

## Drug & Alcohol Forum Skye, Lochalsh and Wester Ross Bulletin 01 June 2023

Welcome to the second Drug & Alcohol Forum Skye, Lochalsh and Wester Ross Bulletin. I apologise for it being late however, personal circumstances meant I had to take time off from work.

### Update of actions from meeting on the 28th March

As we have not received information from forum participants to share in this bulletin I have provided some information about a few initiatives you may find useful. If you have any information/updates about your organisations activity please send the details to [jo.ford@slcvo.org.uk](mailto:jo.ford@slcvo.org.uk) by Friday 7<sup>th</sup> July for the next Bulletin issued on Friday 21<sup>st</sup> July

We are still looking for a couple of people to help with the short-term working group to close the legacy bank account. If anyone wants to be part of the sub-group please contact [tjo.ford@slcvo.org.uk](mailto:tjo.ford@slcvo.org.uk)

An invitation to attend the next meeting will be sent on the 1<sup>st</sup> June to those identified at the last meeting.

From the list of priorities identified at the last meeting four areas of activity have been identified for the forum:

- Engagement with adults
- Engagement with young people and families
- Engagement with employers
- Sharing of information

We will consider these at the next meeting and arrange sub-group meetings for these to take forward actions and collaborative working.

The next meeting will be Tuesday the 13<sup>th</sup> June 1pm – 2.30pm using Microsoft Teams

Microsoft Teams meeting

**Join on your computer, mobile app or room device**

[Click here to join the meeting](#)

Meeting ID: 326 612 946 594

Passcode: HJ2yjA

[Download Teams](#) | [Join on the web](#)

[Learn More](#) | [Meeting options](#)

## Local, Regional and National Activity

**Issue 75 of the Highland Alcohol and Drugs Partnership News Bulletin** can be accessed here [Highland Alcohol and Drugs Partnership News Bulletin Issue 75 \(office.com\)](https://www.highland-adp.org.uk/news-bulletin/issue-75)

**CAMHS** are working closely with the Highland Alcohol and Drug Partnership (HADP), Drug and Alcohol Recovery Service (DARS) and the Youth Action Team (YAT) to develop ways of offering increased access to evidence based psychological intervention to support improved long-term outcomes for young people who are struggling with their mental health AND co-morbid substance use difficulties.

For more information visit <https://www.camhs-nhshighland.com/drugs-alcohol>

### **Drugs Research Network for Scotland (DRNS)**

Drugs Research Network for Scotland (DRNS) aims to develop collaborative research across disciplines, organisations and countries to generate high-quality evidence that will inform developments in policy and practice. Their websites includes funding opportunities, research updates and news.

<https://drns.ac.uk/updates/>

## Help and Support

### **FRANK**

For honest information and advice on drugs.

Talk to Frank - 0300 1236600

<https://www.talktofrank.com/>

### **Highland Alcohol and Drugs Partnership**

Services for Young People <https://www.highland-adp.org.uk/services-for-young-people>

Services for Adults <https://www.highland-adp.org.uk/services-for-adults>

General information <https://www.highland-adp.org.uk/>

### **Scottish Families Affected by Alcohol and Drugs**

Scottish Families Affected by Alcohol and Drugs is a national charity that supports anyone affected by someone else's alcohol or drug use in Scotland.

<https://www.sfad.org.uk/>

### **Alcohol Focus Scotland**

Scotland's alcohol charity, supporting individuals, families and communities.

<https://www.alcohol-focus-scotland.org.uk/alcohol-information/alcohol-and-young-people/>

### **Hope UK**

Helping young people develop the knowledge and skills they need to be drug free.

<https://www.hopeuk.org/>

**Young Minds**

An online guide for young people about the facts on drugs and alcohol, how they can affect mental health, and advice on what to do if they need support.

<https://www.youngminds.org.uk/young-person/coping-with-life/drugs-and-alcohol/>

**Kooth**

Kooth is an anonymous site which helps children and young people to feel safe and confident in exploring their concerns and seeking professional support.

