



Registered Charity Number:  
511766

## A local service for local people!!

We work in; Glossop, High Peak, Erewash, Bolsover, Shirebrook, Chesterfield, North East Derbyshire, Derbyshire Dales, Amber Valley and South Derbyshire.

We are taking bookings now for our Alcohol Brief Intervention Training events. To find out more or to book a place go to: [www.daas.uk.com](http://www.daas.uk.com)

**PROMOTING POSITIVE CHANGE !...WORKING IN PARTNERSHIP TO REDUCE ALCOHOL RELATED HARM THROUGHOUT DERBYSHIRE**

Visit us at [www.daas.uk.com](http://www.daas.uk.com)  
Use our easy to operate on line alcohol unit calculator!

Ten point plan to tackle liver disease	1
Dry January	1
Alcohol awareness week	2
Recovery support timetable	2
Single point of contact diagram	3
New training course for trustees of voluntary organisations	4

# DAAS alcohol wise

Quarterly Newsletter: Issue 9: January 2015

## Ten point plan to tackle liver disease

According to a peer-reviewed medical report in the Lancet compiled by a group of UK doctors and academics, death rates from liver disease have increased by 400% since 1970 and almost 500% in those under 65

Staggeringly the cost to the UK's National Health Service is estimated to be £3.5 billion per year. The report identified that more than 1 million admissions to hospital per year are the result of alcohol related disorders. This increasing number of admissions together with the increased deaths reflect a corresponding increase in alcohol consumption in the UK over the past 30 years.

Three of the key points in the ten point plan are directly linked to the work of alcohol treatment services and the role of primary care in tackling the issue. These are; to strengthen the detection of early liver disease by improving the level of expertise in primary care. To improve support services in the community setting for screening high risk patients, and finally to ensure that the promotion of healthy lifestyles and early identification.

Part of the work carried out by DAAS links closely to these key points. We have trained over 700 health and social care professionals, in order to support them to identify and address alcohol problems at an earlier stage. We have taken over 2,000 calls from health professionals seeking advice and held over 50 promotional events linked to healthy lifestyles and community safety projects. For a full copy of the report go to NHS choices <http://www.nhs.uk/news/2014/11/November/Pages/Ten-point-plan-to-tackle-liver-disease-published.aspx>

## CAN YOU TAKE ON THE CHALLENGE?

### DRY JANUARY 2015

Make a healthy start to the new year and stay alcohol free for 31 days

**GET HEALTHY, SAVE MONEY, LOSE WEIGHT & FEEL BETTER !**

If you'd like some advice and support give us a call 0845 308 4010. We're here to support you every step of the way!



Do you want to try an alcohol free after dinner treat? Call us for a dry January leaflet which includes tips for cutting down,

See our back page, or visit our website for more information and to book a place on our NEW Trustees of voluntary organisations training course: [www.daas.uk.com](http://www.daas.uk.com)



## November 17th – 23rd Alcohol Awareness Week.

DAAS held an event to support the Alcohol Concern “National Alcohol Awareness week”. In addition to sending out information to key GP practices throughout the locality and providing information stands, we “manned” an Alcohol Awareness stall on Chesterfield Market Place on the 20th November. The day was huge success and attracted a number



of passers by who stopped to chat and find out more about units of alcohol, DAAS and the services we offer. We carried out a number of brief interventions particularly from those affected by someone else’s drinking.

