



Charitable Incorporated  
Organisation No: 1159537

# DAAS *alcohol wise*

Quarterly Newsletter: Issue 11: July 2015

## DAAS Launches New Dedicated Derbyshire Alcohol Service for Ex-armed Forces!

### 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**

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

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Funded by Derbyshire County Council, DAAS is delighted to launch a new alcohol service dedicated to support ex -armed forces personnel and their families. The new service is called **STAND TO** and is provided across the Derbyshire County localities of Erewash, South Derbyshire, Amber Valley, Derbyshire Dales, N.E Derbyshire, Bolsover,



The ethos of the project is to provide a high quality counselling and alcohol treatment response to those who have made sacrifices to serve our country through their service within our armed forces. In recognition of our signing up to the Corporate Covenant, and our commitment to offering a dedicated response to this client group, DAAS can now ensure that ex-armed forces personnel and their families who are affected by alcohol misuse are not disadvantaged in any way, and can expect to gain speedy and discrete access into services which acknowledge their specific needs.

Whilst definitive statistics from MOD are unavailable to measure the size of the veteran population in the UK, it is estimated that nationally there are approximately 4 million veterans – i.e. 8% of the adult population. There are additionally 5.4 million partners, spouses and dependents of veterans. Through comparing this figure to provide a Derbyshire local picture, it is estimated that 50,000 ex-armed forces personnel are living in the county of Derbyshire, with around 60,000 affected family members. Elaine Handley Service manager says “This gives us some idea of the scale of the problem within the ex-forces community. Having begun screening at our SPOC (alcohol single point of contact) for clients who have served in the armed forces we are beginning to recognise that this new service is much needed in Derbyshire and that further promotion of the project will hopefully raise awareness and further increase referrals for much needed alcohol support”. Funded initially for one year by Derbyshire County Council, the project will ensure where possible that support offered is provided by alcohol workers who also have experience of being in the armed forces. This element is key to the success of the project and helps those who refer into the project engage more positively with a worker who has first hand knowledge of the culture, issues and impact upon emotional and psychological well being of serving in the armed forces. DAAS worker, Colin Leonard project lead and co-ordinator (who is himself an armed forces veteran) says “Traditionally alcohol has been used by the military to cope with the intense stress of battle, but also as a way of mediating the transition from the heightened experience of combat to routine safety. Recent studies have suggested those who have undergone particularly stressful experiences are at greatest risk of misusing alcohol. At **STAND TO**, we recognise the sacrifices that our Military community make, and are dedicated and committed to ensuring that those who have issues with alcohol are supported in the most appropriate way to suit their individual needs. **STAND TO** is an exciting and challenging project, one which I believe is very worthwhile, needed and I am privileged to be part of”. DAAS looks forward to the future development of this exciting new project and is pleased to announce that the official Launch will take place on

**30th July from 9.30-12.30 pm at County Hall Matlock.**



# New Partnership Project to support families affected by Alcohol Misuse



relate  
the relationship people



We are pleased to announce that families affected by alcohol misuse can now access FREE Family and young peoples support in some areas of Derbyshire, through accessing a new project run jointly by Relate and Derbyshire Alcohol Service. The partnership project will enable those families who are struggling with a range of relationship issues relating to alcohol misuse to explore safely and confidentially the problems which are present within the family and work together to improve communication, increase awareness and gain specific Information about alcohol dependency. The definition of “Family” is very wide says Bev Miller from Relate, “if people are wish to explore any issues connected to their family where alcohol is involved, we can offer support through this project, This includes single parents, and LBGT, families”

The project can be accessed directly by referring agents or people who wish to access the service for themselves by phoning either Relate—Derby or Derbyshire Alcohol Advice Service. Which ever service receives the referral will provide information and ensure that the family affected gain access into support which as far as possible is local to them. This project will also enable young people affected by alcohol misuse to gain access to Safe Speak, (a specialist young persons counselling service) or to receive help on line from a counsellor. “Not all areas in Derbyshire can offer the full Service” explains Bev, “but we hope that by contacting either ourselves or DAAS, we can try where possible to accommodate the needs of the family and offer some support, Currently the service can be provided in Derby, South Derbyshire, Amber Valley and Chesterfield. However we are hoping to be able to expand the service to cover the whole of Derbyshire.”

Phone DAAS: 01246 206514 or Relate 01332 331259 for more information to make a referral.

