



SCOTCH WHISKY
ACTION FUND






SCOTCH WHISKY ACTION FUND

tackling alcohol-related harm

the first 5 years



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FOREWORD

The Scotch Whisky Action Fund (SWAF) is a clear demonstration of the industry's commitment to promote responsible alcohol consumption and tackle alcohol-related harm in Scotland. It is a commitment that our industry takes very seriously.

The SWAF is a unique initiative. In its first five years of operation, the fund has made 50 awards totalling over £660,000, supporting more than 40 different projects across Scotland. The projects supported by the fund have worked with almost 48,000 people. We believe it is the only fund dedicated to tackling alcohol-related harm in Scotland.

An independent evaluation of the fund's work and its impact was undertaken in 2018. This concluded that the fund was having a positive impact, and particularly in supporting innovative approaches to addressing harmful drinking. On that basis, the industry committed in December 2018 to continue the fund for a further five years.

We are very grateful to Foundation Scotland, the independent charity which manages the day-to-day running of the fund on our behalf. We are also grateful to Dame Joan Stringer, Chair of the Awards Panel, and to other panel members who select the projects which receive funding.

This report sets out the fund's activity in its first five years of operation. I believe it speaks for itself, and to the dedication of our project partners towards those individuals, families, groups and communities whom they have supported.

Karen Betts

Chief Executive

The Scotch Whisky Association

December 2020



OVERVIEW OF THE FUND

When the Scotch Whisky Action Fund was launched in December 2013 it was a significant development for the Scotch Whisky Association (SWA) in its work to promote responsible alcohol consumption and tackle alcohol-related harm in Scotland. The aim of the fund was a five-year commitment to allocate £100,000 each year from 2014 to 2018 to innovative projects around the country.

The fund aimed to support and develop projects delivering targeted interventions to tackle alcohol related harm across three themes:

 **U18** Young people (aged under 18)

 **Families**

 **Communities**

Research commissioned by the SWA in 2013 indicated there were gaps in provision across each of these themes, and that the range of interventions and good practice had not been fully developed.

A key aim for the fund was to support innovative and pilot initiatives that trialled new approaches within these themes and to generate insights that others can use. To support this, two categories of award were introduced in 2015.

Seed Corn: These awards were aimed at funding new ideas and initiatives and to test out innovative approaches designed to reduce alcohol-related harm. No prior evidence was required, but applications had to explain how the project would be evaluated.



Growth and Development: Awards under this category were aimed at projects seeking to consolidate and build on emerging, successful practice in relation to the reduction of alcohol related harm. For this category applicants were asked to provide evidence of evaluation.



The Fund opens for applications in January each year with the deadline for submissions set at the end of June. Awards are decided by an Independent Awards Panel, chaired by Dame Joan Stringer, and supported by other panel members provided by Foundation Scotland.

Full details of the fund, including guidance on how to apply can be found here.

<https://www.foundationscotland.org.uk/programmes/scotch-whisky-action-fund/>

Foundation Scotland monitors the projects on our behalf and this report is drawn from progress reports submitted by projects.



OVERVIEW OF THE FUND

Is the fund having an impact?

In 2018 the SWA commissioned an independent evaluation of the fund carried out by Iconic Consulting to assess whether it was meeting its objectives and having an impact. Whilst changing Scotland's relationship with alcohol is a generational issue and requires a holistic, multi-component approach, the evaluation concluded the fund was effective in promoting responsible consumption and tackling alcohol misuse in Scotland.

It also noted that supporting innovative approaches, an important part of the fund's aim, had been achieved with a number of relevant projects that were funded. Examples include OACAS, Fuse Youth Café, Carers West Dunbartonshire, CrossReach, Bright Light Counselling and Clued Up.

The evaluation also found the fund to be the only one of this kind set up by a trade association and the only fund focused exclusively on tackling alcohol misuse in Scotland. The evaluation also concluded the ongoing need for the fund remains as high as it was when it started and that it has a valuable role to play in providing additional funding to tackle these issues.

Development of the fund

As a result of the evaluation in December 2018 the SWA announced that the Scotch Whisky Action Fund should continue and committed to supporting the fund for another five years to 2023. Over 10 years the total sum allocated by the fund will amount to over £1 million.

The evaluation of the fund also led to changes in how the fund operates, introduced in 2019. The key changes were:

- The fund will focus solely on supporting innovative projects. By innovation we mean a new facility, initiative, service, or fresh approach to tackling alcohol-related harm. For example, it may be a whole new approach, or it could involve combining current interventions, or it could involve using new technology/social media or working with a new target group or delivering an intervention in a new setting. Innovation can be achieved in partnerships with other groups or independently.
- The fund was halved: £50,000 per annum to support new innovative projects, and £50,000 to provide continuation funding for projects whose work had generated positive results so far. Projects which successfully receive innovation funding in year one are invited to apply for continuation funding in year two. A project that receives continuation funding in year two will be invited to apply for continuation funding in year three. Applying for continuation funding remains a competitive process and being invited is no guarantee that funding will be granted. However, for the right project there is the potential to receive a maximum of £75,000 over three years.
- The decision was taken to drop the specific themes of under-18s, families and communities.



OVERVIEW OF THE FUND

Learning Events

An important aspect for the Scotch Whisky Action Fund is to facilitate sharing of learning, to help develop and promote best practice and encourage networking between the initiatives and groups that are funded. Unfortunately, that was not possible in 2020, but the next event is planned for 2021.

These annual learning events allow attendees to hear directly from the projects on what they delivered, what the outcomes were and to discuss the challenges. They also give the opportunity to discuss common themes. During 2019's event, a facilitated round table discussion was held, focusing on the issues of innovation, evaluation and sustainability.










Top L: Delegates discussing initiatives at the 2015 learning event. R: SWAF learning event 2016.
Bottom L: Dame Joan Stringer, Chair of Awards Panel. R: SWAF learning event 2019.



THE FUND IN NUMBERS

In the first five years of the fund's operation, it has generated a significant amount of interest. A total of 50 awards were made to 41 projects across Scotland between 2014-2018. The table below sets out the annual break down of awards across that period:

						
Year	U18s	Families	Communities	Seedcorn Award	Growth & Development Award	Amount Awarded
2014	6	1	1	-	-	£99,010
2015	3	3	1	2	5	£100,000
2016	6	0	1	2	5	£100,000
2017	10	4	1	10	5	£185,990
2018	11	1	1	7	6	£178,657
	36	9	5	21	21	£663,657

In 2017 and 2018 the fund received an additional £85,000 in funding from a philanthropic donor via Foundation Scotland, which allowed us to support more projects in those years.

The fund has been heavily oversubscribed. In its first five years of operation more than £1.5 million was requested in funding.

The table below sets out the total break down across 2014-2018 under the three themes:

Theme	Amount Awarded
Communities	£55,742
Families	£130,631
Young People (aged under 18)	£477,284
Grand Total	£663,657



THE FUND IN NUMBERS

Whilst typically awards were for one year, eight organisations received multiple awards across the funding period totalling **£224,582**. These are shown below:

Organisation	No. of awards	Year of awards	Total amount awarded
Carers of West Dunbartonshire	2	2014, 2017	£33,659
Crossreach	3	2016, 2017, 2018	£43,611
Hibernian Community Foundation	2	2016, 2017	£21,000
Mentor (Foundation) UK	2	2014, 2016	£43,807
Orkney Alcohol Counselling and Advisory Service	2	2015, 2016	£26,548
Reeltime Music	2	2016, 2017	£20,182
Space Unlimited (You Decide Ltd)	2	2014, 2015	£12,346
VOCAL Voice of Carers Across Lothian	2	2015, 2017	£23,429
8 Organisations			£224,582

In many cases, the funding received from the SWAF was used by projects to leverage additional funding from other sources. We have learned that this is important in a highly competitive funding environment.

In total, the SWAF funding has supported **47,678** beneficiaries across the period.



PROJECTS:



Young People (Aged U18)

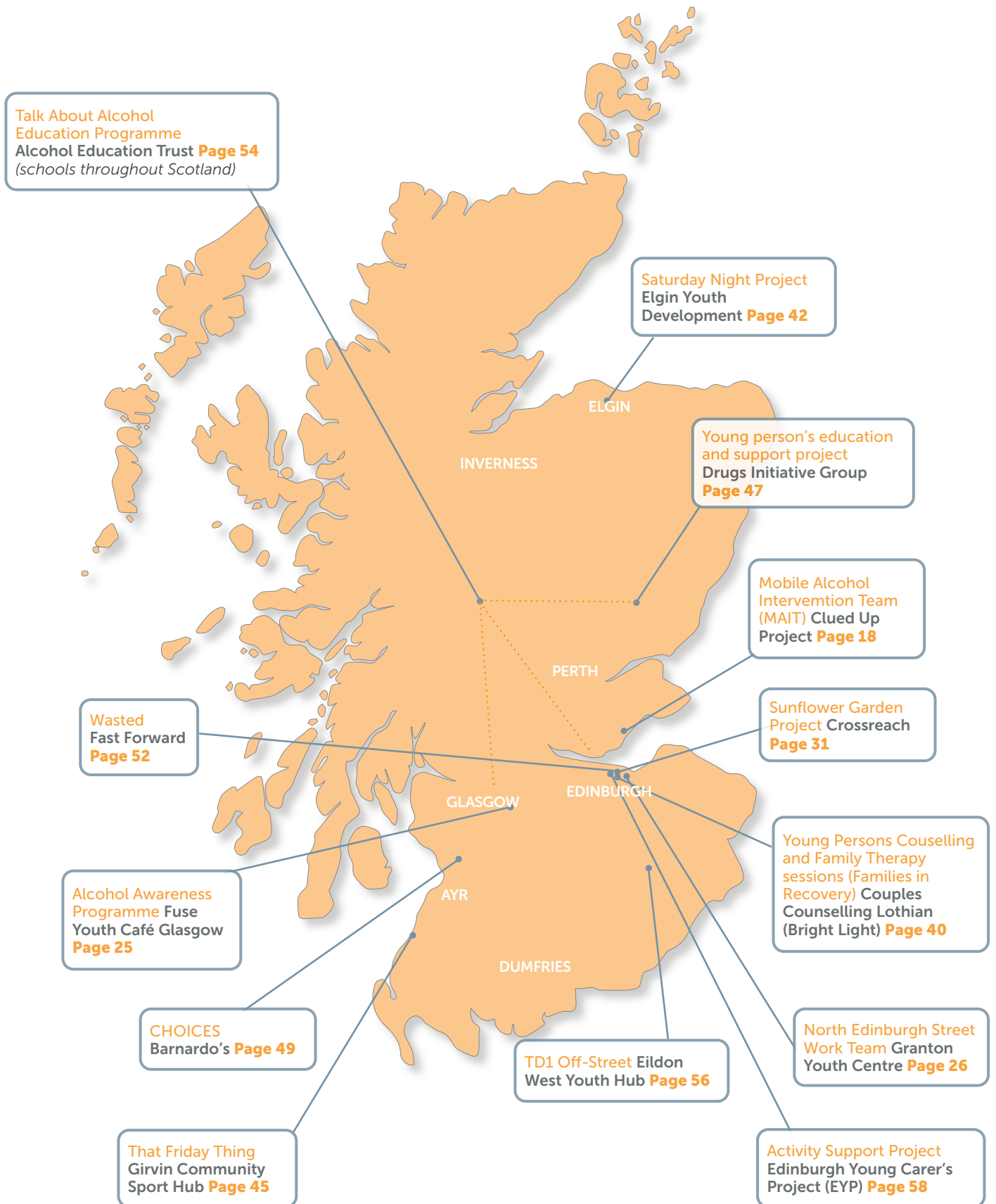


The map shows the location of the various projects the fund supported under the **Young People** theme

PROJECTS:
Young People (U18)



A-G

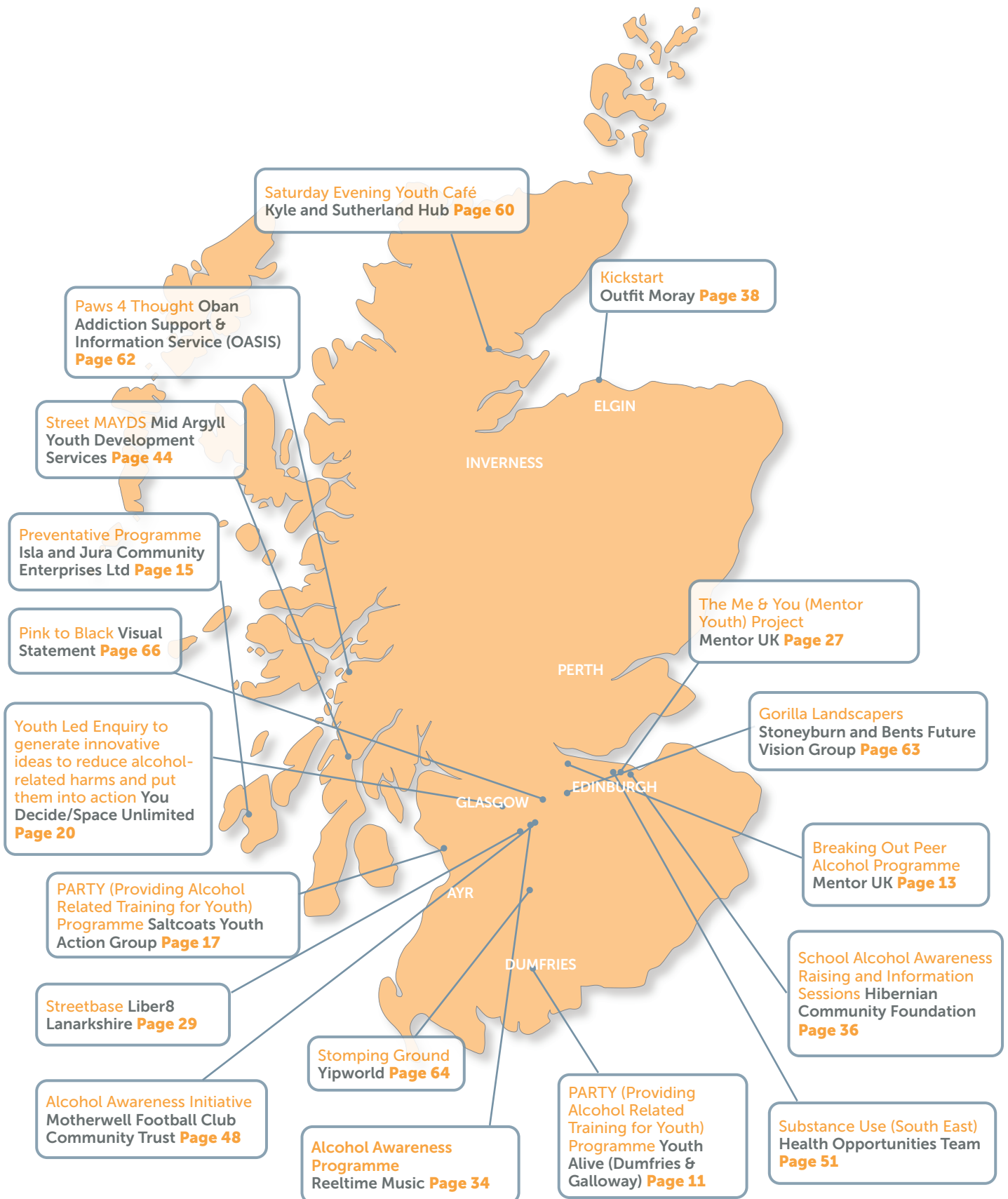


The map shows the location of the various projects the fund supported under the **Young People** theme

PROJECTS:
Young People (U18)



H-Y



PARTY (Providing Alcohol Related Training for Youth) Programme



The funding allowed the group to update and roll out their award-winning PARTY and Nithsdalers programmes to a wider geographical area. Both programmes deliver alcohol education to young people from Dumfries and Galloway alongside fun diversionary activities incorporating skills for employment.

The organisation sought funding to update and roll out their award winning PARTY programme which provides a twin track intervention by offering alcohol education alongside fun, diversionary activities incorporating skills for employment. They had been running this programme with schools and community groups in Dumfries for a number of years. Youth Alive wished to modernise the programme, refresh the materials used and begin to equip organisations in other areas of Scotland with the skills and tools required to extend the reach of the programme.

The funding supported the salary costs of a new Senior Youth Worker (Alcohol Misuse) and additional resource materials(i.e. workbooks, DVDs, dry bar kits, training materials) to support the delivery of the programme and to train other youth organisations.

One element of the PARTY programme is targeted at Primary 7 school children whilst a complementary and age appropriate video based programme, called 'Nithsdalers' is targeted at children and young people aged 13 and up in secondary schools. Both elements of the programme cover a range of alcohol education topics over a six week period and can be delivered in classroom settings within schools or in more informal settings.

The final element of the project focused on training youth workers in other geographical areas to deliver the programme in their local communities.

The programme delivered 'train the trainer' sessions to 17 youth workers; five from Dumfries, seven from Granton, Edinburgh and five from Bellshill in Lanarkshire.

The programme was delivered in five schools instead of the initial target of six. Three schools requested the project deliver to the whole of their S2. All together 344 young people were engaged in the programme. They were equipped and empowered to be physically, mentally and emotionally more resilient to peer and cultural pressures towards alcohol misuse. There was also success in changing attitudes and increasing knowledge.



Youth Alive Party Programme: making mocktails

In addition, the programme provided diversionary activities that promoted responsible citizenship and deterred anti-social behaviours, in particular the late Friday night football sessions for the most hard to reach young people in the community. Feedback from the Community Police team noted a significant reduction in the number of young people involved in anti-social behaviour incidents.

The project also successfully supported five young people through serious alcohol misuse issues where the young people had been hospitalised, in trouble with the law or have admitted they have addiction problems. These individuals received a one to one version of the program which proved successful.

80% of young people admitted that their feelings about alcohol had changed since completing the program. 278 out of 344 young people said on their evaluation forms that they felt differently about alcohol since completing the program. The reasons why were varied, some examples: 'yes because I know what alcohol can do to your body' 'yes I feel more informed' 'yes because I know the effects of it now'.

Out of the 66 students who answered 'no' that their feelings had not changed, over 50% stated that it was because they had not planned to misuse alcohol anyway. Another 29% stated no because they knew all of the information we were teaching and the remaining students had varied answers everything from 'No I have been warned about alcohol' to just a simple 'no'

CASE STUDY

Boy X aged 19 came to us through an employability scheme. It was very evident from day one that he had an issue with substance misuse. He would often turn up to work still drunk from the night before or extremely hung over. We didn't address this issue head on we decided it was best if we allowed him to come to us about his issues, although there were a few occasions where we had to have a word with him for the sake of the other volunteers.

Within a couple of weeks Boy X had opened up to one of our youth workers explaining how he knew he had a problem and he wanted to sort it but wasn't sure how.

During conversations with Boy X it was evident he did not have an addiction problem but he did have a problem knowing when to stop drinking, and saying no to his friends. Peer pressure was one of Boy X's biggest problems as he was known to be the life a soul of the party and he felt a certain level of expectation to live up to his reputation.

He was engaged on the programme and the late-night football on a Friday. Within two months Boy X had completed the main aspects of the programme and was much more informed, which had a major impact on his decisions. Although he didn't stop drinking, he cut down dramatically, he was no longer able to drink on a Friday night as he was working. This meant his alcohol use was limited to a Saturday night only and although he still misused from time to time, it no longer ruled his daily life.

