

## **Skye, Lochalsh and Wester Ross Drug & Alcohol Forum Bulletin September 2023**

Welcome to the third Skye, Lochalsh and Wester Ross Drug & Alcohol Forum Bulletin. In this issue is:

- An overview of the Skye & Lochalsh sub-group workshop held on the 18<sup>th</sup> July
- Training and Learning Opportunities
- Information how to report criminal activity and antisocial behaviour
- Drug and Alcohol Statistics
- Dates of next forum meetings

### **Skye & Lochalsh Sub-group Workshop 18 July Kyleakin hall**

Attendees (27 people):

- **Third Sector** (12 groups): Lochalsh and Skye housing Association, Bradford and Strath Community Council, Viewfield Garden Collective, Rag Tag and Textile, SLCVO, Skye and Lochalsh Befrienders, Highlife Highland Youth Development (x2), Skye and Lochalsh Mental Health Association, Living Hope Skye and Lochalsh, Kyle and Lochalsh Community trust, Church of Scotland Presby, Counselling Care Skye and Lochalsh
- **Public Sector:** NHS Highland x 8 (including Single Pint of Contact, Day Care Services, Public Health, Community Mental Health Team DARS), Highland Council Employability Services, Plockton High School, Scottish Fire and Rescue Service x 3.
- **Strategic Partnerships:** Highland Alcohol and Drugs Partnership (HADP)

Apologies: Highland Council Ward 10 Councillor, Skye and Lochalsh Citizens Advice Bureau, Police Scotland, Lochalsh Community Council, Dornie and District Community Council

#### **Aim of workshop:**

- To understand what challenges/issues affect our communities
- To identify what support there already.
- To look at how groups, services, the public sector and businesses can work together to tackle the drug and alcohol challenges facing communities, families and individuals in Skye and Lochalsh.

The session opened with J Ford (Forum Chair) giving an overview of the different types of Drug and Alcohol Support/services (prevention, harm reduction, treatment& recovery), the legislation that supports these and national and regional polices and plans relating to reducing drug and alcohol issues. This was followed by a mapping exercise to identify current support and services, then an open discussion looking at issues and possible solutions.

**Issues identified by participants:**

- There is a lack of knowledge about support/services available
- Information is held in a number of places, these are not easy to find/access unless there is prior knowledge of them
- Referral pathways to services are not obvious
- People do not have confidence to engage with services
- Support and services are fragmented
- Waiting lists for public sector services are long with people left with no support for months when issues can become worse
- Generational and historic issues in families perpetuate issues
- There are cultural and stigma challenges
- Peer pressure on young people
- People who have drug or alcohol issues have increased risk of harm from fire/accidents
- There is a lack of quantitative evidence to support the anecdotal understanding of need in the area

**Solutions discussed by participants:**

- Having a single point of contact for information such as directory or app
- Information sharing and awareness raising through the local Forum
- Utilising technology and supporting people to use it
- Maximising what support and services are already there
- Having groups who can act as a bridge to services
- Empowering people to become champions in their area
- Getting parents engaged in this process and looking at how they can support change/solutions
- Employing a drug and alcohol worker for the area
- Facilitating training such as Naloxone train the trainer
- Partnership working without breaching GDPR
- Approaching UHI or other research organisations to help gather evidence of need
- Review past interventions in the area to gain learning from already tested activity

**Outcomes from workshop**

- Third sector groups and public sector services were able to connect and share information
- More services, toolkits and support providers were identified through the mapping exercise, these will feed into the development the Forums Directory
- There is now a better understanding of issues in the area and acknowledgement that there needs to be more evidence of need to establish and new projects/services

- It was agreed by the workshop participants that the SLWR Drug and Alcohol Forum should submit an expression of interest to the Highland Alcohol and Drugs Partnership Local Improvement Fund for a project that:
  - Enables the sharing of information,
  - Facilitates engagement with key communities
  - Supports the capacity building of Forum members to develop drug and alcohol services.

