

# Derbyshire Drug and Alcohol News

December 2009

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## Derbyshire Drug and Alcohol Action Team Drug and Alcohol Strategy 2009 - 13

A leaflet summarising the new countywide Drug and Alcohol Strategy and listing all drug and alcohol services in the county will be sent out with this newsletter.

Electronic copies are also available at [www.saferderbyshire.gov.uk/what\\_were\\_doing/strategies/default.asp](http://www.saferderbyshire.gov.uk/what_were_doing/strategies/default.asp)

For printed copies, contact 01629 538229  
[Kathryn.walker@derbyshire.gov.uk](mailto:Kathryn.walker@derbyshire.gov.uk)

## General news

### What is the DAAT?

The Derbyshire Drug and Alcohol Action Team is not a team in the traditional sense of a group of individuals. Instead, it is a partnership of agencies working together to reduce the harm caused by drug and alcohol misuse through work on prevention, education, treatment, support and community safety, for example:



- reducing the availability of illicit drugs and the illegal supply of alcohol to young people
- working together to reduce drug and alcohol related crime and anti-social behaviour, making our communities safer
- ensuring that those with substance misuse problems are identified and offered help as soon as possible, and
- contracting with services that provide advice, support and treatment to drug and alcohol users and their families (the DAAT doesn't deliver treatment itself).

### Charity funding opportunity

The J Paul Getty Jnr Charitable Trust is currently inviting applications from **registered charities** in the following areas relevant to substance misuse:

- *Reducing re-offending*: to improve the lot of people in prison and smooth the transition for those leaving prison
- *Improving prospects*: to provide meaningful occupation for young people aged 14-19 to diminish the risk of social exclusion
- *Repairing lives*: to make a lasting impact on the lives of people with substance misuse problems; to help people who are homeless or at risk of homelessness.

For substance misuse, the Trust is looking to support well-researched and evidence-led interventions that enable people affected by drug and alcohol misuse to take positive steps towards a more stable lifestyle.

Further information:

[http://www.jpgettytrust.org.uk/revisions200908/funding\\_socialwelfare.html](http://www.jpgettytrust.org.uk/revisions200908/funding_socialwelfare.html)

Feedback on this new newsletter is welcome, as are comments, contributions and names of people to add to the mailing list - contact [diane.steiner@derbyshire.gov.uk](mailto:diane.steiner@derbyshire.gov.uk), 01629 538 262.

## Short takes

Some things we've learned from the news:

- Drinking heavily can inhibit the immune system for up to 24 hours
  - Chronic alcohol consumption affects the body's clock (circadian rhythm) even days after the drinking ends, while long-term alcohol misuse affects sleep even after long periods of abstinence
  - The average English adult on holiday consumes eight alcoholic drinks a day, which equates to 80 drinks over the course of the average holiday, or well over 200 units of alcohol
  - There is an increased risk of sudden infant death when babies share beds with parents who have used drugs or alcohol
  - Research shows that the average price of budget alcohol is 17p a unit - about £1.36 for a two-litre bottle of cider
  - The London Fire Service has recently published statistics showing that:
    - Alcohol is a factor in 31 per cent of fatal accidental fires in Londoners homes
    - We are entering the high risk period for fires with approximately 35 per cent of all fatal fires occurring in the months of December, January and February
    - More than a third of fatal dwelling fires happen on a Saturday or Sunday night
- Between January and September of this year, Derbyshire's Fire Service dealt with 33 primary fires involving individuals under the influence of alcohol.
- There were 87,000 violent incidents involving a glass or a bottle as a weapon in England/Wales in 2007/08.

## Drugs

### New dual diagnosis strategy

**Dual diagnosis affects a third of mental health service users, half of substance misuse service users and 70% of prisoners.**

The multi-agency Derbyshire Dual Diagnosis Strategy is a coordinated response to ensure that people with co-existing mental health and substance misuse difficulties and their carers and families receive appropriate and effective services equipped to meet their needs. It will see development and support for education and training across services, enhance an integrated service delivery model and

empower and equip staff to deliver evidenced based treatment and care.

The Derbyshire model will see professionals from across agencies trained in core skills that will enable them to effectively identify and signpost to appropriate services. It will also see early intervention forming part of a continuum of responses to dual diagnosis - from primary prevention, identification and sign-posting to specialized treatment.