He went on from here to get employment with a roofing company.

Mentor

Date of Award: 2014

Amount £22,342

PROJECTS:
Young People (U18)

U18

Breaking Out Peer Alcohol Programme



The funding allowed this accredited alcohol training programme aimed at addressing misuse and offending behaviour to be piloted with youth offenders under the age of 18 within HMP Polmont Young Offenders Institute. Participants on the programme were given the opportunity to join a development group. This played an integral role in the project's development, providing training and support for those who wished to become mentors for other young offenders.

The programme was focussed on personal and social development, active engagement and citizenship providing a basis for the reintegration of the young offenders back into the community.

Since 2012, Mentor UK has been working in Polmont Prison to deliver a programme called the 'Breaking Out Peer Alcohol Programme' with 18-21 Year olds. The programme involves running a series of 12 week training sessions that address alcohol misuse and offending behaviours. 95% of inmates aged 18-21 have been involved in this project. Those serving longer sentences are encouraged to be involved in the development of the project and in delivering sessions to the next

group of participants. This gives them personal skills in communication, team work and confidence and helps them to develop a greater awareness and understanding of the issues and links between alcohol and offending. The success of the work led to the development of this project to extend the work to a younger age group within the prison i.e. those under 18.

To test the need for and level of interest in this project, Mentor ran three pilot programmes with young offenders during 2013. Feedback showed that participants were better informed about the risks of misusing alcohol but thought that they would return to previous patterns of behaviour once they returned to their communities. The reasons given related to peer pressure, boredom and lack of new opportunities. To address this, the organisation built in involvement with the Dynamic Youth Achievement Awards to this new project. This allowed the volunteers that took part as peer mentors to be accredited thereby recognising the input of the participants.

During their time at Polmont, young people are forced to abstain from alcohol. As such, they are alcohol free at the point of project delivery and



Course participant receiving Dynamic Youth Achievement Award and HMP Polmont Young Offenders Institute.



Wrist bands used to promote the programme.



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018

Mentor

Date of Award: **2014**

Amount **£22,342**

PROJECTS:
Young People (U18)

U18

part of the aim is to encourage them to return to the community with a healthier attitude to appropriate alcohol use.

The SWAF grant funded a part time Project Officer based at Polmont Prison to run the pilot as well as fund the provision of course related materials and staff travel costs.

The original plan was to deliver 12 programmes across the year. Each programme was to run Monday to Friday on a daily basis for a one to 1.5 hour period. However, it soon became clear this model of delivery would not work and the programme was delivered as a series of drop-in sessions.

A total of 114 sessions were delivered to 409 participants. The programme was developed and evolved over time based on feedback from participants. Delivering the service has increased young people's access to alcohol education. Evaluation of the sessions has shown a considerable increase in participant's knowledge and awareness regarding the key elements of the programme. The service became well established with Scottish Prison Service staff and other third sector staff referring young people. Eight young people completed their Dynamic Youth Achievement Awards, with four progressing on to their Youth Achievement Awards.

“*The project worker helped me see that I can learn if I want to, it's up to me*”

CASE STUDY

BW engaged with the service from the initial drop-in sessions that were run in Blair Hall. Initially he was very disruptive during the sessions, not really engaging and preventing others from learning. Once we introduced the peer educator to the programme he began to calm down and his behaviour improved significantly. He developed an interest in becoming a peer educator himself. He attended additional training and one-to-one support and successfully completed his Dynamic Youth Award and became a trained peer educator.

BW progressed to working towards his Youth Achievement Award by running sessions in Blair Hall. These awards are the only recognised form of qualification BW has undertaken. Gaining these awards have helped to build BW's confidence in his own ability to learn. BW also progressed to attending literacy and numeracy classes.

'The project worker helped me see that I can learn if I want to, it's up to me'

BW recognises the harm that can be caused by alcohol and how it plays a part in offending behaviour. Using his peer education role has enabled him to question his own attitudes and think about how his behaviour. Getting respect from his peer group for being responsible (as a peer educator) is a huge step towards the development of pro-social attitudes and involvement in pro-social activities that can contribute towards reducing alcohol related re-offending.



Preventative Programme



The aim of the project was to develop a new preventative programme of sporting, vocational, leisure, educational and social activities for young people aged 10-18 years from Islay and Jura. Peer education and alcohol awareness training were to be integral throughout all elements of the project.

Funding was provided towards the cost of employing a Youth Co-ordinator to develop the programme.

A programme of diversionary activities was "rolled out" for children and young people. These included swimming lessons, after school gym & homework clubs, rookies junior lifeguard club, canoeing, Seascooters and IT games. Six young people were "mentored" by qualified instructors and became involved in the delivery of the programme, becoming role models to inspire and motivate other young people. 125 children and young people benefitted from increased physical activity levels, positive interests, skill acquisition and increased self-confidence and self-esteem.



Examples of diversionary activities.

The intention of the project was to train a local young person in areas of alcohol awareness and peer education who would then "cascade", train and mentor young people to achieve longer term sustainability for the project. However, in reality this proved a challenge due to the lack of training available in mainland Argyll, despite the project being registered with all the relevant agencies.

“125 children and young people benefitted from increased physical activity levels.”



The next phase of the project, dependent on funding, will focus on the development of the Youth Coordinator. Although experienced in instructing, organising and delivering of diversionary activities she was not trained in “Youth Work” and its principles. It is the intention that SQA Youth Work Training is undertaken early in the next phase in order that a “new model” of youth work can be rolled out on Islay and build capacity.

Examples of diversionary activities.



PARTY (Providing Alcohol Related Training for Youth) Programme

The award contributed towards sessional staff costs, venue hire and dry bar consumables and equipment to enable the organisation to roll out the PARTY programme at the Bevy and Boke Bar pilot initiative which they ran in 2013 in North Ayrshire. The pilot initiative engaged 448 young people in a six week alcohol education programme utilising a mobile bar which was taken from area to area to train young people in making mocktails and engaging them in fun and serious discussion about the dangers of alcohol misuse.

The pilot sought to change attitudes towards alcohol and binge drinking and the results from the pilot indicated that young people did know more about alcohol and the risks involved and that young people also shared concerns over their parents and guardians drinking habits. Through the roll out of the pilot it was anticipated the project would be able to engage with more young people (c.1,000) across further areas of North Ayrshire.

The organisation received two days training from Dumfries and Galloway Alcohol and Drugs Partnership when establishing the pilot programme. This drew on the resources of the PARTY programme which has been operating in Dumfries and Galloway through Youth Alive! (Dumfries and Galloway) see above.

Disappointingly, and even though Foundation Scotland made significant efforts, we have had no feedback on how this project performed to date.

Mobile Alcohol Intervention Team (MAIT)



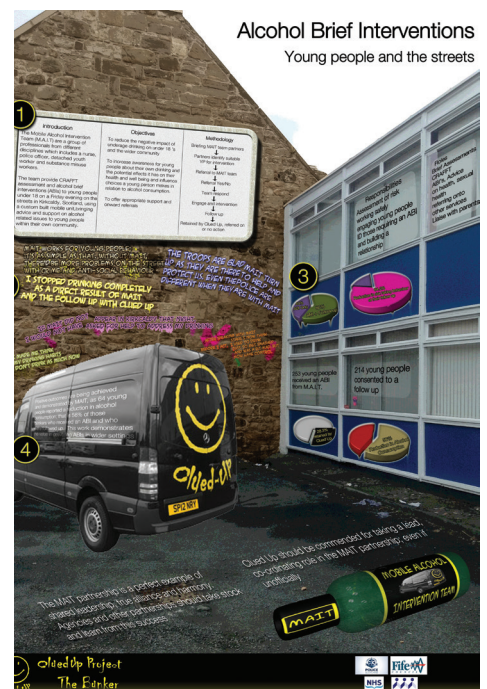
MAIT is a partnership initiative between Clued Up, NHS Fife, Fife Council and Police Scotland providing alcohol brief interventions to young people under 18 on a Friday evening on the streets, bringing advice on alcohol related issues to young people within their own community.

In the custom built mobile unit a team consisting of a nurse, police officer, detached youth worker and specialist substance misuse workers target hot spots across Fife, where young people are known to drink on the streets. Alcohol brief interventions (ABIs) are delivered which include, a CRAFT assessment (a behavioral health screening tool) and a follow up session. The follow up is done to measure any benefit the young person has received from the ABI and to provide fuller assessment of any identified need.

The project wanted to expand this service to be offered on a Fife-wide basis. The grant contributed towards the staffing costs of a nurse, detached youth worker and a substance misuse worker, plus additional resources and running costs.

The intended outcomes were to:-

- **Reduce** the negative impact of underage drinking on under 18's and the wider community.
- **Increase** awareness of young people about their own drinking and the potential effects it has on their health and wellbeing.
- **Reduce** alcohol related harm for young people.
- **Assess** young people's alcohol intake. Provide information and advice to young people on potential alcohol related harm.
- **Offer** appropriate support and onward referrals. Assessment involves a number of MAIT sessions, number of ABIs delivered and the number of follow ups done. Levels of alcohol consumption are monitored at ABI and then at follow up to indicate whether there has been any reduction in intake. Three behaviour change options are chosen by the young person at ABI and then monitored whether they have been put in place at follow up to ascertain decreased risk taking behaviour and improved health.



Some comments from the young people MAIT interact with:

“I stopped drinking completely as a direct result of MAIT and the follow up with Clued Up.”

“I was a follower who always surrendered to peer pressure. I didn't drink that much but pretended to drink loads then act drunk. I would drink about half a can and pour away the other 3½ cans! This made me feel like part of the group. MAIT gave me the confidence to say no to drink.”

Laura Crombie, service manager at the Clued Up Project said:

“The grant allowed the Mobile Alcohol Intervention Team to have the expert staff required to provide alcohol brief interventions to young people on the streets. This initiative is unique in relation to the partnership between Clued Up, NHS Fife, Fife Council and Police Scotland all working together to have a presence within the young people's own community providing them with support and information on alcohol use allowing them to make informed choices. It is important for us to be in these communities talking to young people and not just expecting them to go to specialist services.”

During the period July 2014 to July 2015:

- **49 MAIT** sessions were provided across the region
- **60 new** Alcohol Brief Interventions were provided
- **28 follow up** sessions were undertaken with young people who had received an ABI. Of the 28 follow up sessions, 14 young people (50%) had reduced their alcohol intake.
- **14 (50%)** showed no reduction, of those, 13 were retained for further in-depth support from Clued Up on a one-to-one basis and one was offered further support but declined.
- **22 (79%)** of those followed up had used their positive lifestyle choices
- **1080 young people** who did not receive an ABI were engaged across Fife during the MAIT sessions. This type of informal engagement on the streets is particularly useful in raising awareness as well as enabling general discussion around any issues that may be affecting the young people, such as substance misuse, alcohol, health, etc. It also allows workers to gradually build up relationships with young people.



All partners have made a commitment to continue running MAIT.

Clued Up was successful in gaining a contract from the Fife Alcohol and Drug Partnership to expand their Young Person's Outreach Service to Glenrothes and North East Fife from 1st April 2015 for 3 years.

Youth Led Enquiry to generate innovative ideas to reduce alcohol-related harms and put them into action



The Project took place in two phases covering 2014-15 and 2015-16. The initial phase of work facilitated the recruitment of 15 to 20 secondary school age young people from Port Glasgow in Inverclyde to lead an enquiry to gather young people's ideas on how they could play an active role in reducing alcohol related harm in the area. These young people undertook a wider school consultation process before generating insights and ideas for potential solutions which they fed into a community dialogue. Subsequently these ideas were published in a report which recommended offering support to the young people and local adults to turn those ideas into action.

Space Unlimited successfully applied for further funding to proceed in this second phase, supporting the implementation of the potential solutions to alcohol misuse that were identified by the young people during the youth-led enquiry. These ideas were both school and community based and as such the project fell within both our U18s and communities themes.

Owen Cook, project manager at Space Unlimited said: *"The funding granted to Space Unlimited has enabled a group of teenagers in Port Glasgow to explore the role young people themselves can play in reducing alcohol-related harm in their lives and communities. We've been supporting them to lead their own unique enquiry, generating fresh insights and new ideas that they felt confident and motivated to implement in collaboration with others in their community, including services, parents and schools, and then to experience the challenges of putting ideas into action."*

The outcomes for the most recent phase of the project were focused on building confidence and capacity in young people and adults to work collaboratively to make change happen at a local level, and on influencing wider thinking and practice about the role that young people can play in designing and delivering services to tackle alcohol related harm.

The young people formed two groups: one focussed on community interventions the other on schooled-based interventions.



L: Young people try out their ideas for a youth-led PSE (Personal and Social Education) class on their peers while enjoying some rare sunshine. R: A small group discussion revisiting the various ideas the young people generated and why they chose to prioritise the ones they took forward.

Outcome 1 - Young people are actively using their own resources to pilot interventions for their peers/wider community to reduce alcohol related harm.

The community-focused group actively used their own resources, in collaboration with community-based adults, to put their ideas into practice. They designed a 'young people's' page for the council website which is now 'live'. The page provides information and support re alcohol use, and they selected content that they felt other young people were likely to engage with, based on their own experience. There has been discussion about how to provide the option for visitors to provide feedback on the website, or at least to be able to track how many 'visits' it has had. They have advertised the website page at the Izone (local youth club) and on the school information screens and through notices given at registration, to try to ensure that every young person in the school is now aware of the web page.

They have also planned and facilitated an event at the Izone to raise young people's awareness of the issues related to alcohol consumption and the support available for them. Not as many young people attended the event as they were hoping, but those that did attend gave them positive verbal feedback. The youth workers at the Izone are keen for the group and other young people to be more involved in running events at the Izone. The Principle Teacher of Health and Wellbeing attended the event and asked the group to run their activities as part of a Health and Wellbeing initiative in the school.



Young people from Port Glasgow High School prepare to meet funders, stakeholders, school and council staff.

The school-focused group spent their own lunch times and after school time designing an interactive, fun and informative lesson plan for their younger peers based on alcohol misuse. They discussed the plan with a PSE (Personal and Social Education) class teacher and the head of PSE, and ran through the plan with a small group of their peers beforehand to check how it would work. The feedback received from the students and the PSE teachers was very positive and the idea of students taking on more of this work with younger year groups and other topics has been welcomed in the school.

The group agreed that young people would be influenced by conversations with their parents, and their exposure to alcohol at home. Therefore they decided to run a 'mocktail' stand at school events – including shows and parents evenings – providing people with non-alcoholic drinks, their recipes and information on alcohol misuse. Their presence generated a lot of interest in the project and their ideas, with positive verbal feedback coming from teachers, parents, other young people and adults from the local community.

They designed Alcohol Misuse Posters that were broadcast on school information screens.

80% of young participants said they developed their confidence and skills

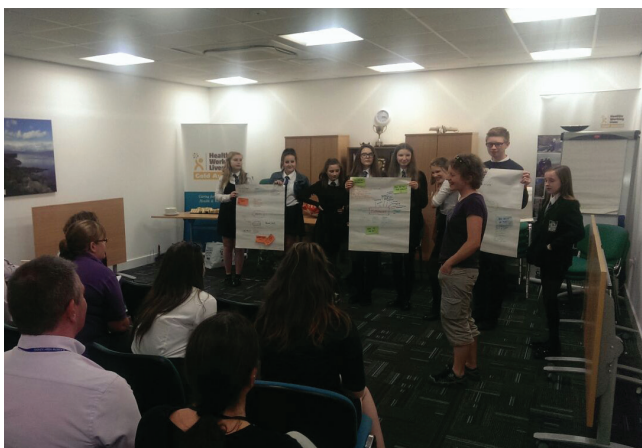
“*The group agreed that young people would be influenced by conversations with their parents, and their exposure to alcohol at home.*”

Outcome 2 - Young people and local stakeholders (including educators, parents and community service providers) are building new/stronger relationships that will help them address alcohol misuse.

The community-focused group and community-based adults remained committed to working together throughout the project. Both young people and adults expressed their feeling that this process helped them overcome anxieties and barriers around working with each other. They added that they can see the benefits of this kind of collaborative working and would want to be involved in future opportunities to do so.

Ideas for continuing and sustaining these relationships include: more external support with PSE inputs in school from professionals in the community; the opportunity for some PSE classes to take place in community venues (e.g. the Izone); and a group of young people and professionals in the community working together on the development and provision of services and information.

The head teacher is keen that some of these ideas become a part of the school's Health and Wellbeing initiative.



Young people present their work on youth-led interventions in both the school and community with funders, stakeholders and school/council staff.

“Young people and adults have expressed their feeling that this process has helped them overcome anxieties and barriers”

The school-focused group developed a good working relationship specifically with the local youth-alcohol worker who has a school-based remit. They tapped into this relationship for input to their mocktail and information stand at the school shows. Also they sought advice and suggestions on how to run their lesson plan in the PSE class.

Many of the group developed new or improved relationships with various school staff. This included gaining the level of trust needed for teachers to let them run PSE classes, having direct access to the school information screens to add and refresh their poster content and getting both permission and encouragement to run their mocktail and information stands at future school events.

Outcome 3 - Young people leading the project are more aware of their individual strengths and skills - and more confident in their capacity to bring about change in their communities and in their own lives more broadly.

Young people involved in the project have expressed an increase in their confidence to make changes happen in what they often see as the 'adult world'.

They repeatedly stated they appreciated how the adults listened to their ideas and what they had to offer.

They have stated that they feel 'listened to' and 'taken seriously'.

They recognised a shift in their confidence to 'just go and ask' when they want to do something, and to follow through and deliver on it.

This group of young people are also very aware of the challenges associated with trying to make change happen: how long it can take, and how much energy and persistence is needed.

“
Young people
involved in the
project have
expressed an
increase in their
confidence.”

**100% of young participants felt they'd been able to use their ideas and strengths.
70% of young participants feel more confident in their ability to lead change**

Outcome 4 - More adults are making sure that young people are part of learning and change in their community. More organisations are involving young people in co-designing services to tackle social and economic need.

The local youth alcohol worker, youth club and council employees are all committed to this end, as are the adults in the school – seeing these young people and others in the future as a key part of the design and delivery of this type of learning and change in the community and the school. An asset that remains under-utilised at present, and one which will grow in impact when given the chance.

As mentioned in Outcome 2, there are specific aims to include young people in the further development of web based information, the delivery of educational learning, both in school through PSE classes and school events, and in the community through the development and running of events for young people.

Youth workers at the Izone are keen for young people to be involved in running events there. The principle teacher of Health and Wellbeing attended the event and asked the group to run their activities as part of a Health and Wellbeing initiative in the school.

Outcome 5 - Young people and adults participating in the pilot experiences develop greater awareness of the issues surrounding alcohol related harm and local support available.

80% of young participants said this had been a positive learning experience.

Young people who participated in the project report being very aware of the issues around alcohol related harm:

"The approach of this project has been so valuable. Not just having young people attending our meetings to comment on our ideas, but instead having young people leading us. It's proper participation for young people, not just a token gesture." Margaret McConnachie, Inverclyde Alcohol & Drug Partnership co-ordinator

As demonstrated through the activity undertaken, the participants on the project have been interacting directly with service providers in the local area, and are very aware of the help and support that is available. This information has also formed a part of their activities – with their aim being to share that with other young people and families.

