

Scotch Whisky Action Fund – 2017 Awardees

Young People		
Organisation	Amount Awarded	Project Description
Barnardo's	£6,743.00	The grant will fund sessional staff costs, additional hours for an existing Project Worker, mileage costs, staff training and materials. With this funding Barnardo's East Ayrshire Families (EAF) proposes to deliver the CHOICES Project to provide 30 group-based alcohol awareness sessions reaching approximately 520 primary 6 and 7 children across 10 East Ayrshire primary schools. CHOICES will take a prevention/early intervention approach to reducing the risk of alcohol-related harm, by delivering participatory and innovative activities that will equip them with the information they need to develop a responsible attitude towards alcohol, and build their ability to make informed and healthy decisions about the safe consumption of alcohol. The CHOICES project will also enable Barnardo's and teaching staff to better identify children at risk of/affected by alcohol-related harm, and signpost them to supports at the earliest opportunity. CHOICES will deliver 3 full day sessions per primary school. Each session will be open to between 26-30 children. The sessions will consist of the following key modules: Understanding Impact on Own Behaviour, Risks of Alcohol Misuse/Healthy Lifestyles, and Social Pressure to Misuse Alcohol (Peer Pressure). They anticipate that the project will be of benefit to approximately 520 primary school age children.
Couple Counselling Lothian	£18,000.00	The grant will be used to contribute towards the cost of counselling and family therapy sessions, travel expenses, external supervision to meet COSCA regulations, and line management costs in order to enable the organisation to provide counselling to children and young people under the age of 18 who are struggling to adjust to living with a formerly alcoholic, but now sober, parent. Children and young people often have anger, guilt, fear, and/or mental health issues as a result of growing up in an alcohol-fuelled environment and the transition to a sober environment can be difficult for them to adjust to. The project will meet an identified gap in service provision and provide a space



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		to work through issues and build bridges within the family. Up to 120 individuals will benefit from the project during the course of the year.
CrossReach	£12,541.00	The grant will contribute towards the cost of an existing part-time Children's Worker, Senior Project Worker, admin support, volunteer training, taxi costs, bus journeys, premises costs and art activity materials to continue the group work support for children affected by parental alcohol use. The project will deliver age appropriate group work programmes after school in 12 week blocks and will cover themes such as understanding addiction; expressing emotions and developing coping strategies using art as a tool. Children are transported to and from the sessions in taxis by volunteer journey buddies. They anticipate that 18 children and young people will benefit from the project over the next 12 months.
Drugs Initiative Group	£9,977.00	To contribute towards the salary of a new staff post, increasing sessional workers hours, volunteer expenses and running costs to enable the organisation to provide an education and support project for young people aged 10 to 18 years old who are affected by family alcohol abuse or are at risk of becoming dependent on alcohol. Young people will be provided with one to one and group support twice-weekly to educate them about the risks and dangers of consuming too much alcohol, help them to reduce their own alcohol consumption, and to reduce the isolation they may feel as a result of their own, or their family members, drinking. They anticipate that they will work with around 35 young people over the course of the year.
Elgin Youth Development Group	£13,950.00	Towards the cost of Youth Worker hours, materials/ingredients for workshops, volunteer expenses, staff and volunteer training, specialist sessional worker costs and project advertising to enable the organisation to build on the work of a 12 week pilot Saturday Night Project which aimed to provide diversionary activities and a safe place for young people aged 12 - 18 to socialise. During the pilot project the young people also received issue-based sessions and workshops including a key element which focused on raising awareness of alcohol-related harm. It is the intention through this project that young people will receive safe drinking and alcohol awareness workshops alongside workshops on mental health, self-harm, healthy cooking and practical sessions to increase employability and



