

DERBYSHIRE
ALCOHOL ADVICE SERVICE
CIO



TRAINING NEWSLETTER

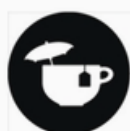
THE OFFICIAL DAAS NEWSLETTER FOR
TRAINING AND INFORMATION

Derbyshire
Recovery
Partnership



Hello and welcome to this DAAS Newsletter.

Please share this newsletter with you colleagues, managers you feel would benefit from reading it.



DRY JANUARY ...The Road Forward

Many people took part in Dry January but that is often where the conversation ends. However Dry January has been shown to help people drink more healthily all year-round. Research conducted by the University of Sussex has found that six months after Dry January more than 70% of people who take part with Alcohol Change UK's support are still drinking more healthily and feeling the benefits..

But what if you didn't complete it... was it just a slip-up or could it be a sign that you are too reliant on alcohol as a social tool, as a way to manage stress/anxiety (or other mental health issues) or is it essential to relax? If so it may be time to seek some support.

The support may be talking to a friend or family member, booking an appointment with your GP or of course you can refer yourself to Derbyshire Recovery Partnership by calling 01246 206514.

If you live in Derbyshire and want further information and support tools you can download the *Lower My Drinking* app on android or IOS for FREE.

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.

NEW COURSE ALERT

Derbyshire
Recovery
Partnership



FREE TRAINING

NEW - Addictions and Interventions in Substance Use

Derbyshire Recovery Partnership are excited to announce the introduction of our NEW free training course in Addictions and Interventions in Substance Use. This interactive course will examine what happens when drugs and alcohol enter the body and why some people develop addictions. It will also cover the cycle of change, how to match your interventions accordingly and much more.

BOOK YOUR PLACE NOW

daas.uk.com/training

01246 206514

alcoholadvice.eventbrite.co.uk



DAAS Online Course Dates

www.daas.uk.com/training for individual bookings
and email training@daas.uk.com for group bookings

Substance (Drug) Awareness

Wednesday 1 March 2023 - 10:00am - 2:00pm

Alcohol Awareness and Introduction to Brief Interventions

Thursday 9 March 2023 - 10:00am - 2:00pm

Addictions and Interventions in Substance Use

Tuesday 14 March 2023 - 10:00am - 2:00pm

Alcohol Awareness and Introduction to Brief Interventions

Thursday 20 April 2023 - 12:30pm - 4:30pm

Substance (Drug) Awareness

Tuesday 25 April 2023 - 12:30pm - 4:30pm

Addictions and Interventions in Substance Use

Thursday 27 April 2023 - 12:30pm - 4:00pm

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

To book a place please visit www.daas.uk.com/training

Welcome to GamCHAT GambleAware[®]

Our new Service supporting those affected by others gambling

In our last newsletter we were able to offer a teaser about an upcoming initiative around gambling. GambleAware are funding a 12 month project to support people in Derbyshire who are affected by someone else's gambling problem. The project will include a training programme for affected others, to both raise awareness and provide counsellor facilitated group peer support sessions. We will also offer free BACP one on one counselling.

Given our long history of working with alcohol addiction we are very pleased to use our extensive knowledge and experience to support those who are being affected by the addiction of someone close to them. What makes this project unique to Derbyshire is that we will be applying our evidence based RAFT (relatives and friends together) and CRAFT © (Community reinforcement and family training) techniques.

We are keen to play a part in helping to address this growing problem which aligns so closely with the work we have been providing in the addictions field for over 30 years, especially as large national studies show 73% of those identified as having a gambling problem, also had an alcohol misuse disorder.

To find out more join our LIVE 30min Webinar at 9.15am on Thursday 16th March. Go to www.daas.uk.com/gamchat 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 Spring 2023, 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