



## Aberdeenshire Alcohol and Drug Partnership (ADP)



October 2017

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[HOME](#)[ADP NEWS](#)[FORUM UPDATES](#)[EVENTS](#)[RECOVERY CAFES](#)[ADVICE AND HELP](#)[TRAINING](#)

Welcome to the October edition of Aberdeenshire ADP E-Bulletin where we would like to showcase our work as well as give you as much local information as possible.

We hope you will find these updates informative and interesting.

Please feel free to [contact us](#) with any feedback, comments or suggestions for anything you would like us to cover in future editions. We are always striving to improve the bulletin and your input is invaluable.



In this issue:

- Alcohol Free Space Campaign
- Macmillan coffee morning
- ADP learning and development
- Recovery cafes
- Advice and help

### Alcohol free space campaign gathers pace:



The ADP South Community Forum's Alcohol Free Space Campaign has been gathering pace since its launch at an alcohol free community event during the 2017 Stonehaven Folk Festival. The logos have been widely distributed across Aberdeenshire and further afield across Scotland. The logos have been appearing on people's email signature and the campaign

has featured on the Scottish Recovery Consortiums Facebook page. Future plans include creating window stickers which can be displayed at alcohol free premises e.g. cafes, gardens centres or community centres or displayed temporarily to denote that a particular event is being run without alcohol being served. The logo can of course be used on posters or campaign materials to let people know your event is alcohol free.

The Campaign has its own facebook page where you can list your alcohol free events ([fb.me/alcoholfreescotland](https://www.facebook.com/alcoholfreescotland)).

Please feel free to use the logo for your own alcohol free premises or events. You can sign up to using the Kitemark using this form:

<https://www.surveymonkey.co.uk/r/alcoholfreespace>



### Macmillan Coffee Morning



A big thank you to all who attended helped out and donated towards our Macmillan Coffee Morning today at the Huntly Recovery Hub. A fantastic £257.50 was raised towards Macmillan Cancer Support.

Thank you to Huntly Tesco Food Share for the donations towards our prizes.

## Huntly Express Article

Thank you to Pat Scott & her team at The Huntly Express for their fantastic article about the Huntly activities during recovery fortnight.

Email: [mah@huntlyexpress.co.uk](mailto:mah@huntlyexpress.co.uk) The Huntly Express Page 3

# On song at recovery group's special events

NEARLY 30 people attended an event in Huntly held as part of Recovery Fortnight, the celebration for people recovering from addiction and mental health challenges.

Activities were centred around the Linden Centre where the Huntly Recovery Hub holds its weekly lunches each Friday.

The basement youth group provided a music workshop, teaching people the basics of a musical instrument and they performed a song together.

During a creative writing workshop a song was written and the music composed so that by the end of the day a recovery song was sung by everyone.

The song is to be recorded in November by the youth group using the recording equipment bought with a grant from the Aberdeenshire Drug Partnerships Central Forum.

The grant was made to provide the equipment as a preventative measure and the young members are now supporting the adult group with workshops.

Elaine Ode who coordinated arrangements said: "The day was all great, everyone mixing, talking and having lunch together. There were photography and video sessions to capture photos of the day all done by volunteers".

A second day of special events saw the group host a coffee morning as part of the Macmillan Cancer Support world's biggest initiative when £237.50 was raised.

The group is supported by the Tesco Food Share initiative who donated towards both events.

The Huntly Recovery Hub is at the Linden Centre each Friday between 11am and 3pm.

Picture: Lyn Macdonald, Image No. 030000



## Aberdeenshire Alcohol and Drug Partnership Learning and Development

Over the last year Aberdeenshire Alcohol and Drug Partnership has had a renewed focus on developing the skills and knowledge of the people working directly with people that have problems with their alcohol or drug use (PPADU) and people whose work or activities brings them in contact with PPADU. Learning Needs Analysis identified the areas where learning was needed and training has been provided. Hundreds of places have been made available on courses and events, of varying length and level, to develop skill (Motivational Interviewing, Cognitive Behavioural Therapy based interventions) and raise awareness

(stigma, trauma, values). PPADU can have complex needs and sometimes people, especially in wider services and communities, have difficulty supporting them. Learning can break down barriers and develop new skills and points of view. Evaluation months after training has indicated that skills gained during the training has improved practice. Look out for opportunities made available in future years.

