

Empowering Communities Against Addiction

Welcome from the Editor

Dr. Gursharan Kalsi



It gives me great pleasure to be involved in compiling and producing the DAAP Newsletter. I really enjoyed meeting all of you at the volunteer training and I look forward to seeing you again.

The training was certainly an eye opener. The first day on equality stretched us all. We were reminded of our responsibilities as volunteers to work within and to promote DAAP's equality principles. We saw how easily prejudice can be introduced and can become institutionalised. We were also starkly reminded of how such prejudicial views can ultimately lead to genocide.

The second day we learned about different drugs, their effects and about alcohol. Some of us were fairly naive about certain drugs. It is therefore great that each newsletter will continue to build our knowledge by focusing on one particular drug. In this edition, we start with **Alcohol**.

Through the coming issues, I shall update you on DAAP activities but I shall also rely on you to provide me with details of what is happening out there in the community. If possible, please take photos...it's so nice to have visuals!

I will let you have information about training courses as well as on how you can get involved in activities and volunteer tasks.

I would also welcome your feedback. Please let me know if there is anything of particular interest to you. The success of the newsletters rests on me knowing what works and what doesn't!

I hope you enjoy reading our first newsletter of 2011!

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Focus on Alcohol



Empowering Communities Against Addiction

A few words from DAAP's CEO

Perminder Dhillon



Thanks to Arjun Kashyap and Gursharan Kalsi, we are finally on track with the DAAP newsletter!

Much action took place last year. The last in the series of the 'Insights' seminars on 22nd January, titled, 'Can addiction lead to possession, can possession lead to addiction?' caused a great deal of debate. Many contacted

DAAP after the issues were highlighted in the cover story of the February edition of the DrinkandDrug News.

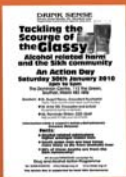
'The scourge of the Glassy', an action day aimed at tackling alcohol addiction in the Sikh community took place on 30th January amidst nationwide publicity. There had been a call to name and shame parents who demanded alcohol to be provided at Sikh weddings. We will continue this work this year.

Thanks are in order for DAAP staff and volunteers who ensured that business proceeded as usual when I was away. Thank you too to all our service users and organisations who supported Sukhdeep Dhillon's nominations for DAAT's 2010 Best Drug and Alcohol Worker and for Partnership Working Awards. For us all, Sukhdeep you continue to excel in what you do! Habhajan Ghatore, thank you for your long and committed service to DAAP. We miss you Harbi and wish you well in your new job.

This January, the twelfth volunteer training took place. I always feel heartened when after each course, participants fully commit to advancing equality. Equality is at the heart of what we do at DAAP. We can only empower people against addiction when we serve all our communities equally. Truly united in our diversity! Satinder Sartaj illustrates this so aptly in his song 'Sai'. Check this out on u-tube!

A section of our community is crying out for our support. Often forgotten or simply derided because of the situation they find themselves in, many homeless people are caught up in a cycle of multiple deprivations. For some, this may stem from addiction to alcohol and/or drugs. For others, it is simply from not having a roof over their heads.

The myths that surround our homeless community must be shattered. We should no longer hang our heads in shame at our apathy. It is time for action and for change!



Focus on Alcohol



Empowering Communities Against Addiction

One issue to highlight from DAAP's CEO

Perminder Dhillon



One issue I would like to highlight is that of the street homeless population in Southall. We have been supporting this part of our community over the years mainly with support of 'Guruji' of the Kali Mata Madhir. Since last year, DAAP workers and volunteers have also worked with SWAT (Sikh Welfare and Awareness Team). Although the individuals supported have been mainly of South Asian origin, we have also dealt with men and women from different backgrounds.

Our work includes outreach sessions, addressing the addiction and support needs of individuals including providing crisis support for those affected by violence and ill health; providing weekly harm minimization sessions where refreshments, a hot meal and washing facilities have been available, distributing essential clothing and referring people to appropriate agencies. We also assisted those with no stay status in this country to avail of the scheme whereby they can return to the country of origin.

SWAT regularly uses the DAAP van for its use in their outreach sessions. This work must continue and I urge all of you to think about how you can be involved.

The London Evening Standard has recently covered this issue see **'The Dispossessed: The homeless who slide down rubbish chute to their beds'**.

<http://www.thisislondon.co.uk/standard/article-23914793-the-homeless-who-slide-down-rubbish-chute-to-their-beds.do>



Focus
on
Alcohol



Empowering Communities Against Addiction

Alcohol

How much do you know?

