

Issue 66

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HADP News Bulletin



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Welcome to Issue 66 of the Highland Alcohol and Drugs Partnership News Bulletin. We hope you find this issue full of useful information and links.

**Many thanks
HADP**

Special points of Interest:

How might the 'Icelandic model' for preventing substance use among young people be developed and adapted for use in Scotland? - [Click Here](#)

Consultation on the National Social Care Service.—[Click Here](#)

Alcohol Focus Scotland Newsletter—[Click Here](#)

Raising Awareness of Fetal Alcohol Spectrum Disorder in Highland—[Click Here](#)

Drugs Research Network Scotland News— [Click Here](#)

For the Full Parents guide
please [Click Here](#)



Alcohol, Tobacco and Other Drugs: A Parent's Guide

Practical advice to help you communicate with
your child about alcohol, tobacco and other
drugs





Alcohol evidence in policy and practice

29th November – 1st December 2021

Norton House Hotel, Edinburgh

Workshop on alcohol evidence,
public health policy, and practice for policymakers, charities,
practitioners and researchers.

REGISTER: bit.ly/alcholevidence2021

Featuring:

Professor Mark Petticrew
LSHTM

- Alcohol industry activity

Dr Nathan Critchlow
University of Stirling

- Alcohol marketing

Professor Niamh Fitzgerald
University of Stirling

- Night time economy

Professor Niamh Shortt
University of Edinburgh

- Alcohol availability

Alcohol Focus Scotland

- Alcohol marketing –
impact on children

MESAS Team
Public Health Scotland

- Alcohol and price

“Extremely informative course and relevant to current alcohol policy challenges. Well organised and brilliant range of speakers.”

“Great range of content and world-class speakers. Really worth taking time away from work /home to attend this.”

Guidance for face to face Mutual Aid Support groups

Following the update by the First Minister on 22 September we would like to remind you that non-NHS peer-led support groups such as AA can continue to offer face to face and group support, where this is deemed essential and where appropriate protective measures such as physical distancing are in place. Guidance drafted by Scottish Recovery Consortium outlines the essential guidance that all non-NHS peer led support groups must follow to stop the spread of coronavirus, copy of the guidance can be found [here](#)

Alcohol Focus Scotland (AFS): Alcohol Death Audit

This guidance was commissioned by the Scottish Government and produced by Alcohol Focus Scotland (AFS). It provides a practical step by step guide that can be used by Alcohol & Drug Partnerships (ADPs) and local Public Health teams to undertake an alcohol death audit. This involves gathering a range of quantitative and qualitative information to identify actions future deaths. The guidance was launched 24 September 2020 [Click here](#)

Scottish Health Action on Alcohol Problems SHAAP: Rural Matters report

This report was commissioned by the Scottish Government and produced by Scottish Health Action on Alcohol Problems (SHAAP). This report has set out to ensure that the specific issues related to alcohol that affect individuals, families and communities in rural Scotland are recognised and understood by policy makers and providers of all services. The report has set out 5 key recommendations which provides solutions to the issues raised within the report. The report was published on 23 September and a copy attached.

Scottish Drugs Forum Webinar - Benzodiazepines

Scottish Drugs Forum and the Drug Death Task Force are hosting two free webinars on benzodiazepines. The webinars will explore the use of illicit benzodiazepines; the link with fatal drug overdoses and means to address the challenge of benzodiazepine use in Scotland

Benzos – What can be done? Will be held on the 9th of October at 13.00-14.15 [Click here to register for the second free webinar](#)



www.h-sat.co.uk

Challenge Poverty Week

Find out more: <https://www.povertyalliance.org/campaigns/challengepovertyweek/>

Poverty in Scotland 2021 report by Joseph Rowntree Foundation.

<https://www.jrf.org.uk/report/poverty-scotland-2021>

The Exec Summary states:

"Compared with people living in our least deprived communities, according to National Records of Scotland (2021) people in our most deprived communities are:

- *18 times more likely to have a drug-related death*
- *more than four times more likely to have an alcohol related death and*
- *the rate of deaths by suicide is three times the rate in the least deprived areas*
- *COVID-19 death rates are more than double those in the least deprived areas.*

The Exec Summary also highlights the differences in 'healthy life expectancy':

'Males born in the most deprived areas can expect about 25 fewer years in good health than males born in the least deprived areas. The gap is over 21 years for females.' (National Records of Scotland, 2021) Boys born in low-income communities can expect, on average, 47 years of healthy life, girls, 50... "

Updated COVID and Alcohol Advice

Many people in Scotland have changed the way they drink alcohol over the past year. As lockdown restrictions ease, and the vaccine rollout continues, you might be beginning to question your own drinking and whether you need to make any changes.

Changes in drinking habits in Scotland are happening in two directions:





- Over a quarter of people in Scotland reported that they have been drinking more than usual during lockdown.
- 13% of people reported drinking less.

For full article—[Click Here](#)


Finding it difficult to avoid alcohol or worried about how much you are drinking?

 Ask for help




Cutting back or stopping drinking can help you

-  Sleep better
-  Improve your mental health
-  Have more energy
-  Be more productive

Beat stress without alcohol

 Ideas for looking after your mental health and wellbeing

Ways to cut down your drinking

-  Stick to 14 units or less a week
-  Have alcohol free days
-  Buy less – easy access means we're more likely to drink more