



Outer Hebrides Alcohol & Drug Partnership

FINAL

Uist & Barra Subgroup Meeting

Date: Wednesday 20th August 2014

Time: 11.00 – 13.00

Venue: An Caladh, Balivanich, Benbecula

PRESENT:

Donald John MacDonald

Team Leader, Community Learning and Development, CnES

Barbara MacDonald

Manager, Cothrom

Mustapha Hocine

Substance Misuse Coordinator, NHS WI

Dr. Mark Johnson

GP, NHS WI

Sheena Stewart

Manager, Caraidean Uibhist

Judith MacDonald

Substance Worker, Substance Misuse Partnership Uist & Barra

Volker Labitzke

Team Administrator, Substance Misuse Partnership Uist & Barra

Isabel Steele

Senior Health Promotion Officer (Sexual Health)

Elizabeth MacKay

Police Scotland

Steven Clarke

Police Scotland

Mary MacInnes

ADP Committee member

Shona MacDonald

Manager, An Caladh

Eoin MacNeil

Chair, Substance Misuse Partnership Uist & Barra/
Development Manager, Voluntary Action Barra & Vatersay

Fiona Campbell

Principal Teacher, Guidance, Sgoil Lionacleit

IN ATTENDANCE:

Suzanne Macaulay (Chair)

ADP Substance Misuse Development Officer, NHS WI

Wendy Ingledew

ADP Coordinator, NHS WI

Alison MacDonald (note taker)

Administrator, Health Promotion, NHS WI

WELCOME

Suzanne thanked all for their attendance, introductions round the table were made.

1. APOLOGIES

Apologies were received from:

Mairi Bremner, John A. MacQuarrie, Kirsteen Moore, Norrie MacRitchie.

2. MINUTES OF MEETING HELD ON 22ND AUGUST 2013

The minutes were approved as a correct copy.

3. MATTERS ARISING – ADP UPDATE

3.1 ADP Committee membership

Suzanne Macaulay advised Dr Maggie Watts, Director of Public Health, has taken the position of Vice Chair of the OH ADP in the short term. The OH ADP are currently reviewing Governance procedures and the criteria for the appointment of Chair and Vice Chair. On completion of this review, membership will be re-examined.

3.2 ROSC / Commissioning

Wendy Ingledew advised that at the ADP Committee meeting on the 18th June the ADP received a presentation from Val Tallon, Scottish Government, National Development Officer, Alcohol and Drugs on ROSC and Commissioning of Services. After discussion, the ADP agreed to defer a decision on how to take this piece of work forward to the statutory meeting in September. This item has been included in the ADP agenda for the statutory meeting to be held on 17 September. The ROSC model follows a more holistic approach which encourages more planning by service users. The model has been adopted in several other areas and has seen positive results. Agencies and service users will be consulted with regarding the changes.

3.3 ADP Annual Report 2013 – 14

Suzanne Macaulay advised that the OH ADP Annual Report for 2013 – 14 has been submitted to ADP committee members for review and comment. The report will be submitted to the Scottish Govt by September 16th and will be available on the OH ADP website following submission.

3.4 Funded Services visits

Suzanne Macaulay informed the group that 9 service visits were carried out during May and June with ADP funded services. These service visits provided an opportunity to review the 2013 – 2014 annual reports submitted in April and also review service SLAs. The Substance Misuse Partnership Uist & Barra (SMPUB) service visit was carried on 4th June and a note of the meeting and agreed actions has been circulated to members.

At the service visit, Suzanne Macaulay had been allocated an action to contact Social Work to query if a representative was available to attend the Uist and Barra Sub Group meeting; on enquiry she was advised no representative was available to attend this meeting.

4 Training

4.1 STRADA

The group were advised that following consultation on suitable dates, the Outer Hebrides ADP has enlisted the Scottish Training on Drugs and Alcohol (STRADA) partnership to run the '**Children and Families Affected by Parental Substance Misuse**' (2 days) course in the Outer Hebrides on the following dates and encouraged everyone to attend:

- Balivanich - 23rd and 24th September 2014
- Stornoway – 3rd and 4th March 2014

Isabel Steele and Mustapha Hocine advised that they would be attending a Social Work event on that date in Stornoway; the other SMPUB attendees hoped to attend. Suzanne Macaulay advised that anyone who cannot attend should contact Karen Peteranna, ADP Development Officer with a remit for training.

