



The Network Newsletter

New anthrax infection cases confirmed

14 cases of anthrax have been confirmed in drug users in Scotland. The number of deaths from this outbreak is now at 7. The cases have been confirmed across Scotland: NHS Fife, NHS Tayside, NHS Forth Valley, NHS Lanarkshire and NHS Greater Glasgow and Clyde.

Dr Colin Ramsay, Consultant Epidemiologist at Health Protection Scotland said:

“Evidence now suggests that potentially contaminated heroin may be in circulation in other parts of Scotland, not just the Glasgow area.”

“If any heroin users do notice signs of infection, for example redness and swelling around an injection site or other signs of serious infection such as a high fever, they should seek urgent medical advice.”

He went on to say that although the risk was significant for heroin users, the risk to the general public, including close family members of the confirmed cases was very low indeed. It is extremely rare for anthrax to be passed from person to person and there is no evidence of a significant risk of airborne transmission associated with the current situation.

THE HEPATITIS C TRUST

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Helpline 0845 223 4424

Home | Hepatitis C | The Liver | Living with Hep C | World Hepatitis Day 2009 | Treatment | Wellness | Support | Hep C Trust | News

Representation
at local and national level

Hot Topics

- GO Tell us what you think - please take our PATIENT SURVEY!
- GET TESTED
- Antonio's 48 weeks
- GO Listen to Podcasts - On Treatment, WHD and more

Latest News

- » Management of Non-responders and Relapsers Treated with Pegylated Interferon plus Ribavirin for Chronic Hepatitis C
- » Low-dose Pegylated Interferon Maintenance Therapy Does Not Reduce Clinical Outcomes despite Persistent HCV Suppression
- » Natural compound blocks hepatitis C infection
- » 2010
- » January

More Latest News GO

Quick Links

- Sexual Issues
- Just Diagnosed
- Discussion Forum
- Newsletter
- Get Involved
- HCV Reports
- Order Resources

How To Donate £

Jazzy's Treatment Story click arrow to start

Hepatitis C Trust has opened in Scotland in a bid to raise awareness of the life threatening illness.

Based in Edinburgh, the Trust's Scottish office will be run by Petra Wright, herself a hepatitis C patient.

Around 26,000 people have been diagnosed with Hepatitis C in Scotland. Left undiagnosed and untreated, Hepatitis C can cause serious liver damage including cirrhosis and cancer.

WE ARE RECRUITING!

Communications and administration officer

£18319 pa (contract until March 2011, pay review pending), Glasgow

Do you have the skills to communicate with a diverse range of stakeholders and create attractive communication materials? Are you an effective organiser? If so, we would like to hear from you.

It is an exciting time for us. Families are now recognised as an important part in delivering Scottish Government's Recovery Strategy. With secure funding for the next year, we are refreshing our public profile, developing new areas of work and seeking to further raise the issues facing families across Scotland.

As communications and administration officer, you will play a central role in this small organisation, providing support to staff and volunteers. As well as general administration responsibilities, the organisation is seeking an individual with excellent event management skills and the ability to update our members with information relevant to them.

The closing date for applications is 5 February 2010 at noon and interviews are scheduled for 26th February 2010.

To download an application pack, go to <http://www.snfad.org.uk/latest/jobs.html>

email info@snfad.org.uk or call 0141 221 0544

Information at your fingertips

SNFAD is piloting a new way of providing information and advice to family members across Scotland without them leaving their own home. In February and March, we will be running the following sessions:

4th February 2010 Coping Skills and dealing with difficult situations 18:30-19:00

17th February 2010 The concise guide to Heroin 19:00-19:30

2nd March 2010 Hepatitis C and the family 18:30-19:00

It will ask you to record your name, but if you don't wish to, please press # and it will place you into the call anonymously.

All you have to do is call 0844 580 0555 and enter PIN: 73596 to join the conference call. This special call means you can listen to the presenter and questions other family members may ask. You can also ask any question you like. The session will last 30 minutes and will cost 5p a minute. Previous sessions on Hepatitis C and coping skills proved successful with over 20 family members taking part.

