



Inside this issue:

Special Points of Interest	1	Welcome to Issue 21 of the Highland Alcohol and Drug Bulletin. There are lots of links to useful information and training courses in this issue, as well as updates on events.
ACI New Address	2	Congratulations to the Catalyst Project on their excellent achievement (see page 3) Well done also to everyone who took part in the Recovery Walk in Dundee on the 30th of September (see page 4)
Scottish Health Survey	2	
Catalyst Project Award Finalist	3	
Recovery Walk	4	Many Thanks
Training Courses	6	HADP

Special points of Interest:

[SDF Newsletter](#)

[Re-Solv Newsletter](#)

[Scottish Families Autumn Newsletter](#)

[Alcohol Focus Scotland Newsletter](#)

[Child protection charities sound alarm over the 51,000 innocent victims at risk from Scotland's worsening drink problem](#)

[Chief Medical Officer Catherine Calderwood calls for help for vulnerable children affected by Scotland's drink problem](#)

[It is time for Scotland to face a sobering truth when it comes to alcohol](#)

[Tough new drink limits you won't see on the bottle](#)

Tough new guidance on drinking limits will not be printed on most alcohol bottles and cans, after industry bodies told their members they did not need to display the updated advice. The Government last year published new recommendations warning men and women alike to drink no more than 14 units a week, and warned there was no 'safe level' of consumption. The old message is printed on nearly all drinks labels in the UK, as part of an agreement with the alcohol industry dating back to 2007. But officials have not secured a similar agreement this time - and alcohol industry standards body the Portman Group has advised its members they instead can just include the address of the industry-funded Drinkaware website. Health experts accused the alcohol industry of 'denying people the information they need'. In a public letter, 25 health leaders demanded the Government make the labels compulsory.

New Address for Addictions Counselling Inverness

Addictions Counselling Inverness has a new manager - Val Bell. They have also moved premises. Their new address is:

Addictions Counselling Inverness
108 Church Street
Inverness
IV1 1EP

The telephone number remains unchanged

Addictions Counselling Inverness



Update from Scottish Health Survey 2016

Chapter 1 Alcohol:

- **1 in 4 adults in Scotland drink above the recommended guidelines.** This is the same as in 2015.
- **Male drinkers were twice as likely** to drink above the recommended maximum of 14 units a week than female drinkers.
- **16%** of adults report they **do not drink** alcohol (same as previous year).
- More adults reported not drinking alcohol in the **most deprived areas** (26%) than the **least deprived areas** (11%) (age-standardised).
- Those in the least deprived areas **drank on more days** on average (2.9 days) than those in the most deprived areas (2.3 days).
- **Drinkers aged 75 and over** consumed less alcohol at one time, but drank with greater frequency, on average, than younger drinkers who tended to consume greater volumes of alcohol in fewer drinking sessions.

Please remember that the Scottish Health Survey relies on self-reporting so consumption may be underestimated. Sales data are a more accurate measure of total consumption but of course we can't get patterns of drinking from sales data

Please see the Scottish Health Survey 2016 for more information: <http://www.gov.scot/Topics/Statistics/Browse/Health/scottish-health-survey>

Award Nomination for Catalyst Project

Congratulations to The Action for Children, Gael Og Catalyst Project on being shortlisted as a finalist in the Community Project of the year category at the Herald Society Awards 2017 in Association with Social Work Scotland. The Awards will be announced at a special ceremony on the 1st of November.



The Herald Society AWARDS 2017

in association with



FINALIST

Recovery Walk 2017—Dundee

The HADP are delighted to confirm that 44 people in recovery, their family members and support staff from across Highland made up the team that participated in the Recovery Walk Scotland event in Dundee on Saturday 30th September. The walkers were joined in Dundee by several other team members including Liam Eaton who had volunteered to pipe for the team for the duration of the walk.



The day started with a heart warming performance from a local Choir followed by the Remembering our Friends and Family Ceremony after which everyone released roses into the River Tay. The walkers then left the Marine Parade to walk through the city centre with drums, whistles and pipers all rhythmically announcing the procession to the onlookers and locals of Dundee.



It was encouraging to see the support from those who came to watch the procession weave through the streets of Dundee. The walk finished at Magdalen Green where the walkers were welcomed to the Recovery Village by the Chair of Recovery Walk Scotland, Marion Martin. After a few encouraging words from Shona Robison, Cabinet Secretary for Health, MSP Dundee East the participants were entertained by performances from several local bands. The Highland team were busy throughout the day handing out free friendship bracelets, bookmarks, badges and keyrings which had been designed and made by members of the Walk Planning Team.



The walkers also had the honour of watching Emma Pollock and Louis Abbott from Vox Liminis perform some of the recovery songs which had been written during the Distant Voices Song Writing Workshops at HMP Inverness. The team from Highlands were very grateful to them for agreeing to do this performance on request, it was very powerful and emotional to hear the recovery songs from Highland workshop played to the wider audience.

Once again there was no shortage of activities and fun to be had at the Recovery Village – from face painting to photo booths there was something for all ages. After some inspirational and motivational words from Kulaharinni, (Scottish Recovery Consortium) we gathered en masse to say the Serenity prayer which brought the event to an end before the Highland team started the journey home.



On Sunday 1st October members of the Highland walk team gathered at Beechwood House, Inverness to celebrate and share their experiences from the Recovery Walk. The team were joined by James Dunbar, Chair of HADP who presented medals and Certificates of Achievement to everyone and thanked the partner agencies that had supported this event. A special thank you went to members of the Highland Walk Planning Team who again went above and beyond to make this event special for everyone and a great success. Great feedback has been received from those who took part so well done everyone who was involved.

Training Courses

NPS Training

Monday 13th November 2017– NPS (New Psychoactive Substances) Training - 1 p.m. to 4.30 p.m. Venue : Culloden/Balloch Baptist Church
http://www.cullodenbaptist.com/?page_id=911

Monday 12th February 2018 - NPS (New Psychoactive Substances) Training – 9.30 – 1.00 p.m. Venue: Culloden/Balloch Baptist Church
http://www.cullodenbaptist.com/?page_id=911

Basic Alcohol & Drugs Awareness

Monday 20th November 2017 – Basic Alcohol & Drugs Awareness Training – 9.30 – 4.30 p.m. Venue: Kyle Hotel, Kyle of Lochalsh (participants to provide their own lunch)

Monday 12th March 2018 – Basic Alcohol & Drugs Awareness Training – 9.30 – 4.30 p.m. Venue: Culloden/Balloch Baptist Church http://www.cullodenbaptist.com/?page_id=911 (participants to provide their own lunch)

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