## CHOCOLATE BISCUITS ! A poem for lent or confessions of a chocoholic



I sat there in the car park,  
an absolute disgrace,  
Surveying smears of chocolate,  
on my hands and round my face

My weakness was exposed,  
I don't know where my will power  
went

My chocoholic nature  
would not lend itself to “lent”

“I will not drive by Tesco”  
was how it would begin  
“But even if I do,  
will make sure I don't go in”.

The pattern would repeat itself,  
each time without exception;  
This deeply ingrained habit  
formed through wanton self deception

“I will go into Tesco”  
I would utter with a smile  
“I'll just make sure I don't go down  
the cakes and biscuits isle”

For each new lapse of reason,  
With no-one else to blame,  
I'd find myself attracted  
Like a moth is to a flame

“I will go down the biscuit isle”  
For having planned at length,  
“I'll walk right past the biscuit shelf  
To demonstrate my strength”

“I'll walk right past the biscuits  
And only take a look”  
But beaten by seduction,  
One glance was all it took.

I headed for the check out  
Trying not to feel a wally  
As I espied the packet  
I had just put in my trolley

I said “ I will not open it”  
Until I get back home  
But that's when I began to feel  
My better judgement roam

For back in side my car I said  
“ok I'll just have one...  
two three... or four,”  
Oh dear until they were all gone

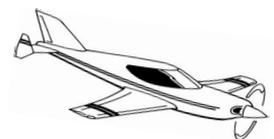
The lesson that hardened chocoholic  
duly learns  
Is that pro longed indulgence reaps  
Diminishing returns

Compounding the insanity  
Of what has gone before  
Now totally devoid of hope  
I go back for some more!

With “Lent” plans now in tatters  
It leaves me in no doubt  
I desperately need some help  
And find **THERE's A WAY OUT!**

Right at the start as a first thought  
Is entering my head  
Is when I say “Into temptation,  
Let me not be led”

As if to thoughts like circling planes  
An air controller cried  
“Onto the runway of my mind  
Permission to land .....denied!”.



*Anonymous*

This poem is dedicated by  
one of our service users to  
all those who are in recovery  
everywhere.

# New! TRAINING FOR PHARMACISTS AND DENTISTS

**Alcohol misuse has been linked to an increased risk of developing mouth cancer**

According to Cancer Research UK, 75-80% of mouth cancer patients say they frequently drink alcohol



The British Dental Journal advises that all patients should be asked about their drinking in order to prevent poor oral health

As the local provider for alcohol support and training in Derbyshire, we can offer **FREE** training to all dental staff

**ASK**

establish if the patient is drinking above the recommended levels

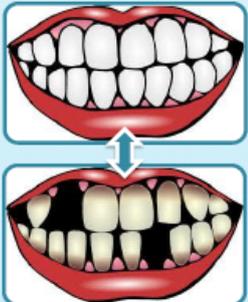
**ADVISE**

offer brief advice to those drinking above recommended levels

**ACT**

refer or signpost to their GP or local alcohol support services

A review of 12 randomised controlled trials concluded that drinkers receiving a brief intervention were twice as likely to reduce their drinking over 6-12 months compared to those who received no intervention



**PREVENTION IS IMPORTANT**

All patients, not just those thought to be 'at risk' should be given the benefit of advice and support to change behaviour regarding their general and dental health

For more information about our training please contact the training team at Derbyshire Alcohol Advice Service  
tel: 01246 206514 email: training@daas.uk.com



Alcohol-related harm is estimated to cost society £21 billion per year in healthcare, lost productivity costs, crime and antisocial behaviour

More than 9 million people in England drink more than the recommended daily limits

An estimated 7.5 million people are unaware of the damage caused by their drinking



Research has shown that the more you know about alcohol, the more confident you will feel supporting people to make changes

As the local provider for alcohol support and training in Derbyshire, we can offer **FREE** training in alcohol awareness and brief interventions

Due to contraindications of alcohol and prescribed medication pharmacists are in a prime position to be able to offer alcohol awareness and advice

Alcohol may decrease the effectiveness of medications or render them useless

Alcohol often has harmful interactions with prescription medications, over-the-counter drugs, and even some herbal remedies

Our one day course covers;

- Alcohol awareness
- Measuring units
- Recommended limits
- Alcohol and the body
- Tips for cutting down
- Dependency
- The cycle of change
- Raising the issue
- How to refer into services

Training dates;  
7<sup>th</sup> July, 21<sup>st</sup> July  
4<sup>th</sup> August, 18<sup>th</sup> August

