



# NEWSLETTER



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

December 2025



Welcome to the final Angus ADP newsletter of the year. Our goal with these newsletters has always been to share valuable local, national and international information and learning opportunities - while helping keep your inbox a little lighter!

As we move into the new year, we are exploring ways to make the newsletter more community facing and engaging – watch this space 😊

We would like to thank you for your continued support of the Alcohol and Drug Partnership and we hope you have time to have a break and a rest over the festive period.



## LOCAL

The '**By My Side**' app is a digital harm reduction resource currently available for harm reduction in mental health and sexual health. Through the support from **Digital Lifelines**, we are in the process of developing the app to aid those who are impacted by substance use. Please share widely with those you are working with.

<https://www.simonscotland.org/programme/by-my-side/>

An online training session for the '**By My Side**' App has been organised for Wednesday 14 January 2026 1pm-2pm. To book a place and receive a booking link please email [AngusADP@angus.gov.uk](mailto:AngusADP@angus.gov.uk)





Scottish Families Affected by Alcohol & Drugs and  
Angus Alcohol & Drug Partnership present

# THIS FIERCE LOVE

Friday 16th January 2026

The Reid Hall, Forfar

1pm—4pm

Refreshments provided

Consisting of three presentations and discussion sessions, we will hear about a family member's story of living with problematic alcohol and drug use. This is an interactive workshop event where we will listen to the story then discuss and reflect on what we have heard together.

**Presenter: Naomi Breeze** [www.breeze-productions.co.uk](http://www.breeze-productions.co.uk)

**This Fierce Love** is coming to Angus on Friday 16 January 2026 at 1pm, delivered through *Scottish Families Affected by Drugs and Alcohol*. *Scottish Families* have a big ambition: No more hidden families. *Scottish Families* are raising awareness of families' experiences and creating opportunities for families to be seen and heard. We believe that recognising, supporting, and including families is the change we need to see in Scotland to reduce alcohol and drug-related harm. This event is open to all, including practitioners. We hope you can join us. [Use this link to book](#) [Link to vimeo](#)



## Learning Opportunities

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

Learning Opportunities further information -

[https://www.angus.gov.uk/social\\_care\\_and\\_health/alcohol\\_and\\_drugs/alcohol\\_and\\_drugs\\_information\\_for\\_professionals?page\\_id=1595#item-details](https://www.angus.gov.uk/social_care_and_health/alcohol_and_drugs/alcohol_and_drugs_information_for_professionals?page_id=1595#item-details)



## Breaking Free Online



We are extremely excited to announce that the NEW Breaking Free App is now available on both Google and Apple stores to download. The App contains the full clinical content, behaviour change strategies and functionality of Breaking Free Online program, including the voiceover to support and engage people with low literacy, and also integrates the geofencing for relapse prevention and alert notification capabilities of the

current Companion App. Service users with a Breaking Free account will be able to switch seamlessly between the new App and the existing online program, depending on their preference. If they already have an online account, they can simply login to the new App and carry on with their journey.

We have also updated the Breaking Free Operational Toolkit to reflect the availability of the Breaking Free App, including updated promotional resources. To access it, please click here: [www.breakingfreeonline.com/toolkit](http://www.breakingfreeonline.com/toolkit)



**Angus  
Independent  
Advocacy**

## Charter of Rights – Angus Independent Advocacy

Have Your Say on the Charter of Rights  
for People Affected by Drugs and  
Alcohol in Scotland!

<https://www.facebook.com/AngusIndependentAdvocacy/posts/pfbid02J9V95m2LTxpjze8DdjsfnymuJScvjoDzJLjpvcbL5PdLsWVYnWy1L72heYt7vul>

Angus Independent Advocacy want to hear from people with lived experience. Your feedback will help us understand how well the Charter is understood and how it can work better for you.

✔ Complete our short form here: [Understanding the Charter of Rights for People Affected by Substance Use – Fill in form](#)

✉ Prefer email? Share your thoughts or just reach out by emailing: [mark@angusindadvocacy.org](mailto:mark@angusindadvocacy.org)

Your voice matters—help shape a rights-based approach to support and recovery.



## NATIONAL

[Green Threads: Weaving Stories of Nature and Recovery](#) This short film features people attending nature-based activities across different parts of Scotland. It also details their struggles with poor mental health, and how these programmes helped them cope in different ways. The project, led by Dr Wendy Masterton, shares stories not only of recovery, but also of friendship, as participants embraced nature as part of their daily routines. The film was funded by the Society for the Study of Addiction, The Salvation Army and the University of Stirling. This is an output from the Salvation Army Centre for Addiction Services and Research. ([Video, 29 mins](#))



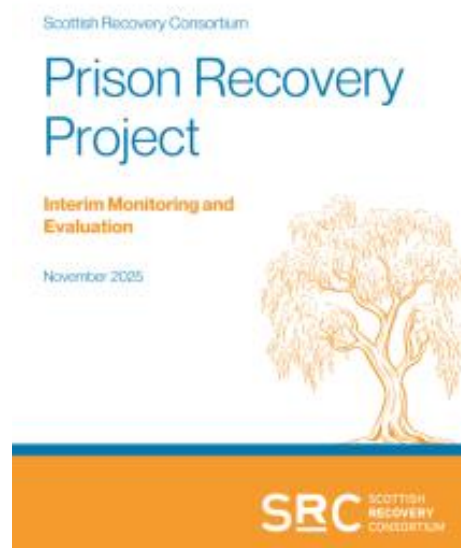
### **Recovery Walk Scotland 2025 Official Film Release**

The official Recovery Walk Scotland 2025 film was released on **Wednesday 26 November at 12:30pm** on the Scottish Recovery Consortium YouTube channel. We hope you can take a moment to watch and share this celebration of the strength, hope, and community that the Walk represents.

Link to view: <https://www.youtube.com/watch?v=i3e-5fUFGCE>

## Prison Recovery Project

The Scottish Recovery Consortium commissioned Russell Webster to monitor and evaluate its Prison Recovery Project, funded by Scottish Government for an initial two years, starting in October 2024. The project builds on the collaborative partnership between SRC and the Scottish Prison Service, established in 2022. The project aims to: “Create and embed an integrated approach to recovery support and activities and a recovery -orientated system of care within the prison estate across Scotland.”



[Click here for link](#)



## 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](mailto: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.

JANUARY			
13/01/26	Stigma and Substance	18.30 – 20,00	Teams
14/01/26	By My Side App training	13.00 – 14.00	Teams
22/01/26	<a href="#">Trauma &amp; Substance Use (SDF)</a>	09.30 - 16.30	Bruce House, Arbroath
26/01/26	Alcohol Brief Intervention	14.00-16.00	Forfar
28/01/26	<a href="#">Breaking Free Online</a>	13.00-15.00	Online
28/01/26	<a href="#">Psychostimulant Awareness Session</a>	14.00-16.00	Monifieth
FEBRUARY			
18/02/25	<a href="#">Overdose Awareness &amp; Naloxone Training</a>	14.00-16.00	Forfar