### **Aberdeenshire Alcohol and Drug Services Drop in Venue Change**

Alcohol and Drug services in Aberdeenshire use a simplified access system. Turning Point Scotland in North Aberdeenshire and Alcohol and Drugs Action in South Aberdeenshire operate a hub which will help gain access to a range of services depending on the need e.g. NHS Substance Misuse Service, Detoxification Services, Council Community Substance Misuse Service, Voluntary Organisations, Community Groups etc. Contact can be made by anybody by phone on 01224 594700, email North Aberdeenshire [nhsg.kessockclinic@nhs.net](mailto:nhsg.kessockclinic@nhs.net) South Aberdeenshire [nhsg.grampianscspa@nhs.net](mailto:nhsg.grampianscspa@nhs.net) or through drop in facilities at times and places throughout Aberdeenshire as in the Poster at this [Link](#). **Some of the drop in information has recently changed** Please print the poster and distribute.

#### **This Service is for People That:**

- Are concerned about their substance use
- Are affected by the substance use of others, e.g. loved ones, family, friends
- Are concerned about any substance use e.g. alcohol, cannabis, illegal drugs, Novel Psychoactive Substances aka legal highs, prescription and/or over the counter medicines and solvents
- Are at any stage e.g. before use becomes problematic or in stable recovery and want support with employment, training or achieving other recovery goals
- Are receiving addiction treatment e.g. in primary care and would like additional recovery support.
- Have recently experienced an overdose
- Want any information about problematic alcohol or drug use

#### **This Service Will:**

- Offer immediate advice and information
- Perform an initial assessment and conduct preparatory work e.g. Testing for drug use, Blood Borne Virus Testing, Resuscitation Training and Naloxone Provision.
- Provide lapse management and relapse prevention work
- Initiate a Recovery Plan
- Provide outreach if attendance at hub venues is difficult e.g. because of rurality or infirmity
- Provide some time limited packages of therapeutic support
- Support clients to attend services as appropriate and agreed e.g..
- Encourage and support families to be involved in recovery if appropriate
- Provide a continuing link to the range of services as recovery progresses

- Follow up people that have become disengaged from services
- Explore other facilities that will meet the needs presented

## **ADP Community Forums Updates**

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### **ADP North Community Forum**



**Your forum in North Aberdeenshire where people meet and create local solutions to local needs around drugs, alcohol and recovery**

### **ADP Central Community Forum**

The next Central Forum meeting will take place at the Acorn Centre in Inverurie on Thursday 16 November. Refreshments will be available from 1.30 pm and the meeting will start at 2pm.

### **ADP South Community Forum**

Keep up to date with what we are doing on facebook:

<https://www.facebook.com/ADPSouthCommunityForum/>



**SUNDAY**

**CONNECTIONS**

**INVERURIE TESCO COMMUNITY ROOM**

**EVERY SUNDAY 3PM - 5PM**

**LIGHT LUNCH & BEVERAGES**

**CHILDREN WELCOME**

**FOR MORE INFORMATION PLEASE CALL ANDY ON 07482118789**

Thought bubbles (left):  
- Im bored on a Sunday  
- I need support in my recovery  
- I have some ideas for events  
- I would like to learn new things

Speech bubbles (right):  
- Come along and socialise  
- Meet new people  
- No idea is a daft idea  
- Skills workshops available

Find us on 





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*In every crisis  
lies the seed  
of opportunity*

## PETERHEAD OPPORTUNI-TEAS

A safe place for people in recovery  
or considering recovery from addiction  
to come together, seek support, meet new friends  
and to be yourself  
No agendas at our group, just friendliness



SUPPORT

Come along to our weekly group where we offer a  
warm and a non-judgemental atmosphere  
Join in with fun activities  
Have a nice cuppa and a bite to eat at no cost

Every Thursday 4.30 to 6.30pm  
@The Foyer  
1 Kirk Street Peterhead



**Just pop in!**

You have nothing to lose but all to gain  
You are more than welcome to bring a friend



Call Peterhead Opportuni-teas on 07519 187402

### How we can help

- Recovery
- Wellbeing
- Socialising
- Friendship
- Inclusion
- Peer support
- Life Skills
- Personal Care
- Healthy Eating
- Nutrition
- Fare Share-Food  
Cloud with Tesco's
- Much more, tailored  
to meet individual  
need.