"My views (on alcohol) haven't really changed because of this...I already thought it was a pretty dangerous thing if you don't respect it...and now I'm just even sure of that."

"It's not put me off the idea of drinking alcohol, but I feel like I'll be a lot more careful with it when I'm old enough."

"It's a quite scary what can happen to you actually (when you drink)...I've never been fussed by the idea of 'getting drunk' but now I really don't want to."

"...oh yeah, I've talked to my mum about it, quite a lot...I think she understands, but I think I'm annoying her too as I mention it every time she has a glass of wine (laughing)."

Alcohol Awareness Programme



Fuse Youth Café is a community-based youth provider which offers services and support to children and families in the Shettleston area of Glasgow.

The project delivers workshops on alcohol to young people and their families from the Shettleston area. Shettleston is an area where alcohol use amongst young people is particularly problematic. The addition of a specific alcohol focused worker allowed the organisation to focus on prevention, education and information platforms which will see the families of the young people benefit as well as the young people themselves.

During the period from November 2015 to November 2016 direct workshops have been delivered to 220 young people and 112 adults and have taken place over a variety of settings including junior and senior drop in clubs at the Fuse café, primary and secondary schools, employability programmes and family activities.

55 adults have been supported on a 1-to-1 basis through ABIs. Wider engagement and information sharing has taken place at local events within Fuse, schools and other community services and across social media.



Alcohol Youth Worker David Purcell delivers an alcohol awareness workshop at the Fuse Café.

CASE STUDY

A 12 year old boy who attends our junior club has taken part in a number of issue based workshops and he really got involved in the alcohol session. He was recognising that his dad was drinking a lot of the different types of alcohol that were being shown on the cards. He was keen to take resources home that showed his dad how many units of alcohol were in them and what the recommended allowance was. He had reported that he didn't spend much time with his dad since his mum died. His dad was just staying in the house or going to the pub and drinking. He was often staying with his uncle due to the negative environment at home.

The alcohol worker was able to support the young boy to communicate with his dad and explain how he was feeling. Following this his dad came into Fuse to speak to the worker and to get a bit of support. His dad has now reduced his drinking considerably and is taking the young boy to school and Fuse and picking him up. They now spend a lot more time together and the young boy has shown a lot of positive changes, he is happier and able to be a child again.

North Edinburgh Street Work Team



Granton Youth Centre is a community-based youth organisation in North Edinburgh. Its aim is to raise the aspirations of local young people and encourage active participation and citizenship.

The SWAF grant was used for sessional staff costs which enabled the organisation to expand their current North Edinburgh Streetwork programme of alcohol-based interventions with young people from three evenings per week to five. The programme supports the engagement of young people in developing awareness, alternative participation and support around peer pressure when it comes to alcohol and the wider issues of substance misuse, involvement in crime, participation in risky sexual behaviour and antisocial behaviour.

Between October 2015 and March 2016 75 sessions were run, engaging 2044 young people on the street. During this period a total of 74 Universal Brief interventions and ABIs were delivered. The project also opened StreetBase in Muirhouse library, a safe space where young people are happy to open up to project staff.



CASE STUDY

SR was a young girl described by social work as a *'firecracker, bully and troublemaker'*

She was referred to YoungSmith via the Streetwork Team.

YoungSmith is a personal and social development programme enabling young people to 'get ready' for studies or working and is directed to support the most excluded young people aged 15-26 years old.

SR has completed YoungSmith. She now has a pathway to the 'Childcare Academy' This will offer her on-site training, relevant qualifications and a weekly income. She now has a better

understanding of herself, her abilities and the impact of her behaviour on the community. She is confident and engaging in her own future. Through her work with the Community Project aspect she can now see how she best fits, for herself and the wider community. SR is now less likely to be involved in crime or antisocial behaviour. She now has a pathway and trust and she feels that there is more for her than depending on benefits. She feels empowered to have control over her future. She is confident now that she can progress.

Her peer group have seen a big change in her and some of them are now interested in the next YoungSmith programme.



Mentor - Edinburgh
Date of Award: **2016**
Amount **£21,465**

PROJECTS:
Young People (U18)

U18

The Me & You (Mentor Youth) Project



Working across Edinburgh and the Lothians, which includes a number of areas of high social deprivation, Me & You delivered alcohol and health workshops to vulnerable and hard-to-reach young people, adopting a peer-led approach to build confidence and ambition, and inspire positive life choices.

The project developed from the Breaking Out Peer-led Alcohol Programme which reached over 400 young offenders in HMYOI Polmont (earlier in the report). Mentor UK wanted to take this learning to community settings, to influence young people before alcohol-related and offending behaviours developed. The idea is that young people would own the Me & You project; they would take on responsibility for delivering, developing and driving the project forward, generating a vitality and resonance that is only possible when young people are at the helm. Peer-led learning is particularly effective among vulnerable and socially excluded young people who do not engage with formal education.

Three mentor Team Leaders recruited young mentors (aged 14-18) to undertake an initial 12-week training course. After completing the training, mentors then delivered one-off alcohol workshops in schools and youth settings in their local area and across Edinburgh. Once they gained experience of facilitating workshops, mentors were supported to develop and deliver a range of alcohol based education sessions including a six-week alcohol and health intervention – designed to build confidence, develop group-work and communication skills, and improve knowledge around alcohol-related risk-taking behaviour – to groups of young people (aged between 12-16).

The funding was awarded to support the salary costs of a Project Manager, Team Leader travel costs, mentor and peer educator expenses, recruitment materials, training, workshop and evaluation materials and Dynamic Youth/Youth Achievement Awards.

After the first six weeks, participants had the opportunity to continue their development by undertaking a further four-week programme, to focus on developing the knowledge, skills and confidence to become peer educators. Peer educators then shadow mentors until they are fully prepared to deliver their own peer led workshops to groups of young people in their own local communities. Once they have developed skills as peer educators they progress and join the mentor team. The project initially anticipated it will benefit 129 young people.



Impacts and Outcomes:

- **Recruited** six team leaders to support the delivery programmes
- **Recruited** eight peer mentors who successfully completed the course
- **Designed** and delivered seven parent and carer alcohol awareness sessions to a range of groups across Edinburgh
- **Delivered** five alcohol and young people training events to 52 youth practitioners
- **Engaged** 47 young people in alcohol education through taster sessions
- **Supported** five peer mentors to deliver their own alcohol awareness sessions with 19 young people
- **Peer mentors** used their volunteering with Mentor UK to complete their Duke of Edinburgh Award

CASE STUDY

Karen was recruited as a Team Leader through her participation in an Alcohol and Young People training event. Although Karen had a lot of previous experience she had been out of the field for some time after having children and changing career paths. Karen was excited by the opportunity to gain more experience, and confidence in working with young people again. After volunteering with Mentor, Karen was offered a job for another youth charity in Edinburgh to recruit and support a team of local volunteers to work with other young people in the community. This was an excellent outcome for Karen, and she continued volunteering with the Me and You project because she had gained so much from the project and wanted to see the young people's development and achievements. Karen's experience of having been a peer educator as was a real asset to engaging the group of young people as she could relate to them. Her commitment to the project also further developed and nurtured her relationships with the group and built their confidence as she had shown a real investment of time and belief in their potential.

“Funding from SWAF enabled us to offer young people aged 14-17 an opportunity to become trained mentors. Mentors will be responsible for providing a range of alcohol interventions in schools and youth clubs as well as delivering a training programme for young people who wish to become peer educators.”

Gez Lawson, development manager, Mentor UK



Street Base



Street Base is a support model which involves targeted Detached Youth Work to tackle the negative effects of alcohol and drug abuse on individuals, families and communities. Street Base employs a team of skilled and trained detached youth development workers who are tasked to engage and develop relationships with young people. They provide support, intervention, counselling, prevention and education mixed with alternative and diversionary approaches designed to minimise the harmful effects of drugs and alcohol on hard to reach children and young people.

Liber8 provided the Street Base model to young people aged 10-18 years in the more urban townships of South Lanarkshire but wanted to extend the service into the more rural areas of Lanark and Lesmahagow to tackle high levels of anti-social behaviour and underage drinking. The funding was awarded to support staff costs, diversionary activities and transport.

Street Base staff map each new locality, identifying local resources and stakeholders while also gradually introducing themselves and the project within the specific neighbourhoods. This is followed by targeting 'hard to reach' young people on the streets and places they congregate and who are engaging or are at risk of engaging in alcohol/substance misuse and associated anti-social behaviour. Often this target group can demonstrate challenging behaviours however trained staff are very experienced in breaking down barriers and forming long term trusted relationships.

The service was provided at key times, usually 6.30pm-9.30pm, predominately Thursday through to Sunday when young people are most likely to be involved in alcohol and or substance misuse and linked issues. The service was delivered on a consistent and on-going basis throughout the year three nights per week. Through the project young people were encouraged to get involved in a wide range of educational and diversionary activities which offer individual and group support.

Over the funded period, 36 Street Work interventions were recorded in Lanark and 140 recorded in Rigside. Due to lack of engagement, Alternative Diversionary Activities were withdrawn from Lanark. However, Ten Alternative Diversionary Activities were delivered successfully in Rigside including Roller Stop disco, Football, Trampolining and indoor karting.



Impacts and Outcomes:

- **86%** of Young people reported that the activities had reduced their alcohol use
- **75%** of Young people stated it would have an impact on future consumption
- **88%** of Young people stated they now consider personal safety when consuming alcohol in the future due to increased knowledge of risks
- **70%** of Young people reported the activities had reduced their negative behaviours.
- **50%** of Young people stated it would have an impact on future behaviour

“Liber8 is delighted to have been one of the projects to receive an award from the Scotch Whisky Action Fund. The award will provide vulnerable, hard to reach young people with diversionary activities and programmes which provide prevention and educational awareness in addition to evidence-based interventions where needed.”

Margaret Halbert, Chief Executive at Liber8 Lanarkshire

CASE STUDY

Girl A (16) was abusing alcohol 2-3 nights per week. Street Base had previously worked successfully with Girl A's younger siblings. The Mum was increasingly worried about her behaviour, the police had brought her home twice due to alcohol intoxication and anti-social behaviour. Staff met with her in the girl group and individually. Noting her reluctance, staff did not single her out in case this jeopardised a future relationship instead slowly found opportunities to engage with her on her own apart from the group.

Initially harm reduction techniques were delivered to keep her safe. It was recognised the girl didn't feel comfortable with the group of girls but was 'hanging' out in a desperate effort to 'fit in'. Staff encouraged her to help out with the younger Street Base activities; they gave her responsibilities and invited her to the planning sessions. Shortly after the girl began to approach staff and confide some of her issues.

Staff continued to engage with Girl A's alcohol consumption which decreased significantly, and she found a new interest in youth work. Focussing on her need to do well at school to allow her to attend college to progress a career in youth work was one of the main elements of support. She has stated she rarely drinks at all now as she is too busy with her studying and volunteering for the youth work certificate.

Sunflower Garden Project

CROSSREACH
Care you can put your faith in



The has been funded by SWAF for three years and has been a good success. The project runs three age appropriate group work programmes (aged 7-10, 9-11 and 11-14) that specifically meet the needs of children and young people who have been affected by problematic parental alcohol use in their families.

The group work programmes run for a period of 12 weeks, on a weekly basis, at CrossReach's Sunflower Garden Service (SFG) with the majority of referrals to the service coming from the Pilton, Muirhouse and Wester Hailes areas of Edinburgh. Volunteer travel buddies, volunteer group assistants and a student supported the Children's Worker to deliver the project.

Funding contributed towards the cost of a children's worker, service leader, admin support, volunteer training, taxi and bus costs, art and activity materials.

The Sunflower Garden project operates with the following desired three outcomes:

Outcome 1 - Improved Mental and Emotional Health

- Improved emotional wellbeing
- Increased resilience to cope with difficulties
- Increased ability to communicate feelings

Outcome 2 - Supporting Vulnerable People

- An improved supportive network of family and friends, supportive groups and activities
- Feel more heard, valued and respected
- Have their emotional care needs met

Outcome 3 - Reduced Isolation

- Improved peer relationships
- Better engagement in hobbies and interests
- Increased pro-social behaviour

“The aim is that these young people can become more confident and resilient individuals”



Group work sessions.



Over the three years of funding the project has supported a total of 44 young people (18 in 2016, 13 in 2017 and 13 in 2018) affected by parental alcohol abuse. The project has been fundamental in helping these young people grow in confidence and resilience, which leads to improved behaviour both at school and in the community. Some of the topics covered within sessions includes understanding addiction and exploring techniques to relieve stress and express emotion.

“
It has given him a space to try and process what has been happening and find little techniques to help.”

Parent Feedback

“
It has given her more confidence and the ability to open up more.”

Parent Feedback

The most recent outcomes (2018 funding) are as follows:

92% (12 out of 13) of young people achieved improved mental/emotional health.

- **53% (7 out of 13)** young people saw an improvement in emotional wellbeing
- **69% (9 out of 13)** young people showed increased resilience
- **92% (12 out of 13)** young people showed an increased ability to communicate their feelings

84% (11 out of 13) of the young people reported that they felt more supported as a result of attending the group.

- **62% (8 out of 13)** had an improved supportive network
- **69% (9 out of 13)** felt more heard
- **46% (6 out of 13)** felt more cared for by the people around them

77% (10 out of 13) of young people were less isolated due to being involved in the group

- **69% (9 out of 13)** of young people saw an improvement in their peer relationships
- **31% (4 out of 13)** of young people showed increased engagement in hobbies and interests
- **53% (7 out of 13)** of young people showed an improvement in pro-social behaviour



Children are also given one-to-one support.

CASE STUDY

Katy (10) lives with her mum. Katy has been exposed to parental alcohol use for most of her life. Katy particularly struggled with friendships finding it difficult to understand social cues, to focus and to be attentive. Katy also found it difficult to know how to verbalise her feelings and experiences.

Katy felt accepted by the other children in the Sunflower Garden Project support group. She liked the structure of the groups, found she was able to seek advice from others and liked to support others too. By the end of the group Katy found it easier to talk about her life as the other children had modelled this to her. Katy's Mum has stated that Katy's contentment and ability to talk about her feelings has increased. Mum said that Katy was always talking about the group and was full of stories about the friends she has met.

The group has provided Katy with a safe and consistent space to share some difficult feelings with the adults and children who have experienced similar issues. Katy's Social Worker has also noted that Katy is notably more confident.

“We are very grateful for the support the Scotch Whisky Action Fund has given CrossReach over three years. Through funding our Group Work programme at Sunflower Garden, we have been able to make a real difference to the lives of children and young people affected by parental alcohol use.”

New Update: Unfortunately, the alcohol-only focus limited intake made it difficult to source the required referrals needed to make the groups viable in the longer terms. The difficult decision was therefore made to finish the groups at the end of 2019.

Reeltime Music, North Lanarkshire
Date of Award: **2016 and 2017**
Amount **£11,996 and £8,186 respectively**

PROJECTS:
Young People (U18)

U18

Alcohol Awareness Programme



The project was set up to engage young people who are vulnerable or at risk of engaging in anti-social behaviour and/or disengaging from mainstream education using an informal youth work approach. This approach allows participants to lead the creative activity, learn new skills and grow in confidence. The target beneficiaries will demonstrate multiple barriers to positive development including social issues, challenging behaviour or mental health issues. Many of the young people were known to social work as most at risk of developing issues with alcohol and drugs.

The project operated as a partnership between Reeltime, LANDED peer education service and North Lanarkshire Learning and Leisure Services. It was originally piloted in four schools between 2015 and 2016. The pilot demonstrated that over 90% of young people enjoyed the programme and 60% had an increased awareness of alcohol.

The organisation received funding from SWAF to run the project across 2016 and 2017 working with ten schools in the Cumbernauld, Motherwell and Airdrie areas of North Lanarkshire. The grants covered the

cost of tutors to deliver creative music and media sessions; a peer education worker to deliver alcohol information sessions and a contribution to the organisation's overheads.

Through the project young people received preparatory sessions on alcohol misuse prior to taking part in six creative sessions which involved hands on music and media activities designed to increase young people's knowledge and motivations around alcohol misuse.



Creative music session.



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018

Overall, the project was set up to deliver the following outcomes:

- **Outcome 1:** Young people will have increased awareness and knowledge of alcohol related harms
- **Outcome 2:** Young people will create resources which are persuasive to other young people. These can be shown to friends or used by workers in future projects

In 2017 the organisation reported that 84 young people took part in the project from ten schools as planned. An example video from the project can be found here <https://www.youtube.com/watch?v=9nCKE5mYixg&feature=youtu.be>



SWAF17 Kilsyth Academy - Should I - Drunk.

New Update: The project stopped with the completion of funding. However, some of the schools the organisation partnered with during this project have continued to buy-in Reeltime Music services. The charity cites that their continued development was significantly informed by the Scotch Whisky Action Fund projects.

CASE STUDY

Before: In session 1, school staff pointed "Craig" out to us as "one to watch" due to his short attention span and tendency to be combative with staff. In the early sessions, he was one of the least engaged. He would often disrupt and agitate those around him. He rarely engaged with the conversations on alcohol and gave the impression that he knew everything.

After: His attitude turned when we started filming. He was engaged and interested in operating the camera. He took direction better and was more co-operative with those around him. Overall, he began to engage in conversations about alcohol, he acknowledged when something was new to him. He appeared more at ease in the group and didn't disrupt anywhere near as much. Other young people in the group also noticed him becoming more focused. This showed a marked progression in his behaviour and knowledge.

Hibernian Community Foundation Edinburgh
Date of Award: **2016 and 2017**
Amount **£9,500 and £11,500** respectively

PROJECTS:
Young People (U18)



School Alcohol Awareness Raising and Information Sessions



Hibernian Community Foundation delivered a preventative alcohol education project to P5, P6 and P7 pupils via 20 schools in Leith and North Edinburgh. The project educated children in the upper primaries on alcohol and its effects whilst promoting positive lifestyle messages of physical activity and healthy eating.

The project was delivered across eight weekly sessions from Hibernian Community Foundation coaches with input by Hibernian FC players and coaches who act as positive role models for the young children taking part.

The grant contributed towards the cost of sessional coaching, healthy snacks, learning materials, monitoring and evaluation, sporting equipment, and training to enable the organisation to consolidate and build on emerging, successful practice in relation to the reduction of alcohol-related harm.



Cheque presentation to Hibernian Community Foundation.



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018

Each weekly session lasted 90 minutes and consisted of three components broken into first half, half time and second half.

- **The first half** included a classroom session covering the topic of the week and included a visit to Easter Road and an introduction to the programme, covered how much do you know about alcohol, units and guidelines, alcohol and its effects (physical and social), alcohol and the law, staying safe, talking to your parents about alcohol and a celebration event and certificate presentation.
- **Half time** included a soft-drink and a piece of fruit
- **The second half** was a physical activity session involving football, dance, tai chi, etc.

All sessions involved discussion-based work and learning resources developed specifically for the programme.

It is estimated that approx. 5,675 individuals benefitted from the two-year funding of this project (1,800 through 2016 funding and 3,875 through 2017 funding). Beneficiaries includes primary school pupils and those involved with other organisations such as community sports organisations who also welcomed the project.

