



Charitable Incorporated
Organisation No: 1159537

DAAS alcohol wise

Quarterly Newsletter: Issue 15: April 2016

Relate and DAAS work together in Derbyshire to support families and couples affected by alcohol misuse!

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.

 [Daas81](#)  [@alcadvice](#)

 [Standtoservice](#)  [@standtoservice](#)

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

Visit us at www.daas.uk.com
Use our easy to operate on line alcohol unit calculator!

Service User Focus !

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It is not easy to live with a person whose drinking is causing problems. The drinker is often full of conflict, torn between wanting alcohol and not wanting the harm that always seems to follow. Wanting to change but frightened, afraid of what life would be like without the emotional prop and "support" they feel alcohol provides. They often blame out, and those who are closest are all too often the ones on the receiving end! The partner or spouse often doubts herself (or himself). Am I not a good enough partner? How can I get her or him to stop? How can I protect my children? How can I hide this from my family and neighbours? The partner often feels hurt, ashamed, fearful, with an overwhelming sense of failure. Unfortunately, many partners then work all the more strenuously, taking on extra responsibilities, trying to cover up for the drinker and enter into a spiral of tension, blame, resentment and emotional exhaustion. Many of those affected by the alcohol use of their partner contact their GP as a first port of call, feeling anxious, not sleeping and suffering from depression. They are often fearful of the effects upon their children, both currently and in the future, wondering if their children will "inherit" the addiction or will use alcohol in a similar way due to exposure and social conditioning. If you are that partner, the first step towards putting things right is to take some time for yourself and get support. A good friend or a counsellor can be a great help and the DAAS RAFT service, and local AI Anon groups can offer support free, throughout Derbyshire. However for many families and couples, gaining some family stability, improving communication and exploring the dynamics within the relationship that have resulted from the addiction, can help to improve the outcome for all. In recognition of this DAAS and Relate have come together to ensure that families who choose to work on these issues with their drinking partner or parent can access free counselling. Children who are affected (through this partnership venture) can also access a young persons support service, **Safe Speak**. (see Lara's positive story inside) .Referrals via Derby Relate or DAAS.

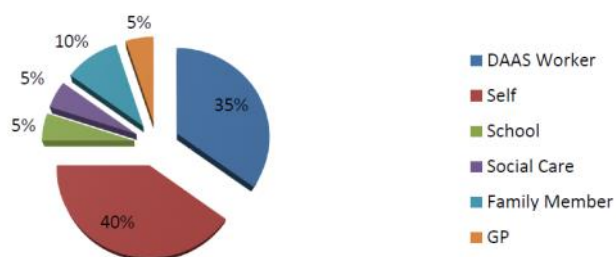
Some comments from people who have used the family counselling Service.

"Sorted out my relationship with my boyfriend and his family. I feel more confident about the future" "I am less angry now"

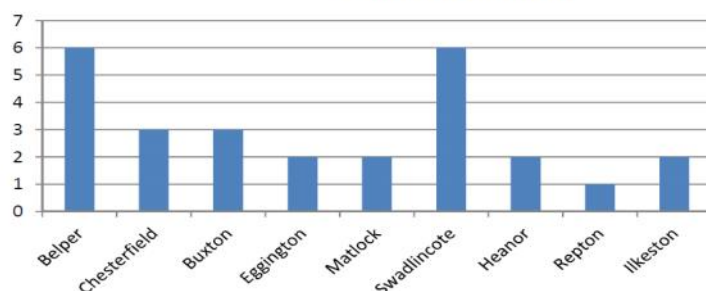
"The Service we received was amazing. I think people should be made more aware that you are in the community as I had no idea and only found out through ringing and I am sure there are many more people in a similar situation to me" "A great Service"

