

ISSUE: DATE: 08 December 2016

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INTRODUCTION

If you have any items you wish to be included in the E-update please [contact us](#).

Your feedback is also very important - if you wish to make any comments about the E-update please contact us at nhsq.aberdeencityadp@nhs.net Wherever possible we will incorporate all aspects to enhance the effectiveness of this E-update.

Should you wish to be removed from our circulation list please contact us as above.

Aberdeen City ADP on  &  for daily updates and news concerning alcohol & drug related topics

FEATURE

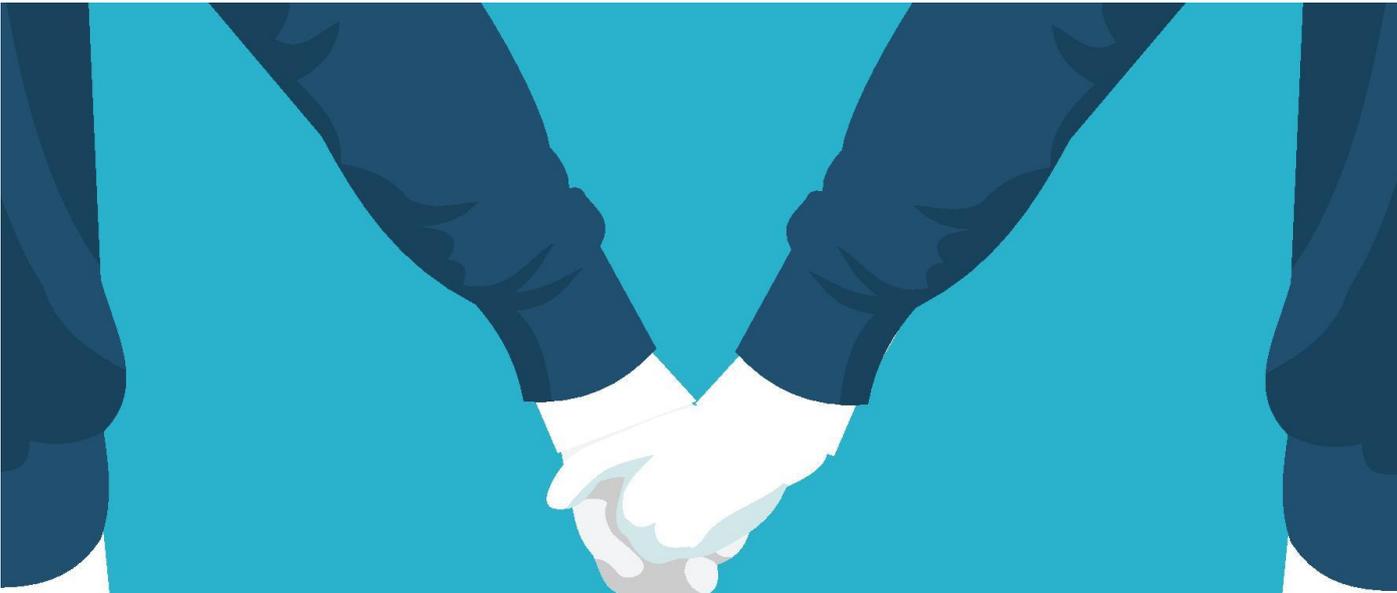
Aberdeen City Alcohol and Drug Partnership (ADP) will be circulating Festive Safety messages using twitter and facebook accounts throughout the month of December. Please follow the ADP on twitter and facebook and retweet or re-circulate our messages to your contacts.
#Have a Festive Season to remember, not one to forget

Follow us on twitter @AberdeenADP
Like us on facebook

www.facebook.com/AberdeenADP

Best wishes for a happy & safe festive period

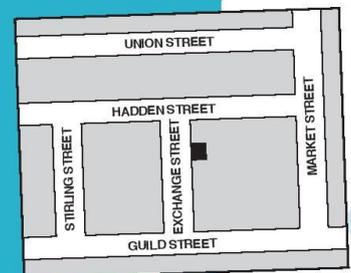




**Free,
confidential
sexual health
check-ups for
gay, bisexual
and other men
who have sex
with men.**

**Drop in to our
Exchange Street
clinic every Thursday,
5.30pm-7.30pm.**

Get tested, stay protected.



Alcohol & Drugs Action

For more information telephone 0345 337 9900
or visit www.nhsgrampian.org/sexualhealth



AIR

Aberdeen in Recovery

ALCOHOL & DRUG FREE

CHRISTMAS

PARTY!