[Kooth — NHS Highland CAMHS CAMHS \(camhs-nhshighland.com\)](https://www.kooth.com/)

**MIND**

List of organisations who offer support for recreational drug and alcohol addiction, including organisations who can help if you are supporting someone else.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/recreational-drugs-alcohol-and-addiction/drug-and-alcohol-addiction-useful-contacts/>

## Resources, Training and Learning Opportunities

### Upcoming Training

**Scottish Drugs Forum Free Training Courses**

21 June Cocaine and Psychostimulants on-line

To book please go to the Scottish Drugs Forum Workforce development page [Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://www.sdftraining.org.uk/). If you do not already have one, you will need to create an account before you can register for a course

### On-going Learning and Resources

**Highland Alcohol and Drugs Partnership E-Learning**

A series of online modules for front-line clinicians and other practitioners

<https://www.highland-adp.org.uk/elearning-modules>

**Scottish Drug Forum E-Learning**

SDF training is for people working and living in Scotland, there is a wide range of courses including:

- **Drug awareness and introductory course (free)** This course lays the foundation for all our other e-learning courses and is a great place to start! After you complete this course, you will recognise different patterns of drug use and be able to name commonly used drugs in Scotland. You will also learn vital harm reduction techniques that you can immediately put into action.
- **A workers tool kit for New Psychoactive Substances (free)** Have you been in contact with someone who uses New Psychoactive Substances (NPS)? This course has been designed to give you an overview of NPS and how to support people who use NPS. By the

end of this course, you will be able to recognise different patterns of use, you will have a deeper understanding of two types of NPS in Scotland and learn harm reduction techniques for people who use NPS.

- **Cocaine and psychostimulants (free)** Did you know that cocaine and psychostimulant use is increasing in Scotland? These substances are widely available and easy to access. Sadly, deaths where cocaine has been implicated are on the rise. By completing this course, you will learn vital harm reduction information.

<https://www.sdftraining.org.uk/e-learning>

#### **The Highland Substance Awareness Toolkit for professionals, parents/carers and young people**

This online library provides information in relation to substances in Highland. Topics covered include Tobacco, Alcohol, and Drugs, including New Psychoactive Substances (NPS, previously known as 'legal highs'), Caffeine, and also information about Blood Borne Viruses (BBV).

<https://www.highlandsubstanceawareness.scot.nhs.uk/>

#### **NHS Highland Health Improvement Training**

The Health Improvement team aim to build and strengthen the capacity of staff and partners to improve health and tackle health inequalities. You do not need to work for NHS Highland but will require a Turas Learn account. Courses currently include:

- Alcohol Brief Interventions (ABI)
- Introduction to Mental Health and Wellbeing
- Smoke-free hospital sites
- Suicide Intervention and Prevention Programme (SIPP)

<https://www.nhshighland.scot.nhs.uk/staff-and-partners/training/health-improvement-training>

#### **NHS Highland Drug and Alcohol Recovery**

<https://www.nhshighland.scot.nhs.uk/your-services/all-services-a-z/drug-and-alcohol-recovery/>

#### **Highland Alcohol and Drug Partnership**

- Publications and Resources [Publications and Resources \(highland-adp.org.uk\)](http://highland-adp.org.uk)

