

DERBYSHIRE
ALCOHOL ADVICE SERVICE
CIO



TRAINING NEWSLETTER

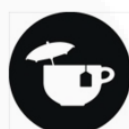
THE OFFICIAL DAAS NEWSLETTER FOR
TRAINING AND INFORMATION

Derbyshire
Recovery
Partnership



CPD
CERTIFIED
The CPD Certification
Service

Hello and welcome to the DAAS Winter Newsletter. We would like to wish you a Happy New Year. Please share this newsletter with you colleagues, managers or any contacts you feel would benefit from reading it.



DRY JANUARY

Dry January means going alcohol-free for the month of January, and that can bring huge, obvious benefits such as your skin getting brighter, your wallet being fuller, your days busier. Feel your step get bouncier, your mind calmer and your nights sleepier. - but the really good stuff is under the surface...during 2021 Dry January, 6.5 million people took part and these were some of the changes reported.

86%
Saved
Money

70%
Slept
Better

65%
Had Better
Health

54%
Lost
Weight

The real magic happens when Dry January is over. Dry January helps people to drink more healthily year-round. Research conducted by the University of Sussex has found that six months after Dry January more than 70% of people who take on the month with Alcohol Change UK's support are still drinking more healthily. On top of that, they have boosted levels of wellbeing, and much more besides.

Every drink you are able to reduce will improve your health. Even if you cannot manage a month alcohol free, try and reduce where you feel able. Just because Dry January is coming to an end doesn't mean that this effort needs to stop. Be conscious every day, week and month with what you are drinking and why?

CONTENT

- Dry January 2022
- A word from the training manager
- New course coming soon
- Service Talks
- Free DCC Course Dates and Our Breakfast with DAAS Dates

The DCC training is free funded training for Health, social and community staff and other relevant workers within Derbyshire (exc Derby City). It is now possible for staff outside to attended our courses for a small cost.

GOODBYE 2021, HELLO 2022!

GET YOUR fun BACK.

GET YOUR energy BACK.

GET YOUR YOU BACK.



DRY JANUARY[®]
by Alcohol Change UK

Dry January will make a difference to you as you save money, feel great and look fabulous - but it can make a difference to others too, as you can raise money for or donate to charity.

DAAS Online Course Dates

www.alcoholadvice.eventbrite.com for individual bookings

training@daas.uk.com for group bookings

Substance (Drug) Awareness

Tuesday 18 January 2022 - 10:00am - 1:00pm

Brief Interventions - Let's Talk About Drugs & Alcohol

Wednesday 19 January 2022 - 10:00pm - 1:00pm

Alcohol Awareness and Introduction to Brief Interventions

Thursday 27 January 2022 - 12:30pm - 4:00pm

Alcohol Awareness and Introduction to Brief Interventions

Tuesday 8 February 2022 - 10:00am - 2:00pm

Substance (Drug) Awareness

Thursday 17 February 2022 - 10:00am - 1:00pm

Alcohol Awareness and Introduction to Brief Interventions

Thursday 3 March 2022 - 10:00am - 2:00pm

Substance (Drug) Awareness

Tuesday 15 March 2022 - 10:00am - 1:00pm

Staff who work outside Derbyshire County can now book on our training for a small fee. If you wish to book a place please visit

www.alcoholadvice.eventbrite.co.uk

New Course Coming soon! Addiction and Intervening Effectively



- What is Addiction?
- What do you do when someone is not motivated to change?
- All of this and more...

If you are interested email training@daas.uk.com

Service Talks - How can Derbyshire Recovery Partnership Help

As part of our training programme we offer short service talks to Derbyshire agencies. This may be a stand alone event but more often is part of a Team Meeting.

We cover; who Derbyshire Recovery Partnership are, who can be referred, how to refer and what the support may look like. This is a free service and can be booked through the training team.



A Word from the Training Manager - Ross Burnage

The DAAS Training Team are a small but efficient workforce, who work hard to provide training and information to Derbyshire's workers and residents. We are constantly striving to stay relevant to the changing drug and alcohol environment and provide the most up to date information to you through training, talks or webinars.

Due to the pandemic which began in 2019, we had to change the way we provide our services, moving from face to face to online. The services we can now offer online are:

- Training courses running monthly
- Bespoke training courses for organisations
- Service talks for team meetings
- Social media postings
- Breakfast with DAAS Webinars
- A quarterly Newsletter



We are keen to hear from people as to how best we can keep supporting you, your teams, and the residents of Derbyshire. Please send any suggestions to training@daas.uk.com

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Breakfast with DAAS

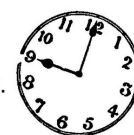
Thursday 27th January 2022
9.15am - 9.45am

Want to know more about Derbyshire Drug and Alcohol Services?

- Who are we
- What we do and who we help
- How to refer into the service

A 30 min **FREE** Webinar hosted by our alcohol and drug trainer, Teresa.

www.daas.uk.com/breakfast
before **9.15am** to join on the day.



Thank you for reading our newsletter. We hope you enjoyed it, please keep a look for our next edition in early 2022, Until that time please check out our training and share it with any colleagues.

Go to our website www.daas.uk.com if you need further information