For further information on dual diagnosis, visit

[www.nhsconfed.org/Publications/briefings/Pages/SeeingDoubleBriefing.aspx](http://www.nhsconfed.org/Publications/briefings/Pages/SeeingDoubleBriefing.aspx)

Contact:

[Maggie.mousley@derbysmhservices.nhs.uk](mailto:Maggie.mousley@derbysmhservices.nhs.uk)

### Legal highs no longer

From 23 December some 'legal highs' became controlled drugs, making their possession and supply an offence. GBL (similar to GHB) and BZP (and related piperazines) are now Class C drugs. Synthetic cannabinoids (such as Spice) are now Class B drugs.

The Home Office has set up a working group to look at the whole issue of "legal highs" as there are such a large number being sold, mainly on the Internet. Steve Holme, from the Derbyshire Constabulary, is on that group.

Currently in Derbyshire we are seeing very little of GBL and Spice, but we are getting lots of reports of the use of Salvia Divinorum, which is a hallucinatory alternative to LSD or Magic Mushrooms, and Mephodrone, which is methcathinone, and has similar effects to amphetamine or Ecstasy. See below for other drug trends.

Contact: Steve Holme 01773 573649

### Latest Derbyshire drug trends

Recent police intelligence shows that in Derbyshire:

- there is a stable, older population of heroin users, with few new users of the drug

- crack remains a secondary drug to heroin - very few people solely use crack
- cocaine is used throughout the county, often in conjunction with alcohol, which can increase harm to the body, intensify effects and may be linked to increased violence
- amphetamines are used in various parts of the county, including amongst young people, and in some places is injected
- cannabis continues to be used throughout the county
- there is some evidence that ketamine use is on the increase in some parts of the county, sometimes in combination with cocaine.

Police continue to tackle supply and work with partners to reduce the availability of illegal drugs.

Contact: Steve Holme 01773 573649  
[stephen.holme.9425@derbyshire.pnn.police.uk](mailto:stephen.holme.9425@derbyshire.pnn.police.uk)

### Free training for GPs



Royal College of  
General Practitioners

The next training session for the RCGP *Certificate in the Management of Drug Misuse - Part One* will take place on Thursday 13 May at the Hayes Conference Centre in Swanwick.

Contact [Kathryn.Walker@derbyshire.gov.uk](mailto:Kathryn.Walker@derbyshire.gov.uk),  
01629 538229.

### A sell out event

Tickets to a charity musical event linked to World AIDS Day – *All dressed up and somewhere to go* – were sold out, with all proceeds helping support people living with HIV in Derbyshire.

Contact: Aids Resource Team 01629 531 452.

## Young people

### Resources for schools

Schools in Derbyshire have a wealth of resources to draw from in order to tackle the tricky subject of alcohol and drug use with 11-19 year olds. The following list shows all of the resources that have been sent to all secondary schools and pupil support services. The resources are also available for loan through the Health Promotions Resource Library:

- [The Spiral Drug and Alcohol Education Programme](#) with lesson plans for Years 7-11
- [A Placebo Drug Box](#) with activities suggested in the Spiral Programme
- [Simply Drug Box](#) – drug and alcohol education for those with special needs
- [Parklife](#), a board game for Year 9
- [Killer in a Can](#) examining volatile substance misuse
- Additional lessons on [Cannabis](#)
- [Post 16 education](#) for those aged 16-19
- [Alcohol Education Box](#)
- [Cocaine Lessons](#) for key stage 4 and above.

In addition, the following two pieces of Theatre in Education are offered to:

- all schools for the targeted age group
- Social Care and Youth Offending Service
- Community Safety Partnerships

1. *Tight*, about drinking on a park, designed for 13-14 year olds / Year 9.

2. *Shattered*, about drinking in pubs and clubs, including issues of violence, designed for those 16+.

Contact: [Alison.hill@derbyshire.gov.uk](mailto:Alison.hill@derbyshire.gov.uk)  
01629 532 735

### Space 4 u – what is it?

Space 4 U supports young people aged 7 to 16 who are seriously affected by someone else's substance misuse. This could be their parent, brother, sister or a close friend. The project helps young people to develop their own ways of coping with their situation. The team:

- offers individual support and advice on issues that young people identify themselves, such as friendships, worries about family life, information on drugs and alcohol, and keeping safe
- offers access to first aid training
- identifies other support networks available
- advocates on behalf of young people.

Space 4 U, run by Action for Children, accepts referrals for young people in Chesterfield, North East Derbyshire, Amber Valley and Erewash. Any professional who wants to make a referral should discuss it with the young person and their family first.