QUEENS CROSS PARISH CHURCH
ALBYN PLACE AB10 1YN

SATURDAY 17TH DECEMBER 7PM - 11PM



**FAMILY FRIENDLY FUN WITH MRS CLAUS,
GAMES, A RAFFLE AND A BUFFET SUPPER WITH
FREE REFRESHMENTS AND A DANCE TO END.**

ENTRY BY TICKET ONLY

To register interest email or text to:

 info@aberdeeninrecovery.org

 07936 008 808



ALSO IN CONJUNCTION WITH ADA SERVICE USER FORUM

CALL 01224 594700

WWW.DRUGSACTION.CO.UK



Keep safe this Christmas

Christmas is a time for family and celebration but official data shows that it is also one of the most dangerous times of year. Read up on the risks to make sure your Christmas is a happy one.

Full Guide available:

<https://www.nhs.uk/Livewell/Healthychristmas/Documents/Keep%20safe%20this%20Christmas.pdf>

<http://www.nhs.uk/Livewell/Healthychristmas/Pages/HealthyChristmashome.aspx>

Launch of “Don’t Risk It” Drink-Drive Campaign 2016



- More than 20,000 drivers are stopped by the police every month. That’s one driver on average every two minutes*.
- Even if you’re slightly over the limit, in the eyes of the law you are still a drunk driver and a criminal – there’s no grey area.
- You’ll face an automatic 12-month ban, a lengthy criminal record, an unlimited fine, and could even go to prison for up to 6 months. The vehicle forfeiture scheme means that, in some cases, your car can be seized and crushed.
- Think about how you’re going to get home, before you head out – and remember to consider any journeys the morning after.
- Scotland led the way across the UK when on 5 December 2014, the law change reduced the legal alcohol limit from 80mg to 50mg in every 100ml of blood.
- When it comes to drink-driving, ‘the best approach is none’.
- Don’t risk it. Don’t drink and drive.

The Campaign was launched on Friday 2nd December by MSP and Justice Secretary Michael Matheson. For more detailed information:

http://donriskit.info/drink-driving/?utm_source=Facebook&utm_medium=Toolkit&utm_campaign=FestiveDrinkDrive

<https://www.youtube.com/watch?v=RRHrMslj7Q0>

Best Bar None Awards 2016

Best Bar None (BBN) is a unique National Award Scheme aimed at raising standards and rewarding licensed premises who undertake positive management practices through an assessment process. It was piloted in Glasgow in 2005 and found to improve standards in the night time economy, with premises now participating in 58 towns and cities across Scotland. Best Bar None recognises venues who are offering a quality experience focusing on safety and customer care



The 10th Anniversary of BBN in Aberdeen was held at the Douglas Hotel on Tuesday, 8th November 2016. Premises are invited to apply for BBN accreditation which aims to create a safer and more welcoming licensing environment across Aberdeen and to boost the night time economy. There are various awards and award levels. Each business that applies for accreditation is visited by assessors and measured against the following criteria areas: prevention of crime and disorder, securing public safety, prevention of public nuisance, promotion of public health and the protection of children from harm.

This year there was an additional "**Promotion of Public Health Initiatives Category**" within the Specialist Categories. When entering this category premises were requested to think of any **new initiatives** or **unique practices** within their venue that supported the licensing objective of Protection and Improving Public Health. A set criteria was established, predominantly of open ended questions including: did they stock and promote no and low alcohol drinks; was there easy access to drinking water; were alternative glass sizes offered; did they support any low risk drinking campaigns and other public health campaigns; did they have any additional policies focusing on children and young people and finally why did they deserve to win the best public health initiative category.

Soul Bar was awarded the winning prize for the "*Promotion of Public Health Initiatives*" and Old Blackfriars Pub attained a highly commended award in this category. Congratulations to both premises and to all the other pubs, clubs and nightclubs in Aberdeen who received accreditation in the 2016 BBN awards.



Photographs above show Dr Tara Shivaji, Consultant in Public Health presenting awards to Soul Bar (Left) and Blackfriars Pub (Right). Photographs courtesy of Norman Adams

Please visit: <https://www.bbnsotland.co.uk/> for more information on the BBN scheme
<https://www.bbnsotland.co.uk/awards/local-awards/aberdeen/> for Aberdeen award winners 2016

Contact: marie-louise.shaw@nhs.net for more information on the Public Health Initiative Category.