CASE STUDY

'Laura' is ten years old and attends a primary school in Edinburgh. She has a very strong relationship with her paternal grandmother and regularly stays with her grandmother particularly at the weekends. Laura had noticed that her granny often acted unpredictably on a Saturday night and woke up in a bad mood on a Sunday.

As a result of attending the project Laura had identified the change in her grandmother's mood was attributed to drinking.

Being concerned about her grandmother Laura chatted to her about the things she had learned and they agreed a 'contract' that Laura's grandmother will drink less at the weekend and Laura would help with chores around the house.

New Update: The outlook for this project is positive, the Foundation retains the assets developed for the project which can be reused. Staff have been trained and strong relationships built with local schools and agencies regarding the delivery of this content. As a result, alcohol awareness sessions have been built into the primary school offering moving forward.



Kickstart



This pilot project in Moray for young people aged 13 to 18 combined the benefits of outdoor education with the expertise of another local charity in working with vulnerable young people at risk of alcohol-related harm.

They developed a 4-week programme for young people at risk of alcohol-related harm to build their confidence, help them take responsibility for their actions, increase their awareness of alcohol-related harm, and improve their mental and physical health and well-being. The programme, called Kickstart, involved four outdoor education sessions (one a week for four weeks) for six vulnerable young people who have been identified as at risk. The focus was on building confidence, leadership and teamwork skills, taking responsibility for actions and discovering new and alternative leisure activities that are exciting and adventurous.

At one of the activity sessions, there was a workshop carried out by Quarriers Arrows Drug and Alcohol Support Service delivered in an appropriate outdoor setting and provided a targeted education session about the dangers and consequences of misusing alcohol. The sessions were run in the evenings and across weekends to tie in with times that young people may otherwise be drinking with others.

The organisation planned to run seven sets of these programmes over 12 months, and young people would be referred by local schools and other local organisations supporting vulnerable young people. It was anticipated that a total of 42 young people would be supported through the project.

The project has four key outcomes:

- **To build** young people's confidence and self-esteem so that they better understand themselves, and feel able to take control of their lives rather than being influenced by others.
- **To increase** the awareness and understanding of young people of the dangers associated with alcohol-related harm.
- **To improve** young people's physical and mental health through outdoor activity.
- **To increase** young people's awareness of alternative leisure activities that are accessible and exciting.

Impacts and Outcomes:

- **50%** of the young people involved showed an increase in confidence and ability to get involved and try their best; they were happy at the end of the session.
- **50%** of Young people stated it would have an impact on future consumption
- **25%** of those who attended the alcohol related workshops were keen to share negative experiences and lifestyle choices
- **All participants** were shown how exciting new leisure activities and adventure could be and their accessibility



Examples of diversionary activities.



Young Persons Counselling and Family Therapy sessions (Families in Recovery)



Bright-Light provides a safe confidential space where people can talk, open-up to help identify issues/challenges affecting them and to talk through what needs to happen to improve their relationships. Children and young people often have anger, guilt, fear, and/or mental health issues because of growing up in a family where there has been alcohol dependence.

There is a need for the whole family to adapt to life without the addiction. This often includes resolving some very difficult incidents caused by alcohol addiction, moving blame from the parent and to the addiction instead, gaining some insight into addiction, re-establishing healthy patterns of communication and roles within the family.

The SWAF grant contributed towards the cost of a new counselling and family therapy sessions 'Families in Recovery', associated travel expenses, external supervision to meet COSCA regulations and line management in order to enable the organisation to provide quality counselling to children and young people struggling to adjust to living with a formerly alcoholic, but now sober, parent.

The Families in Recovery project provided counselling to 38 children and young people under the age of 18 who were struggling to adjust to living with a parent who has recovered from alcohol addiction. The project was set up to meet an identified local gap to work through issues and build bridges within the family. Referrals came through 1) families themselves who had spotted a leaflet and phoned in 2) Sunflower Garden 3) Social services 4) Castle Craig, inpatient private recovery service and 5) LEAP, inpatient NHS recovery service.

The project was designed to deliver the following outcomes:

- 1. Children and young people** will have significant and lasting improvements in family relationships creating stronger 'families' around them:
 - Improved communication with less secrecy
 - Increased listening, understanding and empathy
 - An ability to support and comfort each other
 - Reduced conflict and acrimony
 - Increased ability to problem solve together
 - Increased feelings of happiness and safety
- 2. Children and young** people will be more able to develop positive relationships with others
- 3. All participants** will have increased awareness of dangers of alcohol abuse and its impact on family life.

It is anticipated that these outcomes will continue beyond the life of the project as capacity is built within people so that they are better able to keep safe, are more resilient and better able to cope with life's challenges without needing a whole range of other support/intervention.

Activities with younger children included drawing family trees where children would place objects on to represent family members. This technique helped families to open-up, discuss relationships and identify behaviour patterns. Often this highlighted other issues going on that impacted on the alcohol addiction.

Another technique involved using puppets as a way for the children to express themselves. This helped play out some of their relationship difficulties and to talk about difficulties from a more removed position which is often easier.

The project delivered 141 family sessions in total. This unique support helped 10 families across the funding period, made up of 38 individuals.



Techniques used to engage children during the session include drawing family trees and using puppets.

CASE STUDY

June and David (names changed) have three children and are separated. June is in recovery from alcohol addiction and as a result all children live with David. The Families in Recovery sessions were set up to help support co-parenting. At the start their relationship was acrimonious and there were high levels of conflict.

The three children attended sessions on their own so they could talk openly about their emotions and their worries as well as gaining a better understanding of the addiction and recovery. This was especially helpful in addressing the shame they felt with peers.

Over the course of the sessions their communication improved, both parents seemed more confident and they can now negotiate around their parenting without getting into arguments. There is greater empathy and less blame towards each other.

“The SWAF funding has enabled us to see families from a whole spectrum of economic diversity, from families who have very significant economic and social challenges to those who are economically more comfortable. For those families who are less financially stable we have been enabled to offer the service for free or a minimum contribution.”

New Update: The project successfully continues thanks to further SWAF funding.

Saturday Night Project



In Moray, the number of young people who have tried alcohol and who drink at least once a week is higher than the national average. In addition, 30% of children were on the Child Protection Register due to parental alcohol misuse with 22% of children on the Register due to parental drug misuse.

Through the Saturday Night Project, Elgin Youth Development Group set up a Saturday night drop-in to get young people off the streets and engaging in positive diversionary activities whilst also receiving education on alcohol-related harm.

The grant contributed towards the cost of Youth Worker hours, materials/ingredients for workshops volunteer expenses, training, specialist sessional worker costs and project advertising to enable the organisation to provide diversionary activities and a safe place for young people aged 12 - 18 to socialise.

The background to the group was that young people reported that they had nothing much else to do over the weekend period and so were tending to participate in low level crime, anti-social behaviour and underage drinking. However when asked about what they would like to see happening, the young people overwhelmingly answered that they would like a Saturday evening session that provided them with activities as well as support with issues that were important to them including employability skills, drinking, drugs and mental health.

At each Saturday night session, young people could take part in a range of activities of

their choosing such as pool, dance, cooking and workshops on mental health, life skills, employability and drugs and alcohol. A notable and effective success was through offering film making experiences; the young people created two film projects, one in partnership with Moray Council and another highlighting the rights of children and young people. This activity has helped to engage some most at risk young people and it encouraged their creativity whilst looking at issues important to them.

The group expanded the delivery of the project into local secondary schools supporting two Breakfast Clubs per week, providing pop-up cafes twice a week during lunch break and run activity sessions on Wednesdays. Average attendance at the Breakfast is 25 per session, with 75% of attendees being in our target group. Membership is growing and diversifying as a result, with increased participation in the wider project, especially in fitness, cookery and chill sessions.



Making mocktails

Further to this, the group set up a full, structured, programme of activities to occupy those most at-risk young people through the school holidays. All free to the young people and their families. Activities ranged from water fights to rock climbing, drop-ins, cooking sessions and crafting. In total, the group worked with 111 different young people over 7 weeks.



Annual football match young people vs staff team.

CASE STUDY

'E' regularly walked out of school, ran-away and was known to use alcohol to the point of collapse and unconsciousness. However, E attended the Saturday sessions and through our relationship-based approach, E was able to tell us about her life, her family relationships and about losing her father three years ago. She had not offered this level of detail and honesty to any other agency.

She used alcohol and acted-out to cope with her loss. She used it to numb herself, lessen the pain of her loss and to help manage the recurring flash-back images she had of her father.

E agreed to access therapy to help her with loss and bereavement. This would not have happened without the Saturday Night Project. Through the guidance from the group E undertook leadership and mentoring training and is now a senior member of the Youth Management Group and supports specialist sessions with our sensory needs group.

New Update: The project continues beyond the SWAF funding. The funding provided the organisation with an opportunity to engage with young people who were already making bad decisions and were experimenting or were at risk of engaging in unhealthy lifestyles, including alcohol and substance abuse.

Thanks to the funding the charity was able to learn how to engage with young people in a meaningful way and over a substantial period of time, building trust to facilitate open and honest conversations and realised change in their behaviours relating to alcohol. Subsequently the organisation has established a peer mentoring and young leadership programme where these young people were given real responsibilities to be role models and ambassadors for the project.

Street MAYDS



Mid Argyll Youth Development Services (MAYDS) recognised the need to develop a new and much needed outreach/detached Youth program to support young people most at-risk.

Street MAYDS targeted alcohol related harm on the streets of Mid Argyll by tackling it head on. Qualified staff would go out and about during high risk times, such as weekends and evenings, to areas where young people were hanging about doing nothing and in many instances getting into trouble.

The grant contributed to the overall costs to run Street MAYDS including sessional youth worker staff costs, training, travel, refreshments, extra insurance and admin/management costs to implement the new detached youth work initiative.

Street MAYDS was not set up to tell young people off and lecture them, rather to engage with young people offering them something else to do, guidance and support so that they decide not to partake in risky behaviour. Street MAYDS staff aimed to build relationships and support young people who would not have previously accessed traditional services.

Impact: 205 young people directly benefited from this project, 108 of those had not taken part in or used MAYDS services before.

Street MAYDS project successes:

- **Reduction** in underage drinking and drug use
- **More young people** accessing positive recreational activities and outlets - those coming to the centre have tripled in numbers over the funding period – particularly on Friday and Saturday nights
- **Reduction** in anti-social behaviour and young people hanging about the streets - many at-risk young people are now choosing to come along to evening youth drop in's etc. rather than doing nothing and getting involved with drinking etc.
- **Young people** are more aware of where to go for advice and support and also what is available locally in terms of services and activities.
- **Strengthened** partnerships with MAYDS and the police – The police indicated anti-social behaviour and the amount of kids hanging around the streets had significantly reduced since the street MAYDS program was put in place
- **Increased** presence of MAYDS in small outlying villages
- **Increased** positive images of young people within local community.

New Update: MAYDS has continued to run Street MAYDS since the initial pilot project supported by the Whisky Action Fund. MAYDS has increased the geographic area covered and are now funded to carry out detached street work on Islay. The project supports up to 30 young people per session.



Girvan Community Sport Hub

Date of Award: 2017

Amount **£3,376** and a further **£10,131** distributed

PROJECTS:
Young People (U18)

U18

That Friday Thing



Girvan is a significantly deprived and vulnerable Scottish rural community; 28% of young people are living in poverty and the area suffers from serious drug and alcohol misuse issues with hospital admissions for alcohol conditions above the national average. The lack of local youth facilities in Girvan has been a long-standing community concern. Young people residing in Girvan seldom have the logistical or financial means to access facilities and opportunities.

That Friday Thing (TFT) was set up in Girvan to encourage young people to take part in sporting activities to get them out of the house and off the streets to improve their overall health, wellbeing and physical activity levels.

TFT uses diversionary theories using sport as a tool to inform young people about the dangers of alcohol while they are participating in other sporting activities.

Activities are free to attend and young people are involved in discussions covering topics such as Alcohol, Substance Use/ Misuse, and Attitudes and Behaviours.

SWAF funding supported the cost of a part-time Project Worker, training, travel, line management and 'That Friday Thing' let costs.

The young people involved created a short ten-minute film during the TFT sessions detailing the local issues around drugs and alcohol in the area. The film included a facts and guidance section and the planning sessions for the film became a natural way to educate and discuss important subjects.

- **Over 40 sessions** of TFT delivered across the funding period
- **TFT had an average** attendance of 60 young people (ages 10-18) every Friday night with 166 young people registered in total



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018

As a result of TFT the following outcomes were delivered:

- **Increased** awareness of the risks associated with alcohol, dangers of alcohol, dangers of mixing alcohol and other substances and alcohol associated anti-social behaviour.
- **Participants** encouraged to lead a more positive healthy lifestyle and to use alcohol sensibly.
- **Provision** of a supportive framework for young people who are experiencing alcohol related issues within their home environment.
- **Reduction** in the number of alcohol related concerns and incidents within the local community

CASE STUDY

'Aiden' (14), attended most weeks. He said that he learned about different types of drugs and alcohol and how it affects the local area. He thinks that being involved has heightened his awareness about risky behaviour associated with alcohol, dangers of mixing alcohol with other substances and anti-social behaviour caused by alcohol.

New Update: That Friday Night Thing continues successfully.



Young person's education and support project

The Drugs Initiative Group (DIG) was set up by a teacher from Forfar Academy and a group of young people who were keen to educate other young people about the dangers of drugs through peer support. Many local young people were drinking excessively to the point that it was harming them. The associated behaviours such as unsafe sex, drug taking and staying out all night.

The "young person's education and support project" group was built on the belief that young people were drinking excessively to help them feel confident and happy. The ethos was that they needed to work on self-esteem issues amongst these young people. The group would therefore meet to focus on the positives and discuss the good things that are going on in their lives for example, how college is going or how their work experience is going and supporting them to continue on their path of being successful.

The grant supported the salary of a new staff post, increased sessional workers hours, volunteer expenses and a contribution to running costs.

The project supported 72 young people across the period. Each young person was given the time and space to openly discuss their difficulties related to alcohol consumption. This support has created many positive opportunities for most of the young participants who attended the groups. All young people experienced increased awareness of the dangers of alcohol, and some stopped drinking alcohol altogether. This has helped focus career plans and take the right steps toward achieving their goals. These young people have become excellent role models to other younger people.

CASE STUDY

'A' (17) had been in trouble due to her behaviour whilst under the influence of alcohol. She was not coping with the loss of her brother who had died through drug misuse. 'A' attended the project weekly for two months. Through this and with the help of a drug support worker A agreed to take on more responsibility in the project to help develop her confidence and leadership skills. Following this she then volunteered at the local tots' group.

A now recognises that her relationship with alcohol was not a positive one. She no longer drinks alcohol and now spends more time with her family. Drugs Initiative Group supported A to apply for regular work and she subsequently secured employment. These changes have helped bring the family closer and the organisation reports that "she is an absolute star who is now shining bright".

New Update: The project finished when the SWAF funding ended. However, through this funded project the group learnt that coaching delivers the strongest results for young people. They therefore continue to employ coaching as their favoured approach to supporting young people to positively change their lives.



Alcohol Awareness Initiative



MFCCT worked closely with North Lanarkshire Council's Active Schools Co-ordinators and Motherwell Police to deliver this new alcohol awareness project 'Alcohol Awareness Initiative' targeting young people in local schools in Motherwell, Shotts, Bellshill, Wishaw and Craigneuk.

The SWAF funding supported the cost of community coaches, equipment, promotional materials and marketing costs to enable the organisation to deliver the project.

The Trust's pool of trained coaches received training in delivering alcohol education from LANDED (a peer education service for young people delivering workshops on drugs, alcohol, sexual health and smoking), the NHS and local alcohol and drugs partnerships to be able to confidently deliver this activity.

Workshop sessions were delivered in 6-week blocks in each school and covered the cost and content of alcohol, the health impacts of alcohol, the wider impacts of alcohol on peoples' lives and relationships, binge drinking and dealing with parental alcohol abuse. Activities included football drills while wearing "beer goggles" to demonstrate the negative impact of alcohol.

At the same time Motherwell Police were running a campaign entitled "You're Asking for It" aimed at stopping people purchasing alcohol for Under-18s. MFCCT successfully integrated this into the project so that there was one key message about alcohol across the local area. Motherwell Police were further involved in the project as they delivered the Quiz on learning with the young people taking part.

Impacts and Outcomes:

- **In total** alcohol awareness sessions were delivered in 40 schools in North Lanarkshire in the ML1, ML2 and ML4 postcode areas (Motherwell, Wishaw and Bellshill).
- **As a direct result** of the programme 5274 children aged 9-11 received an eight-week block of activity, covering topics such as alcohol and appearance, underage drinking, alcohol and exercise, alcohol and mental health, effects of alcohol on the body.
- **Young people** that took part now understand the negative impact of alcohol consumption on a person's health and wellbeing
- **Young people** that took part now understand the negative impact of alcohol consumption on social behaviour

CHOICES



The CHOICES project was set up to make a real difference to attitudes towards the use of alcohol by targeting children at an earlier age to try to prevent the misuse of alcohol as they get older. The project was set up to add a preventive element to Barnardo's current work in schools by filling a gap in current service provision for those in P6 and P7 due to a lack of resources.

The grant funded sessional staff costs, additional hours for an existing Project Worker, mileage costs, staff training and materials.

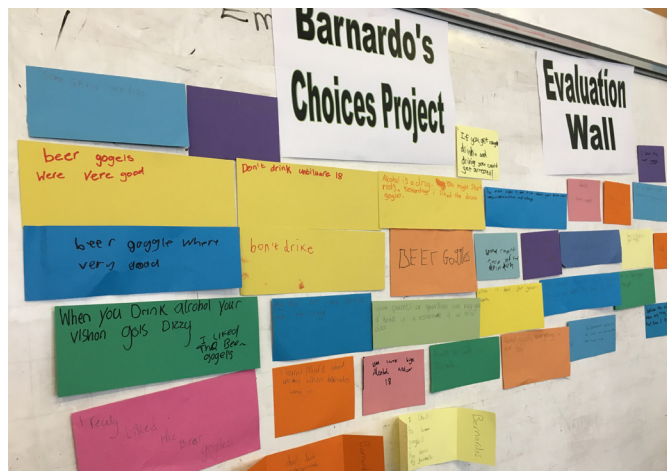
Building on their existing work with young people in relation to alcohol and drugs in schools, the CHOICES project aimed to:

- **Improve awareness** and understanding of alcohol and alcohol-related harm amongst primary school children.
- **Identify and support** primary school children at risk of, or affected by, alcohol misuse and/or alcohol related harm at the earliest opportunity.



Delivery of programme in class.

“I learned more about alcohol when Barnardos came in”



Using beer goggles and evaluation wall for participants feedback.

The biggest impact of this project has been that many of the children involved in the programme have significantly increased their understanding of the impact alcohol can have on their own and the behaviour of others. This included the harmful impact that alcohol can have on the body. Feedback also showed that before this project teachers did not have a clear understanding of the law and children and alcohol which they now have.

Across the period, 398 primary pupils were involved with the Choices project. All young people when surveyed post-delivery stated that their alcohol awareness knowledge had increased.