Relate/DAAS Family Project Statistics –2015-16

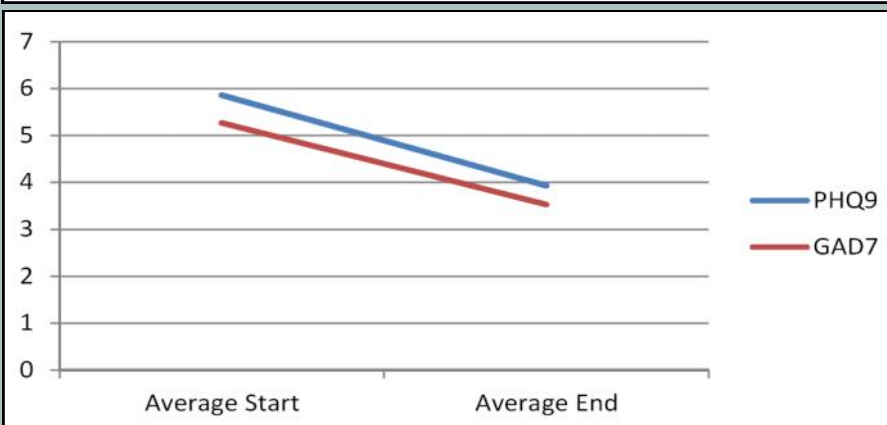
Referrers



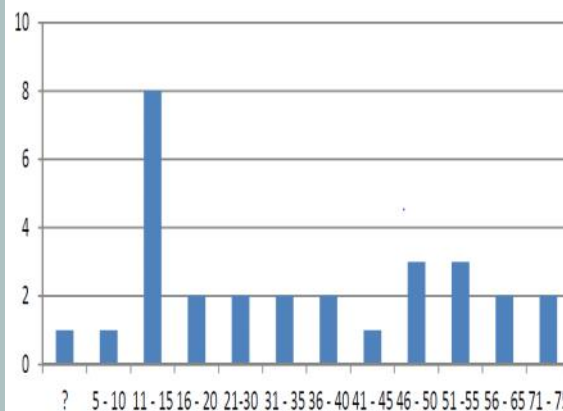
Client Location



PHQ9 and GAD7 sessional measures
Above 9 for PHQ9 = mild/moderate depression
Above 7 for GAD7 = mild/moderate anxiety



Ages



Lara’s Story. “Tom had been drinking heavily for some years and had sought help for himself from DAAS. He had done well, managing 8 weeks without a drink. However, trust issues were broken. To me this felt like he’d had a long affair. Lies and covering up had completely eroded my trust in him. I felt our relationship was irreparable. When the DAAS worker referred us to Relate, my thoughts were that it was too late. I had already taken some legal separation advice. However because we had three children and had shared many happy family times before the drinking took hold, I felt it might be worth a try and so we began to see a Relate counsellor. This gave us an opportunity to look at the effects of Tom’s drinking in a calm, safe and structured way, and for the first time Tom really acknowledged the damage this had caused to the family and how much he had hurt me. I know this was very painful for him but he came through this and earned my support and respect for this. Counselling helped us see that due to his early experiences, attachment issues and fear of failing were huge for Tom. I also became aware of ways I unknowingly contributed to these feelings by taking more control of the family. As we began to learn more about ourselves, Tom’s defensive behaviour began to change the more he and I opened up. As counselling progressed a new closeness between us has grown. It is early days, but things are improving and Tom is still alcohol free and still sees his DAAS counsellor and attends a support group from time to time. He is enjoying his work more and I am now sleeping well and we are all beginning to enjoy family life again. There is a long road ahead, but we are now on that road. I would strongly recommend this Service to anyone in a similar position” **Lara**



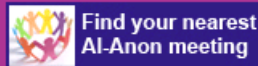
Relatives and Friends Together: **Working to reduce alcohol related harm in families across Derbyshire!**

Relatives and Friends Support Group

RAFT Meets on the First Thursday of every month at DAAS, Dents Chambers in Chesterfield. Meetings : 7th April, 5th May, 2nd June.