LATEST NEWS



Minimum Unit Price Update – SWA will appeal to UK Supreme Court

Scotland's alcohol campaigners criticise arrogant Scotch Whisky Association for appealing minimum pricing

Alcohol Focus Scotland and [SHAAP](#) say the Scotch Whisky Association's intention to appeal the Court of Session ruling on minimum pricing for alcohol "beggars belief" and shows they only care about the profits of their member companies.

Alison Douglas, Chief Executive of Alcohol Focus Scotland said:

"This is truly shocking and saddening news. In appealing minimum pricing to the UK Supreme Court, the Scotch Whisky Association (SWA) are ignoring both the will of the Scottish Parliament and the Court's decision.

"Twenty two Scots are dying because of alcohol every single week. Minimum pricing will save many lives and improve many more. In taking legal action, SWA members like Diageo and Pernod Ricard continue to put their shareholders' profits above the public interest. When it comes to the nation's health, we cannot allow the alcohol industry to call the shots.

"It is totally disingenuous of the SWA to say they are committed to tackling alcohol harm when they consistently block the single most effective measure to achieve that. They are borrowing from the tactics of the tobacco companies in delaying this life-saving measure.

"Minimum pricing could have been in place for three years now; three years of alcohol-related illnesses, crimes and deaths that could have been avoided. How many more people will suffer while the SWA delay this life-saving policy?"

Eric Carlin, Director of Scottish Health Action on Alcohol Problems (SHAAP) said:

"It beggars belief that, after the Court of Session's final decision that minimum unit pricing is legal and a vital component of efforts to reduce alcohol harms, the Scotch Whisky Association continues to challenge the Scottish Parliament and courts, with disregard for the health of Scottish people.

"They know that they will not win this case in London. Everyone knows that. Meanwhile 22 people die every week. One can only assume that their accountants have calculated that delaying the implementation of MUP will prolong, albeit for a short period, their profit-making from cheap booze, which damages the poor most of all."

Scottish Government receives European alcohol award

The Scottish Government's pioneering work to reduce the harm caused by alcohol has been honoured with a European Award.

The European Reducing Alcohol Harm award was given in recognition of a "comprehensive range" of measures including the multi-buy discount ban, lowering the drink-drive limit and legislating for minimum unit pricing.

It was announced at the seventh European Alcohol Policy Conference in Slovenia, attended by health ministers, scientists and public health officials from across the European Union.

Aileen Campbell, Minister for Public Health and Sport, said:

"It's a huge honour that Scotland has been given this award in recognition of our work to reduce the damage caused by alcohol. This award is a tribute to all the people in Scotland who work with those affected by alcohol.

"The Scottish Government has over 40 measures designed to reduce alcohol-related harm. We have legislated to end multi-buy discounts and the irresponsible promotion of alcohol products, introduced a nationwide programme of alcohol brief interventions and lowered the drink drive limit. We've also invested significantly in specialist treatment and care services to help those with alcohol problems.

"We remain absolutely committed to introduce minimum unit pricing as soon as possible. Of course I was deeply disappointed that this life-saving policy has been further delayed by another legal challenge from the Scotch Whisky Association last week. However, the policy has been ruled lawful twice in the Scottish courts and I am confident the Supreme Court will come to the same conclusion if this latest appeal proceeds.

"Alcohol misuse is costing Scotland £3.6 billion a year and it kills around 22 people a week. So we will continue our work to reduce this harm, and will shortly be publishing a refreshed alcohol strategy for Scotland to build on the progress so far."

Alison Douglas, Chief Executive of Alcohol Focus Scotland said:

"This award recognises the Scottish Government's commitment to reducing our high levels of alcohol-related harm, particularly in pursuing minimum unit pricing. It is astonishing that the Scotch Whisky Association continue to put profits before people by delaying this life-saving policy.

"Some good progress has been made in the seven years since Scotland's alcohol strategy was published, but there is much still to be done. We hope that the next phase of the alcohol strategy focuses on protecting children from alcohol marketing and reducing the availability and accessibility of alcohol."

Announcing the award, Mariann Skar, Secretary General of [Eurocare](#) (The European Alcohol Policy Alliance), said:

"The first European Award for Reducing Alcohol Harm Award is awarded to the Scottish Government in recognition of its actions to develop and implement a comprehensive range of evidence-based alcohol policies, and specifically its battle to implement minimum unit pricing, in the face of sustained opposition by global alcohol producers. Scotland is recognised as an international beacon for evidence-based alcohol policies, making the improvement of the health of its population a top priority."