CASE STUDY

A massive part of the success of the input was that young people all worked together during the activities, without adding risk or harm to themselves or each other, to the extent that the teacher felt comfortable at leaving the room, this allowed for further discussions to take place and the young people feeling safe to do so. The decision for the teacher to leave the room was a very positive one as this resulted in a higher level and more positive interaction between pupils and choices staff. Both head and deputy teachers highly praised the pupils for their hard work and commitment to the choices programme.

“*Before the visit I hardly knew anything about alcohol but now I know a lot*”

New Update: The project finished when the SWAF funding ended. However, through this funded project the group learnt that coaching delivers the strongest results for young people. They therefore continue to employ coaching as their favoured approach to supporting young people to positively change their lives.

Substance Use (South East)



Health Opportunities Team

HOT's Substance Use in South East Edinburgh project (SUSE) aims to reduce the harmful impact of substance use and parental substance use on young people. Young people can self-refer through drop-ins, or are referred by school, GPs, social work and residential workers. Parents/carers can also refer young people for support.

All young people supported by SUSE have been impacted by their own or another's substance use. Some of them are accommodated in kinship or local authority care or are at risk of being taken into care.

Through therapeutic 1:1 support and group work SUSE aims to:

- **Increase** appropriate and timely support related to the young people's substance use
- **Reduce** young people's distress and increase use of positive coping strategies
- **Minimise** young people's substance use
- **Improve** young people's self-esteem, confidence and emotional wellbeing
- **Build** the capacity of professionals from other agencies who support young people affected by substance use.

Impacts and Outcomes:

- **49 young people** referred for 1-2-1 support across funding period. 31 young people came to more than one session. 220 1-2-1 sessions delivered in total.
 - **Feedback showed** that young people felt more responsible after receiving SUSE 1-2-1 support. One young person said they were drinking less alcohol at weekends, and subsequently feeling more motivated at school.
- **8 group sessions** delivered. 21 total contacts, including pre and post 1:1 sessions.
- **3 training sessions** delivered to 31 professionals

CASE STUDY

L, 13, was struggling at school and was starting to make poor choices in the community, often involving alcohol. L said things were difficult at home due to their caregiver's alcohol use. "I never know what state they (the caregiver) will be in when I get home. I can't take my pals home cause I'm embarrassed." Safeguarding procedures were implemented by the HOT worker.

SUSE support concentrated on managing L's feelings about the situation, helping them to learn to accept that they were not to blame for their caregiver's actions, and to learn new ways to cope with the sense of rejection felt by L in the context of their relationships at home. New ways of coping included continuing to attend other HOT services; accessing young carers' groups; and doing mindful activities such as walking, swimming and simple meditations.

"I know it's ok to talk to someone about what's going on. The other groups I'm now going to really help. I've remembered how much I like swimming. Being in the water really calms me down".



Wasted



Fast Forward delivers early intervention to improve young people's health and wellbeing. Key outcomes are delivered through engaging and interactive forum theatre to help improve young people's understanding of big health issues such as addressing alcohol and substance misuse, problem gambling, knife crime, tobacco, sexual and mental health.

The 'Wasted' project specifically educates young people about the dangers of excessive and underage alcohol use. 'Wasted' uses peer-theatre and interactive workshops. The programme tours local secondary schools, targeting S3 - S5 year groups, to embed a community response to a community health issue.

The grant contributed towards the cost of actors, directors and writers' fees, props, rehearsal room coordination, car hire/fuel, equipment and admin required to deliver the project.

Wasted consists of two parts:

- 1. Youth-led performance of 'Wasted'**, a piece of educational theatre addressing alcohol misuse, co-developed by young people
- 2. Facilitated workshops** exploring the issues raised by the performance, encouraging learning, discussion and reflection.

The performances and subsequent workshops addressed a range of alcohol-related harms including the physical, emotional and educational risks as well as the legal context. They also explored resilience, harm reduction techniques and explored common myths. Fast Forward provided the young audience with accurate and up-to-date information and signposted staff and young people to appropriate support services on request.

Fast Forward understands that pupils are particularly responsive to theatre that uses local language, terminology and recognisable characters. Young people are much more likely to respond to a youth-led performance that uses harm reduction and person-centred approaches rather than promoting abstinence or using shock tactics.

"I really enjoyed this play! It was brilliantly acted and was relatable to S4 year"

"The play was really relatable. Everyone has been or knows someone that's been in a similar situation"



Scenes from the performance.

Impacts and Outcomes:

- **Will reduce** alcohol related harms in the community
- **Young people** will understand the facts and gain knowledge to make positive health choices.
- **Young people** will be better equipped to avoid underage and excessive drinking, dangerous situations and unhealthy or irresponsible attitudes towards alcohol.
- **Long-term positive** impacts for community safety, health, later-stage addiction and recovery services, as well as school attainment and truancy.

Successes:

- The performances reached **5,100 young people** from **350 secondary schools**.
- This far **exceeds expectations** to deliver **30 performances** and reach **1,865 beneficiaries**.

“
It was a good play because it focuses on the stages you go through when drinking.”



Student feedback forms.

“
It was good because it explains that alcohol is a distraction”.

New Update: As a result of this funding the profile of youth-led educational theatre has been improved. The learning and evaluation data has been recorded, stored, and analysed. Inspired and informed by 'Wasted' Fast Forward has developed 'Own It!' which is an innovative, online approach to explore alcohol harm and how to make good decisions. Feedback from young people has been excellent and enthusiastic. Fast Forward has secured funding from the Scottish Government to deliver forum-style educational theatre addressing knife crime and problem gambling over 2019-20.

Talk About Alcohol Education Programme

Alcohol Education Trust
Keeping young people safe around alcohol

The Alcohol Education Trust (AET) is dedicated to reducing alcohol related harm for under 18's throughout the UK.

The organisation developed a highly evaluated and award-winning 'Talk About Alcohol' programme using proven methods of preventing alcohol related harm. However, before receiving the funding it was not previously available to schools and youth work in Scotland.

'Talk About Alcohol' is supplied free of charge to schools, Pupil Referral Unit's, and youth organisations with a focus on highly deprived communities and local alcohol action areas. The programme uses an evidenced approach that reduces binge drinking, drunkenness, and its associated harms such as injury, violence, and crime. The overall aim is to help to improve young people's overall health and life chances.

The project is not based on focusing on negative behaviour and scare tactics. The focus is to ensure young people are open about their experiences, worries and attitudes to alcohol to have an honest and mature dialogue. This approach is a contributing factor to the success of the programme. 'Talk About

Alcohol' uses rehearsal strategies and role play so that children understand the potential long term effect on their career and life chances of breaking the law, criminal records, drink drive, alcohol fuelled violence, assault and accidents leading to better and more informed decision making and improved life choices.

Funding from SWAF allowed AET to set up a dedicated Scottish office and recruit staff to deliver their results-driven educational work across the country. The grant contributed 50% of the costs to employ a part time member of staff, office set up costs including renting a desk and purchasing laptop/phone, travel costs, finance/admin expenses and printing/distribution of resources.



Arbroath High School - pupil support teachers.

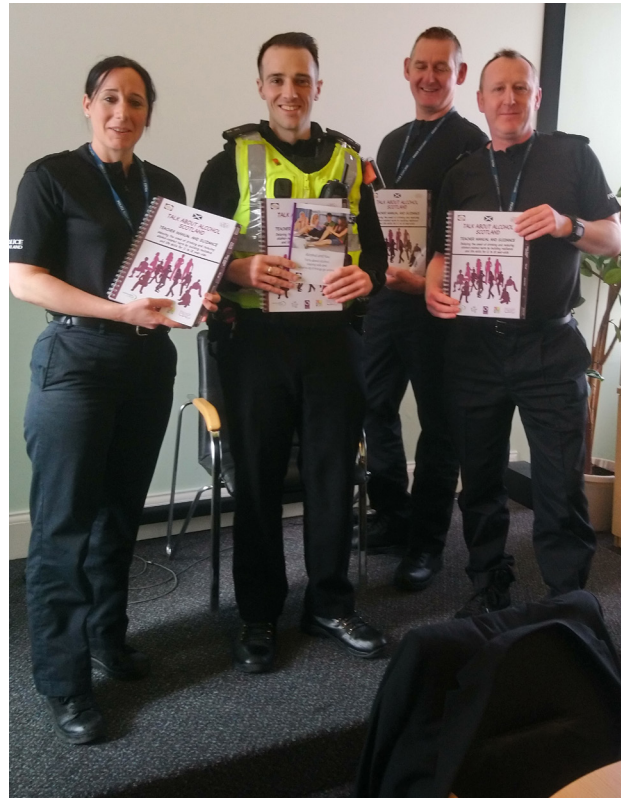
“The workshop in class showed real-life situations and consequences for young people. It wasn't just teachers talking about statistics. We could relate to this much more because it was someone our own age who had been affected by alcohol”. Two S5 pupils - St Aloysius College

It is fantastic to get a comprehensive set of resources”

PT – Bearsden Academy

Impacts and Outcomes:

- **AET engaged directly** with over 130 schools in 23 Local Authority areas
- **An estimated c 18,000 children** and young people in over 90 schools have been supported with the 'Talk About Alcohol' programme of lesson plans
- **70 schools** downloaded Scotland specific resources
- **Over 50 training sessions** delivered within schools and youth organisations across Scotland including for Port Glasgow, Dunblane and Queensferry High schools and Fraserburgh, Cumrock, Largs and Dingwall Academies.
- **Police Scotland staff** have received training and resources as well as youth outreach teams at FARE supporting schools in Glasgow and Edinburgh Youth Training providers.



Police Scotland: School Liaison Officers from Edinburgh.

“The information on units of Alcohol effect on the body was v. helpful” PC McPherson – Police Scotland

New Update: 'Talk About Alcohol' outreach continues to support children in schools across Scotland in building their resilience, knowledge and life skills, so improving both their health and wellbeing and life chances. During 2021 the AET will be extending the support it offers to young adults most at risk of alcohol related harms up to the age of 25.

Eildon West Youth Hub (EWYH)

Date of Award: 2018

Amount £7,348

PROJECTS:
Young People (U18)

U18

TD1 Off-Street

TD1
YOUTH
HUB

TD1 Off-Street works with young people (over 11) in a holistic manner targeting those at risk of alcohol related harm. The focus is to address the prevalence of outdoor drinking and alcohol-associated risk-taking behaviours amongst young people in the local area, particularly on Saturday nights.

EWYH offers alternative youth club style activities not previously available in the area. These sessions provide diversionary activities alongside informal education on alcohol harm encouraging positive change in their future behaviour.

The project includes two weekly street-based outreach sessions on Friday and Saturday nights where the team go out to build and sustain positive, trusting relationships with young people, to support them to reflect through an 'Alcohol Brief Intervention' model of practice, enabling young people to understand the impact and effect of their risk-taking.



Young people enjoying a night at the youth hub.



The grant contributed towards the youth worker salary for 52 weeks, activities for 26 weeks, travel contribution towards overheads, training, support and resources/ alcohol brief interventions.

TD1 off-street aims to achieve:

- **A reduction** in the levels of alcohol misuse and associated negative behaviours.
- **Young people** become more resilient and educated in relation to alcohol harms
- **Young people** gain a greater understanding of the impact of alcohol misuse and the wider community reducing anti-social, criminal or drug activities.

Impacts and Outcomes:

- 1. 55 sessions** of street-based youth work delivered
- 2. 2,025 young people supported** - with **1,812 engaged** by youth work staff.
- 3. 320 new young people** reached for the first time

CASE STUDY

J (12) regularly hangs out with his pals to drink and take drugs. Long term concerns about the group are shared with police, social work, schools and TD1, alongside some parents and carers. One Friday night J was found by the TD1 street team unconscious, cold, wet and covered in mud. He had 'downed' 60% proof alcohol. They called emergency services stayed on the line for assessment and arrival of ambulance, police and social work. However, one week later he was back on the street telling stories of his survival and antics as a young man with his mates. TD1 Off-Street engaged J and worked with his friends, family, school, social work and police to resource a weekend residential experience to look at the issues of alcohol and drug harm, alongside keeping safe and peer pressure.

New Update: TD1 Off-street continues to deliver three sessions of detached street work weekly reaching around 80 young people weekly, addressing concerns with alcohol, substances and anti-social behaviour.

Activity Support Project



Young carers face challenges to their mental wellbeing and are at risk of developing anxiety and depression. Extra challenges are presented when a parent has drug and alcohol problems and EYC state this accounts for 1/3 of the young people they work with. 69% of young carers supporting a parent with problematic addiction issues have a registered child protection concern. These young carers are at risk of developing negative coping strategies such as self-harm or their own alcohol misuse.

EYC's Activity Support Project aims to intervene as early as possible to help young carers remain engaged and develop positive coping strategies.

SWAF Funding supported the organisations core skills budget including staff costs, swimming costs, venue hire travel, books to improve literacy skills, residential expenses such as accommodation and food, costs to provide 'day out' activities e.g. to the zoo, and a contribution towards overheads.

Overall the project aims to improve the lives and wellbeing of young carers by raising awareness, offering emotional and practical support and by giving each young person the opportunity to take a break from their caring role and have fun in a friendly, supportive environment where they can be themselves and leave worries behind. The project involves four areas of support designed for young carers caring for parents with drug/alcohol issues:

1. Residential breaks and Holiday Activities

- **A total of 26 young carers** caring for parent/s with addiction issues took part in a residential break including:
 - 8 young people attended the Pilton Retreat
 - 9 young people attended the Christmas Weekend in Glasgow

2. Core Skills

- **21 young carers** attended 19 swimming sessions
- **17 young carers** attended 14 literacy support sessions
- **21 young carers** attended 8 co-ordination sessions
- **9 young carers** attended 5 cycling sessions

3. Family Events

- **A total of 20 young carers** caring for parent/s with addiction issues took part in our family days involving all family members in a fun activity, helping breakdown barriers between parent/s and staff, enabling families to build peer support

4. Safety support

- **Through individual support**, group work and the EYC assessment model, young carers learn how best to deal with situations that arise when caring for a family member with addiction issues. This increases confidence to contact emergency services or get help where appropriate. It also gives confidence to leave the home when the situation is unsafe and know where they can go or who to contact for help.

Impacts and Outcomes:

- **The project supported 71 young carers** caring for a parent/s with addiction issues:
 - 100% of these young people identified as having high support needs
 - 34 new referrals
 - 52 females supported, 19 males
- **Of 42 young people** receiving Key Worker / professional counselling support, 29 felt better able to cope at home following one to one support.
- **15 families supported.** 12 reported they were able to get long term support.



Fun activities at residential event.

CASE STUDY

M was referred to young carers at the age of 11. M looked after her mum with alcohol dependence. M seldom left the house, spending all her time looking after her mum. She struggled to get herself to school, was subject to bullying, struggled with social skills and suffered with anxiety.

EYC supported M within the school. M attended Activity Support Project groups, small nurture groups and received intensive 1:1. M attended the swimming group for one year. She started as a very worried non-swimmer but through confidence building and instruction M was able to enjoy the water, through this she was also able to share her thoughts with the group about what she has enjoyed and made it clear when it was hard work. M is now able to put her head under the water and float on her back. Thanks to the support M has shown significant positive changes, has made appropriate friendships which help her social skills and school life has improved. M no longer needs specialist support from EYC.

New Update: SWAF support further enabled EYC to increase in-house counselling services to 1.5 days per week. The charity supported an increasing number of hard to reach male young carers for the first time.

Saturday Evening Youth Café



The Saturday Evening Youth Café was set up to respond to the need that young people need access to a safe place where they can meet and socialise on Saturday nights. Alcohol consumption can often be problematic for people living in local communities, due to lack of alternative social opportunities. The project targets young people of secondary school age.

SWAF funding contributed towards the cost of staffing including the activities co-ordinator, food and activity costs, specialist tutor costs and a contribution towards running costs to provide an exclusive Saturday evening Youth Café twice a month from 6.30-8.30 for 12-months.

The Café offers young people positive opportunities, helps develop new interests and educates about a healthy lifestyle providing physical activities, a healthy diet and educates about healthy use of alcohol.

Local young people often move away in their late teens and tend to 'go off the rails' with new opportunities, drinking too much and struggling with the lifestyle choices. This project prepares for this transition and prevents the level of overindulgence that often arises.

- 1. Increased awareness** about the dangers of misusing alcohol
- 2. Increased awareness** about social implications of misusing alcohol
- 3. Reduction in illegal drinking** by young people
- 4. Increased confidence** and participation in physical, social and creative activities
- 5. Reduced isolation** for young people
- 6. Improved community cohesion** for young people attending different schools



Main entrance to the HUB.



“Before the Hub the only decent places to hang out with friends were at each other’s houses. It’s easier to meet up with friends now, because we can just hang out in the youth room. The youth groups a good place to build my confidence talking to people I’m not so familiar with too”

Kayleigh



Activities at the HUB.



New Update: Youth Café is currently still running but has switched to a Friday afternoon and is now called Feel Good Fridays. It is currently funded by Cashback for Communities. Young people are now offered food, and activities ranging in art & craft and physical activities.

Paws 4 Thought

The Paws 4 Thought project uses a new approach to engage and prevent young people's alcohol misuse. Based on academic studies, the model uses animal assisted therapy to improve a young person's confidence and self-esteem.

The grant supported staff costs, transport, admin/stationery, and outdoor clothing for OASIS to pilot this project working alongside local animal rehoming charity 'Argyll Animal Aid'.

Young people taking part were selected because they had been identified as having issues with their own alcohol misuse, or that of someone else in their lives.

Often the dogs will have behavioural challenges which the young people are taught to address. The belief is that by addressing the behavioural challenges of the animals, the young people have a better understanding of the impact of their own negative behaviours. The new affection from the animals benefitted those who had previously felt "unloved", come from an unsettled home or are within cared-for environments.

A total of 43 young people benefited from the project across the funding period. Outcomes delivered for the young people taking part in Paws 4 Thought:

- **56% decrease** in their alcohol and substance misuse
- **73% reported** improved mental and physical well-being
- **93% reduction** in offending
- **62% reported** improved relationships
- **63% reported** improved education and training by 63%.

CASE STUDY

'J' was abused by a family member when she was 10, she didn't tell anyone due to fear she would not be believed and that it 'would rip the family apart'. By 12 she was drinking, taking drugs, skipping school and hanging out with much older young people.

'J' reluctantly agreed to work with OASIS, only agreeing because of her love of animals and it "didn't sound like she would need to talk or communicate with humans much". 'J' initially attended the groups on a weekly basis but would try to join in more sessions if there was space. She reported that she slept much better after being outside, walking and looking after the dogs. J said she was surprised to find herself looking forward to setting her alarm at night to get up and go the next day. This was a transformation as she had previously spent most of her day in bed.

J became such a reliable fixture within the group that the organisation offered her the opportunity to start volunteering with them, she now volunteers three times a week and every weekend. Her family relationships are improving.

"It has really given me something to look forward to and focus on in life. I am much more confident and now I enjoy chatting to staff and other young people now. I am hoping to become a peer mentor within this group at OASIS. Thank you for funding this project, it has certainly turned my life around."

Gorilla Landscapers



“Without this support we would have been unable to help so many young people in our area – to gain real life work experience and help give them the confidence to secure their future.”

Gorilla Landscapers is a new project offering young people opportunities to learn skills, improve self-esteem, increase confidence and become more actively engaged in the local community.

The project targets the most vulnerable young people in the area through a referral system with schools, families, social work and the local youth action team. This includes those young people whose lives are being adversely affected by their own or family's alcohol misuse.

