



NEWSLETTER

National and local information that may be of interest to members.

June 2025

LOCAL

- **Learning Opportunities**

See Angus ADP Training schedule at the end of this newsletter.

- **Family Support Group** Please share widely

A poster for the Family Support Group. The top half shows a living room with a sofa and a coffee table. The text 'FAMILY SUPPORT GROUP' is written in large, stylized letters. Below this, it asks if you are concerned about a loved one who is using alcohol or substances as a coping mechanism. It then lists the when and where of the group, and the support provided. The bottom of the poster has contact information for TCA.

FAMILY SUPPORT GROUP

Are you concerned about a loved one who is **USING ALCOHOL OR SUBSTANCES AS A COPING MECHANISM** and feel like you would benefit from some support?

JOIN US!

WHEN?
Every Monday,
10:30-11:30am

WHERE?
Fire station, Forfar

SUPPORT IS PROVIDED BY TCA STAFF AND PEERS, AND COULD HELP YOU WITH:

- ✓ How to cope with stigma & judgement from others
- ✓ Strategies for supporting your loved one in their recovery
- ✓ Tools for managing your own mental wellbeing

FOR MORE INFO, CONTACT TCA ON: 01241 872989

- **Angus Council - Youth engagement and participation**

[Charter by young people, for young people](#)

Alcohol Awareness Week

7th to 13th July
Understanding Alcohol Harm



This year's Alcohol Awareness Week, is themed "Alcohol and Work." As part of the week, we'll be opening a conversation about the relationship between alcohol and work to help us better understand it and sharing some helpful tips and advice on changes we can make to improve things for us all.

Monday 7th July

Bruce House, Arbroath Drop in 12pm-2pm

Come along and find out the relationship between Alcohol and Work to give us a better understanding of the affects and some helpful tips and advice on changes we can make to improve things for us all.

Tuesday 8th July

Forfar Well-Bean café Drop-in 12.30pm-1.30pm

The Well-Bean café will have some resources for you to look at and will share some tips and advice about Alcohol and its impact on our health.

Wednesday 9th July

Arbroath Well-Bean cafe Drop-in 12.30pm-1.30pm

The Well-Bean café will have some resources for you to look at and will share some tips and advice about Alcohol and its impact on our health.

Thursday 10th July

Tayside Council on Alcohol, Catherine Street Arbroath, 1pm-2pm, MUST BE BOOKED by emailing Ashton: ashton.dempster@tca-angus.com

Tayside Council on Alcohol and having a session to discuss the effects of Alcohol and will share some helpful information to make informed choices.

10am-3pm Ninewells Concourse Level 7 and Liver ward (Ward 2).

Come along and find out more about Alcohol Awareness Week in the concourse in Ninewells. An information board and leaflets are available for you to take away.

12.30pm-1.30pm MoHub in Montrose

The Well-Bean café will have some resources for you to look at and will share some tips and advice about Alcohol and its impact on our health.

Friday 11th July

Chris Judge session 10am-11.30am. THIS MUST BE BOOKED by emailing AngusADP@Angus.gov.uk

Open to everyone looking to use the Breaking Free online resource to help reduce any substance use including Alcohol.

Angus House, Forfar Drop in 12pm-2pm

Come along and find out the relationship between Alcohol and Work to give us a better understanding of the effects and some helpful tips and advice on changes we can make to improve things for us all.

Keep an eye on the Angus Council and the Angus Health and Social Care Partnership social media channels for other information and helpful tips and advice. For more information please contact the AngusADP@Angus.gov.uk or call 07469918428



- Please use this link to the [AlcoholChangeUK](https://www.alcoholchangeuk.org/) website so that you can browse helpful information for both your personal and professional life. Keep an eye out on the Angus ADP social media pages, and please like and share any posts so we can share as much information as possible.



Angus Adult Protection Committee Alcohol and Safeguarding Introduction to Tayside Practitioner's Guidance

Wednesday, 9 July 2025 – 14:30-17:00

Bruce House, Wellgate, Arbroath

This training session has been developed to accompany the launch of the new Alcohol and Safeguarding Guidance for Practitioners. Its' aim is to assist practitioners responding to people with alcohol dependence who may also present safeguarding concerns in terms of risks to themselves and/or others.

This training is open to all multiagency staff working in Angus.