The annual Global Drug Survey (GDS) for 2017 has recently been launched and Scottish Drugs Forum is encouraging participation by people living in Scotland.

GDS runs the biggest survey of drug and alcohol use in the world, with over 100,000 people completing each of the 2015 and 2016 surveys. This year's survey is anonymous, confidential and will run for eight weeks. This year the survey will ask the usual range of questions on drug use (including alcohol use), however it will have a specific focus on the following topics.

Cannabis: How is cannabis being used to treat medical conditions across the world? What conditions are being treated and how and what types are people using? How do cannabis users think cannabis laws should be changed and where laws have changed how has this impacted on stigma and help seeking?

New Psychoactive Substances (NPS): In countries that have recently banned NPS (for example the UK and NZ) – what has happened to their use in the general population and where are people choosing to get them from?

Hallucinogenics: How common is a bad trip on acid or magic mushrooms and what makes a trip bad?

Ecstasy/MDMA: Does the use of drug testing services make drug use safer? Why are women more at risk of MDMA related harm than men

Ayahuasca: Commercial exploitation or a short cut to spiritual enlightenment?

Alcohol: One third of drinkers want to drink less but what help do they want to achieve this goal?

Vaping: What drugs other than cannabis are being 'vaped' and how does 'vaping' change drug risks and drug related pleasures?

The Dark Net: Does easy access to good quality drugs through the dark net actually change how people use – do they use more or less, does their risk of harm go up or down?

Scottish Drugs Forum CEO, David Liddell stated:

“The Global Drug Survey is a useful tool in gaining some insight into what is a poorly understood phenomenon – drug use by people who may never feel the need to engage with health or treatment services.

“The fact that people do not engage with services does not mean that their drug use is necessarily harm free to themselves and others. The survey also throws up some interesting information on users' knowledge and perceptions which is useful in framing key messages to drug users in terms of reducing harm.

[Click here to take part in the Global Drugs Survey.](#)



Grampian Mindfulness Network

The Natural Grace of Mindful Movement

Sat 25 Feb 2017 (9.30-4.30)

Phoenix Centre, Newton Dee, Bielside, Aberdeen

Teacher: Ratnadevi (Dr Louise Holtbernd)

This day will focus on focus on mindful movement, allowing movement to evolve in a way that feels authentic and deeply enjoyable. Within led sequences derived from Yoga and Feldenkrais Method, participants will learn to let go of 'right and wrong' and trust the body's innate wisdom. Together with some sitting meditation, poetry and verbal enquiry the day aims to provide a balanced and enriching experience.

Ratnadevi (Dr Luise Holtbernd) has been practising meditation for 35 years and has been teaching both meditation and yoga in Scotland and internationally over the last 30 years. She has been offering MBCT/ MBSR courses since 2003, and has extensive experience in training and supervising mindfulness teachers. She also has a PhD in the creative arts which informs her creative teaching style.



This course is open to anyone who has practiced mindfulness meditation
To register please contact Lesley.walker@nhs.net

Cost:
£40

Grampian Mindfulness Network

Mindful and Nourishing Communication:

Friday 24 Feb 2017 (9.30-4.30)

Phoenix Centre, Newton Dee, Bielside, Aberdeen

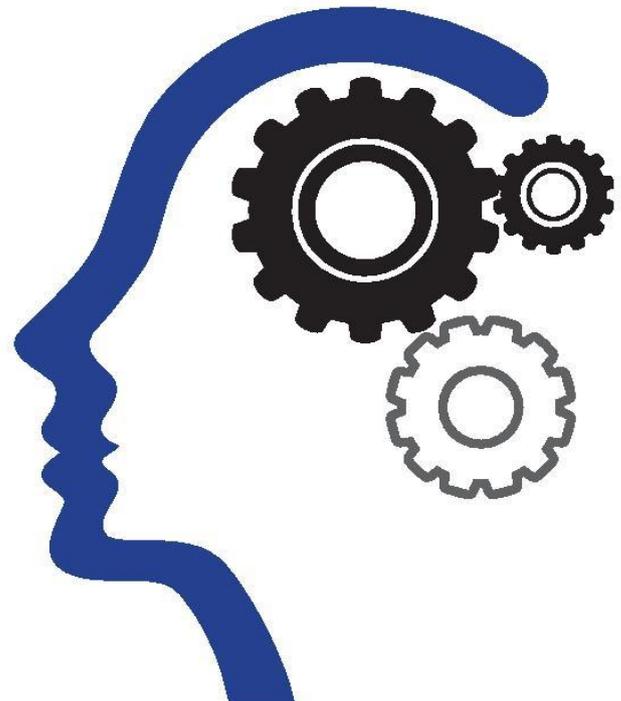
Teacher: Ratnadevi (Dr Louise Holtbernd)

A course for
Mindfulness
Teachers

Mindful communication is one of the most important and challenging mindfulness practices. Often interactions are laden with automatic and reactive habits which prevent open and authentic connection.