SNFAD will be evaluating these events and asking members and others for other topic areas they think will be relevant to family members. *If you think that you, or someone you know may benefit from one or more of these talks, please email Sarah at sarah@snfad.org.uk or contact her on 0141 221 0544 for more information.*

GRAMPIAN COMMUNITY EVENT

On Saturday 16th January we held our first community event for families affected by drugs. This event was for the Grampian region, covering Aberdeen City, Aberdeenshire & Moray. The aim was to bring together family members, family support groups and the community based services that may benefit them.

A number of family members and family support groups came together for the first time to discuss the issues they face in a closed session before informally meeting a number of local services including Citizen Advice Bureau's kinship care service, Families First and Drugs Action.

Not only was the event successful for those that participated but it also generated press interest, helping SNFAD raise awareness of the isolation and stigma experienced by many families.

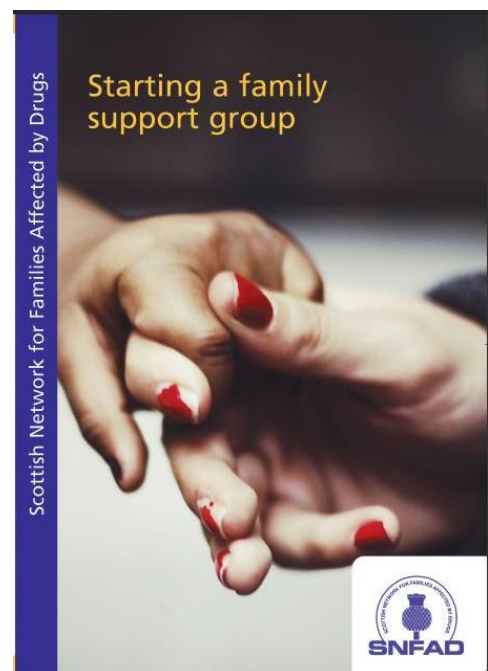
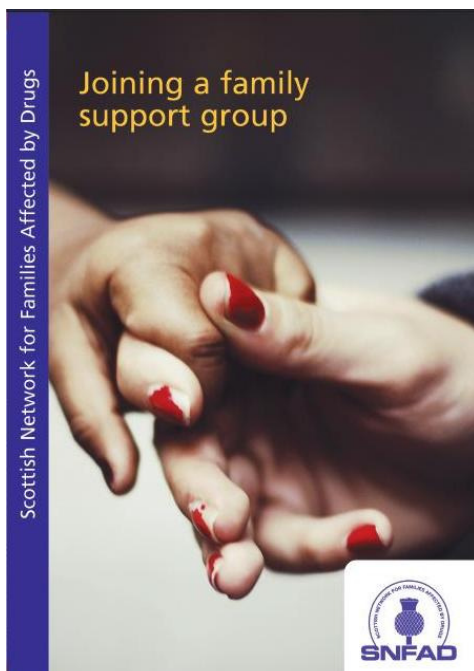
Perhaps most importantly, we regarded the event as a great learning opportunity for how we extend our reach across Scotland to help families in need of support.

A big thank you to all those who participated. Please get in touch if you are interested in further information on the event, or if you have any suggestions on how we can reach families in their communities. Contact lisa@snfad.org.uk or call 0141 221 0544.

New leaflets available

We have produced two new publicity leaflets – one for joining a family support group and the other to provide some information for families on how to start a family support group. Each provide a tear off strip to get further information from Lisa Finlayson, development officer, family support.

For hard or electronic copies, please contact Lisa on 0141 221 0544 or email lisa@snfad.org.uk



SNFAD organisational development update

Following a successful residential, staff and the board worked together to develop the organisation's outcomes for the next three years with the help of Graeme Reekie from Evaluation Support Scotland. Thanks Graeme!

It was agreed that the organisation will work towards:

- policies reflecting the needs of families affected by drug misuse
- expanding the range of appropriate services for families affected by drug misuse
- sustaining best practice about services for families affected by drug misuse that other organisations can share
- increasing families' resilience
- reducing the stigma experienced by families affected by drugs misuse

The Trustees are also considering changing the organisation's logo and name to Scottish Families Affected by Drugs. We will be consulting with the membership on this issue in the next couple of weeks.

If you would like to receive a copy of the strategic plan or to discuss any element of the organisation or future plans, please contact Cara on 0141 221 0544 or email cara@snfad.org.uk

Families represented at the Drugs Strategy Delivery Commission

The Scottish Network for Families Affected by Drugs are now members of the new Drugs Strategy Delivery Commission, chaired by Brian Kidd, Clinical Senior lecturer in Addiction Psychiatry at Dundee University. The Commission is there to ensure that a more effective and sustainable implementation of Scotland's National Drugs Strategy takes place.