SLCVO, Lochalsh and Skye Housing Association, Kyle and Lochalsh Community Trust and Counselling Care Skye and Lochalsh agreed to take this forward.

### **Post-workshop update**

Kyle of Lochalsh Community Trust and SLCVO submitted an EOI to the Highland Alcohol and Drugs Partnership Local Improvement Fund for a project to develop a Community Champion Network in Lochalsh and provide support to the Forum for 1.5 days a month. The EOI was successful and full application was submitted on the 26<sup>th</sup> of August. If funding is awarded, the project will be for 17 months during which time the project team will:

- Develop and implement a framework to establish a Community Champion Network in Lochalsh
- Complete the Forum Directory
- Provide 10 hours a month of support for Forum activities and group capacity building

## **Training**

**The Scottish Drugs Forum free on-line training - [Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://www.sdftraining.org.uk)**

- Online Staying Alive: Preventing Drug Related Deaths 19/09/2023
- Drugs and Bugs - Bacterial Infection Outbreaks – 12/09/2023
- Understanding Stigma: Promoting inclusive attitudes and practice – 28/09/2023
- What's the Harm? - Polysubstance Use and Overdose –24/08/2023, 05/09/2023, 19/09/2023
- Peer led Overdose Prevention, Intervention and Naloxone for People who use/used drugs –, 25/10/2023, 27/12/2023

**The Scottish Drugs Forum <https://www.sdf.org.uk/what-we-do/addiction-worker-training-project/>**

- Addiction Worker Training Project

**Alcohol Focus Scotland [Events | Alcohol Focus Scotland \(alcohol-focus-scotland.org.uk\)](https://www.alcohol-focus-scotland.org.uk)**

- Training on Harmed by Alcohol Toolkit –14/09/2023 Glasgow £160.00
- Alcohol Affects Us All (enhanced Children Alcohol Awareness) –29/09/2023 Glasgow £55.00
- Alcohol Awareness –27/09/2023 Glasgow £30.00

**Scottish Families affected by Alcohol and drugs**

- A collection of webinars <https://www.sfad.org.uk/resources/webinars>
- Information Leaflet <https://www.sfad.org.uk/resources/information-leaflets>
- Learning Hub <https://www.sfad.org.uk/learning-hub>

### **Samaritans West Highland and Skye project**

A programme of free information webinars over September and October. The webinars are a great opportunity to build your confidence and awareness on a few issues relating to mental wellbeing and suicide prevention. There are five webinars in the series and these one-hour sessions are an excellent way to build knowledge and awareness on a range of topics. Sign up to as many of the sessions as you wish using the links below.

- Emotional health and wellbeing – 13th Sep 1-2pm – [Sign Up](#)
- Challenging myths about suicide – 20th Sep 1-2pm – [Sign Up](#)
- Self-harm – 27th September 1-2pm – [Sign Up](#)
- Staying resilient – 4th October 1-2pm – [Sign Up](#)
- How to listen – 11th October 1-2pm – [Sign Up](#)

Each session will include an introduction to Samaritans and then focus on a specific theme. Participants must be aged 18 or over to take attend. Sessions are interactive and delivered by a trained Samaritans facilitator.

Also available is our one-day '[Conversations with Vulnerable People](#)' course that can be delivered digitally over two half-days at a time convenient to your organisation.

For more information on [www.samaritans.org/highlands-training](http://www.samaritans.org/highlands-training) or email [highlands@samaritans.org.uk](mailto:highlands@samaritans.org.uk)

### **Public Health Scotland Learning Hub**

The hub aims to inform and increase awareness and knowledge of public health including prevention and wellbeing, and how we collectively work together to deliver public health in Scotland. Learning hub objectives

- Provide an overview of public health and how it is delivered in Scotland.
- Provide examples of sectors that have a public health role.
- Support learners to reflect on their learning of public health.
- Embed the message that everyone has a part to play.