Action: Sub group members to inform Karen Peteranna if unable to attend training

4.2 Scottish Recovery Consortium

The ADP have enlisted SRC to run the 1 day 'Recovery Matters' workshop in Stornoway on 25th August and Balivanich 26th August. This workshop is free to all attendees and soup and sandwiches will be available at the event in Balivanich. Suzanne Macaulay asked that attendance be confirmed to Karen Peteranna.

4.3 Scottish Drugs Forum

The ADP are in talks with SDF to conduct New Psychoactive Substances (NPS) 'Legal Highs' Training in 2014-15 1 day in Stornoway and 1 day in Balivanich. The SDF Development Officer will also conduct a local learning needs analysis on staff to establish needs and key areas identified will be included in the 1 day training day. The needs analysis should take 2 weeks from start to finish. Karen Peteranna will be in touch with further details when confirmed.

It was agreed that local drug are changing. Mustapha Hocine, Fiona Campbell and Donald John Macdonald are working schools substance inputs. Suzanne Macaulay advised that the ADP are planning to facilitate the development of an education and training pack on substance misuse for use across the Hebrides to ensure all pupil from all areas are being given the same information at the same stage in order to ensure consistency.

Suzanne Macaulay encouraged sub group members to contact the ADP support staff if they identify any training needs or support they require, the support team can organise to deliver this in Uist or Barra if given suitable notice. Fiona Campbell

advised she has found it is better for external agencies to deliver these inputs and training rather than teaching staff as they are more experienced and able to answer questions the pupils have; Barbara MacDonald asked if they could be kept informed about what is going on in schools to avoid overlap of work.

Action: ADP Support Staff to keep SMPUB and sub group up to date with the development of schools resources.

Action: Mustapha Hocine to inform the ADP support team and SMPUB about education work being developed and delivered

Mustapha informed the group he is going developing training in the hospital with the nurses as they have recently had patients presenting with drug issues and they have not known what to do. Suzanne asked the ADP be kept informed of the planned training and if there was any training they could assist with to let her know.

Action: Mustapha Hocine to inform the ADP support team about training being delivered in Uist.

5 ADP Campaigns:

5.1 Summer Campaign update

A summer safety campaign was recently launched in locations across the Outer Hebrides, to ensure that people can enjoy the summer months, and know how to stay safe.

The campaign was launched by the Outer Hebrides ADP together with the NHS Western Isles Health Promotion Sexual Health Officer and the Community Safety Partnership. The aim of the campaign is to raise awareness on the safe use of alcohol, the risks of drugs including 'legal highs' and safer sex at holiday time, when people are more likely to take part in risky behaviour.

Local launches took place in Lewis, Harris, Benbecula and Barra, as well as on Caledonian MacBrayne's Isle of Lewis ferry. The launches were all extremely successful and new specially developed mocktails (non-alcoholic cocktails) were showcased and sampled. Some local feedback was that the reflectors and water were really popular; both items had safety messages on them. The campaign will be evaluated in the coming weeks and feedback used to inform the planning of future campaigns.

5.2 Fetal Alcohol Spectrum Disorder (FASD) Awareness Day – 9th September

The Outer Hebrides ADP are hosting a number of activities in partnership with NHS Western Isles on 9th September 2014 for International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day.

Suzanne advised that FASD is an umbrella term for several diagnoses that are all related to prenatal exposure to alcohol (i.e. while a baby is still in the womb). FASD is a series of preventable birth defects caused entirely by a woman drinking alcohol at any time during her pregnancy, often even before she knows that she is pregnant. These defects of both the brain and the body exist only because of prenatal exposure to alcohol. Often the condition goes undiagnosed, or is misdiagnosed, for example as autism or ADHD, and this can lead to secondary disabilities.

Mustapha Hocine is leading on this for Uist. There will be information available in the hospital and GP practices throughout the Islands.

5.3 Winter Campaign planning

The ADP Support staff will be in touch with services in relation to Winter Campaign planning following the FASD Awareness Day in September.