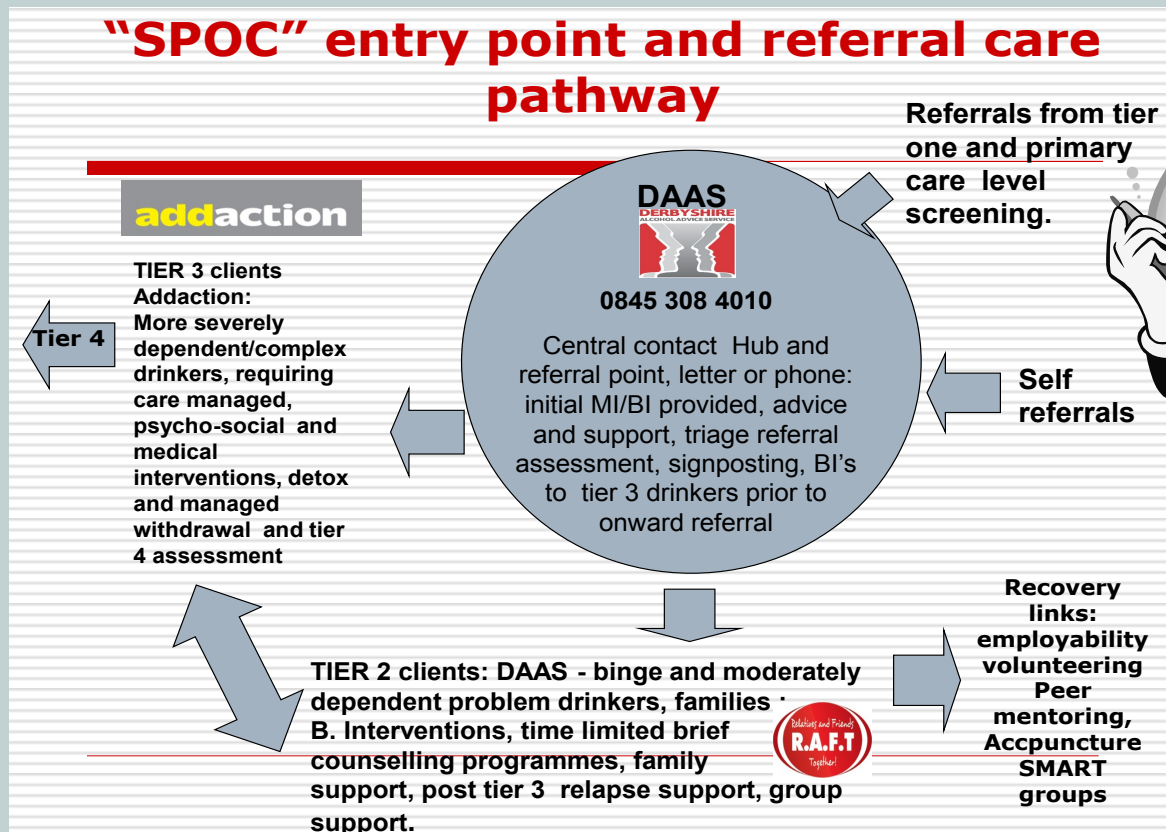
## December 18th.— Dry January

We held a similar stall in December offering non alcohol mulled apple juice with the aim of promoting “Dry January”. We also have guidance booklets to help prepare for 31 days free from alcohol. Many passers by engaged with our workers and volunteers and took away our booklets and non alcoholic drink recipe. We wish them well!!!

### DAAS GROUP ACTIVITY AND RECOVERY SUPPORT TIMETABLE

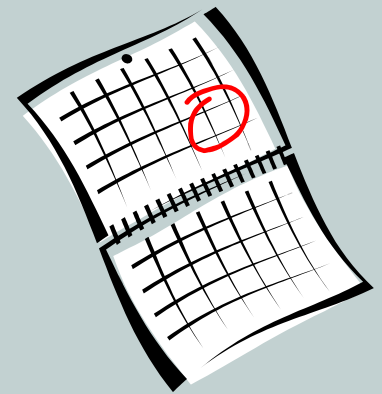
MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<p><b>Alcohol support group</b></p> <p>1pm - 2pm</p> <p>The Croft, Ripley</p>	<p><b>Alcohol support group</b></p> <p>2.30pm - 4pm</p> <p>Charles Street Project, Glossop</p> <p><b>Acupuncture</b></p> <p>4pm – 5.30pm</p> <p>DAAS, Chesterfield</p> <p><b>Alcohol support group</b></p> <p>6pm - 7pm</p> <p>DAAS, Chesterfield</p>	<p><b>Alcohol support group</b></p> <p>2pm - 3.30pm</p> <p>The Revival Church, High Street, New Mills</p>	<p><b>Drop In Support</b></p> <p>12pm – 2pm</p> <p>Christian Centre, Main Street, Shirebrook</p> <p><b>Relatives &amp; Friends Support Group (RAFT)</b></p> <p>1st Thurs of the month</p> <p>6.30pm – 8.pm</p> <p>DAAS, Chesterfield</p> <p><b>Hypnotherapy Group</b></p> <p>Weekly 10am – 11am and 1st Thurs of the month</p> <p>5.30pm – 6.30pm</p> <p>DAAS, Chesterfield</p>	<p><b>Alcohol support group</b></p> <p>2pm - 3.30pm</p> <p>CMHT Corbar View, Buxton</p> <p><b>Acupuncture</b></p> <p>3pm - 4pm</p> <p>Bankgate, Rinkway Industrial Estates, Swadlincote</p>