Helpline 020 7403 0888



One-One and family sessions offered throughout Derbyshire

Professionals : Look out for our FREE training in Derbyshire... "Working with Families affected by alcohol misuse"

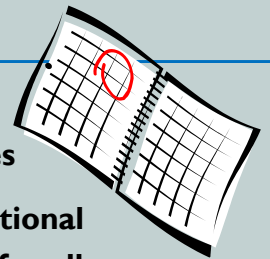
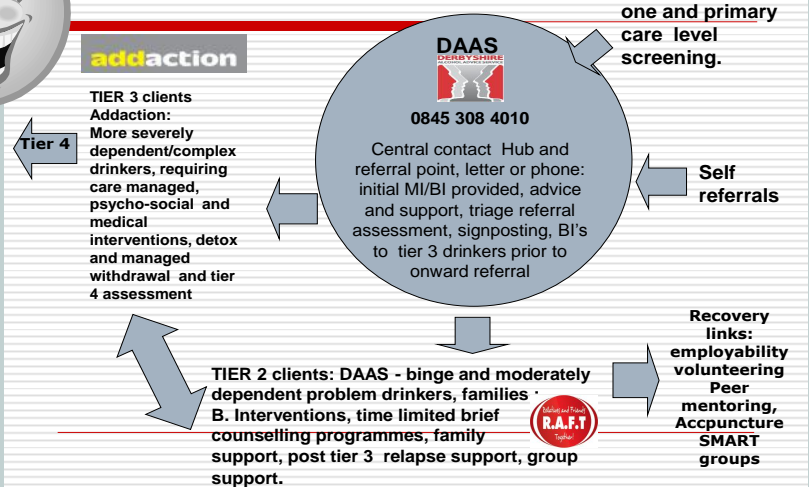
New! TRAINING FOR PHARMACISTS AND DENTISTS

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

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!



Derbyshire Alcohol Advice Service (DAAS)

Support for people with alcohol problems
and for anyone affected by another person's alcohol use

We offer *one to one* support throughout Derbyshire and have the following *groups* running

MONDAY	Alcohol Support Group 1pm – 2.30pm The Croft, Ripley		
TUESDAY	Alcohol Support Group 2.30pm – 4pm Charles Street Project, Glossop	Acupuncture 4.30pm – 5.30pm DAAS, Chesterfield	Alcohol Support Group 6pm – 7pm DAAS, Chesterfield
THURSDAY	Drop In Support 12pm – 1pm Christian Centre, Main Street, Shirebrook	Hypnotherapy Group Weekly every Thursday 10am – 11am 1 st Thurs of every month 5.30pm – 6.30pm DAAS, Chesterfield	Relatives & Friends Support Group (RAFT) 6.30pm – 8pm 1 st Thurs of every month DAAS, Chesterfield
FRIDAY	Alcohol Support Group 2pm – 3.30pm CMHT Corbar View, Buxton	Acupuncture 3pm – 4pm Bankgate, Rinkway Industrial Estates, Swadlincote	

0845 308 4010 or 01246 206514

DAAS, 1st Floor Dents Chambers, 81 New Square, Chesterfield, S40 1AH
Fax: 01246 769101 Email: daas@daas.uk.com Web: www.daas.uk.com

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 .
Ask for Mary K.
01246 206514

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

FREE Alcohol Awareness & Brief Intervention Training : dates: 19th April, 10th May, 7th June

Working With Families Affected By Substance Misuse : dates to be confirmed

Working With High Risk Drinkers (Blue Light) Training: 7th June at Dents Chambers 9.30 am.

All courses above at Dents Chambers in Chesterfield: S40 1AH 9.30-4.30 (see our website)

NEW Training ! Alcohol and Work Place training (funding available)

Please contact DAAS for further information

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

**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 how we did! Email Elaine.Handley@daas.uk.com or write to Service Manager, First Floor, Dents Chambers, 81 New Square, Chesterfield S40 1AH. Do you know any clients who may wish to attend a focus group?

NEXT DAAS Service User Focus Group. 16th April 1.30pm.

At Dents Chambers, Chesterfield £10 voucher for attending!

**HOPE SPRINGS
RECOVERY**

Chesterfield 01246 540431

Offers a range of relapse prevention, recovery support, activities and group support! Look out for further information Contact Denise (Manager).