1.

Alcohol kills three times, six times or twice as many young women as 25 years ago?

2.

Four times, ten times or twice as many people are addicted to alcohol than to any other legal or illegal drug?

3.

Can drinking a moderate amount of alcohol help with immunity?

Answers on Page 5

Focus on Alcohol



An overview from the Project Officer

Sukhdeep Dhillon



Hi Colleagues,

A big welcome from me too! I hope you all find this information useful.

I enjoyed delivering the training on drugs and alcohol and thank you all for your great feedback. Let's keep building our knowledge together.

In this newsletter, we focus on Alcohol.

Do you know everything that there is to know about alcohol?

You will find national and local facts, questions to test your knowledge and where you can get more information.

Keep that enthusiasm and commitment going....

I am letting you know about activities in the coming weeks and more crucially how you can help. Feel free to pick up the phone to me to discuss ideas or offer help.

What we're doing and where you can help

Drug and alcohol education

We have many **Drug and Alcohol Sessions** to facilitate in the next couple of months, and there are plenty of opportunities for you all to help.

The next session is on **Wednesday 2nd February 2011 at 2 pm.**

This is for international students, but nonetheless, this will be a great chance for you to see a live session and observe how these sessions are adapted for different audiences.

We host sessions for international students every year. These are so popular that requests are becoming more frequent.

I would also like to remind you that we are always looking to hold regular alcohol and drug education stalls at the Gurdwara. Please get in touch if you would like to help out.

Outreach sessions

You can participate in **outreach sessions.**

This is where we go out into the community to engage people in areas which are difficult to reach.

This is ongoing, and we aim to go out at least twice a week, so let me know if this is of interest to you and I shall let you have the details.

continued...

Alcohol

How much do you know?

Answers

1.

Alcohol kills three times as many young women as 25 years ago.

2.

Twice as many people are addicted to alcohol than to any other legal or illegal drug.

3.

Drinking a moderate amount of alcohol can help with immunity.

Facts

One in 20 people in the UK cannot get through the day without a drink.

One in 25 adults in Britain is dependent on alcohol and one quarter of these are women,

(Source: Institute of Alcohol Research and Alcohol Concern).

Read more:

<http://www.dailymail.co.uk/health/article-169947/Alcohol-myths-facts.html#ixzz1CFajDfmL>

Focus on Alcohol



Empowering Communities Against Addiction

...What we're doing and where you can help

Media monitoring

Monitoring the media is something you can all do without coming to DAAP. This is where we find out what is going on within the communities that we are trying to empower through monitoring at the media streams. You can all get involved since you live in different areas, and have access to your own local news. Sharing this information with DAAP will help us build a bigger and clearer picture of the wider community we serve. This is as simple as it sounds. Just send in your news by email, phone, post, or by dropping in.

Women's weekly drop in session

We have a **drop in session** for women **every Wednesday between 10.00am to 12.30pm**. Until recently this and the women's support group was run by my excolleague Harbhajan Ghatore.

Noreen is now facilitating this.

Please encourage women you know who need help and support to avail of this. Women volunteers can also help with the drop in and with organising activities for the support group.

Contact Noreen Nabi at DAAP on 020 8843 0945

Directly supporting users and carers

Of course a big chunk of work is supporting those with addiction problems to get 1:1 help and referral to an appropriate service. We also support carers and family and friends connected to these individuals.

By volunteering on a regular slot, you can assist us when we do the 1:1 support work.

Help around the office

We can always use this anytime, every time. So if you have a couple of spare hours, get in touch1 Devinder, the DAAP administrator will be very happy to hear from you.

Okay, so that's a roundup of what we've been doing this week and where you can help.

I will be providing you with these updates every fortnight and also informing you of any other DAAP news. This newsletter is not only for us to tell you about DAAP but it is also a chance for you to have your say and let us know of anything you would like to share.

Don't forget you are all welcome to come to the office every Monday to use and get familiar with the DAAP education resources including our range of DVDs.

Empowering Communities Against Addiction

Alcohol How much do you really know?

How much do you really know about alcohol? Is what you know based on what you've heard, read or experienced? How much of this is fact and how much is just a myth?

Alcohol is seen by many as a more socially acceptable drug, but that's not to say it's any less harmful than other drugs. Technically speaking, it's a nervous system depressant, which means it slows down your body's responses in all kinds of ways.

