

Skye, Lochalsh and Wester Ross Drug & Alcohol Forum Forum Meeting Notes 19 September 2023

Organisations Represented:

Highland Council Ward 10 Councillor, Highlife Highland Youth Development Officer Wester Ross, Skye and Lochalsh Young Carers, Skye and Lochalsh Mental Health Association, Skye, West & Mid Ross Assistant Ward Manager, SLCVO (Forum Chair), Counselling Care Skye and Lochalsh, Police Scotland

Apologies:

Dornie and District Community Council, Scottish Fire and Rescue Service, Highland Council Ward 10 Councillor, Highlife Highland Adult Learning Co-ordinator, NHS Skye and Lochalsh Substance misuse recovery service, Samaritans Scotland (West Highland and Skye Project and Partnerships Manager), Lochalsh and Skye Housing Association (Tenant Engagement and Support), Highland Council Housing Management (North)

Key Discussions from Forum Meeting

Lochalsh Community Champions Project

J Ford advised the group that the project has been successful in its funding application however only half the funds asked for have been offered. SLCVO and KLCT will look at what can be delivered for this reduced amount however, funding to support the D&A Forum and groups to gather evidence of need and plan new projects will probably have to be taken out of the project and the delivery reduced from 17 to around 7 months.

Participants voiced their concern and disappointment with this as there is a lack of formal evidence of need for groups to use in funding applications and this project would have helped to improve this.

JF advised there may be other funders to approach for research grants and HADP are hosting an online seminar on the 24th October 1pm- 3.30pm to present information from recent publications from National Records Scotland which have highlighted increases in Drug and Alcohol deaths in Highland.

It was also discussed that there may be an issue with getting public sector figures for the specific areas of Skye, Lochalsh and Wester Ross due to GDPR or restrictions of reporting systems. It was agreed that this is why there is a need for local research and gathering evidence of need.

Vaping

Participants discussed the issues of vaping and children, it was noted that children as young as P6 are now vaping. There are a number of significant concerns:

- Vaping is a gateway to other substances,
- There is a lack of understanding of health effects
- The ease of access to vaping (online being a big issue)
- The environmental impact of vaping pens

Police Scotland advised they have been working with Trading Standards to combat the selling of vaping pens to underage people by local sellers however it was noted that online shopping is a key access route for young people.

It was agreed by the forum that this should be added to actions and possibly use the money that is in the bank account to help reduce this.

Future format of Forum

J Ford noted there has been a reduction in attendees in the last two meetings and that the format/frequency of the format should be reviewed in the November meeting. This will also include the production of the bulletin as Forum members are not contributing to its content.

This will be added as a new action in the plan.

Skye and Lochalsh Mental Health Association Training

SLMHA are running an 8 weeks The Decider Skills course in Kyle on every Tuesday from the 26th of September, and on Thursdays from the 28th of September in Portree "The Decider Skills are winning strategies for mental health. 32 effective skills designed to help you manage your emotions and to make positive changes."

For further information contact <https://www.slmha.co.uk>

As part of The Remote & Rural Series of Learning Events, the Skye and Lochalsh Mental Health Association (Am Fasgadh) are hosting a session on Wed, 27 Sep 2023 10:00 - 12:30 at Am Fasgadh Portree IV51 9HQ. The session will offer an insight to mental health and how their service can help including a small introduction into Decider Skills.

To book visit <https://www.eventbrite.co.uk/e/skye-and-lochalsh-mental-health-association-tickets-601312902077?aff=ebdssbdestsearch>

Counselling Care Skye and Lochalsh

Counselling Care Skye and Lochalsh noted they have capacity for new adult referrals. Their counsellors are professionally trained, and can help with a range of issues, for example:

- Abuse (domestic, psychological, physical, sexual – past and present)
- Anger
- Bullying
- Childhood abuse and trauma
- Stress, worry and anxiety
- Bereavement and loss
- Low mood and depression

- Separation and divorce
- Major life changes
- Low self-esteem and self-confidence
- Work related issues
- Health issues
- Relationship issues
- Trauma and PTSD

Referral to their Adult Service (16+) can be by a GP or self-referral yourself by phoning or returning the completed referral form by email.

For more information visit <https://counsellingcaresl.org/contact-us/>

Next Forum Meeting Dates

- Tuesday 21st November 1.00pm - 2.30pm
 - Microsoft Teams meeting
 - **Join on your computer, mobile app or room device**
 - [Click here to join the meeting](#)
 - Meeting ID: 375 605 716 625
 - Passcode: gq8oXe
 - [Download Teams](#) | [Join on the web](#)
 - [Learn More](#) | [Meeting options](#)
- Tuesday 30th January 1.00pm - 2.30pm
- Tuesday 26th March 1.00pm - 2.30pm

Table of Actions

Meeting date	Open Actions	Update	Status
28/03/2023	1. Governance New signatories for bank account so funds can be distributed and account closed	<ul style="list-style-type: none"> 13/06/2023 Councillor Drew Millar and Lowri Richards LSHA Tenant Engagement and Support offered to be signatories. Forum Chair, Jo Ford, to facilitate next action 16/06/2023 Jo Ford has contact Inspector for bank details to arrange a meeting with bank 25/07/2023 bank paperwork is ready to be collected from Police station Action J Ford to collect paperwork and pass information to DM and LR 19/09/2023 Drew Millar is to collect banking documents to action change 	Open
28/03/2023	2. Highlighting good practice and learning Forum Chair to connect to other Forums across Highland and Scotland to build connections and share experience/learning.	<ul style="list-style-type: none"> 13/06/2023 Action for later in year 25/07/2023 connection has been made with the Highland Alcohol and Drug Partnership who joined the Skye & Lochalsh sub-group workshop on the 18th July 19/09/2023 ongoing action 	Open
13/06/2023	3. Sharing knowledge, data and information SLCVO to contact Licensing Standards Officer to see if they could help engage with licensed premises.	<ul style="list-style-type: none"> 16/06/2023 – contact has been and they are looking at ways to connect the forum to licensed premises 25/07/2023 – no update 19/09/2023 – no progress may have to look at other ways to contact licensed premises 	Open
13/06/2023	4. Skye & Lochalsh Sib-group Drug & Alcohol Workers for Area	<ul style="list-style-type: none"> 25/07/2023 update provide at the workshop on the 18th July confirmed that both organisations are open to hosting positions. Skye and Lochalsh CAB have also noted interest in hosting a position. Before any position 	Open