# Diagram to illustrate Derbyshire alcohol referral pathway through DAAS single point of contact



## Once referred into DAAS:

- ◆ Same day onward referral for more complex levels of support
- ◆ Joint working and information sharing agreements with professionals
- ◆ Risk assessment and risk management protocols in place
- ◆ Support for families, carers and professionals
- ◆ No waiting lists
- ◆ All self referrals receive telephone motivational advice and support
- ◆ Recovery support and onward referral /signposting to a range of groups and services



## Some key outcomes achieved by DAAS 2013

- ◆ 75% of clients who had received one-one sessions with DAAS reduced their drinking to within recommended levels or achieved abstinence
- ◆ 88% of attendees said they had increased competence to undertake a Brief Intervention with a problem drinker following DAAS training
- ◆ 89% of clients were offered a first appointment with DAAS within 10 working days of referral
- ◆ 98% of clients completing customer satisfaction questionnaires strongly agreed that the services they received from DAAS met or surpassed their expectations

Get SMART© now!

## Group Support Available!

Join a group, get support, support others, meet people, make friends!

See timetable of group support available on page 2.

### **Opportunities to become a Peer Mentor with DAAS!**

*If you have had 3 months of abstinence, are looking to support your own recovery and/or aim to get back into work and you want to help others affected by alcohol misuse, why not get involved? We provide FREE initial training. Interested? If so ring for further information about our volunteer opportunities. Phone 01246 206514 and ask for Alison or Ang.*

**WE ARE CONTINUALLY TRYING TO IMPROVE THE SERVICES WE PROVIDE FOR THE PEOPLE OF DERBYSHIRE . YOUR FEEDBACK IS CRUCIAL!**

**PLEASE CONTACT THE SERVICE IF YOU HAVE ANY COMMENTS TO MAKE**

If you have contacted our service for advice or support, or made a referral, please let us know if we did well or how you think we might improve things.

Email [Elaine.Handley@daas.uk.com](mailto:Elaine.Handley@daas.uk.com) or write to Elaine Handley, Service Manager, First Floor, Dents Chambers, 81 New Square, Chesterfield S40 1AH

**Let us know if you want to take part in a DAAS Service User Focus Group.**

**Travel expenses will be paid and £10 shopping vouchers issued for participants!**



**Hypnotherapy: Learn guided deep relaxation techniques in a safe and supportive environment. Please phone 01246 206514 for an assessment.**

Places available in at Dents Chambers Thursdays 10-11 am. Or 1st Thursday in the month 5.30—6.30pm. Ask for Mary K. 01246 206514

**HOPE SPRINGS RECOVER** Chesterfield 01246 540431 Offers a range of relapse prevention, recovery support, activities and group support. Ask for Julia.

**Working and Struggling to motivate someone with an alcohol problem ? Wondering how to raise the issue? Join with others and share your experiences...**

## **FREE Alcohol Brief Intervention Training provided by DAAS**

**20th January 2015, 17th February 2015 and 10th March 2015**

***NEW Training ! Working with Families affected by alcohol misuse***

**Please contact DAAS for further information**

**we can tailor our DANOS linked training to meet your needs - contact us!**

Relative Support Group now running in **Chesterfield** - First Thursday of each month 6.30pm-8.00pm at **Dents Chambers**



### ***NEW TRAINING!*** for Trustees of Voluntary Organisations

Clarify your role, support your organisation to develop a business strategy, be sure about what is expected from you and what knowledge and experience you can bring.



**12.1.2015: The essential responsibilities of trustees (Basic)**

**19.1.2015: The essential responsibilities of trustees (Intermediate)**

**26.1.2015: Improving your board/management committee performance**