## Forum Directory

Third Sector Organisations	
<p><b>Skye and Lochalsh Council for Voluntary Organisations</b> Chair and management of the Drug &amp; Alcohol Forum SLWR</p> <p>Skye and Lochalsh Council for Voluntary Organisations are a rural delivery partner for the Highland Third Sector Interface. We provide free third sector support services across Skye, Lochalsh and Wester Ross, including support in the set-up and running of groups; volunteer management; training and capacity development and funding.</p>	<p><b>Jo-Anne Ford</b> D&amp;A Forum Chair and SLCVO Chief Officer <a href="mailto:Jo.ford@slcvo.org.uk">Jo.ford@slcvo.org.uk</a> 01478 612921 <a href="http://www.slcvo.org.uk">www.slcvo.org.uk</a></p>
<p><b>Am Fasgadh - Skye and Lochalsh Mental Health Association</b> Portree Drop in Sessions Monday - Wednesday and Friday 9am – 5pm; Thursday 12.30pm – 5pm and Saturday and Sunday 9am –</p>	<p>Wood Park, Dunvegan Road, Portree, Isle of Skye, IV51 9HQ <a href="http://www.slmha.co.uk">www.slmha.co.uk</a> 01478 613533, <a href="mailto:admin@slmha.co.uk">admin@slmha.co.uk</a></p>
<p><b>Befrienders Skye &amp; Lochalsh</b> Befrienders Skye and Lochalsh offer a range of befriending activities including face to face, telephone and hospital befriending. Self-referrals and referrals from family members, GPs, social work, nurses and community groups are accepted.</p>	<p><b>Claire Nairn</b> Befrienders Co-ordinator SLCVO, Tigh Lisigarry, Bridge Road, Portree, Isle of Skye, IV51 9ER <a href="http://www.befriendersskyeandlochalsh.com">www.befriendersskyeandlochalsh.com</a> Email: <a href="mailto:befrienders@slcvo.org.uk">befrienders@slcvo.org.uk</a> Telephone: 01478 272058 Mobile: 07522 544280 Working Hours: Monday – Wednesday 9.15 - 15.15</p>
<p><b>Counselling Care: Skye and Lochalsh (CC:SL)</b> CC:SL is a client focused, counselling and psychotherapy service serving the communities of the Isle of Skye and the area of Lochalsh. We provide quality counselling and psychotherapy services to those in our community affected by mental health issues.</p>	<p>c/o Kyle Medical Practice, Lochalsh Health Centre, Kyle of Lochalsh, IV40 8AE <a href="https://counsellingcaresl.org">https://counsellingcaresl.org</a></p> <p>You can refer to our counselling service by emailing our Referral Co-Ordinator, Karen Haddow on <a href="mailto:karen@counsellingcaresl.org">karen@counsellingcaresl.org</a> or by calling Karen on 07979 081 367.</p>
<p><b>Highlife Highland Youth Services</b></p>	<p><a href="http://highlifehighland.com">http://highlifehighland.com</a></p> <p>Roddy MacLeod</p>

<p>High Life Highland has a qualified Youth Worker in each of the 29 secondary school catchment areas.</p>	<p>Skye Youth Development Officer <a href="mailto:Roddy.MacLeod@highlifehighland.com">Roddy.MacLeod@highlifehighland.com</a></p> <p>Lochalsh Youth Development Officer</p> <p>Yvonne Boa (she/her/hers) Ullapool Youth Development Officer <a href="mailto:yvonne.boa2@highlifehighland.com">yvonne.boa2@highlifehighland.com</a></p>
<p><b>Living Hope</b> Road2Recovery: Weekly recovery group for adults with Addiction at 7pm on Wednesdays in Kyleakin Church Hall.</p>	<p><b>Stevie Boyle</b> 07715 435341</p>
<p><b>Lochalsh and Skye Housing Association</b> An Independent non-profit housing organisation to develop, manage and maintain housing for rent. Also offering the following services:</p> <ul style="list-style-type: none"> <li>• The Handyperson Service: a free service aimed at helping people over the age of 65 and disabled people with minor repairs and tasks around the home. The</li> <li>• Care and Repair Service: If you are disabled or aged over 65 they can help you with repairs, adaptations and improvements to your home.</li> <li>• Energy Advice Service: A free service for all households in Lochalsh, Skye and Raasay.</li> <li>• Tenant Advice: Free to all LSHA tenants, the Tenant Adviser is available to provide advice and information on a wide range of topics such as benefits, personal budgeting, signposting and referrals to free advice agencies.</li> </ul>	<p><b>Lowri Richards (she/her)</b> Tenant Engagement and Support <a href="http://www.LSHA.co.uk">www.LSHA.co.uk</a> 01478612035, info@LSHA.co.uk Mobile: 07825410116</p>
<p><b>Scottish Alcohol Counselling Consortium</b> The Scottish Alcohol Counselling Consortium is a small, member-led organisation of councils on alcohol and local, voluntary alcohol and addiction support agencies. Our member organisations all provide alcohol counselling or one to one support as part of their services.</p>	<p><b>Vivienne Brown</b> SACC Co-ordinator <a href="mailto:vivienne.brown@scotacc.org">vivienne.brown@scotacc.org</a> Mob : 07934 295047 <a href="http://www.scotacc.org">www.scotacc.org</a></p>