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		life skills. The project will work in conjunction with, and will complement the activities of, Operation Avon - an initiative currently run by Police Scotland, the Moray Council and NHS Grampian to tackle the Moray-wide problem of underage drinking. They anticipate that the project will benefit 300 young people over the course of the year.
Girvan Youth Trust	£13,507.00	Towards the cost of a new, part-time Project Worker, training, travel, and line management costs to enable the organisation to include alcohol misuse and related drug awareness into their established diversionary sports programme for local young people. The project will work with young people from Primary 6 upwards in order to consolidate and further develop their established diversionary physical activity programme and positive connections with disadvantaged/at risk young people. The addition of the alcohol-related education materials into the sports programme will help to ensure that young people have a heightened awareness of risky behaviours associated with alcohol, the consequences of anti-social behaviour, the dangers of alcohol, and the dangers of mixing alcohol and other legal highs/illegal substances. The project will utilise the SPiCE (Substance Misuse Prevention in Community Education) resource in the delivery of the programme. This resource is endorsed by the local ADP and the NHS Addiction Services Prevention and Service Support team. They anticipate that around 1,000 children and young people will benefit from the project.
Hibernian Community Foundation	£11,500.00	To contribute 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. They will do this by extending the original successful programme outwith its original boundary of Leith to pupils in schools across the whole of the City of Edinburgh (20 schools). At the heart of the project will be the standard delivery model developed through the seedcorn funding which would see the project delivered across 8 weeks with one session per week in each school. Each session will last 90 minutes and contain three components - first half; half time; and, second half. The first half will consist of a classroom session covering the topic for the week. Half time will consist of a water and fruit break



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		and the second half is a physical activity session which will include a number of sports including football, dance, and so on. One of the lessons the organisation has learned from the original seedcorn funding is that some schools in areas of significant deprivation require a more intensive intervention and that some pupils have additional support needs. In this project flexibility has been built in to allow them to provide additional layers of delivery either by extending the length of the programme; increasing the number of sessions from eight; and, by developing additional learning support materials to enable children and young people with additional needs to fully benefit from the programme messages. They recognise that it is important that staff are able to support children and young people who face additional challenges and as a result the funding would be used to secure appropriate training for coaches delivering the sessions. They anticipate that around 1,800 children and young people will benefit from the project.
Mid Argyll Youth Development Services	£11,504.00	The grant will contribute to the cost of sessional youth workers, training, travel, refreshments, extra insurance, and admin/management costs to implement a new detached youth work initiative, "Street MAYDS", which will engage young people in Lochgilphead/Ardrishaig and the outlying villages across Mid Argyll during evenings and weekends. The streetwork project will aim to build relationships and encourage them to engage with the wider services provided by MAYDS. Sessional workers trained in drug and alcohol awareness will use a variety of tools including a mobile skate park, games, alcohol unit measuring cups, drug and alcohol fact cards etc. to engage young people and ensure that they are informed and supported to make good choices around alcohol use. They anticipate working with around 250 young people over the course of the project.
Motherwell Football Club Community Trust	£7,500.00	Towards the cost of community coaches, equipment, promotional materials and marketing and information costs to enable the organisation to deliver an alcohol awareness initiative in partnership with NHS Lanarkshire and local drugs and alcohol partnerships. The programme will be delivered in 40 schools throughout North Lanarkshire interacting with over 5,000 school pupils in the process. Coaches will work closely with P5-P7 classes in schools as these children are the most impressionable when it comes to alcohol consumption and they also have a strong influence over



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		<p>their parents. Coaches will attend full-school assemblies to speak to all pupils and deliver the key messages about alcohol consumption, health and anti-social conduct in the community. The coaches will also integrate information sessions about alcohol-related harm into community coaching sessions they will be delivering to community teams and within soccer centres. The project will reduce the exposure of young people to alcohol and raise awareness of the negative aspects of alcohol consumption and enhance the opportunity for participants to have the ability to make positive lifestyle choices. The Motherwell Football Club Community Trust Coaching Team will undertake training to gain additional knowledge of alcohol and alcohol-related harm. This will be done in conjunction with NHS Lanarkshire and local Alcohol and Drugs Partnerships.</p>
Reeltime Music	£8,186.00	<p>The grant will cover the cost of 2 tutors to deliver 36 creative music and media sessions, a Peer Education Worker to deliver 12 alcohol information sessions, producing 60 copies of the end of project film on disc and a contribution to the organisation's overheads. This will enable Reeltime to deliver a creative programme which will co-produce alcohol awareness messages in a youth friendly format in partnership with Landed Peer Education Service and Learning and Leisure Services in 6 schools across North Lanarkshire. They will deliver six creative music sessions over a two hour period and two alcohol information sessions for one hour each week for each group of pupils that they work with. This equates to Reeltime working with six groups of young people from six different schools and it is anticipated that at least 36 young people will benefit from the project.</p>



