support people who use substances.
- Describe the role of non-verbal communication.
- Recognise the core conditions.
- Demonstrate application of key skills for supporting people who use substances, including paraphrasing and active listening.
- Name the stages of behaviour change.
- Identify techniques they can apply when working with people who use substances.

To book your place please visit: www.sdfworkforcedevelopment.org.uk
and look for "Core Courses".

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

Scottish Drugs Forum Charity No. SC008075.



SDF
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Highland ADP

Forthcoming Professional Development Event: Understanding Stigma: Promoting Inclusive Attitudes and Practice

Date: 27th January 2017 9.30am– 4.30pm

Venue : To be confirmed

Overview

Stigma can have a profound impact upon the lives of people who use alcohol and other drugs or those who have a history of substance use. The impact of stigma can permeate numerous aspects of a person's life such as their health and wellbeing, relationships, education and employment prospects and socioeconomic status.

Through developing a greater awareness of the wider context that the cycle of stigma fosters and exploring our own role in reinforcing and challenging stigma, participants can identify new approaches for fostering enhanced relationships with service users.

Aim

This one day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.

Learning Outcomes

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

- Recall the meaning of stigma and the theory relating to stigma.
- Identify and understand the specific stigma attached to people who use substances, people in treatment or in recovery from substance use.
- Describe the consequences of the cycle of stigma.
- Identify our own attitudes and beliefs towards treatment options and treatment outcomes for substances
- Identify language and practice which de-stigmatises people affected by substance use
- Challenge stigma attached to people who use substances, people in treatment or in recovery from substance use.

To book your place please visit: www.sdfworkforcedevelopment.org.uk
and look for "Core Courses".

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

Scottish Drugs Forum Charity No. SC008075.

Festival Kits

As Part of Ross and Cromarty Drugs & Alcohol Forum and the support of Chairperson Joan Smith NHS Highland - we applied for funding to provide young people in S5 & S6 with Festival Kit Bags, in the bags there was:

- Water
- Sun screen
- Glow sticks
- Ponchos
- Hand gel
- Toothpaste
- Toothbrushes
- Some alcohol measuring cups
- Drug leaflets
- Oral health leaflet
- Alcohol leaflets
- Condom with leaflet
- Sexual health leaflet
- Paper handkerchiefs
- Evaluation



On the 26th of March 2016 60 pupils from S3 Life skills class at Fortrose Academy Packed the bags, 150 bags were packed, 100 were for young people on the Black Isle and the other 50 went to Tain Academy. When the Festival kit bags were handed out all young people had 1-1 talks with the Youth Development Officer, about remaining safe , looking out for you mates, the eating before partying, pace and moderation , keeping hydrated , general harm reduction tips . Young people attend T in the park, Belladrum and just locally at exam time when a number of young people are de- stressing.

All of the young people that were given bags were asked to fill in an evaluation and return them so they could be entered into the prize draw to win a £50 iTunes Voucher. The winner of this was Cameron Young from Fortrose, Unfortunately Cameron wasn't in the country, but his sister Rosie picked it up on his behalf.

Massive thanks to Ailsa Gordon (oral health educator from NHS) and her Trusty assistant Bungee the dental health Kangaroo. This took place on Tuesday 23rd August 2016



Scottish Motivational Interviewing Collaborative (SMIC)

Dear Colleagues

As you will be aware, over the last few years NES has organised a number of training and coaching events in conjunction with the National MI Coach Group, itself established by NES. While NES will be continuing to offer training events, there is now a new development that will become independent of NES – the Scottish MI Collaborative.

This new grouping of practitioners, trainers and coaches, will also be organising events during the coming year, including advanced MI training in February. If you would like to be kept informed of forthcoming opportunities please look for the Facebook page of the 'Scottish MI Collaborative' and send a request to join. Alternatively, please register at Jeff Allison Training Ltd who will be providing the secretariat for the Scottish MI Collaborative:

<http://www.jeffallison.co.uk/scottish-mi-collaborative/>.

Thanks,

Laura Freeman

Educational Projects Manager

Psychological Interventions Team

NHS Education for Scotland

(0131) 656 3455

Recovery Matters Training

Recovery Matters is a one-day workshop for staff at the frontline of addiction treatment and recovery services. Participants are joined by recovery activists who provide additional insight from the perspective of long-term recovery from addiction.

Key drivers for recovery orientated treatment practice are discovered and explored as part of the day's learning, and the relationships that build recovery practice and outcomes in treatment are made at workshop tables.

Throughout the course of the day staff are empowered to shift their treatment practice to focus on recovery from addiction.

We provide all the materials, trainers and recovery assets needed to make this a recovery orientated training environment for everyone. To book on to this course please follow the link below:

<http://www.scottishrecoveryconsortium.org.uk/index.php?id=1825>



A "**Certificate of Continuing Professional Development**" will be issued as requested by any attendees.

Refreshments and a light luncheon will be served. There will be no registration fee levied.

Pre-event Registration:-

Your assistance would be greatly appreciated regarding this matter.

Registration may be made in advance of the event via:

Email - a.p.beck@hotmail.co.uk

Telephone or Text message - 07974 710444.

When registering please indicate the name of your organisation (if applicable) and the name and position of each person planning to attend.

Further Registration

Registrations will be accepted on the day of the event. However, depending on numbers, this may lead to a restriction to the luncheons available to such registrees.



Highland & Islands Region Of Alcoholics Anonymous

In co operation with
The Highland Alcohol and Drugs Partnership

Awareness Event

Wednesday 16 November 2016

AA is a Free Resource

Programme

- | | | |
|-------|-------|--|
| 10:45 | 11:15 | Registration. Tea & Coffee |
| 11:15 | 11:30 | Mr Sandy MacVarish - Welcome and Introduction.
Event Chairperson & Member of
AAGB Board of Trustees. |
| 11:30 | 12:00 | Dr Ashraf Kahn. Consultant Psychologist.
Member of AAGB Board of Trustees. |
| 12:00 | 12:20 | Alcoholics Anonymous Speaker.
How the AA Twelve Step Programme worked for me. |
| 12:20 | 13:00 | Luncheon and Networking. |
| 13:00 | 13:20 | Ms Natalie Beale. Chairperson HADP.
Governor HMP Porterfield. |
| 13:20 | 13:35 | Al-anon Speaker. |
| 13:35 | 14:00 | Dr Hugo van Woerden. Director of Public Health & Health
Policy to NHS Highland. |
| 14:00 | 14:30 | Questions and Answers Session. |
| 14:30 | | Event Closure. |