Facilitator:

- Nicki Walker – Team Manager, Angus Integrated Drug & Alcohol Recovery Service

The aim of this session is to:

- Raise awareness of newly launched alcohol safeguarding guidance for practitioners.
- Increase awareness of how to recognise and respond to people who have alcohol dependence issues.
- Provide guidance in recognising safeguarding issues including risk to self/others.
- Increase awareness of how to respond should you have safeguarding concerns, including when and how to make an adult protection referral.
- Increase understanding of relevant legislation and how this may be of value in supporting people with alcohol dependence issues.

**Book a space here - <https://AngusADP.eventbrite.com>
or email AngusADP@angus.gov.uk**

NATIONAL

Help-seeking among pregnant and parenting women who use drugs

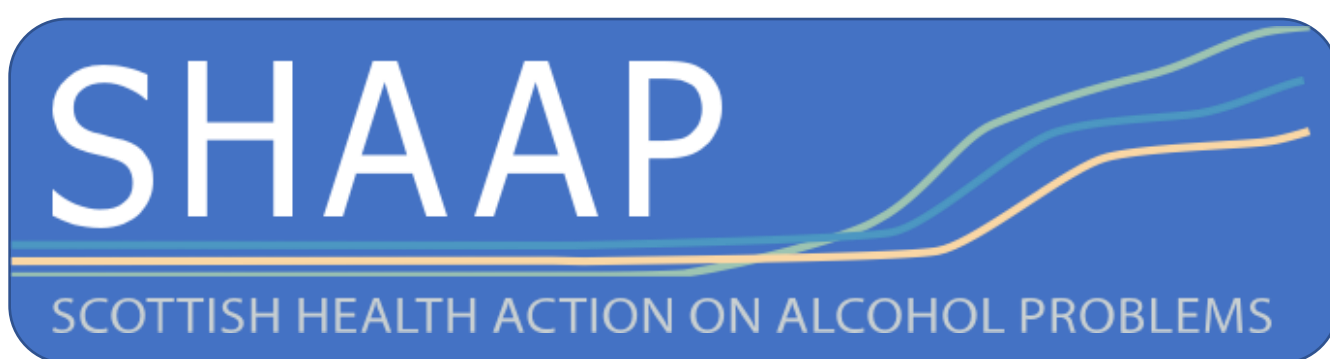
Stigma is a significant issue that may be mitigated through relationships

[Click here to read](#)

PRIDE MONTH: Experiences of Substance Use Stigma in LGBTQIA+ Communities

Anti-Stigma Network explores what inclusive treatment looks like and how we can better support people

[Click here to watch](#)



Updated cancer guidance

Please follow the link to SHAAP's updated cancer guidance for health professionals. This guidance aims to help inform health professionals on the link between alcohol consumption and cancer risk, alcohol-attributable cancer rates in Scotland, opportunities for interventions, and on how alcohol can interact with cancer treatment.

[Alcohol & Cancer Risks: A guide for health professionals \(2025\)](#)

STIGMA SERIES: See The Individual & Give More Acceptance

02/06/2025

In this blog, Irene McCusker candidly recounts her son Graeme's experiences of stigma when receiving care as he struggled with alcohol addiction.

[STIGMA Series: See The Individual & Give More Acceptance](#)



European Drug Report 2025: Trends and Development

EUDA's comprehensive annual report published

[Click here to find out more](#)

Young people ditching alcohol for party drugs as new data reveals record high ketamine and MDMA usage

[A Home Office report](#) has exposed an alarming surge in illegal drug use across England, with ketamine use up by 85 per cent, MDMA by 52 per cent and cocaine by seven per cent over the past year ([GBNews, 06 June](#))



Post-release health service contact for mental health and substance use: Results from RELEASE

National Police and Prison Care Networks are hosting a webinar on Post-release health service contact for mental health and substance use: Results from RELEASE

Date: Wednesday 20 August 2025

Time: 10:00am - 11:00am BST

Location: Online | [Register here.](#)



SDF launches new Motivational Interviewing Badge Scheme

SDF have launched an innovative Motivational Interviewing (MI) Badge Scheme designed to support and recognise professional development in MI practice. The scheme offers a structured, evidence-based learning pathway through Bronze, Silver, and Gold badges, enabling practitioners to build and demonstrate their skills with practical training, coaching, and assessment. This new initiative supports the delivery of psychologically informed care and aims to grow a skilled community of MI practitioners across Scotland.

You can download the brochure [here](#).