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Families		
Organisation	Amount Awarded	Project Description
Carers of West Dunbartonshire	£13,319.00	The grant will cover the cost of an existing part time SEARCH Project Worker for 20 hours per week, pension contributions and travel expenses to continue the work of the Support and Education for Alcohol Related Challenges in the Home (SEARCH) Project. The SEARCH project provides support to carers that are affected by alcohol related issues, either because they are caring for someone who is misusing alcohol or because they themselves are dealing with their own alcohol issues which they use a coping mechanism. The worker will sustain and build on the existing education programme and the emotional support system for carers including widening the Carers' Support Group and helping to influence policy and practice. They anticipate that 50 carers will benefit from the project.
Impact Arts Projects Ltd	£25,000.00	The grant will cover the cost of 3 freelance Arts Therapists for service delivery, staff time for prep, review and evaluation, an Art Therapy Supervisor, art materials, 2 day dyadic therapy training for therapists, participants 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 intervention will use a dyadic (parent/carer and child) approach, and the principles of creative therapy to tackle social, mental and emotional barriers to improving family resilience and creating positive family relationships (i.e. improving bonding and attachment). They anticipate that they will work with 8 families over the course of the year (16 people in total) with up to 30 sessions per family.
One Parent Families Scotland	£15,035.00	This application comes from the Dundee locality service and the grant would contribute towards the salary costs of a Family Support Worker for 14 hours per week, management costs at 1 hour per week, travel expenses and resources and a contribution towards overheads to establish a new family support service in the deprived areas of Fintry and St Mary's. The 14 hours per week would be added to an existing part-time post to deliver awareness and education sessions around alcohol



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		consumption and associated behaviours as part of a programme of activities designed to engage with local people on a range of issues impacting family life. Activities would include 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 would also train local residents to become peer volunteers. Around 60 people would benefit.
Communities		
VOCAL	£3,428.00	Towards the cost of staff time, volunteer expenses, venue hire, promotional and evaluation costs to allow VOCAL to integrate safe alcohol consumption, harm reduction and preventative messages into VOCAL’s group work and training programme and to develop tools for use in one to one work. They will use the funds to develop two ‘Alcohol and Me’ workshops. The first will be an in-depth 2 hour long workshop to explore alcohol, its short term and long term effects, personal relationships with alcohol, triggers for unsafe alcohol consumption, healthy alternatives and sources of support. The second will be a 15 minute input to support carers to reflect on their own alcohol consumption and sources of support. This would be integrated in to all other training events provided through VOCAL. During the ‘That’s Life’ project, VOCAL identified the need to develop tools to support conversations about, and reflection on, alcohol consumption. These tools will incorporate Solution Focused approaches with SMART Recovery Models, Motivational Interviewing Techniques and Mindfulness. Once developed the tools will be used in one to one meetings, as homework and can be used a personal reference point building resilience and supporting sustained change. VOCAL will use the funding to pay for additional hours of specialist Carer Support Worker time to develop and pilot the tools. Once the tools have been developed the Carers Support Worker will train and support the generic Carers Support Workers to ensure they have sufficient knowledge and skills to use the tools with clients. In addition the specialist Carer Support Worker will, in partnership with VOCAL’s Training Officer, research and develop the workshop training materials. The Training Officer and the specialist Carer Support Worker will deliver the in-depth workshops to groups of carers a minimum of 6 times a year and train and support a group of volunteer facilitators to deliver the 15



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		<p>minute workshop as part of 40+ longer courses a year. The combination of one to one and group sessions will support carers at risk of harmful alcohol consumption to increase their knowledge, identify issues, understand triggers/risk factors and address them. They anticipate that 500 carers will benefit from the project.</p>
Waverley Care	£15,800.00	<p>Towards the cost of a new, part-time Project Worker, recruitment costs, and travel to enable the organisation to develop their activities to prevent alcohol-related harm within the MSM (men who have sex with men) community in Lothian. The worker will deliver a self-management service which is a holistic life skills programme that focuses on sexual health, mental health and how their alcohol and drug use can impact on their behaviours and decisions and lead to harm. They will also deliver Alcohol Brief Interventions, both in group and in one to one sessions, as well as providing training on ABI's to volunteers from within the MSM community. Peer to peer research on alcohol related harm and how alcohol impacts on the community will also be undertaken at the beginning and end of the project. Finally, the worker will deliver 4 public facing alcohol campaigns specifically targeted at the MSM community. They anticipate that around 600 individuals will benefit from the project.</p>