	<p>Lowri Richards LSHA Tenant Engagement and Support and Roddy MacLeod Skye Youth Development Officer for Highlife Highland to ask respective organisations if they would consider hosting a D&A staff role</p>	<p>can be applied for groups need to identify need through research, quantitative evidence, and community engagement. The Community Champion Network project includes 1.5 days a month for SLCVO to support groups in identifying need and collating evidence. If the application to the Highland Alcohol and Drugs Partnership Local Improvement Fund is not successful, the Forum will need to look at other way resources can be allocate to this.</p> <ul style="list-style-type: none"> • 19/09/2023 J Ford advised the group that the project has been successful in its funding application however only half the funds asked for have been offered. SLCVO and KLCT will look at what can be delivered for this reduced amount however, funding to support the D&A Forum and groups to gather evidence of need and plan new projects will probably have to be taken out of the project and the delivery reduced from 17 to around 7 months. 	
<p>19/09/2023</p>	<p>5. Sharing information, Highlighting good practice and learning</p> <p>Vaping forum to consider how the money that is in the bank account to help reduce this.</p>	<ul style="list-style-type: none"> • 19/09/2023 Participants discussed the issues of vaping and children, it was noted that children as young as P6 are now vaping. There are a number of significant concerns: <ul style="list-style-type: none"> • Vaping is a gateway to other substances, • There is a lack of understanding of health effects • The ease of access to vaping (online being a big issue) • The environmental impact of vaping pens <p>Young people need to be more aware of issues and harms associated with vaping. J Ford to look at what is available at the moment and share with the forum</p>	<p>NEW</p>

Meeting date	Closed Actions	Update	Status
28/03/2023	Governance Terms of Reference agreed.		Completed 28/03/2023
28/03/2023	Sharing knowledge, data and information SLCVO to invite other groups and services to be part of the Forum	<ul style="list-style-type: none"> • 13/06/2023 some invitations issues • 16/06/2023 see action 8 • 25/07/2023 participants at the Skye & Lochalsh sub-group workshop on the 18th July signed-up to the Forum mail list of which there are now 62 subscribers from third sector and public sector organisations 	Closed
28/03/2023	Sharing information, Highlighting good practice and learning SLCVO to create a Forum Bulletin - It was agreed that a Bulletin is a good way to share information from a central point. Forum members will email SLCVO with information they want to share in the Bulletin.	<ul style="list-style-type: none"> • 30/05/2023 The first bulletin was issued as a PDF • 13/06/2023 it was agreed to send to send the bulletin as an editable document so groups can use the information • 10/07/2023 Second bulletin issued by email to mail list 	Closed
13/06/2023	Sharing Information SLCVO to set-up a dedicated webpage on the SLCVO website for the Forum	<ul style="list-style-type: none"> • 25/07/2023 Webpage is now live meeting notes and bulletins will be shared on this as well as other information that will help groups https://www.slcvo.org.uk/slwr-da-forum 	Completed 10/07/2023
13/06/2023	Sharing knowledge, data and information SLCVO to host a workshop for the Skye & Lochalsh Sub-group to look at look at how	<ul style="list-style-type: none"> • 16/06/2023 – Workshop arranged for 18th July at Kyleakin Hall, invitations sent to forum members, Community Councils, Development Trusts, NHSH, Skye Connect and groups who deliver support activities • 25/07/2023 notes from workshop will be issued in September bulletin 	Completed 18/07/2023

	groups, services and businesses can work together to tackle the drug and alcohol challenges facing communities, families and individuals in Skye and Lochalsh.		
13/06/2023	<p>Sharing information - how to report criminal activity</p> <p>Nicholas Kelly to liaise with Police Scotland Rep to get agreement of poster (reporting pathways for criminal activity) from the media team</p>	<ul style="list-style-type: none"> 16/06/2023 Poster sent to Police Scotland for review 25/07/2023 The poster has been distributed in Broadford however, at the forum meeting on the 25 July Police Scotland advised the poster and internal Police Scotland email should not be used as the poster does not follow Police Scotland standards and reporting criminal activity should follow below. <ul style="list-style-type: none"> Always dial 999 in an emergency By phone – 101 for non-emergencies Online – for issues of a non-serious nature use the Contact Us form In person – Find your local Police Stations and check the Public Counter opening hours Text Relay - 18001101 for deaf, deafened, hard of hearing or speech-impaired callers Support for British Sign Language users/speakers In writing – to PO BOX 2460, Dalmarnock, Glasgow, G40 9BA <p>19/09/2023 posters have been removed – action closed as people should be signposted to above</p>	Closed
13/06/2023	<p>Sharing Information</p> <p>SLCVO to look at what information there is to reassure public about the reporting process</p>	<ul style="list-style-type: none"> 16/06/2023 information shared with YDO and Youth worker about Crimestoppers ‘Fearless campaign a dedicated service for 11 to 17 years olds to report crime https://crimestoppers-uk.org/fearless 	Completed 10/07/2023

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