Find out more here: <https://learning.publichealthscotland.scot/course/view.php?id=611>

### **Highland Child Protection Committee**

Child Protection Training is available free of charge to anyone who has contact with children in Highland. This includes those working with families and in adult services. Child Protection Training in Highland is developed and delivered in line with the National Learning and Development Framework for Child Protection.

<https://hcpc.scot/training/>



The Highland Substance Awareness Toolkit is an online library that provides information in relation to drugs and alcohol in Highland. Topics covered include Drugs, Alcohol, Tobacco, New Psychoactive Substances (NPS/'legal highs'), Caffeine and Blood Borne Viruses (BBV). Information in the toolkit is categorised by target audience:

- **Professionals** - Aimed at teachers, youth workers and other professionals working to educate children and young people in Highland. This section of the toolkit contains up to date information, advice and lesson plans to assist with the delivery of substance misuse education and the associated Highland Substance Misuse Framework.
- **Parents and Carers** - Aimed at parents or carers of young people living in Highland. This section of the toolkit contains up to date information and advice targeted specifically at parents and carers on the themes of drugs, alcohol and tobacco.
- **Young People** - This section of the toolkit contains up to date information and advice targeted specifically at young people living in Highland on the themes of drugs, alcohol, tobacco and e-cigarettes.

[Information source on the use of drugs, alcohol and cigarettes \(scot.nhs.uk\)](https://scot.nhs.uk)

#### NHS Remote & Rural Series of Learning Events

- NHS Highland Libraries Connecting with Your Community Tuesday 5 September 2023 10.00am – 11.00am [Webinar registration | Microsoft Teams](#)
- Skye and Lochalsh Mental Health Association \*\*\*Places limited to 10 in person only at Am Fasgadh, 6 Woodpark, Dunvegan Road, Portree\*\*\* Wednesday 27 September 2023 10.00am – 12.30pm [Skye and Lochalsh Mental Health Association Tickets, Wed 27 Sep 2023 at 10:00 | Eventbrite](#)
- Introducing Scotland's National Bereavement Charter for Adults and Children Tuesday 3 October 2023 10.00am – 11.30am [Webinar registration | Microsoft Teams](#)
- Social Care as a Human Right: a Vision for a National Care Service Wednesday 4 October 2023 10.00am - 11.30am [Webinar registration | Microsoft Teams](#)
- How carer (unpaid) aware are you? Wednesday 25 October 2023 10.00am – 12.30pm [Webinar registration | Microsoft Teams](#)

## How to report criminal activity an antisocial behaviour

<p><b>Crimestoppers</b> An independent charity that gives people the power to speak up and stop crime – 100% anonymously <a href="https://crimestoppers-uk.org/">https://crimestoppers-uk.org/</a> 0800 555 111</p>
<p><b>Fearless</b> Fearless is the dedicated youth service of Crimestoppers. Fearless is a site where you can access non-judgemental information and advice about crime and criminality. With information and guides for young people, parents/guardians and professionals <a href="https://crimestoppers-uk.org/fearless">https://crimestoppers-uk.org/fearless</a> 0800 555 111</p>
<p><b>Highland Council Anti-social Behaviour</b> Anti-social includes everything from dog fouling and littering to substance abuse and serious harassment. It damages people’s quality of life, and it damages our communities. Find more information about this and how to report it on the Highland Council Website <a href="https://www.highland.gov.uk/info/997/housing_advice/222/antisocial_behaviour">https://www.highland.gov.uk/info/997/housing_advice/222/antisocial_behaviour</a></p>
<p><b>Police Scotland</b></p> <ul style="list-style-type: none"><li>• Always dial 999 in an emergency</li><li>• By phone – 101 for non-emergencies</li><li>• Online – for issues of a non-serious nature use the <a href="#">Contact Us form</a></li><li>• In person – Find your local <a href="#">Police Stations</a> and check the <a href="#">Public Counter opening hours</a></li><li>• Text Relay - 18001101 for deaf, deafened, hard of hearing or speech-impaired callers</li><li>• <a href="#">Support for British Sign Language users/speakers</a></li><li>• In writing – to PO BOX 2460, Dalrnarnock, Glasgow, G40 9BA</li></ul>
<p><b>Victim Support</b> Victim Support are independent from the police, and our support is free and confidential. They are there to help anyone affected by crime. Not only those who experience it directly, but also their friends, family and any other people involved. It doesn’t matter when the crime took place, or whether you’ve reported it to the police. You can get help at any time, 24 hours a day, seven days a week. <a href="https://www.victimsupport.org.uk/">https://www.victimsupport.org.uk/</a> 08 08 16 89 111</p>