<p>They can help connect Forum to national networks, provide training for volunteers, continued professional training</p>	
<p><b>Skye and Lochalsh Young Carers</b> Providing support, respite and guidance to young people (under 18) who care for a family member. Referral can be made via the referral form found on their website or by a medical professional.</p>	<p>Victoria Cottage, Hedgefield Road, Portree, Isle of Skye, IV51 9GF <a href="http://www.slyc.org.uk">www.slyc.org.uk</a> 01478 613617, skye.lochalshcarers@gmail.com</p>
<p><b>Support in Mind</b> Community Link Workers are based in GP practices they support people with a variety of social, financial, mental health and practical issues.</p>	<p><b>Sarah Cardno</b> Senior Community Link Worker 07568 225744 <a href="mailto:S-Cardno@supportinmindscotland.org.uk">S-Cardno@supportinmindscotland.org.uk</a></p>
<b>Public Sector Organisations</b>	
<p><b>Highland Alcohol and Drug Partnership</b> HADP is the multi-agency strategic partnership whose purpose is to achieve improved outcomes for individuals, families and communities by preventing and reducing drug and alcohol related harm in Highland. As a multi-agency partnership, HADP is responsible for setting the overarching alcohol and drugs strategy and action plan for Highland.</p>	<p><a href="https://www.highland-adp.org.uk">https://www.highland-adp.org.uk</a> 01463 704603 info@highland-adp.org.uk.</p>
<p><b>Highland Council Wards 5 and 10</b></p>	<p><b>Willie MacKinnon</b> Ward Manager, Ward 10, Eilean a' Cheo 07825116490</p> <p><b>Julie Wileman</b> Assistant Ward Manager Skye, West &amp; Mid Ross. 07502 069 615 <a href="mailto:Julie.wileman@highland.gov.uk">Julie.wileman@highland.gov.uk</a></p>
<p><b>Ward 5 - Wester Ross, Strathpeffer and Lochalsh Councillors</b> Councillors represent the views and opinions of individuals. It is also their responsibility to help those with difficulties which the council could help solve</p>	<p><b>Chris Brit</b> <a href="mailto:Chris.Birt.cllr@highland.gov.uk">Chris.Birt.cllr@highland.gov.uk</a></p> <p><b>Isabelle (Biz) Campbell</b> <a href="mailto:isabelle.campbell.cllr@highland.gov.uk">isabelle.campbell.cllr@highland.gov.uk</a></p> <p><b>Liz Kraft</b> <a href="mailto:Liz.Kraft.cllr@highland.gov.uk">Liz.Kraft.cllr@highland.gov.uk</a></p>