Book yourself a place at [www.daas.uk.com](http://www.daas.uk.com)

For more information about our training please contact the training team at Derbyshire Alcohol Advice Service  
tel: 01246 206514 email: training@daas.uk.com

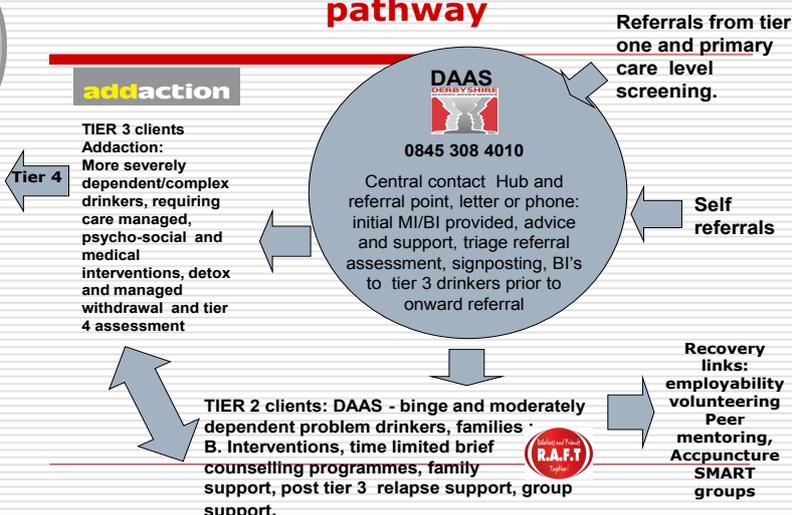


As a dentist or Pharmacist you are in a front line role to make an effective early alcohol interventions with patients . Don't miss a vital opportunity to make a difference! Contact Holly –training team co-ordinator : [Holly@daas.uk.com](mailto:Holly@daas.uk.com)

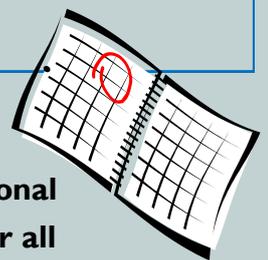
## Diagram to illustrate Derbyshire alcohol referral pathway through DAAS single point of contact



### "SPOC" entry point and referral care pathway



- No wait times
- Brief motivational intervention for all callers
- Information sharing protocols
- Feedback and joint working
- Family interventions
- Supported referral into recovery support



Get SMART© now!

## Group Support Available!



MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<b>Alcohol Support Group</b> 1pm – 2.30pm The Croft, Ripley	<b>Alcohol Support Group</b> 2.30pm – 4pm Charles Street Project, Glossop	<b>Alcohol Support Group</b> 2pm – 3.30pm The Revival Church, High Street, New Mills	<b>Drop In Support</b> 12pm – 2pm Christian Centre, Main Street, Shirebrook	<b>Alcohol Support Group</b> 2pm – 3.30pm CMHT Corbar View, Buxton
	<b>Acupuncture</b> 4.30pm – 5.30pm DAAS, Chesterfield		<b>Hypnotherapy Group</b> Weekly every Thursday 10am – 11am 1 <sup>st</sup> Thurs of every month 5.30pm – 6.30pm DAAS, Chesterfield	<b>Acupuncture</b> 3pm – 4pm Bankgate, Rinkway Industrial Estates Swadlincote
	<b>Alcohol Support Group</b> 6pm – 7pm DAAS, Chesterfield		<b>Relatives &amp; Friends Support Group (RAFT)</b> 6.30pm – 8pm 1 <sup>st</sup> Thurs of every month DAAS, Chesterfield	

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

**SEPTEMBER is National RECOVERY MONTH !!!**  
See our website for details

**NEW DROP IN** support in Ashbourne the 1st and 3rd Thursdays of the month. 1- 2.30pm at the Corner Stone Coffee chop. Phone DAAS for further details.

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 : available dates;**

**7th and 21st July and 18th August, 15th Sept, 13th Oct**

**Dents Chambers, Chesterfield**

**Working with Families 14th and 15th July—Dents Chambers, Chesterfield**

**NEW Training! Working with change resistant drinkers ;**

**22nd Jul, 11th August-Dents Chambers, Chesterfield**

**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 S401AH

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

**HOPE SPRINGS RECOVERY**  
Chesterfield **01246 540431**

Offers a range of relapse prevention, recovery support, activities and group support.

**RECOVERY MONTH**

September ! Look out for further information