## Drug and Alcohol Statistics

### Police Scotland Highland Council Area Report Quarter 4

Understanding the levels of drug and alcohol crime in the area will help when planning projects or services. Police Scotland publish data on how they are performing on their website [How we are performing - Police Scotland](#). The information below has been taken from the 22/23 Q4 report for the Highlands.

**TABLE 17.9**

**Group 6 offences recorded by Police Scotland (Highland):**

*Number of recorded, offence rate, detected and detection rate by selected offence classification; 2021/22 - 2022/23 (year-to-date to end of Q4)*

Selected offence classification	Number recorded		Rate per 10,000 population	
	2021/22	2022/23	2021/22	2022/23
Drunk and incapable	1	1	0.0	0.0
Consume alcohol in designated place local bye-law	26	9	1.1	0.4
Other alcohol related offences	39	55	1.7	2.3
Drink, drug driving offences (incl. fail to provide a specimen)	534	574	22.6	24.3

**TABLE 17.7**

**Group 5 crimes recorded by Police Scotland (Highland):**

Selected crime classification	Number recorded		Rate per 10,000 population	
	2021/22	2022/23	2021/22	2022/23
Production, manufacture or cultivation of drugs	21	7	0.9	0.3
Supply of drugs (incl. possession with intent)	98	121	4.2	5.1
Bringing drugs into prison	2	-	0.1	-
<b>Supply of drugs - Total</b>	<b>121</b>	<b>128</b>	<b>5.1</b>	<b>5.4</b>
Possession of drugs	1 257	1 033	53.3	43.8
Other drugs offences (incl. importation)	5	-	0.2	-
<b>Total drugs crimes</b>	<b>1 383</b>	<b>1 161</b>	<b>58.6</b>	<b>49.2</b>

**NHS Highland Board Annual Report submitted to the Scottish Government for Highland Alcohol and Drugs Partnership 31 January 2023**

This report gives background information on HADP and Highland drug related deaths (35 in 2021) and deaths from conditions caused by alcohol (61 in 2021)

<https://www.nhshighland.scot.nhs.uk/media/hzxlllyz2/item-10-alcohol-drug-partnership-annual-report-31-jan-2023.pdf>

We will continue to look for more recent and detailed figures for the SLWR Community Partnership area

## Next Forum Meeting Dates

- **Tuesday 19<sup>th</sup> September 1.00pm - 2.30pm**
  - Microsoft Teams meeting
  - Join on your computer, mobile app or room device
  - [Click here to join the meeting](#)
  - Meeting ID: 396 409 324 249  
Passcode: YzdrxN
  - [Download Teams](#) | [Join on the web](#)
- Tuesday 21<sup>st</sup> November 1.00pm - 2.30pm
- Tuesday 30<sup>th</sup> January 1.00pm - 2.30pm
- Tuesday 26<sup>th</sup> March 1.00pm - 2.30pm

## SLCVO Skye and Lochalsh Council for Voluntary Organisations

A charity registered in Scotland number SC013885, Company limited by Guarantee SC177372.

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