

Issue 33

14th December
2018

HADP News Bulletin



Rights, Respect, Recovery Scotland's new drug and alcohol strategy

On the 28th of November, the Scottish Government published the revised National Alcohol and Drugs Strategy—Rights, Respect, Recovery. For more information [click here](#)

Rights, Respect and Recovery

Vision

Scotland is a country where “we live long, healthy and active lives regardless of where we come from” and where individuals, families and communities:

- have the right to health and life - free from the harms of alcohol and drugs;
- are treated with dignity and respect;
- are fully supported within communities to find their own type of recovery.



Alcohol Framework 2018: Preventing Harm—Next steps on changing our relationship with alcohol

Alongside the revised National Alcohol and Drug Strategy, the Scottish Government also published the Alcohol Framework 2018. This builds on the progress of the 2009 framework, with an ongoing focus on:

- Reducing Consumption
- Positive Attitudes, positive choices
- Supporting families and communities

For more information [click here](#)

Stay Safe Campaign—MFR

HADP is running a Stay Safe Festive Campaign on MFR. Partners can help to communicate key messages:

Low Risk Drinking

People can find themselves in situations where they drink more than usualRemember, the more you drink the greater the risks.

Some useful tips to lower the risks are:

Pace yourself

Dilute your drinks so they last longer

Have a spacer instead of a chaser

At home, you don't have to finish the bottle, save some for another day

Switch from a higher alcohol content to a lower one

Or switch to smaller measures

Party Drugs

Make sure you and your friends stay safe. Try and drink sensibly and avoid taking drugs, if you can.

Always remember there's no high without a low!

Drugs like ecstasy and cocaine can cause symptoms like dehydration, overheating, stroke or heart attack. Mixing with alcohol can be fatal.

What's in it can't be guaranteed by the appearance of a drug

Take care of yourself and your friends too, never leave somebody who is unwell through drug or alcohol use, call 999 to get help.

Overdose Awareness

Most drug overdose deaths are preventable if people can recognise the signs and phone 999 in time.

A snoring / rasping noise is the most commonly missed symptom of a drug overdose and is a sign that the person is in grave danger.

Naloxone is a drug that can temporarily reverse the effects of an opiate overdose. For overdose training and Naloxone supplies for friends & family members contact Highland Alcohol and Drug Advice and Support Service (HADASS) on Inverness.

12 Days of Christmas

The Drug and Alcohol Recovery Service will be doing a 12 day countdown to Christmas on social media, focusing on harm reduction messages over the festive period. They will be providing a wide range of drugs and alcohol safety messages and advice.

Facebook—[Click Here](#)

Twitter—[Click Here](#)

Training Opportunities

Basic Drug and Alcohol Awareness

Thursday 31st January 2019, 9.30am—4.30pm, Inverness, Venue TBC
For more information and a booking form please [click here](#)

NPS Training

Wednesday 23rd January 2019, 9.30am—1.00pm, Inverness, Venue TBC
For more information and to book [click here](#)

Drugs and Bugs—An Introduction to Bacterial Infection and Drug Use

Wednesday 13th February 2019, 9.30am—12.30pm, Inverness, Venue to be confirmed. For more information and to book a place please [click here](#)

'Tooting' versus 'shooting' (and other routes and methods of drug use)

Wednesday 13th February 2019, 1.30pm—4.30pm, Inverness, Venue to be confirmed. For more information and to book a place please [click here](#)

SDF e learning module—Overdose prevention, Intervention and Naloxone

For more information or to complete this online module please [click here](#)

SHAAP/SARN 'Alcohol Occasionals'

SHAAP and SARN have organised lunchtime 'Alcohol Occasional' seminars. Each seminar showcases innovative research on alcohol use and gives individuals, researchers, practitioners and policy members the chance to hear and discuss alcohol-related topics over lunchtime: [click here](#)

Violence Against Women Partnership Training Calendar

For the online calendar for the Violence Against Women Partnership training [click here](#)

Waverley Care Training

Waverley Care will be facilitating 3 training sessions in February and March 2019 in Inverness.

Friday February 8th 2019 (9.30am-1.00pm) **Diversity and Inclusion – Lesbian, Gay,**

Bisexual and Transgender (LGBT) Awareness (Inverness) To book—[Click Here](#)

Tuesday 26th February 2019 (9.30am-4.00pm) **Working with Young People: Sex and Relationships (Inverness) to book—[click here](#)**

Tuesday 12th March 2019 (9.30am-1.30pm) **Understanding HIV and Hepatitis** (Highland Homeless Trust, **Inverness**) to book—[click here](#)

Making Recovery Inclusive: Sharing perspectives to improve services

Date & Time: 28 February, 2019 from 10:00 – 16:00

Venue: The Albany Learning and Conference Centre, 44 Ashley Street, Glasgow G3 6DS

For more information and to apply please copy and paste the following link into internet explorer v10.0 or Mozilla Firefox

<https://portal.scot.nhs.uk/>

Special Points of Interest:

NEW! Scottish Families affected by Alcohol and Drugs Bereavement Support Booklet—[Click Here](#)

NEW! Highland Crisis Accommodation Leaflet—[Click Here](#)

Scottish Families Affected by Alcohol and Drugs November Newsletter—[Click Here](#)

Scottish Drugs Forum Bulletin, Special Bulletin: World Aids Day—[Click Here](#)

Prevent Suicide Highland APP—The App was commissioned by Highland Community Planning Partnership. The app was initially created by Suicide Prevention staff in Tayside, then adapted for Aberdeen/shire.

Links to the suicide prevention app:

[iTunes](#)

[Google Play](#)

Scottish Health Action on Alcohol Problems News briefing—[Click Here](#)

Minimum Unit Pricing: A report on the impact of minimum unit pricing on alcohol sales in the first 6 months—[Click Here](#)

Drug Testing at Festivals 'is a lifesaver' study finds—[Click Here](#)

*Wishing you all a safe and happy festive season
From HADP*