This workshop will borrow from Marshall Rosenberg (Non-Violent Communication) to provide a framework for mindful and compassionate communication practice. The participants will learn exercises they can employ in their own teaching, as well as develop and expand their enquiry skills.

Ratnadevi (Dr Luise Holtbernd) has been practising meditation for 35 years and has been teaching both meditation and yoga in Scotland and internationally over the last 30 years. She has been offering MBCT/ MBSR courses since 2003, and has extensive experience in training and supervising mindfulness teachers. She also has a PhD in the creative arts which informs her creative teaching style.



This course is open to anyone who is teaching mindfulness
To register please contact Lesley.walker@nhs.net

Cost:
£50



RALLY

to mark the end of the 16 Days of Activism
AGAINST GENDER BASED VIOLENCE
and **UN HUMAN RIGHTS DAY**

Organised by Aberdeen Violence Against Women Partnership

December 10th, at 11AM
at St Nicholas Square, Aberdeen

CONFIRMED SPEAKERS:

Aberdeen Violence Against Women Partnership,
Rape & Abuse Support, Grampian Women's Aid,
Scottish Transgender Alliance, GREC and
Aberdeen Cyrenians





Scottish Health Action on Alcohol Problems (SHAAP) and the Scottish Alcohol Research Network (SARN) are pleased to announce their lunchtime 'Alcohol Occasional' seminar series.

These showcase innovative research on alcohol use and provide the chance for researchers, practitioners and policymakers to hear and discuss alcohol-related topics over lunch at the Royal College of Physicians in Edinburgh.

The theme for this year's seminar series is '**Alcohol and Health Inequalities**'. The seminars will take place from 12.30-2pm on the following dates:

- 24 January 2017
- 27 February 2017
- 13 March 2017
- 11 May 2017
- 14 June 2017

[More information and registration](#)

TRAINING

ADP Workforce Development Prospectus



November 2016 edition:

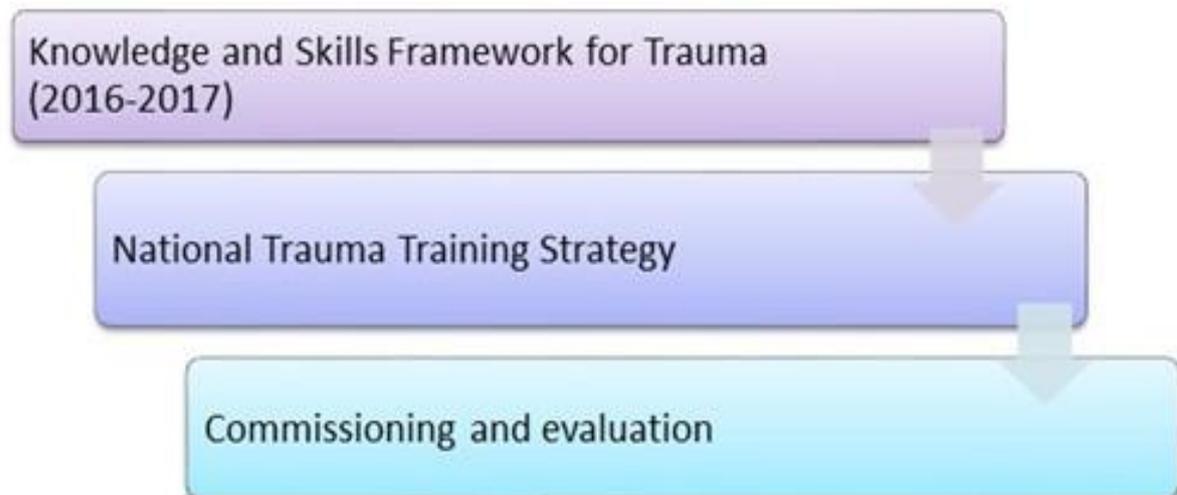
<http://aberdeencityadp.org.uk/wp-content/uploads/City-ADP-WD-Training-Prospectus-11-2016.pdf>



National Trauma Training Framework

NHS Education for Scotland has been commissioned to deliver this project as part of the Scottish Government Survivor Scotland Strategic Outcomes and Priorities 2015-2017. The goal of this work is to support the strategic planning and delivery of training for the Scottish Workforce who are working with survivors of trauma and complex trauma across different levels.