New SDF Learning Centre website coming soon

The Scottish Drugs Forum will be launching the new **SDF Learning Centre website** later this year. From the SDF Learning Centre you will be able to access information relating to all their training courses, e-learning, and qualifications. The current SDF Training website (sdftraining.org.uk) will be retired after the launch of the SDF Learning Centre, and no user data will be stored or transferred. If you have accessed our SDF's training or e-learning in the past, and wish to download your current training and e-learning certificates, you can view how to do this at the following link: [Download Training and e-Learning Certificates - Scottish Drugs Forum](#)

Please see below link to the valuable learning opportunities offered to Angus based practitioners by the Scottish Drugs Forum



SDF learning
opportunities.pdf

Volatile Substance Abuse Training (FREE)

Solvent abuse* – gases, aerosols, nitrous oxide ('laughing gas'), poppers, petrol, glues, solvents and other volatile substances.

Founded in 1984, Re-Solv is the expert charity working across the Scotland to end solvent abuse and support all those whose lives are affected by it.

If you live anywhere in Scotland and are worried about your solvent abuse or someone else's – we're here to help. Please get in touch.

Professional Training for gas and solvent use

Re-Solv delivers professional training on gas and solvent use (solvent abuse) to services and support groups across Scotland. With over 35 years of experience in this field, we offer training free thanks to funding from the Corra Foundation.

Group Training for Up to 20 People

Contact us to book group training for up to 20 team members. We can deliver the session via live webinar or face-to-face at your office, depending on location. The training will last approx. 2.5 hrs.

To book or request more information, email: irene.scullion@re-solv.org



*We use the term 'solvent abuse' on our website because this is the term that the public largely uses when searching for help and support around issues with gases and solvents. We want people who need support to be able to find it. We understand that the term 'abuse' is no longer used in most substance use settings. In our day to day support and training work we use the terminology 'gas and solvent use'. Please contact us if you would like further information.

Invitation to participate in a dissertation survey:



Psychological Flexibility and Goal Clarity in Alcohol Reduction

Investigating Willingness to Experience Discomfort as a Predictor of Behaviour Change Success

PARTICIPANTS WANTED

Study Overview

The purpose of this research is to understand how goal clarity and willingness to experience discomfort relate to successful reduction in alcohol consumption



To take part, you must be:

- Aged 18 or over
- Currently using alcohol
- Seeking to cut down your alcohol consumption



Removed by Questie Prie



What's involved?

- Complete an online survey
- Answer questions about your goals and drinking behaviour

For more information, please contact
<https://uws.questionpro.com/t/AOucZ6rgy>

I'm conducting a short survey as part of my MSc dissertation at the University of the West of Scotland, titled: *"Effectiveness of Alcohol Brief Interventions on Mental Health: Exploring Practitioner Perspectives in Tayside."*

If you've delivered or supported ABIs, I'd love to hear from you. The survey takes just 10 minutes and is completely anonymous.

<https://uws.questionpro.com/t/AcNufZ6RGy>

Your insights will help shape how we understand the wider impact of ABIs on mental health and improve future delivery and training. Thanks so much for your time and support!

Rupali Sachar

MSc Contemporary Drugs and Alcohol Studies

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ADP TRAINING

Please also refer to the PPA Newsletter for other training opportunities - [click this link](#) to receive the newsletter direct to your mailbox or email

ProtectingPeopleAngus@angus.gov.uk to request being added to the subscriber list.

Click on the title below to find out more or book a place.

| <u>2025</u> | | | |
|--------------------|--|---------------|------------|
| JULY | | | |
| 10/07/25 | Alcohol & Safeguarding | 2.30 – 5.00 | Arbroath |
| 11/07/25 | Breaking Free Online | 10.00 – 12.00 | Online |
| AUGUST | | | |
| 04/08/25 | Psychostimulant Information Session | 2.00-4.00 | Arbroath |
| 21/08/25 | Overdose Awareness & Naloxone Training | 2.30-4.00 | Montrose |
| 28/08/25 | Stigma & Discrimination – Mental Health & Substance Use | 9.00-1.00 | Arbroath |
| SEPTEMBER | | | |
| 08/09/25 | Breaking Free Online | 10.00 – 12.00 | Online |
| 15/09/25 | Overdose Awareness & Naloxone Training | 3.30-5.00 | Kirriemuir |
| 26/09/25 | Breaking Free Online | 1.00 – 3.00 | Online |
| OCTOBER | | | |
| 06/10/25 | Psychostimulant Information Session | 2.00-4.00 | Forfar |
| 21/10/25 | Breaking Free Online | 10.00 – 12.00 | Online |
| 23/10/25 | Overdose Awareness & Naloxone Training | 2.30-4.00 | Carnoustie |