Contact: [space.4u@actionforchildren.org.uk](mailto:space.4u@actionforchildren.org.uk)  
01246 231 079

### Launch of Consequences

*Consequences* is a resource pack for secondary schools that highlights the potential harm from alcohol and other age restricted products – from a young person’s point of view. It has been produced by Derbyshire Trading Standards Division with the assistance of young filmmakers from five of the county’s CineHubs.

The pack features short films, lesson plans and a play written by a Derbyshire drama teacher which graphically highlights the dangers from alcohol and fireworks. The pack meets curriculum citizenship requirements for key stages 3 and 4 and reflects on both the rights and responsibilities of young consumers.

Contact: [brian.cavanagh@derbyshire.gov.uk](mailto:brian.cavanagh@derbyshire.gov.uk)  
01629 532 827

## Alcohol

### New alcohol service to launch

From 1 February 2010 the provision of specialist adult alcohol treatment in Derbyshire is changing. Our new treatment provider from that date will be Addaction ([www.addaction.org.uk](http://www.addaction.org.uk)), who will provide a countywide specialist service that is flexible, accessible and responsive to client need.

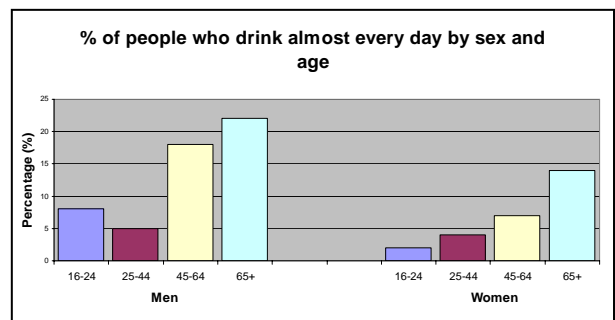
Addaction will work alongside the Tier 2 alcohol service Derbyshire Alcohol Advice Service (DAAS – [www.daas.uk.com](http://www.daas.uk.com)) to deliver integrated alcohol treatment services and training across Derbyshire.

To make a confidential referral into either service, ring 0845 308 4010.

### Alcohol and older people

When considering alcohol problems, older people may be overshadowed by images of young people and the night-time economy. However, older people (variously described as over 50, 60 or 65) also suffer alcohol harm and account for the majority of alcohol related hospital admissions. For example:

- Older people are more likely to drink every day than younger people, though not necessarily greater amounts:



- Older people tend to be more affected by chronic alcohol related problems, for example cancers or hypertensive disease (though those affected are getting younger with time).
- Around 1 in 6 older men and 1 in 15 older women drink enough to harm themselves.
- Physiological and lifestyle changes that come with ageing can reduce tolerance to alcohol and amplify risk factors.
- Examples of increased risk include:
  - balance gets worse with age, which can be exacerbated by alcohol, leading to unsteadiness and falls
  - alcohol can aggravate problems – for example high blood pressure, digestive disorders, poor circulation – from which older people are more likely to suffer. It can also add to or reduce the impact of medications

- older car drivers are three times more likely to be involved in a motoring accident after consuming even a small amount of alcohol than they are after no alcohol
- alcohol depresses the brain function, which can impair memory and lead to heightened emotions.
- It is estimated that around 60% of older people admitted to hospital due to confusion, repeated falls, recurrent chest infections and heart failure may have unrecognised alcohol problems.
- About a third of older people with drinking problems develop them in later life. Alcohol may be used to cope with the bereavement, ill-health, pain, social isolation, boredom and depression that older people may encounter.
- According to one poll, over one in eight over-60s drinks more after retiring. The results also show that one in eight most often drinks alone, at home.
- Recent research suggests that moderate alcohol intake (1-2 drinks per day) was associated with a 37% lower risk of dementia for those with no existing cognitive impairment. However, for those with existing mild cognitive impairment, consumption of alcohol of any amount was associated with faster rates of cognitive decline.
- Guidelines for safe drinking levels are based on those in their 40s and 50s, so may not apply to older people.