### The Huntly Recovery Hub

#### Recovery Happens

We are here to help

Come join us shout about it &  
Recover

For further information

Contact: Diane Ord

07709483283 or 01467 624240

[diane.ord@cairscotland.org.uk](mailto:diane.ord@cairscotland.org.uk)



CAIR Scotland is registered in Scotland as a Charitable Company limited by Guarantee. Company no. 291928. Charity no. SCO 24173.

A safe place for people to come together, seek support, meet new friends, learn new skills & revive forgotten talent's and person centred recovery coaching.

The Recovery Hub operates a Volunteer-led Recovery Café, where anyone can access good food, healthy eating, nutritional information, housing information, cooking skills, courses, friendship, support services and much more.....

### The Huntly Recovery Hub

'The Basement'

The Linden Centre, Huntly

07709483283 or 01467 624240

Every Friday Morning

Opening Time: 10-1pm

The Recovery Café Lunch

Opening: 1-3pm

One-One consultations: 3-5pm

### Recovery Happens

We are here to help

Come join us  
shout about it &  
Recover

### Huntly Recovery Hub

& Recovery Café

The Power of Peer Support





## Inspiring Insch

Inspiring Insch Social group meets every first and third Tuesday of the month from 10am to 12.30pm at Insch Community Centre, 35 Commerce Street, Insch, AB52 6JB. The group is open to all and family friendly. Come along for a chat and a cuppa, try out new activities, and learn about your community.



# Inspiring Insch

## Social Group

*Come along for a chat and a cuppa*

*Try out new activities*

*Learn about your community*



*Next meeting  
Tuesday 31st Oct 10am—12.30pm*

*'Preparations for  
Halloween'*



*(flower arranging and pumpkins)*

*Open to all  
family friendly*

*Insch Community Centre,  
35 Commerce Street,  
Insch, AB52 6JB*

*refreshments available  
no costs, donations welcome*

*Contact: [inspiringinsch@gmail.com](mailto:inspiringinsch@gmail.com)*

## Advice and Help



**What can Scottish Families offer you?**

**Free Confidential Helpline**  
**Tel: 08080 10 10 11**  
**E: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**  
**Webchat available online**

[www.sfad.org.uk](http://www.sfad.org.uk)  

**Helpline**

Call our free and confidential helpline today if you are concerned about someone's alcohol or drug use. Our trained volunteer advisors will be supportive and provide the information on services available to you locally or will simply listen if you need to talk. The helpline is available Monday to Friday from 9am – 11pm and from 5pm to 11pm on Saturdays and Sundays. Outwith these times you can leave a voicemail message and you will receive a callback within 24 hours (48 during public holidays). You can email the helpline on [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) or can talk to us via webchat at [www.sfad.org.uk](http://www.sfad.org.uk)

**Family Support Groups**

We are the hub of a network of Family Support Services that run both groups and 1 to 1 support across Scotland. Family members attending groups describe them as being an opportunity to meet others who are or have experienced similar circumstances, meaning they feel less isolated and a place where they are able to speak honestly about their concerns and receive support. Contact our helpline for the dates/ times of groups running in your area.

**1 to 1**



**Bereavement Support Service**

We offer a free and confidential support service to you if you have lost a loved one from a drug-related death. We will provide you with listening and emotional support and practical advice in the immediate period after the loss of your loved one and, if appropriate, we can arrange up to 6 face to face counselling sessions for you. This service is completely FREE.

**Telehealth**

Families across Scotland now have access to free, confidential, evidence-based interventions using telephone, email and web chat to support them in dealing with their loved ones substance use. Support is offered via virtual support groups, 1 to 1 video conferencing, 1 to 1 telephone support and self led support materials on a variety of topics designed to promote your wellbeing.