There are a range of promotional items available to assist with promotion of the campaign including pocket hand warmers, key ring torches and key ring reflectors which are aimed at helping people to get home safely over the festive period.

There are also 2 new pop up banners with drink driving messages, one of which will be kept in Uist for use in the Southern Isles.

Suzanne Macaulay hoped that partners will be able to assist with this campaign and will be in touch to discuss further. Any ideas for the campaign would be welcomed.

Action: Sub group members to contact Karen Peteranna with ideas for winter campaign

Action: ADP support team to send winter campaign information to sub group members

6 Funding

6.1 2014 – 2015 update

Services funded for 2014 – 2015 by the OH ADP.

Action for Children - Early Years Drug and Alcohol Service
Action for Children - Early Intervention Service 11-18 yr olds
Action for Children - Early Intervention Young Person Liaison Worker
CnES - Alcohol Support Worker
CnES - Drug Support Worker
CnES - Community Education Outreach
CrossReach - Housing Support
Hebrides Alpha - Supported Accommodation
Hebrides Alpha - Trading CIC
Substance Misuse Partnership for Uist & Barra (SMPUB)
SMPUB 'Film Project'
SMPUB 'Uist Men's Shed'

Martin's Memorial Church of Scotland - Drop In
NHS WI - Alcohol & Mental Health Liaison Nurse
NHS WI - Children & Families Mental Health Support
NHS WI - Community Nurse (Alcohol Misuse)
NHS WI - Substance Misuse Coordinator for Uist & Barra

Action for Children are interested in extending their service to Uist and would like to make some links, if anyone is interested can they let Suzanne Macaulay know and she will pass on Naomi Zimmerman's details, or for staff to contact Action for Children directly.

Action: Sub group members to contact Suzanne Macaulay or Action for Children if interested in assisting to develop this service to Uist and Barra.

6.2 2015 onwards

National funding has not yet been confirmed. However, the OH ADP have a meeting to discuss 2014 – 15 funding structures on 17th September and services will be updated on all decisions made following this.

Action: ADP support team will update funded services on decisions made at ADP meeting on 17th September

6.3 Scottish Recovery Consortium (SRC) - Recovery Initiative Fund

The Recovery Initiative Fund (RIF) offers small grants directly to independent recovery groups that work in their communities to build and sustain long term recovery from addictions to drugs and alcohol. The RIF can help make ideas come to life with a one-off grant of up to £1500 to pay for costs and resources. Suzanne Macaulay advised members to contact her for further information, if required.

6.4 Substance Misuse Partnership Uist & Barra (SMPUB) Development Day Update from group

Members of SMPUB advised that the development day was held as planned and an action plan will be created as a result of the day. Another meeting is being planned for the 3rd November in order to forward actions.

Suzanne Macaulay advised that a Networking Day is being planned for substance services in October, in response to feedback from services. The day will be held in Leverburgh to allow all staff to attend and will be timed around ferry services to allow travel from Uist and Barra. A poll has been sent out and the results will be used to decide on a final date. ADP support staff will be in touch with services to confirm details within the next few weeks.

Action: ADP support staff will contact sub group members to confirm details of the planned Networking Day.

8. Update from Services

SMPUB Chair/ VABV updated on the work on VABV and the Substance Worker in Barra. Karen has been involved in the youth cafe, starting up a film project and supporting the work of the Monday lunch club. They have also developed a garden project for clients.

Substance Misuse Coordinator (U&B) is co-ordinating training for hospital staff in response to queries from staff due to recent drug related hospital admission. Discussed trends of alcohol and drug taking over the summer period, including worries around the content and quality of drugs being taken, as people have been taking one substance but after analysis it is something different. Police Scotland reps advised they receive limited intelligence on this matter from the local community; however, they are developing meetings to improve this. Fiona stated police are welcome into the school to try to create a more social relationship with the pupils. Feedback from service users suggest some drugs are being sourced online and delivered by post. In Uist people have reported that the drugs they are taking are 'powdered down' and when they go to the mainland they find drugs they have taken have resulted in a negative reaction as the drugs are more powerful. Local drug users have also reported they have tried to mix drugs to get a desired effect which creates risk and may cause an adverse reaction.