For further information see:

- IAS Fact Sheet: *Alcohol and the elderly*: [www.ias.org.uk/resources/factsheets/elderly.pdf](http://www.ias.org.uk/resources/factsheets/elderly.pdf)
- Royal College of Psychiatrists: *Alcohol and Older People*: [www.rcpsych.ac.uk/mentalhealthinfoforall/problems/alcoholanddrugs/alcoholandolderpeople.aspx](http://www.rcpsych.ac.uk/mentalhealthinfoforall/problems/alcoholanddrugs/alcoholandolderpeople.aspx)
- APAS: *What older people should know about alcohol*: [www.apas.org.uk/docs/older.pdf](http://www.apas.org.uk/docs/older.pdf)
- Third Sector First: *Older people and alcohol*: [www.3sf.co.uk/images/SummaryFeb04.pdf](http://www.3sf.co.uk/images/SummaryFeb04.pdf)
- ICAD: *PTSD Associated with Higher Alzheimer's/Dementia Risk; Moderate Alcohol Consumption May Lower It*: [www.alz.org/icad/2010\\_release\\_071309\\_130am\\_c.asp](http://www.alz.org/icad/2010_release_071309_130am_c.asp)
- Foundation66: [www.foundation66.org.uk/news.php/5/press-release-foundation66-highlights-epidemic-of-late-onset-drinking](http://www.foundation66.org.uk/news.php/5/press-release-foundation66-highlights-epidemic-of-late-onset-drinking)

## The Quiz

Here's something to get you thinking after the holidays – in case you missed it during Alcohol Awareness Week!

1. How many units are in a large glass (250ml) of 12% ABV wine?

a) 3 b) 2 c) 1

2. How many units are in a pint of 3.6% ABV bitter?

a) 1 b) 2 c) 5

3. How many grams of pure alcohol make up a unit?

a) 20 b) 2 c) 8

4. How many units per day does the Chief Medical Officer recommend that men should not regularly exceed?

a) 5-6 b) 1-2 c) 3-4

5. How many units per day does the Chief Medical Officer recommend that women should not regularly exceed?

a) 2-3 b) 1 c) 5-6

6. If you drink over double the recommended limits for lower-risk drinking, how many times more likely are you to suffer from mouth cancer?

a) Twice b) 3 times c) 5 times

7. How many years does a man dying from alcohol-related causes lose from his life?

a) 5 b) 20 c) 10

8. Are the following statements **true** or **false**?

a) Women who exceed the lower-risk limits for regular drinking increase their risk of breast cancer by a quarter

b) If you regularly exceed your lower-risk limits you increase the risk of having a stroke through high blood pressure

**Answers:**

1a 2b 3c 4c 5a 6c 7b 8a False – they increase their risk by a third 8b True

# Derbyshire Drug and Alcohol Calendar

Date	Event	Comment	Contact
25 Jan 2010 0915 – 1530 Cromford Mill	Impact of Parents/Carers Drug or Alcohol Misuse on Children and Young People	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecountypct.nhs.uk">penny.elks@derbyshirecountypct.nhs.uk</a> 01773 525 087
25 Jan 2010 0915 – 1530 Cromford Mill Cromford	Impact of Parents/Carers Drug or Alcohol Misuse on Children and Young People	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecountypct.nhs.uk">penny.elks@derbyshirecountypct.nhs.uk</a> 01773 525 087
3-4 Feb 2010 Clay Cross	Chillout	Two day course covering drug awareness and working with young people.	Jackie Mee <a href="mailto:Jackie.mee@derbyshire.gov.uk">Jackie.mee@derbyshire.gov.uk</a> 01629 531 452
10 Mar 2010 0915 – 1530 Cromford Mill Cromford	Children / Young People and Cannabis Update	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecountypct.nhs.uk">penny.elks@derbyshirecountypct.nhs.uk</a> 01773 525 087
6 May 2010 0915 – 1530 Cromford Mill Cromford	Responding to Drug Related Incidents in School	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecountypct.nhs.uk">penny.elks@derbyshirecountypct.nhs.uk</a> 01773 525 087
13 May 2010	RCGP Certificate in the Management of Substance Misuse Part 1	Training for those intending to provide treatment to drug users as part of an LES in Derbyshire.	Kathryn Walker <a href="mailto:Kathryn.walker@derbyshire.gov.uk">Kathryn.walker@derbyshire.gov.uk</a> 01629 538 229
14 May 2010 The Hayes, Swanwick	Derbyshire Alcohol Conference 2010	A date for your diary! Follows on from last year's successful conference – more details to come.	Christine Flinton <a href="mailto:Christine.flinton@derbyshire.gov.uk">Christine.flinton@derbyshire.gov.uk</a> 01629 538 271
13 July 2010 9.15 – 15.30 pm Riber Room, Cromford Mill, Cromford	Drug Education for Vulnerable Young People	One day conference free to all members of the whole school community - if you work with schools, this conference could be for you. Led by Ali Hill, Drugs Education Consultant.	Penny Elks <a href="mailto:penny.elks@derbyshirecountypct.nhs.uk">penny.elks@derbyshirecountypct.nhs.uk</a> 01773 525 087