Contact our helpline to find out how to access all our services  
**Tel: 08080 10 10 11 E: [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**

[www.sfad.org.uk](http://www.sfad.org.uk)  



[V1P Grampian](#) opened Monday 12 December 2016. They aim to provide a comprehensive Veterans Service.



[Meetings in Aberdeen and Aberdeenshire](#)



[natdomesticabuseforcedmarriagehelpline.org.uk/](http://natdomesticabuseforcedmarriagehelpline.org.uk/)



**Men's Advice Line**  
Advice and support for men  
experiencing domestic violence  
and abuse

Call: 0808  
801 0327 

Free from landlines and most mobiles  
[info@mensadvice.org.uk](mailto:info@mensadvice.org.uk)



My Family and Alcohol is for parents, wives, husbands, partners, grandparents, aunts, uncles, cousins.. basically any family member.... who is worried about alcohol in their lives.

**DRINKLINK**

DRINKLINK is a new concept, offering something completely different to what currently exists.

Our Aim: To link people affected by someone else's drinking.



Click [here](#) to download the workbook



### ASIST Applied Suicide Intervention Skills Training 2 Day Course

ASIST is the most widely practised suicide intervention skills training in the world with over 1 million people having attended the course. The two-day interactive workshop is facilitated by at least 2 highly experienced trainers who will create a safe environment in which to explore how anyone, regardless of their background or previous experience, can help someone stay safe from suicide.

**This course aims to help participants from within Aberdeen City and Aberdeenshire:**

- recognise invitations for help
- reach out and offer support
- review the risk of suicide
- apply a suicide intervention model
- link people with community resources

**Who should attend:**

• People concerned about someone	• Mental health practitioners
• Natural helpers and advisers	• Health, welfare or justice workers
• Emergency service workers	• Primary care staff (including GPs)
• Counsellors, teachers and clergy	• Community volunteers

If you have been recently affected by events concerning suicide or bereavement, then this may not be the right time for you to attend an ASIST course. Please contact Jacqui Mackintosh to discuss in confidence any concerns you may have. Email: [j.mackintosh@nhs.net](mailto:j.mackintosh@nhs.net) Tel: 01224 556739

Date	Time*	Venue
24/25 January	9.15 – 16.45	Donside Room, staff home, Woodend
22/23 February	9.15 – 16.45	Donside Room, staff home, Woodend
26/27 April	9.15 – 16.45	Donside Room, staff home, Woodend
17/18 May	9.15 – 16.45	Donside Room, staff home, Woodend
12/13 June	9.15 – 16.45	Donside Room, staff home, Woodend
11/12 October	9.15 – 16.45	Donside Room, staff home, Woodend
7/8 December	9.15 – 16.45	Donside Room, staff home, Woodend

**\* Please note that attendance for the entire of both days is essential.**

This event is free and has been funded from local and national Choose Life/Aberdeen City Council/ Aberdeenshire Council. The actual cost is in the region of £170.00 per person. An invoice of £35 per person will be issued to the agency if an attendee does not attend and the replacement does not attend.

To apply for a place on the course, please email: [nhsq.grampiandevelopment@nhs.net](mailto:nhsq.grampiandevelopment@nhs.net)



'About Aberdeenshire ADP' barcode – a good way to getting to know & linking into us via your phone quickly and conveniently at the click of you phone button.

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**Local and national news for the Third Sector in Aberdeenshire –**

**Aberdeenshire Voluntary Action (AVA) Newsletter: [October 2017](#)**

**Alcohol Focus Scotland – [eFocus September 2017](#)**

**Scottish Drugs Forum (SDF) – [October 2017 newsletter](#)**

**Scottish Families Affected by Alcohol and Drugs –[Autumn 2017 Newsletter](#)**

The next Aberdeenshire Alcohol and Drug Partnership E-Bulletin will come out on 30 November 2017.

If you have any items or events that you would like included in the E-Bulletin please [contact us](#).

The deadline for contributions for this edition is 28 November 2017. Please feel free to [contact us](#) with any feedback, comments or suggestions for anything you would like us to cover in future editions.

If you would like to be removed from this mailing list, please let us know.