Trauma is everyone's business.



For further details on the framework and timescales:

<http://www.nes.scot.nhs.uk/education-and-training/by-discipline/psychology/multiprofessional-psychology/national-trauma-training-framework.aspx>



CHILDREN AND YOUNG PEOPLE'S DOMESTIC ABUSE SUPPORT WORKER, ABERDEEN CITY AND ABERDEENSHIRE

Grampian Women's Aid has delivered domestic abuse services across Aberdeen and Aberdeenshire for almost 40 years. We aim to provide an outstanding level of service provision to support the needs of women, children and young people who have experienced, or are presently experiencing domestic abuse.

We require a children and young people's Support Worker for our new service to work in refuges and through our Outreach Service throughout Aberdeen and Aberdeenshire. The service will support children and young people in both 1-1 and group situations. It is essential that you have a child centred approach and can engage with children and young people using a variety of resources.

Starting salary - £21,140 pro rata for 37 hours (this is a fixed term post until 31 March 2020).

Please visit www.grampian-womens-aid.com for an application pack or get in touch with Alison Hay for further information:

Alison.hay@grampianwomensaid.com

Or telephone: 01224 593381

A minimum of SVQ3 relating to children and young people or equivalent is required for this post.

A driving license and access to a car is essential.

This role is subject to PVG scheme checks. Women only need apply. This post is covered by a Genuine Occupational Requirement (Schedule 9; Equality Act 2010).

Closing date – 12th December 2016





Scottish Government
Riaghaltas na h-Alba
gov.scot

Understanding the patterns of use, motives, and harms of New Psychoactive Substances in Scotland



The Scottish Government has published a new report looking at the use and trends of new psychoactive substances (NPS) amongst vulnerable groups living in Scotland.

The research, undertaken by Scottish Drugs Forum and The University of Glasgow, is the first of its kind in Scotland, and aimed to determine use across a range of people including people who inject drugs, mental health service users, vulnerable young people, people affected by homelessness and men who have sex with men.

The report, 'Understanding the patterns of use, motives, and harms of New Psychoactive Substances in Scotland' gathered information from people who worked in services and also people who used NPS. Part of this research was undertaken by SDF's Peer Research Volunteers, people who have had their own history of substance use or who were otherwise peers of the target group.

The research covered motives for using NPS drugs, harms as a result of use, treatment experience, information needs and the impact of the Psychoactive Substances Act's introduction in June 2016.

Report available at: <http://www.gov.scot/Publications/2016/11/8042/downloads>



Understanding loss and bereavement in young people

[Children's Grief Awareness Week UK](#) took place this month, during which we published our report about research into the impact of loss and bereavement on young males in HMYOI Polmont, conducted with the University of Strathclyde's School of Social Work and Social Policy. [You can read the full report here.](#)

Our related conference on working with loss and bereavement in young people was also well received. Speaker podcasts are now available [on our website](#), with presentation slides to follow.



Circular 010/2016: a change to the Misuse of Drugs Act 1971

From: Home Office
First published: 2 December 2016
Part of: Home Office circulars 2016 and Drug misuse and dependency

Provides information about a change to the Misuse of Drugs Act 1971 that comes into effect on 14 December 2016.

<https://www.gov.uk/government/publications/circular-0102016-a-change-to-the-misuse-of-drugs-act-1971>



Drug and alcohol addiction, and obesity: effects on employment outcomes

From: Department for Work and Pensions
First published: 5 December 2016
Part of: Drug misuse and dependency, Obesity and healthy eating and Employment

Dame Carol Black's independent review into the effects on employment outcomes of drug or alcohol addiction and obesity.

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/573891/employment-outcomes-of-drug-or-alcohol-addiction-and-obesity.pdf



European Monitoring Centre
for Drugs and Drug Addiction



Drug-related Infectious Diseases in Europe.

This report provides an update on infectious diseases related to injecting drug use in Europe.
<http://www.emcdda.europa.eu/publications/rapid-communications/2016/drug-related-infectious-diseases-in-europe>

The **Aberdeen City Alcohol & Drugs Partnership (ADP)** is a multi-agency partnership which was formed in 2009 following the publication of the Scottish Government / COSLA document, '**A Framework For Local Partnerships On Alcohol And Drugs**'.