The project is primarily about employability training but includes support from other agencies who provided intervention information around “do more, drink less”. These activities are designed as preventative tools to improve young people's understanding of alcohol allowing them to make informed choices on consumption.

Hands-on physical activities included 1) how to relay slabs and replace broken ones 2) remove old and decaying steps 3) plant up shrubs 4) path building and 5) health and safety and risk assessments. Overall, because of the project, young people learn skills such as working as part of a team, customer service, numeracy, taking personal responsibility and problem solving. It allows young people to test out different types of work experience, helping them to decide on a future career.

The grant part-funded the cost of employing a sessional hard-landscaper who expected to work with up to 50 young people that require additional support due to their home background of living with an adult who has been addicted to alcohol, or have been identified themselves of drinking either underage or heavily.

Number of people that directly benefited

- **Over 80 students** attended across three groups – 30 more than anticipated
- **All those taking part** improved their practical skills, gained valuable knowledge about the workplace, improved their social skills, and learnt about the hazards, and dangers of alcohol.
- **8 Local Secondary Schools** benefited
- **The local economy** benefited as five young people moved into employment, and three young people moved into further education.

Impacts and Outcomes:

- **Increased knowledge** of the potential damage alcohol use can have physically and mentally on the body
- **Increased knowledge** of the legal consequences of drinking too much
- **Increased awareness** of how role models, peers and society can influence alcohol consumption
- **Better able** to make better decisions regarding their own alcohol consumption



Visit to see the work completed by the project at Stoneyburn Juniors Football Ground.



Stomping Ground



Stomping Ground involves detached street work and a series of youth group workshops to engage young people under 18 who are known to be abusing alcohol.

Running in partnership with local police officers, Stomping Ground aims to divert young people from social and problematic alcohol consumption that occurs because of boredom and lack of alternatives. The YipWorld team develop relationships with the young people, encouraging them to participate in alternative leisure activities at a dedicated youth group ("Stomping Ground") on Friday or Saturday evenings depending on the needs identified.

SWAF funding contributed towards the cost of a project co-ordinator's salary, staff travel costs, administration expenses, let fees and costs of utilities.

Sessions last two hours each weekend, consisting of half-hour focus groups around alcohol, employability skills and independent living skills, followed by an hour and a half recreation time including sports, arts and crafts, pamper sessions and cooking. Stomping Ground will include No Knives Better Lives workshops by staff trained by Police Scotland, addressing gang culture and peer pressure.

23 Young People attended the Stomping Ground drop-in, with 15 of those 23 attending on multiple occasions

“This funding has enabled us to provide an important service for young people within our community, reaching and connecting with those most at risk and making a real difference.”

CASE STUDY 1

"CT" attended YipWorld as a child and young teenager over the years, continually demonstrating challenging behaviour, an inability to interact socially with other young people his age and an aversion to authority. After re-engaging through Stomping Ground, staff have seen a rapid change in his behaviour and development in his social ability. With support to cater to his additional needs, he has integrated into his peer group and now has a defined social circle with a good group of friends. Staff are also supporting him to apply for college courses.

CASE STUDY 2

Over the course of delivery, staff worked with a group of 4-5 young people who had taken to hanging around the town centre. Staff recognised the risk of the group being caught up in underage drinking and vandalism due to the larger crowd that they were being included in and over the course of several weeks, encouraged them to attend the Stomping Ground drop-in. The young people sustained their attendance and built strong relationship with staff over weeks, allowing for positive influences, issue-based workshops, life-skills sessions and above all, a safe and secure environment.

New Update: 'Stomping Ground' came to an end in 2019 when the funding stopped. However, many of the young people who joined through Stomping Ground continue to engage in other services having built positive relationships with staff.



Visual Statement
Date of Award: **2018**
Amount **£9,000**

PROJECTS:
Young People (U18)

U18

Pink to Black

 Visual Statement

“Pink to Black” is a new musical drama project set up to address alcohol and addiction issues amongst young people. Working with a specialist NHS staff nurse, activities are delivered to educate and engage young people who misuse alcohol in an anti-social way. The project specifically targets those who drink in public places and who often cause nuisance behaviour.

The grant contributed towards the cost of a full-time coordinator/tutor to pilot this peer education project enabling young people to educate other young people on the dangers of alcohol misuse.

The programme offers a set of workshops in a safe, friendly environment to reduce the time young people spend on the streets and physically remove them from anti-social behaviour. Within the workshops young people are encouraged to be physically active, thus improving their physical and emotional health, and overall well-being. Sessions explore the detrimental impact that alcohol can have in people’s lives, using personal experience.

Together the young people are asked to write, develop, and perform in an original drama production based on the music of Pink. The story follows a young girl’s struggle with underage alcohol consumption as her life spirals into a dark, and black, place. The project culminates in a public performance, open to families and the local community to raise awareness on a wider scale.



Scenes from the performance.



18 young people took part in the “Pink to Black” project. All those who attend the performance were educated about the dangers of alcohol misuse supporting the following outcomes:

1. **Increased** knowledge of the dangers of alcohol misuse
2. **Improved** health and well-being
3. **Improve** their relationships with others.
4. **Increased confidence** and participation in physical, social and creative activities
5. **Reduced** in the number of underage young people misusing alcohol.

CASE STUDY

“Jac” was discovered concealing alcohol at school. Her mother (a single parent) felt powerless to address this and contacted the project. With support, Jac faithfully attended the “Pink to Black” project and has had not repeated her misuse and underage drinking and is now regularly attending school as a result.



The cast of the play.

PROJECTS:

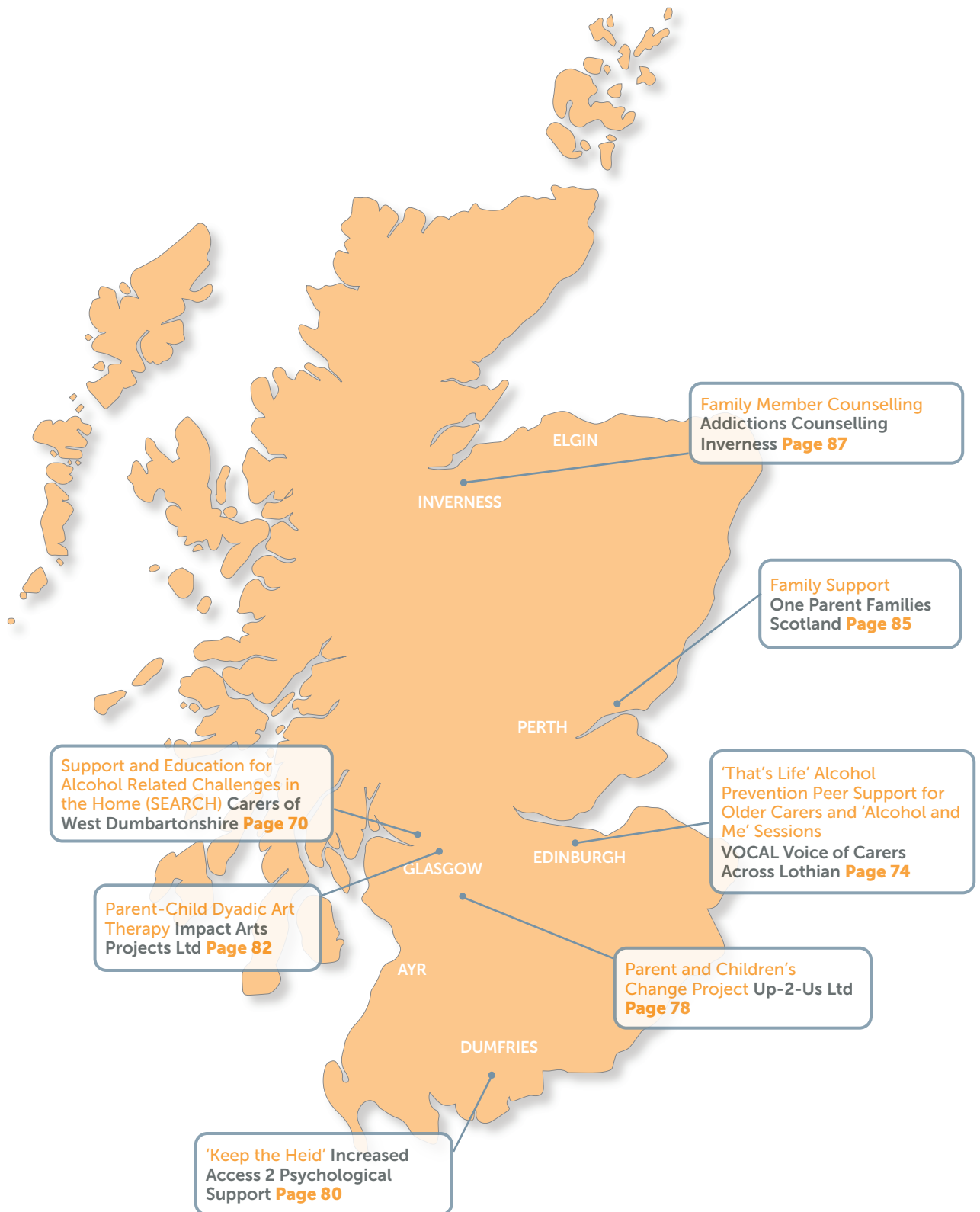


Families



The map shows the location of the various projects the fund supported under the **Families** theme

PROJECTS:
Families





Support and Education for Alcohol Related Challenges in the Home (SEARCH)



This project is developing an alcohol education programme for carers and establishing an emotional support network. The project targets younger adults aged 18-25 years who are at risk of using alcohol as a coping mechanism for carer related stress and older adults aged 65 and above who are emerging as a 'hidden' group of people with alcohol related issues.

The initial funding was towards the staffing costs for a new part-time Care Support Worker for a period of 24 months to implement the SEARCH (Support and Education for Alcohol Related Challenges in the Home). The further funding in 2017 was to continue to support the existing work. **The target outcomes for the project overall are:**

- 1. To improve** the identification of carers affected by alcohol related problems.
- 2. To ensure** that carers are being offered appropriate support through the SEARCH project which will increase their level of awareness about alcohol, increase their skills and knowledge of dealing with alcohol related issues and support sustainable caring roles.
- 3. Reduce** the instances where alcohol is used as a coping mechanism and signpost other healthier alternatives.
- 4. To provide** education and support that will create safer communities.

The project worker was recruited for 18 hours per week. This additional funding came from West Dunbartonshire Health and Social Care Partnership. An education programme was developed for carers to deal with a variety of issues including, carers health, understanding and dealing with alcohol issues, coping mechanisms, making healthy choices,

and staying safe. The emotional support system offers peer support, social opportunities, short breaks and other activities to carers. The support group will ultimately be facilitated by volunteers who will be recruited and trained throughout the time of the project.

A key element of the project was to influence practice and policy. In September 2015 the post of support worker became co-located between the Carers' Centre and the Community Addictions Team. This partnership model with the local Community Addictions Team ensures that carers support is embedded within the practice of health and social work staff. The Care Support Worker has a presence within the team two and a half days per week.

The Care Support Worker also works closely with colleagues within other voluntary organisations and the emergency services to raise awareness of the project to help them identify those with alcohol related issues.

“

A carer who has been supported by the project from the beginning said:

You have no idea how much the SEARCH Project has helped me. The support has been wonderful.”





50 carers were referred to the project between February 2015 and August 2016; meaning the project has already achieved the target set. This includes:

- **4 Young** adult carers
- **46 older** carers or other age group
- **13 male** carers
- **15 carers** are dealing with their own alcohol issues
- **35 carers** are looking after someone with an alcohol problem.

All carers are provided with information about carer services, offered a carers assessment and a welfare benefits check. The Care Support Worker provides support to carers on a one-to-one basis as well as signposting them to other support services within the Carers Centre. Services include, short breaks, complimentary therapies and social activities.

The peer support group which was established in June 2015 has gone from strength to strength. The group meets once a month and is an opportunity for carers to get information and advice from staff, access peer support and reduce isolation. Three times per year the group has a social event.



Provost Douglas McAllister is joined by Trustees and invited guests to officially open a new Carers' Resource Base in Clydebank.



Carers' Services Manager Kim McNab said:

We are delighted to have been successful with the award from the Scotch Whisky Action Fund. Carers of West Dunbartonshire has been supporting carers within the area for many years. This funding allowed us to extend our services to carry out a much needed piece of work. The issue of alcohol misuse in West Dunbartonshire is significant and it is our belief that the process of developing the SEARCH project has enhanced our service overall. The experience has had a positive influence on the organisation as a whole and how we approach the issue of alcohol use with carers in general. We now have a much more open approach within our team regarding discussing alcohol issues with carers. It has been tremendously valuable”

The further funding in 2017 has supported 52 carers between November 2017 and October 2018:

- **30** were in the 29- 65 age group
- **22** were in the Older carers age group (65+)
- **20** carers are dealing with their own alcohol issues
- **24** carers are looking after someone with an alcohol problem.
- **8** both carer and cared for had alcohol misuse issues.

All carers are provided with information about carer services, offered a carers' assessment and a welfare benefits check. The SEARCH Project Support Group is now well established and meets once per month. It is an opportunity for carers to get information and advice from staff, access peer support and reduces isolation.

“I cannot speak highly enough of my experience of working in partnership with Carers of West Dunbartonshire and the Search Project work has been of a similarly high standard.” (Marie Rooney, Integration Manager WDHSCP)

“At first I wasn't sure where I sat on it, especially as the Support Group included carers with an alcohol problem. It was good as they had something that helped them to examine their choices and there are people who had recovered (are still in recovery) – it's powerful.” (carer)

Two training sessions were held during 2017-2018. Each lasted 4 weeks and covered topics such as safety, looking after your own health and managing stress. The organisation works in partnership with local statutory and voluntary services to help us deliver informed, up to date training.

“It has helped me regain my confidence and allowed me to understand that it is healthy to ask for help.”





CASE STUDY

According to Carer B her 43-year-old daughter "was a very successful woman" who, because of a series of life traumas (including a marriage breakdown), developed mental health issues and a dependence on alcohol. Her daughter lost her job after being "sectioned following a suicide attempt". Since then her daughter has been unable to sustain employment. Her daughter "came home" at that stage and "was in hospital nearly every weekend for a year." Things came to a head in November 2015 when her daughter spent 10 days in an Intensive Care Unit.

An attentive GP and Practice Nurse picked up on what Carer B was coping with and referred her to the SEARCH Project. Due to the SEARCH Carer Support Worker's "ability to engage with people" she has learned a lot from shared experiences. She feels that the SEARCH Project is "the best thing I've ever joined, I felt comfortable straight away".

She has used a range of the carer support services although she feels the SEARCH Support Group has been particularly beneficial in helping her to "open up" and realise that she is not alone. There were "so many others in the same boat and even worse situations" Her social network has expanded with friendships formed with carers both through the SEARCH Project and CWD.

"There's a line now, I take time for myself. I'm better able to cope with my daughter's demands, I've learned to let go of what I can't change"

"This Project saved mine and my daughter's life"

“
I was really impressed by the carers training. We had a great response and some were surprised the fire service would offer them free fire safety checks. I walked away feeling it was a very worthwhile session”

New Update:

- SEARCH (Support and Education for Alcohol Related Challenges in the Home) which began in 2015 and was established with the SWAF grant has been a great success and is still running.
- SEARCH is now fully funded through the Health and Social Care Partnership Carers Act Funding.
- The project continues to support unpaid carers which are affected by alcohol misuse. This can be people caring for a relative or friend because of alcohol misuse but also, crucially where the unpaid carer themselves are misusing alcohol. Caring can be very stressful and carers regularly neglect their own health as a result so the project remains very valuable support.
- The SEARCH Project provides 1:1 emotional support, training, peer support and access to a variety of carer services
- The project supports approximately 75 carers annually.
- Evaluation report can be found here: http://www.carerswd.org/wp-content/uploads/2015/04/evaluationreport_july17.pdf



VOCAL

Date of Award: **2015 and 2017**

Amount **£20,000 and £3,428 respectively**

PROJECTS:
Families



'That's Life' Alcohol Prevention Peer Support for Older Carers and 'Alcohol and Me' Sessions



'That's Life' provides one to one and group support to carers who are at risk of harmful alcohol consumption. A carer is defined as someone who provides regular unpaid help to a family member, partner or friend with a long-term disability, physical or mental health problem or an addiction, who without this support would be unable to live independently.

Using solution focussed approaches staff support carers to identify personal goals and plan positive steps to make meaningful changes. A key element of this is the identification of behavioural and situational triggers which can increase the likelihood of using alcohol in a harmful way. Commonly these have included boredom, stress and social isolation.

'That's Life' uses a range of tools to help carers develop strategies to manage these risk factors and motivate positive steps to change. These have included weekly drinking diaries, cost benefits analysis and supporting access to mainstream leisure, social and cultural activities in the local community.

The first year of funding provided was towards the cost of a part-time support worker to implement the project and the subsequent support in 2017 also covered staff time, volunteer expenses, venue hire and evaluation costs.

To date 150 carers have been given the opportunity to discuss their alcohol consumption. 35 carers have been involved in one-to-one work and 16 in group work sessions. Outcomes achieved:

- **92% of careers** reported improved social well-being. 85% of carers accessing 'That's Life' reported an improvement in their health and well-being.
- **80% reported** an improvement in their ability to manage relationship changes.
- **67% said** their economic well-being had improved.



Carer's sharing their experiences around ways to manage stress.



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018



Rachael Honeyman, Support Worker, offering one to one telephone support.

As a result of the learning from the first round of funding in 2015, VOCAL started to incorporate discussions about alcohol use in their regular events such as stress management workshops and conversation cafes. The further funding in 2017 supported VOCAL to take their learning from 'That's Life' and create 'Alcohol and Me' sessions use it in a practical way to develop workshop activities and tools to address risks around alcohol use.

The 'Alcohol and Me' project was designed to help carers to reflect on and explore their relationship with alcohol and role of it in their lives. It encourages carers to have a responsible attitude to alcohol use and understand the role and impact that it has on their lives and relationships. The aim is to prevent issues and problems from developing and ensure that carers are less stressed, less isolated and able to access networks of support that removes the risk and temptation of turning to alcohol as a coping mechanism.

CASE STUDY

Andrea, 58, cares for her son who experiences mental health issues. She works full time.

Andrea reported that she often relies on a drink to ensure she manages to get some sleep.

Andrea knows the guidelines have changed and worries about what she is doing to her health.

"Andrea: I feel Rachael (support worker) just made me realise that having a drink every night was more of a habit, and I would like to say she gave me the support and determination to try and have a few drink free nights. Which I am still doing and feel great about this, she gave me the nudge I needed to make the changes I wanted to make."

Chris, 51, cares for his elderly mum who has dementia. He lives on his own and no longer works. Chris has suffered from anxiety and depression for much of his adult life. Chris describes his evenings at home as often empty, he finds drinking is means to escape this.

"Chris: Becoming a carer is something that crept up on me. And with the pressures that come with being a carer, something else crept up on me as well - my increasing reliance on alcohol. Working with Rachael has helped me start to look at the impact of drinking on my health and take steps towards finding other, more positive ways of looking after myself while dealing with stresses of caring for my mum."

