

Issue 23

15/12/2017

HADP News Bulletin



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Welcome to Issue 23 of the HADP Bulletin. There are lots of updates and training opportunities for the new year.

Wishing you all a happy and safe festive season

Many Thanks

HADP

Special points of Interest:

Updated Service Directory: [Click Here](#)

Updated Highland Substance Awareness: Prevention and Education Framework <http://www.highlandsubstanceawareness.scot.nhs.uk/wp-content/uploads/2017/12/highland-substance-awareness-framework.pdf>

Updated Prevention and Intervention Model <http://www.highlandsubstanceawareness.scot.nhs.uk/young-peoples-substance-use-pathway/>

Scottish Families Affected by Drugs and Alcohol Christmas Newsletter: [Click Here](#)

Scottish Drugs Forum Newsletter: [Click Here](#)

Training Opportunities

New Psychoactive Substances (NPS)

Monday 19th March 2018 - 9.30 – 1.00 p.m. Venue: Culloden/Balloch Baptist Church
http://www.cullodenbaptist.com/?page_id=911

Recovery Matters—Training for Trainers

5th Feb 18 Week 1 (Day 1) Orienteering, Information and online learning - Online Zoom (2hrs) 9.30-11.30 a.m.

8th Feb 18 Week 1 (Day 2) Discussion Forum and Tasks - Online Zoom (2hrs) 9.30-11.30 a.m.

13th Feb 18 Week 2 (Day 1) Full Day Workshop, 10.00 – 4.00 (6hrs) Venue : Inverness TBC

14th Feb 18 Week 2 (Day 2) Full Day Workshop, 10 – 5.00 (7hrs) Venue: Inverness TBC

Conversation Cafe Host Training

on Wednesday 21st February 2018 (Venue will be confirmed nearer the time)

Discussing Drugs and Alcohol with Young People

Tuesday 13th February in Inverness 1-5pm.

Smart Facilitator Training: HADP have arranged for Facilitator Training to take place in Inverness on Thursday 8th and Friday 9th March 2018, times and venue TBC. Places on this 2 day training will be limited. Please contact Sharon.holloway1@nhs.net for further information.

Scottish Drugs Forum Training via E-Learning – New Drugs, New Trends? A Workers Toolkit for NPS.

https://www.sdfworkforcedevelopment.org.uk/ems/live/index.php?option=com_eventlist&view=categoriesavailable&Itemid=294

For further course information and booking forms please go to the Highland Alcohol and Drugs Partnership website:

<http://www.highland-adp.org.uk/calendar>

Festive Stay Safe Campaign

It's that time of year once again when Christmas parties and Hogmanay celebrations are in full swing and the Highland Alcohol and Drugs Partnership would like to encourage people to enjoy their festive period safely.

Alcohol

There are several ways to still enjoy a drink without going overboard. If you are out for a night try alternating an alcoholic drink with a soft drink. Drinking to excess or getting drunk can impact on your family and friends.

Think about the strength of alcohol you choose: drinking a lower strength (ABV) means you are consuming less alcohol. Check the labels on bottles to see how many units they contain and remember to ensure all alcohol is out of your system before driving.

To keep the risk to your health low, both men and women should not exceed 14 units per week and we should all have several alcohol free days. To put 14 units into perspective, it equates to: seven 500ml cans of 4% beer, or 10 single pub measures (35mls) of a spirit, or six medium glasses (175ml) of 13% wine.

People who have changed to drinking more sensibly tell us they tend to sleep better, have more energy, feel happier and less anxious and have more money in their pockets.

Drugs

With the party season just around the corner, make sure you and your friends stay safe by avoiding taking drugs. Remember, there is no high without a low. Drugs like ecstasy and cocaine can cause dehydration, overheating, strokes or heart problems, especially when mixed with alcohol. Nobody knows what novel psychoactive substances contain or what the harmful effects might be.

Reducing harm

If you are unable to avoid taking drugs please follow this advice in order to reduce harm as much as possible. Make sure you know what you are using, and buy from a trusted source. Don't use drugs alone and let your friends know what you have taken. Take a test dose (a smaller dose than you normally take and wait to see what the effects are). If they are different or much stronger, do not use. Look out for your mates, and if you notice signs of someone becoming unwell, please get help and call 999.

Reducing drug deaths

Christmas is a high-risk time of year for drug-related deaths. A snoring/rasping noise is the most common symptom of an overdose. It can mean the person is in grave danger if you cannot wake them up. Mixing drugs increases the risk of overdose, especially when opioids are combined with alcohol or other sedating drugs like Valium, Gabapentin or Pregabalin. Make sure you have Naloxone and a phone that works. If you notice signs of someone becoming unwell and you cannot get a response, you need to put them in the recovery position and phone 999 straight away. Don't leave them alone; they need you. If they are not breathing normally – and if you know first aid – then try rescue breaths and CPR.

For further information, advice and training on how to recognise signs of overdose and administer Naloxone (an antidote to opiate drugs) - please contact the Harm Reduction Service.

For more information:

Harm Reduction Service	01463 717594
Osprey House	01463 716888
Youth Action Service	01463 256603
Crew 2000	0131 220 3404

www.crew2000.org.uk

Know the Score 0800 587 5879

www.knowthescore.info

Highland Alcohol and Drugs Partnership (HADP)

<http://www.highland-adp.org.uk/>

Highland Winter Events

Tips and Advice - 2017



Keep warm by wearing the appropriate clothing for the conditions.

Eat well and stay hydrated throughout the event.

Make it a memorable one for the best reasons. Pace your drinking and have non-alcohol 'spacers'!

Know your alcohol units

Normal strength beer/lager/cider
1 pint = 2.3 units (4% ABV)

Spirits (25ml) single = 1 unit (40% ABV)

Wine (175ml)
1 glass = 2.1 units (12% ABV)

Prosecco (125ml)
1 glass = 1.4 units (11% ABV)

Look after each other. Never leave friends that become unwell through drugs and/or alcohol.

The safest option is to avoid taking drugs, but if you choose to:

- Dose low, go slow
- Wait 2 hours before redosing
- Avoid mixing (including alcohol)
- If using NPS, keep the packet in your pocket

Remember - drug content cannot be guaranteed by appearance.

For any on-site help and assistance, seek out the welfare team.