Everyone reacts differently to alcohol. Your height, weight and gender are just some of the factors that play a part in how alcohol affects you. Even what you've had to eat that day or how much sleep you've had recently can make a difference to how you feel when you drink.

Alcohol will often exaggerate whatever mood you're in when you start drinking. Alcohol is a relaxant so, in moderation, it can reduce feelings of anxiety and inhibitions, making you feel more sociable.

Many people drink within safe limits. For some people drinking gradually gets out of control and results either in regular binge-drinking, heavy harmful drinking or alcohol dependence.

Binge Drinking

Around 40% of patients admitted to A&E are diagnosed with alcohol-related injuries or illnesses, many of which result from binge drinking.

The NHS definition of binge drinking is drinking heavily in a short space of time to get drunk or feel the effects of alcohol.

The amount of alcohol someone needs to drink in a session for it to be classed as 'bingeing' is less clearly defined but the marker used by the NHS and National Office of Statistics is drinking more than double the daily recommended units of alcohol in one session.

The UK has one of the highest rates of binge drinking in Europe

The Government guidelines state that men should not regularly drink more than three to four units a day and women should not regularly exceed more than two to three units daily.

Binge drinking for men, therefore, is drinking more than eight units of alcohol – or about three pints of strong beer. For women, it's drinking more than six units of alcohol, equivalent to two large glasses of wine.

Alcohol is a factor in:

- One in three (30%) sexual offences
- One in three (33%) burglaries
- One in two (50%) street crimes.



Focus on Alcohol



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Safe, sensible, Social the National Alcohol Strategy

In 2004, the Government published the Alcohol Harm Reduction Strategy for England. Safe, sensible, Social is the next steps in the National Alcohol Strategy published in June 2007. The strategy lists a number of priorities:

- sharpened criminal justice for drunken behaviour;
- a review of NHS alcohol spending;
- more help for people who want to drink less;
- toughened enforcement of underage sales;
- trusted guidance for parents and young people;
- public information campaigns to promote a new 'sensible drinking' culture;
- public consultation on alcohol pricing and promotion
- local alcohol strategies.

Some alcohol facts about Ealing

- Highest rate of alcohol related hospital admissions in London (2008/9)
- Ealing Broadway has the highest density of clubs and pubs outside of central London
- 3rd highest rate of ambulance call outs for alcohol related injuries in London
- Identified as late night crime hotspot associated with alcohol
- High rate of street drinking
- Young diverse population presents a challenge in predicting future trends and mapping needs
- Presence of specific populations with high rates of inherent drinking problems

(Source: DATG presentation)

Free Training on offer

Community Options are delivering free three hour training workshops on mental health. At White City Dates 28th January, 1st and 25th February and 1st and 4th March.

One day's basic drug and alcohol training
8th February held in Ealing

10 week training for friends and carers of those with addiction issues organised by Tasha to be held in Ealing. Date not available

**Any one interested in attending any of the above training, please contact
Devinder Ghatore at DAAP for further details on Tel: 0208 8430945.**



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Further resources



<http://www.drugscope.org.uk/publications/druglink/Druglink>

The London Evening Standard 'The Dispossessed: The homeless who slide down rubbish chute to their beds'

<http://www.thisislondon.co.uk/standard/article-23914793-the-homeless-who-slide-down-rubbish-chute-to-their-beds.do>

Facing the spirits

<http://www.drinkanddrugsnews.com/magazine/57f524f071114c4585dbd9f03d29d18c.pdf>

Satinder Sartaj 'Sai'

<http://www.youtube.com/watch?v=qM3FjnpTsvY&feature=related>

Myths and facts

<http://www.dailymail.co.uk/health/article-169947/Alcohol-myths-facts.html#ixzz1CFajDfmL>

Talk to Frank website

<http://www.talktofrank.com/drugs.aspx?id=166>

Ealing Drug and Alcohol Action Team

Ealing Drug and Alcohol Action Team (DAAT) is responsible for the co-ordination and delivery of the National Drug and Alcohol Strategies

The Alcohol information and Advice leaflet featured is also available from DAAT.
www.ealingdaat.org.uk

Institute for alcohol studies

<http://www.ias.org.uk/>

Alcohol Concern

Alcohol Concern is the national agency on alcohol misuse campaigning for effective alcohol policy and improved services for people whose lives are affected by alcohol
www.alcoholconcern.org.uk

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