VOCAL

Date of Award: **2015 and 2017**

Amount **£20,000 and £3,428 respectively**

PROJECTS:
Families



Outcomes:

- **The organisation** created new training materials which were successfully integrated into existing stress management and advanced stress management courses.
- **Carer Support staff** have participated in three training sessions to improve their knowledge of alcohol related issues and safe drinking guidelines, local recovery services, and SMART.
- **Over 320 carers** registered for events with a harm reduction theme. 254 carers (of which 24 this was their first interaction with VOCAL and 67 were new to VOCAL this year) attended the sessions where info on safe alcohol consumption was given and there was an opportunity to talk about triggers and alternative behaviours.
- **The Carers Support Team** worked with 120 carers one to one about specific issues around stress and coping strategies touching on safe alcohol consumption to different degrees in this context and with 23 carers who specifically noted concerns about their own alcohol consumption. Supporting those carers who specifically noted a concern about their own alcohol consumption included discussions about safe consumption levels, triggers, cost/benefit and harm reduction.

Staff knowledge and confidence levels have increased with both Carer Support and Training Staff able to have meaningful conversations and respond to questions and concerns about alcohol from carers one to one or in a group setting.





CASE STUDY

A female carer in her late 60s who cares for her husband who has had a stroke was supported one to one and reported concerns about her own alcohol consumption. The carer told the Carer Support worker that her drinking 'was something that has been worrying her'. Through information, the provision of a measuring cup and discussion the carer noted that the glasses she had her wine in at home made it difficult to have a small portion and her 'glasses are several units.

As the carer reduced her alcohol consumption she continued to use the diary noting when she had the urge

to drink as well as when she actually had a drink. The carer reported this really helpful as this re-enforced her belief that stress was a major trigger. The Carer Support Worker and carer completed a cost/benefit worksheet and the carer noted that alcohol was affecting her health and that her weight was increasing, she also noted how much money she was spending on alcohol.

After 4 months of support the carer and Carers Support Worker decided that support was no longer required. The carer noted *'I have a new routine and I am using the mindfulness techniques when I get a minute to myself'*.

New Update: SWAF funding strengthened carer support interventions around use of alcohol as a coping mechanism to deal with the pressures of caring. Training materials were embedded into existing VOCAL carer courses, as well as delivery of stand-alone workshops called 'Alcohol and Me'. A total of 254 carers attended harm reduction events, enabling carers to talk about triggers and alternative behaviours. Training was delivered to carer support workers who went on to support 120 carers on a one to one basis regarding their use of alcohol.

Although VOCAL are not currently funded through SWAF, it's legacy lives on – during 2019-20 they increased the number of carers they have supported regarding alcohol issues to 179 carers and the work has enabled us to become more nuanced in our knowledge and support around alcohol use.



Parent and Children's Change Project



The funding allowed the organisation to provide one-to-one enhanced mentoring support to young people and their families where the alcohol consumption of a parent was having an impact on the young person's life. The project worker visited families in their home and worked with them to improve relationships, provide family mediation and improve parenting skills. Parents also had the opportunity to take part in group work activities that improve their awareness of the impact that drinking can have on their child's life. The young people had the opportunity to receive support to join activities and groups locally to minimise the risk of them turning to alcohol.

Three parenting support programmes, including one held in a recovery café for parents who have had their children returned to their care following a period of absence, were delivered.

One-to-one focussed mentoring with 20 parents and 31 children and young people was delivered. Mentoring included looking at areas such as behaviour at home, in school and in the community; managing school attendance and routines and boundaries at bedtimes.

A parent and child cookery class where healthier lifestyles and doing things together were promoted. There was also access to Up-2-Us football training activity teaching skills alongside getting badges for team work, respecting others and discipline, including completing homework before going to training, healthy eating and drinking.

Throughout the year the project provided trips for young people to Hampden Park, Transport museum, Falkirk Wheel and ended the year with a family trip to Blair Drummond Safari Park.

“Mentoring included looking at areas such as behaviour in school and in the community”



Each case was different and had a different support plan which was developed in agreement with the referring agency, the child or young person and the parent/carer.

- **95% of children** involved benefited from mentoring.
- **82% reported** a positive change in school attendance and behaviour with 88% saying they were more capable of solving problems.
- **68% of referrers** reported improvements in progress in education.
- **97% of referred children** discussed problems with project workers - two refused to engage though parents did. Support plans were devised to address specific issues. Addiction may have been the original issue for referral but often other issues came to the fore as the case progressed.
- **85% of cases** referrers reported that young people were more confident and able to communicate with them at closure.
- **90% of young people** reported feeling more confident to engage with professionals which was reflected in review meetings, school and social work meetings.
- **90% of parents** reported making changes to their parenting. Feedback from evaluation forms reported 82% were more confident discussing their children at school meetings or with social workers and 95% felt more confident in themselves as parents.
- **95% of parents** reported learning and trying new strategies with their children from group work sessions or one-to-one with project workers or mentors. 88% of young people said life at home was 'better' and 80% of referrers reported seeing more settled, safer homes.

CASE STUDY

One case referred was a mother with an issue with alcohol. She was pregnant and had two primary school children at home. Mum alerted professionals that she was drinking again as she was lonely and struggling with the pregnancy and her other children. Previously this mum had passed out in a taxi after drinking 2-3 bottles of wine at a party and had to be helped into the house by her children. The taxi driver alerted police who alerted social work who passed her onto addiction services. Addiction services disengaged after a period of time but contacted us the following year when mum advised she was pregnant.

At point of referral no statutory agencies were involved as mum's alcohol abuse was the previous year but her pregnancy and her admitting she was having a few glasses of wine a couple of times per week was serious and could have serious consequences for the baby. She was an ideal referral for this project.

Initially mum was reluctant to work with us but happy for us to work with the two children. The project worker kept contact with mum informally and worked with the children. Both children were happy to meet the project worker weekly and discussed their feelings about the pregnancy, mum's relationship with alcohol and school. One child was also assigned a sessional worker for additional support as she had additional issues which she was not discussing with anyone. We were able to raise this issue with her mother and support mum in finding a way of supporting her daughter in this issue.

Mum engaged fully as time progressed and through the one-to-one mentoring recognised that her relationship with alcohol was distracting her from her role as mother.



'Keep the Heid'

ia2ps

Targeted at new parents living in Stewarty and Nithsdale, the initiative delivers a 10-week Mindfulness Based Living and Responsible Alcohol Awareness Programme to new parents to raise awareness, and prevent, excessive or inappropriate alcohol consumption post-birth. The project also taught new parents about the practice of mindfulness and encouraged them to adopt mindfulness in their day to day lives.

The main aims of the project were:

- to help new/existing parents develop an in-depth knowledge and practical skills of Mindfulness Based Living
- to help new/existing parents develop an understanding of the negative impact that alcohol can have on their lives and to promote responsible attitudes towards alcohol consumption
- to help new/existing parents to develop alternative leisure and lifestyle choices that are not solely reliant on alcohol consumption

The main outcomes the programme aimed to deliver were:

- 1. adopt an attitude of openness** and curiosity towards practicing Mindfulness Based Living Practice
- 2. be aware of the evidence** base (at a local level) underpinning the delivery of 'Keep the Heid!' with regard to Alcohol and Mindfulness Based Living
- 3. recognise own** and other people's feelings about and attitudes towards alcohol and drinkers
- 4. be aware of the impact** of excessive alcohol consumption on the individual, their family, friends in terms of physical and mental health, inequalities, crime and the economy
- 5. understand unit measures** of alcohol and their limitations
- 6. to work out approximately** how long it takes alcohol to leave the body after consumption



Fifteen female and six males were offered a place on the programmes. Based on the initial interviews and assessments all course participants were suffering from varying degrees of anxiety and depression. Three of the twenty-one participants were referred from the Criminal Justice System, five from GP's, seven self-referred and six from third sector organisations. Participants ranged in age from 16 to 45.

The Mindfulness Based Psychotherapists interviewed (structured interview) each course participant prior to joining the programme and (informal interview) at weeks 5 and 10, as well as individual and group observations/interactions.



Participants were tested at weeks 1, 5 and 10 of the programme with:

- **The Patient Health Questionnaire** (PHQ9)
- **Generalised Anxiety Disorder 7** (GAD-7)
- **The Mindful Attention Awareness Scale** (MAAS) **Fast Alcohol Screening Test** (FAST)

All of the main outcomes (1-6) were achieved or partly achieved as a result of the delivery of the programme. The case studies and psychometric test results support this.

“
Based on the initial interviews and assessments all course participants were suffering from varying degrees of anxiety and depression”



Parent-Child Dyadic Art Therapy



Impact Arts state that an estimated 6,000 children in Glasgow are affected by parental alcohol and drug misuse and almost one-in-ten children in Glasgow are known to Social Work Services. Of the 1,400 plus children within the area who are looked after and accommodated, 68% have a parent who currently or previously had an addiction issue. It is understood that children with a parent(s) with drug and alcohol addictions or those who have had adverse childhood experiences are more likely to experience symptoms of depression and anxiety, exhibit behavioural problems, struggle academically and/or demonstrate difficulties in social situations.

The funding supported the art therapy programme targeting children affected by a parent or carer's alcohol misuse. Dyadic therapy works with both the parent/carer and child rather than the more usual 1:1 session with either the child or the parent/carer. Several clients they have worked with are kinship carers who tend to be the grandparent in most cases. These people typically must adjust to being the main carer again and in some cases are at risk themselves of turning to alcohol to cope.

The grant covered costs required to engage three freelance Arts Therapists, an Art Therapy Supervisor, art materials, training, travel and admin support to enable the organisation to deliver dyadic art therapy intervention model for families affected by, or at risk of, alcohol-related harm.

The therapy sessions help kinship carers to bond with the children as well as helping the child deal with the effects of their parents' addiction in a creative way. They do this by exploring their feelings through making things, painting and drawing as a means of helping them to improve communication. This therapeutic approach entails 3 main approaches to dyadic art therapy;

1. Child led sessions with caregiver as witness (or helper).

Aim: To enhance caregivers' sensitivity and understanding of their child

2. Joint engagement

Aim: To provide opportunities for creative and playful shared activities; to enhance metallisation through explicit and implicit comparison of each other's' thoughts and feelings.

3. Co-constructing a coherent narrative.

Aim: to facilitate the co-creation of a shared narrative of child's life events.



Parent's illustration of family, shared with child, as part of Dyadic art therapy process.



“
The whole family is enjoying improved relationships and time spent together”

Impact Arts delivered 199 Dyadic Art Therapy sessions to eight families over the course of the project, some families had the full 40 Art Therapy sessions whereas others had a much shorter engagement. Within the Dyadic sessions we worked with 11 children and 7 parents. 16 referrals were received in total, 8 engaged, 5 failed to engage and 2 did not fit the criteria. Referrals were received from Social Work (7), Primary Schools (4), Barnardos (4) and one was a self-referral. 18 people directly benefited from the Dyadic Art therapy approach with no-one having engaged prior. This figure includes parents/carers and children who participated in programme. In addition feedback from some families included that whole family benefited from the programme.



Shared play and making between child and parent to strengthen bonds and narratives of shared events.

Successes:

- **Families** who engaged longer term over course of the project demonstrated significant progress in confidence, potential, and coping skills.
- **Families** reported improved bonding and attachment, and improved family relationships
- **Development** and implementation of parent child art therapy for Impact
- **Increased** organisational capacity – Impact Arts has increased learning, knowledge, skills and processes that will support the future development and delivery of family-based interventions
- **Increased** partnership working with the North East Locality Planning Group
- **The opportunity** for children to progress on to other project opportunities with Impact Arts, providing a more holistic approach and ensuring positive transitions are in place for children disengaging with the therapy process

“
It has been wonderful to have the opportunity to work with children and their families together to develop their relationships. In comparison to working therapeutically with children individually Dyadic work has the potential to positively influence the child's system/environment e.g. family dynamics. Family dynamics amongst other factors may have been influencing the relationship between children and their parents/carers in a negative way. Although individual therapeutic work with children can have a beneficial impact, the benefits are potentially limited if therapeutic work isn't also completed with parents/carers. Essentially in this case the child in therapy would be going into the same potentially limiting/negative family environment”

Alison Peebles, Art Therapist



CASE STUDY

When Heather started school, she did not progress along with other children. Claire described her behaviour at home as unmanageable at times. Following attendance at Child Development Centre and CAMHS Heather was diagnosed with Foetal alcohol syndrome and an attachment disorder. During therapy Heather and Claire appeared to develop more confidence particularly in the way they communicate with each other.

Heather and Claire engaged well with the therapeutic process. Claire, during parent-only sessions, has been able to utilise these sessions well to develop more awareness of her emotions, perceptions and behaviour and how these relate to her daughter. This awareness has helped Claire to be more understanding of her daughter. Overall with this support, there has been a noticeable improvement in the bonding and attachment between Claire and Heather. Claire has described that this improved relationship extends out with therapy and is very much evident at home.



*Top: Child A's spontaneous depiction of self.
Bottom: Child A's perceived depiction of self in order to belong/connect with family/others.*



Family Support



Family Support is a pilot project aiming to increase awareness in families of adopting healthier alternative lifestyles, including less alcohol and to increase awareness in adults around the dangers of increased social and seasonal drinking.

The project involves parents, carers, families and communities in Dundee and includes a focus around the impact of excessive alcohol consumption, including the intangible costs that can lead to a poorer quality of life. Activities were aimed at raising awareness in parents living in vulnerable communities seen as areas of high deprivation.

The grant supported salary costs of a Family Support Worker, associated management costs, travel expenses, resources and a contribution towards overheads to establish a new family support service in the deprived areas of Fintry and St Mary's.

The project included preventative and diversionary work to help reduce alcohol-related harm including "dry" social events that families can replicate at home and group sessions around healthy lifestyles. They also train residents to become peer volunteers. The project aimed to encourage participants to realise that alternatives to using alcohol are available to them. The project aims to:

- **enable** participants to make informed choices
- **provide** support to help them sustain changes, including peer support to reduce isolation
- **provide** resources to enable them to try activities at home.

The initial stages of the project involved appraising the knowledge and understanding that people have about safe drinking limits and the negative impacts of excessive drinking. They use quizzes before and after sessions to evaluate increased knowledge and understanding. In addition, recognised 'Richter'-style tools to capture behaviours at the commencement of group activities and again on completion. This will evidence any changes in attitudes and behaviour.

The organisation set up stalls near shops and other busy community venues with a selection of fun activities for families to get involved in, with information for them to take away about alcohol and some free resources to take home, including cups with the alcohol units clearly marked. They ran several dry events that involved party/celebration occasions including a Baby shower and a Men's night in.

The project also offered Positive Lifestyles group sessions to enable families and communities to adopt healthier lifestyle at home and in their local communities, being sensible in their use of alcohol. They covered mental wellbeing, sexual health and safety, and physical health. Activities including quizzes and other alcohol related resources which generated discussions around their personal experience with alcohol.



During the project 106 participants attended outreach and social events. Some of those attended more than one event so the true total was 88. Of those 88, there were 50 parents who attended the social groups. 10 parents benefitted from group work.

This project has been an important development for the organisation as it has highlighted the significant impact that family stresses can have on parenting capacity and dealing with stress and conflict. Educating parents about how to manage these, without excessive alcohol use has been central to this and the responses we have had have been surprisingly positive. Discussions around how alcohol is used at different stages of personal relationships was unexpected but very relevant to our service user group. The organisation found the work to be very valuable and intend to continue by integrating it into core services. They will continue to host 'dry' events as part of the community service.

“*With this funding, having the freedom to deliver services creatively and flexibly has meant we have been able to utilise our expertise and knowledge, in the best ways, to reach the families we felt would benefit most.*”

CASE STUDY

Dundee Woman's Festival Event: Mocktail Bar

To mark international woman's day, the charity hosted a social event that included relaxation activities and a 'dry bar'. Along with the ingredients and resources needed to make up 'mocktails', leaflets and booklets on safe levels of alcohol consumption were provided including how alcohol is measured and the dangers of not taking this seriously. Free cups with the correct measures on them were handed out.

The Mocktail Bar was a very relaxed and fun way of introducing the topic of alcohol in a party atmosphere. One parent spoke about not being capable of caring for her children the next day after drinking alcohol and having to find childcare as her hangover was so severe. Other admissions were the dangerous situations they had found themselves in on nights out because of being too drunk to make sensible decisions. Again, the non-judgemental and informal setting led to some great dialogues on these sensitive subjects. The mocktail bars are something we will incorporate into our group work in future.



Addictions Counselling Inverness

Date of Award: 2018

Amount £15,035

PROJECTS:

Families



Family Member Counselling



The Family Member Counselling service is a new support initiative for family members. The project involves 1-2-1 counselling sessions to family members, or significant others, of people who misuse alcohol. Clients are offered weekly counselling appointments over 10 sessions; with flexibility to increase to 12 sessions if deemed necessary by the Counsellor in consultation with the manager.

The grant covered the cost of salaries including two counsellors and supervision, travel expenses, advertising/marketing and overheads.

Alcohol misuse affects each member of the family. It's far reaching affects result in not only physical problems for the problem drinkers, but may result in physical and psychological problems for other members of the family including depression, substance misuse, anxiety, trauma, erosion of trust, heightened sense of responsibility and shame; spouses/partners of people who misuse alcohol report experiencing hatred, self-pity, exhaustion, low self-esteem and stigma.

1-2-1 counselling for family members of people who misuse alcohol will help to reduce alcohol related harm in the community in several ways. There will be fewer GP consultations for anxiety and depression in family members. Due to improved levels of self confidence in the family members there will be a reduction in domestic violence. As people access support there will be a reduction in the instances of social isolation.

The Family Member Counselling service is designed to:

- **Improve** mental health and reduce levels of anxiety and/or depression.
- **Improve** quality of life with improvement in family relationships.
- **Improve** self-confidence with increased assertiveness in communicating with the family member who is drinking.
- **Improve** level of self-care where people engage in activities for their own well-being.

“
*It was very powerful to explore
and discuss what is going on in
my life at this time*”



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018



Impact and Outcomes:

- **The new** service directly benefited 17 people, a 42% increase on the original target
- **All clients** expressed the benefit of having a safe space “just for them”
- **Clients** gained coping strategies, developed more supportive boundaries and improved communication
- **A decrease** in psychological distress of clients

The project generated a lot of support and interest from across the board and there has been a real recognition of how alcohol issues impact family members. The charity hopes to continue the project.

“*To be able to talk about stress and anxiety caused by circumstances at home has been really helpful*”

New Update: The project is continuing having received further funding from SWAF.

CASE STUDY

A spouse of a client referred herself to get support as a family member. She presented with low mood, stress, exhaustion and feelings of anger and isolation. Although there were no child protection issues, she was worried about the impact on her two children. Her focus and goals for counselling were to gain skills to help, support and understand her husband. She wanted to learn how to manage and react to difficult situations.

The holistic nature of the person-centred counselling she received allowed her to collaboratively explore these issues in a safe and non-judgemental place. This facilitated a process of change and the client reported at discharge raised self-awareness and improved communication and coping mechanisms. They explored enabling behaviours, how to recognise and assert supportive boundaries. Overall, she felt better able to support and respond to her spouse. Thanks to the support she moved from a score of 21 (Moderate distress) to 7 (Low level). She commented that she would be recommending this service to anyone in her situation.