	<p><b>Patrick Logue</b>  <a href="mailto:Patrick.Logue.cllr@highland.gov.uk">Patrick.Logue.cllr@highland.gov.uk</a></p>
<p><b>Ward 10 - Eilean a' Cheò Councillors</b>                  Councillors represent the views and opinions of individuals. It is also their responsibility to help those with difficulties which the council could help solve</p>	<p><b>John Finlayson</b>  <a href="mailto:john.finlayson.cllr@highland.gov.uk">john.finlayson.cllr@highland.gov.uk</a></p> <p><b>Drew Millar</b>  <a href="mailto:Drew.Millar.cllr@highland.gov.uk">Drew.Millar.cllr@highland.gov.uk</a></p> <p><b>Calum Munro</b>  <a href="mailto:calum.munro.cllr@highland.gov.uk">calum.munro.cllr@highland.gov.uk</a></p> <p><b>Ruraidh Stewart</b>  <a href="mailto:Ruraidh.Stewart.cllr@highland.gov.uk">Ruraidh.Stewart.cllr@highland.gov.uk</a></p>
<p><b>Highland Council Care &amp; Learning</b></p>	<p>Practice Lead – Care &amp; Protection - Skye, Lochalsh, Wester Ross and Assynt                  Tigh na Sgìre” Park Lane, Portree, Isle of Skye. IV51 9GP</p>
<p><b>Highland Cares Team</b>                  Highland Cares is the umbrella organisation for the “Cares” initiatives being rolled out by the Highland Council to support local Community Partnerships in community wellbeing..</p> <p>There are four Highland Cares plans for the SLWR:</p> <ul style="list-style-type: none"> <li>• Employment, Learning and Training Plan</li> <li>• Community Action Plan</li> <li>• Health and Wellbeing Plan</li> <li>• Children and Young People Plan</li> </ul> <p>These are monitored by a local board of representative from the Highland Council, NHS, SLCVO, HIE and the third sector. Groups can get a copy of the plans and application form from any of the contacts listed.</p> <p>Many of the actions in the plans support early intervention and prevention</p>	<p><b>Angela Platts</b>                  Community Learning and Development                  Mental Health and Wellbeing Officer  <a href="mailto:angela.platts@highland.gov.uk">angela.platts@highland.gov.uk</a></p> <p><b>Don Esson</b>                  Highland Cares Development Officer (West Area)  <a href="mailto:Don.Esson@highland.gov.uk">Don.Esson@highland.gov.uk</a></p> <p><b>Robbie McFedries</b>                  Highland Cares Development Officer (West Area)  <a href="mailto:robbie.mcfedries@highland.gov.uk">robbie.mcfedries@highland.gov.uk</a></p> <p><b>Susan Galloway</b>                  Highland Cares Development Officer (West Area)  <a href="mailto:susan.galloway@highland.gov.uk">susan.galloway@highland.gov.uk</a></p> <p>Yvonne Ross, Child Protection Officer and Highland Cares Team Manager  <a href="mailto:Yvonne.ross@highland.gov.uk">Yvonne.ross@highland.gov.uk</a></p>
<p><b>Schools</b></p>	
<p><b>NHS Highland</b></p>	<p><b>Jean Macrae</b></p>



	Public Health Practitioner ( Skye, Lochalsh and Wester Ross) <a href="mailto:jean.macrae@nhs.scot">jean.macrae@nhs.scot</a>  <b>Carol Ann MacKenzie</b> Smoke Free Highland <a href="mailto:carolann.mackenzie@nhs.scot">carolann.mackenzie@nhs.scot</a>
<b>Police Scotland</b>	<b>Graham Cameron – PS N0318</b> Preventions & Interventions Divisional Co-ordination Unit N Division Telephone: 01463 720 674   01478611618 Email: <a href="mailto:graham.cameron@scotland.police.uk">graham.cameron@scotland.police.uk</a>

## Other Useful Organisations

### **Citizens Advice Bureau Gambling Support Service**

<https://www.cas.org.uk/spotlight/gambling-support-service>

01463 237664 / 07788 178204, [Mike.Youatt@invernesscab.org](mailto:Mike.Youatt@invernesscab.org)

The Citizens Advice Scotland Gambling Support Service has been funded to offer free training sessions to organisations and frontline workers who work with clients who may experience – or be at risk of experiencing – personal difficulties through their own or somebody else’s gambling behaviour.

As well as formal training sessions, also support clients directly by providing information on how they can reduce their risk of gambling and help them access support and treatment services.

### **The Daniel Spargo-Mabbs Foundation**

[Daniel Spargo-Mabbs Foundation \(dsmfoundation.org.uk\)](http://dsmfoundation.org.uk)

Works with young people, parents, teachers and professionals in schools, colleges and community groups using our evidence-based, multi-component drug and alcohol programme, developed in line with best practice for the most effective outcomes.

**SLCVO** Skye and Lochalsh Council  
for Voluntary Organisations

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

Tigh Lisigarry, Bridge Road, Portree, Isle of Skye IV51 9ER

[www.slcvo.org.uk](http://www.slcvo.org.uk)

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01478 612921

**A delivery partner of the Highland Third Sector Interface**

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