Substance Misuse Support Worker (SMPUB) has been working on the development of the Men's Shed group, a substance misuse drop in and the development of a youth cafe. She has been shadowing the Substance Misuse Coordinator with clients and will take over as their Support Worker and has also been promoting the youth cafe in the Sgoil Lionacleit this week. The new Youth Cafe will start on the 27th August and there will be a focus on youth empowerment.

Senior Health Promotion Officer (Sexual Health) discussed work on the development of a needle exchange program. Advised the group it will be available in all areas as instructed by Scottish Government as a harm reduction method in preventing the spread of Blood Borne Viruses. Isabel asked for suggestions on how this could be provided locally and Mustapha said there is currently an informal agreement with GP's to provide this as and when required and Dr Mark Johnston confirmed this. Isabel advised she is currently working in partnership with the ADP to formalise this arrangement, as directed from a national level and the group will be kept informed of all developments.

Community Learning and Development advised that CLD are running Hi-Fires courses which are open to 12 people aged 14-15 per year continues, the cost for each course is £3,500. The course is run in partnership with the Scottish Fire and Rescue Service. Donald John advised the group has a confidence building, substance misuse and sexual health education aspects to it and that the SMPUB funding from the ADP covers the transport and the snacks.

Cothrom continues to support learners educationally and in work experience settings and the furniture project continues. Their garden project is running successfully and they are

looking to develop it by possibly adding a Polytunnel of some form, they are linking with Tagasa to look at the options. They are doing a 12 week programme with a young mums group which includes alcohol interventions. Future projects include a re cycling centre; some funding has been secured and they are looking to the lottery for additional funding.

Sheena updated on the youth buddying scheme. It stalled last year due to staffing, however they now have a youth worker employed for 8 hrs. The worker is currently doing a needs analysis which involves working with 2 to 3 families and the service will be developed from that. The woman's support group are meeting regularly and have even gone on a day trip to Barra. Health and Wellbeing is being promoted regularly within the group.

Shona updated on the work of An Caladh. The Monday club is ongoing as is the Wednesday club which is more informal; however, this club require further development. There is currently no support worker but they hope to appoint soon. An Caladh are trying to focus on what goes on within the clubs and to try to steer more clients into recovery, which would include clients having something to do on each day of the week. Wendy and Suzanne advised that the ADP is currently looking into the possibility of developing out of hours and weekend support.

Mary continues working with Mustapha in supporting clients, Mustapha thanked Mary as and stated she has been a great support to many people he works with. The group extended their thanks and acknowledged the support Mary gives to people locally.

Dr Mark Johnston discussed local people dying from liver failure and advised he sees a trend towards it being people who are constant drinkers as opposed to binge drinkers.

Volker advised the Men's Shed group is running and successful. Volker fed back how some members report they have really thrived at the group and have expressed a lot of positive comments regarding it. Volker asked if he could advertise on the ADP website Suzanne confirmed she could do this and encouraged anyone else to say if they wish to do this too.

Police Scotland reps advised they are currently undergoing staffing changes locally. There were going to be a few changes with the staffing over the next few months. They acknowledged the issues discussed so far at the sub group and added that they would encourage a local focus on awareness with shops and license holders in response to issues around people being sold alcohol when intoxicated and also encouraging a refusal register. Requested they be included on emails offering training such as legal highs and advised they would like to further discuss links to ADP campaigns, e.g. winter safety. Suzanne to follow up on this.

Fiona said the school would be happy to develop further links with the sub group. The school feels parental education is important, links at parent's evenings would be good and to be included on STRADA training which they found useful previously. Fiona discussed pupils leading on a drug safety program as the parents would be more likely to come to view it, the group agreed this would be very positive and would welcome contributions from

outside agencies. Suzanne to follow up on this and asked Fiona to contact her regarding this.

9. AOCB

9.1 Remit and membership of Sub Group

Suzanne requested the governance paper could be read in advance of the next meeting. If anyone has any suggestion on the remit and membership could they be e-mailed to Suzanne in advance please.

Action: Sub group members to forward any comments or suggestions for revisions to the Governance paper to ADP support staff.

10. Date of next meeting

Wednesday 11th February 2015