PROJECTS:

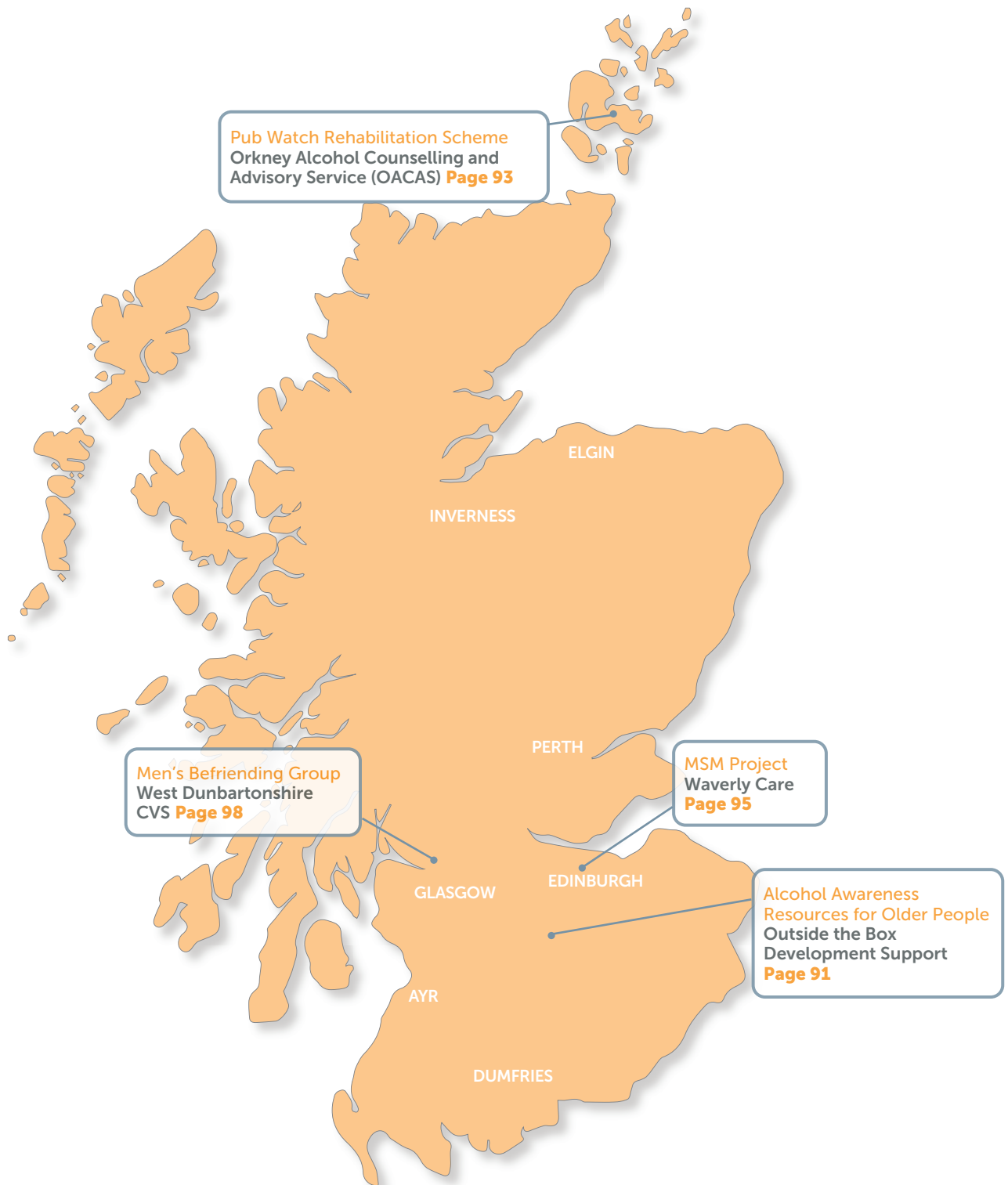


Communities



The map shows the location of the various projects the fund has supported under the **Communities** theme

PROJECTS:
Communities





Alcohol Awareness Resources for Older People



The aim was to develop and test a new approach to increasing alcohol awareness among older people around Scotland. The organisation worked with groups of older people in six local areas across Scotland to develop information for members about alcohol and the changing risks that it can bring to people as they age.

The project resulted in the production of two short, practical hints & tips: one for groups that are in touch with older people, the other for their friends and family. These resources give advice on the safe use of alcohol and point to sources of help and advice for people who need it.

The team then followed up with participating groups to assess the impact of the tips in raising people's understanding about safe use of alcohol and/or in influencing people's use of alcohol to help evaluate their usefulness. Since then, there has been more feedback, especially from people in professional roles.

The feedback showed that it would take time for the impact on the patterns of alcohol use by individuals to build up. People had used the hints to help them raise concerns with a friend or relative whose drinking was becoming a problem or where there was already a risk of harm, although people were not certain if other person had then reduced their use of alcohol. A few people were confident that this had led to the other person reducing their alcohol use, at least to a small extent. The others said there was no noticeable impact yet, but they expected it would take longer to get someone to change their behaviour. A few people said it had led to a reduction in their own use of alcohol. This was by

prompting them to use measures at home or to just drink smaller amounts and less often when they were at home.

The main response was that the material had been useful in raising the issue of people's use of alcohol as they get older. Several groups described how they had used the hints to discuss the topic and then follow up with individual people who were concerned about someone else's or – rarely – their own drinking. Half said they had then agreed to change what they did as a group, to make it easier for members to avoid or reduce drinking. Examples are having 'dry' tables when they have other celebrations and serving 'mocktails' instead of wine at celebrations.


There was a larger shift in the action or plans for some professional teams.

- **Services** supporting older people are using the tips and find they open up constructive conversations
- **More people** are getting help with their alcohol use as a result.
- **There are** services for older people that have contacted Alcohol & Drug Partnership (ADPs) and specialist alcohol services in their area to look at joint training.
- **Outside the Box** staff have continued to be invited to talk to staff teams about the contribution of peer support among older people around alcohol use.
- **Several ADPs** have made the issue of preventative support to older people a priority as a result of the tips and other material from the project.





ENJOYING A DRINK AND STAYING SAFE AS WE GET OLDER


Hints and tips for people and their families and friends 

Why we have written these hints and tips

Most older people have enjoyed a drink throughout their adult lives and know how to keep well. But as we get older it sometimes becomes harder to find the best balance.

- Our bodies respond differently to alcohol as we get older.
- We often take more medication and pills and alcohol don't always mix well.
- We may have more problems with our balance or poorer eyesight.

ENJOYING A DRINK AND STAYING SAFE AS WE GET OLDER

Hints and tips for groups 

Why we have written these hints and tips

Most older people have enjoyed a drink throughout their adult lives and know how to keep well. But as we get older it sometimes becomes harder to find the best balance.

- Our bodies respond differently to alcohol as we get older.
- We often take more medication and pills and alcohol don't always mix well.
- We may have more problems with our balance or poorer eyesight.

There was a larger shift in the action or plans for some professional teams.

- **There are** services for older people that have made contact with Alcohol & Drug Partnership (ADPs) and specialist alcohol services in their area to look at joint training.
- **Outside the Box** staff were invited to talk to staff teams about the tips.
- **Falkirk ADP** is working on plans to make older people a priority for their work over the next year.
- **Two other ADPs** have told us that the draft hints have raised the issue of preventative support to older people for them.

The hints & tips booklets are available for download from the Outside the Box website <http://otbds.org/projects/older-people-and-alcohol/>





Pub Watch Rehabilitation Scheme



The funding supported the cost of designing and delivering an alcohol rehabilitative education programme for individuals subject to banning orders by the “Pub Watch” scheme in Orkney. The introduction of the programme has provided an opportunity to improve/educate the banned individuals on alcohol misuse risks and consequences so that they are less likely to repeat their unacceptable behaviour in future. The Orkney Pub Watch educational programme delivers in depth knowledge on the effects of alcohol use, the differing strengths of alcoholic drinks and the health, social and personal consequences of alcohol misuse.

In the first year the programme worker worked with 13 individuals who were subject to Pub Watch barring. All 13 have improved understanding of alcohol and its affects. Consequently, improvements have been shown by all 13 when drinking in public (based on self-reporting, observation of worker and comments from licensees that their behaviour is now vastly improved, as a result of taking part in the course).

The OACAS enhanced Orkney Pub Watch service was short listed for a National Pub Watch Award 2016.

Building on the success of this pilot OACAS applied for and was successful in securing a further award from the SWAF towards the costs of continuing, extending and developing the current now established “Pub Watch” rehabilitative education programme.

“
The Orkney Pub Watch educational programme delivers in depth knowledge on the effects of alcohol use”





As well as continuing to deliver the programme to referred individuals OACAS expanded the service more overtly into a preventative service. In order to achieve this, they delivered educational presentations to S5 classes at local Secondary Schools as to what is and what is not acceptable behaviour in local hostelrys/restaurants and their immediate environments. In addition, OACAS delivered similar courses at Orkney College including a licensing law course, and how to avoid/react to potential trouble. The organisation involved the emergency services in the work in schools and the college to provide direct examples of the dangers and consequences of misusing alcohol. They targeted those at the college following hospitality courses as students prepared to enter the workplace in a licensed environment. They also engaged with local taxi drivers to help them to cope with handling inebriated passengers whilst avoiding potentially troublesome situations.

Impact and Outcomes over the two years

- **The educational/rehabilitative programme** delivered to a total of 37 individuals:
 - All of these individuals now say their behaviour is less problematic
 - 12 of these received in-house mentoring and alcohol advice delivered by the rehabilitation worker
- **Reduction in number** of referrals to Pub Watch committee suggests a quieter social/drinking experience for those "out" socialising in local hostelrys.
- **Reduction in self-referrals** to OACAS Pub Watch scheme – demonstrates again fewer individuals and or their solicitors feel the need to demonstrate need to reform
- **OACAS' Pub Watch** worker now regularly attends the quarterly meetings of Orkney Licensing Forum – offering informed input into this advisory body to Orkney Licensing Board

CASE STUDY

This case study relates to a young woman who was referred as a result of her alcohol-related unacceptable behaviour in two of Kirkwall's licenced premises that are members of the local Pub watch Scheme and who received a 12 month period of exclusion. Through the work carried out with her over five sessions it was established her behaviour that led to her ban was totally out of character. Also, there had been some underlying personal problems that probably had triggered the incidents although she fully accepted that she should have known better not to drink in the frame of mind that she was in. Given the circumstances the Pub watch Scheme reviewed her period of exclusion earlier than expected and she was permitted back into the participating premises. The client also asked permission to use the OACAS report for court use and after six months of good behaviour she was admonished by the Sheriff. Through the contact with the Orkney Pub watch and OACAS Partnership other avenues of help have been made available to her, which she may not have accessed otherwise.

Waverly Care
Date of Award: **2017**
Amount **£15,800**

PROJECTS:
Communities



MSM Project



The aim of the MSM (men who have sex with men) project was to help Waverley Care to expand their learning and knowledge on the role of alcohol in the lives of MSM. This was a new area of work for the organisation and the hope was that it would inform awareness raising, education and information services as well as delivering brief interventions to encourage men to reflect on their behaviours and make changes in their patterns of alcohol use. Overall, the project would help to ensure the safety and reduce harmful risk-taking behaviours amongst the MSM that they meet.

The grant covered the cost of a new, part-time Project Worker and travel to enable the organisation to develop their activities to prevent alcohol-related harm within the MSM community in Lothian.

The project involved five areas of activity 1) self-management service 2) an alcohol brief intervention (ABI) service 3) campaigning activity 4) peer-to-peer research and 5) partnership work. Waverley Care reported that, based on feedback from men engaging with their services, it was decided to integrate self-management into several of these activities, including group work and one to one support. This is because some men felt that discussing a number of the deep-rooted issues, such as the complexities of the relationship between alcohol and sex, might be more constructive if group work involved sessions focused on a number of issues faced by the community.

- **Self-management service;** series of group-work sessions focussing holistically on gay and bisexual men, and all men who have sex with men (MSM). The charity engaged a total of 79 individuals (62 new contacts) over five workshops.

Outcomes and Impacts:

- **All participants** said they felt more informed about the role of alcohol and how it disproportionately affected those living with HIV.
- **All participants** felt that outreach work, that could reach men on the gay scene where there is a pressure to socialise and drink alcohol, could help.
- **80%** of the group concluded that men living with HIV do drink alcohol more often to levels which are recognised as hazardous.
- **75%** felt they learned new information.



SCOTCH WHISKY ACTION FUND:
the first five years 2014-2018



- **Alcohol brief intervention (ABI) service;**

to deliver useful information to the public to identify alcohol intake and understand when this is hazardous or problematic. Participants learned to self-assess alcohol use and consider if they need to reduce their intake. Delivered in several environments: assertive outreach, 1-2-1s, community outreach, at various events and outreach on the commercial gay scene. ABIs were also integrated into one-to-one work and sexual health clinical brief interventions.

Outcomes and Impacts:

- **In total 191 ABIs** delivered by Waverley Care through this project, including 60 hours of more complex 1-2-1 support provided to 16 MSM whose presenting issue was alcohol.
- **Campaigning Activity;** including four public facing alcohol-related campaigns, targeting the MSM population, at key strategic times in the MSM calendar e.g. BEARScots and during Scotland’s HIV and Sexual Health testing week.

Outcomes and Impacts:

- **Four campaigns delivered** across the project period.
- 1. **“Getting to the bottom of it”** – included public events and social media outreach resulting in 3,954 online impressions
- 2. **“Don’t Bottle it up”** – 2,250 information items (flyers, beer mats, postcards) distributed in total
- 3. **“Dry January”** – social media campaign with a total of 997 impressions
- 4. **“Alcohol and Decisions Don’t Mix”** – short-info film distributed across social media with a total of 618 views

IF YOU'RE WORRIED ABOUT YOUR DRINKING DON'T BOTTLE IT UP

Pint of regular beer/lager/cider	Alcopop or can of lager	Glass of wine (250 ml)	Single measure of spirits (25ml)	Bottle of wine

It's recommended that men don't exceed 3-4 daily and 14 for a week. If you're worried about your drinking, you can talk to us.

SX Sex Health Wellbeing For Gay & Bisexual Men | SCOTCH WHISKY ACTION FUND | E-mail info@s-x.scot | Telephone 0131 652 3250 | SX is provided by Waverley Care - Scottish Charity No: SC036500

#DRYJANUARY2019

Benefits of Dry January

Have a better sex life: drinking less can increase your stamina

SX Sex Health Wellbeing For Gay & Bisexual Men





OUR VOICE
Alcohol
Peer Research

If you are interested
email: ross.fairgrieve@s-x.scot or
phone: **0131 650 3250**

Training will take place on **17/11/18**

Sxx Sex Health Wellbeing
For Gay & Bisexual Men

- **Peer-to-Peer research:** Conducted two participatory peer research programmes at the beginning and end of the funding period. Recruited and trained 20 MSM volunteers to conduct 60 1-2-1 research interviews with their peers.
- **Partnership work** with two key partners: Alcohol and Drug Partnerships (ADPs) and the commercial gay scene to inform them of the impact of alcohol harm on our community.

Outcomes and Impacts:

- **Within the ADP** work; 77% found the training useful and overall participants felt better informed about sexual health prevention strategies.
- **Within the Commercial Gay Scene;** partner organisations are now more aware of the impact of alcohol on the MSM community.

New Update: The project continues successfully with further SWAF funding. The reach in the first two years of funding was over 4,270 contacts through several physical and virtual interventions. The charity expects to engage similar numbers across a further year.

CASE STUDY

M (25) was referred for one-to-one support with Waverley Care, he was supported over 12 sessions. In the initial one-to-one session, it became apparent that M's drinking issue was intertwined with his relationship difficulties and feelings of isolation. Using the life-wheel tool, the Health Improvement Worker noticed key issues relating to alcohol and drugs; emotional health and mental wellbeing. M was asked to keep a weekly alcohol diary, so that he could take stock of his intake. It became clear that M's relationship with alcohol underpinned some deeper problems, specifically with isolation and the desire for a long-term relationship.

Through the MSM project M was encouraged to introduce a minimum of two alcohol-free days a week, with one of these being at the weekend. M, also, was asked to maintain the alcohol-diary to monitor his progress. Two months after the initial meeting, M had reduced his drinking to the recommended limit of 14 units per week and reported feeling better physically and mentally.

The charity is continuing to help M, in achieving his desire to drink less and be more in control of his sexual health. M has been able to meet another partner, take part in our peer-research process and pursue some volunteering work – boosting the chance of reaching his career potential.





Men's Befriending Group



The funding supported the pilot of a new befriending project targeting local men aged 50-80 to build resilience, increase social inclusion and to reduce alcohol misuse.

The West Dunbartonshire local authority area has one of the highest rates of alcohol related harm in Scotland resulting in high levels of primary care usage and emergency hospital admissions. It is also a contributing factor to high domestic abuse rates. West Dunbartonshire CVS wanted to test a new way of working with these men as they recognised that older men tend to struggle in traditional one to one befriending arrangements and therefore launched this small group to test the value of working in this way.

The organisation had noted an increase in male referrals to the core older peoples befriending service and wanted to set up a specific support group. The reasons for referral included where family and friends had moved away, loved ones had become ill or had passed away, forced retirement due to health issues and a decline in physical function leading to a loss of independence. In 40% of these referrals, concern has been noted around levels of alcohol use/misuse.

The organisation targeted men who were at risk of using alcohol in a problematic way to make them aware of this and reduce the risk of adult related harms. The organisation worked with 30 older men across 10-weeks and sessions involved a mixture of outings,

practical activities, health talks and alcohol awareness sessions. Each session lasted 3-4 hours and helped to secure positive outcomes and blossoming friendships.

The grant contributed towards the cost of room hire, befriender expenses, catering, staff time, publicity/communications and activity materials.

Each 10-week session block commenced with a 'getting to know you' introduction and ended with a friendship lunch. During the introduction session, participants were encouraged to choose from a range of activities which they thought would be of interest. Whilst there were different experience bases and interests in the group, there was a general openness to engage in a range of activities including physical activity – Levensgrove Park Heritage Walk; group outings – Denny Tank Museum and Glasgow Riverside Transport Museum; learning new skills – portrait photography sessions; socialising as a group – attending football matches at Dumbarton Football Club and healthy eating.





Impacts:

- **All participants** were asked to provide their initial baseline wellbeing via an outcome star and asked to again complete at the end of the 10-week block. In all cases, participants recorded improvement.
- **80% of participants** recorded improvement in 3 or more distinct categories
- **11 noted** a reduction in alcohol intake/desire over the period.

CASE STUDY

B was carer to his elderly mother until her death in 2018. As a result of his caring responsibilities he lost touch with several friends and was unclear how to go about making friends and getting out and about again. Referred by a WDCVS Community Link Worker, B was at first reluctant to come along but gradually over a few weeks agreed to participate. During the sessions he began to talk about his life and his drinking habits when he felt lonely. The other group members offered support and several shared their home telephone numbers and invited B to call when next he felt lonely. At the end of the 10-week block, B reported a lower alcohol intake level and is keen to take on some responsibility for helping run the group

New Update: West Dunbartonshire CVS received a second grant from the fund to allow the group to continue to operate whilst the charity supported a move to a more independent status.





SCOTCH WHISKY
ACTION FUND

U18



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