The next meeting will be in February and we have submitted a topic of concern for us to be potentially considered by the commission. We have highlighted the need for families to recover in their own right and to find out what funding or mechanisms alcohol and drug partnerships are putting in place to ensure that families are supported to do so.

If you have views which you would like us to include in the discussions we have with the commission, please contact Cara@snfad.org.uk or call 0141 211 0544.

Family therapy briefing available

Multidimensional family therapy can have a more positive impact than alternative treatments for teenage substance misuse, a study finds. Multidimensional Family Therapy for young adolescent substance misuse: twelve-month outcomes of a randomised controlled trial, published in the Journal of Consulting and Clinical Psychology found trends which favoured family therapy as an approach. Before treatment, 72% of children assigned to family therapy admitted substance use in the past month compared to 45% in group therapy. The number who abstained increased more rapidly in and after family therapy until 12 months later just 13% said they had used in the past month compared to 54% in group therapy. Other factors, including school reports, psychological health and quality of family interactions were also improved.

This recent Drug and Alcohol Findings also provides information about further studies into multidimensional family therapy.

To download a copy, go to www.findings.org.uk click latest findings and then 23 December (2009).

Scottish Drugs Recovery Consortium update

The Scottish Drugs Recovery Consortium (SDRC) now has a new Director, Dougie Paterson and an Administration Manager, Linda Swift, in post. They have offices in Glasgow. Here's a quick update on some of the organisation's objectives.

The SDRC has a key role to promote – in providing a central coordinating and supporting role that will link professional supports to communities, families and individuals. It will work to ensure that recovery is at the forefront of policy and practice in tackling drug addiction, in adults and in young people, across Scotland. Its key message is people can and do recover from drug dependency.

It will be an open and accessible vehicle for all of the key stakeholders – treatment providers in statutory and non-statutory settings, mutual aid and community groups, housing agencies and employment and training organisations, primary health providers and specialist agencies – to work together with users in recovery and their families to develop pathways to meaningful and sustainable recovery, and to evidence the effectiveness of the recovery movement.

The SDRC will not be a provider of recovery treatment. Their job will be to identify, support and coordinate the incredible work that is already going on across Scotland, much of it unheralded and unfunded, and ensure that there is consistency and coherence in delivery. It is also seeking to fully involve interested people who have experience of drug addiction, for example, individuals in recovery, family members, communities, statutory bodies, organisations and academic institutes.

To get involved or for further information contact:

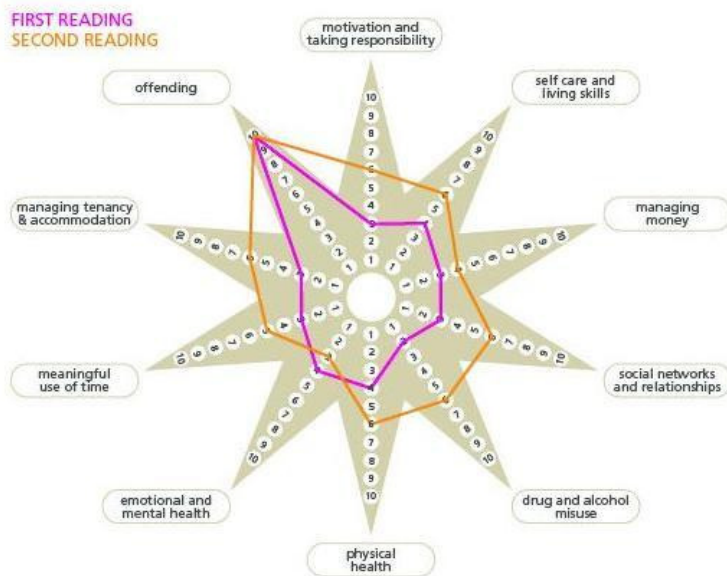
Linda Swift
Administration Manager
Scottish Drugs Recovery Consortium
234 West George St
Glasgow G2 4QY
e-mail: linda.swift@sdrconsortium.org

Carers' good practice

The Scottish government are seeking examples of good practice to be used in the new carers' strategy which will be published shortly. The carers policy branch are looking for projects – large or small – which give examples of effective working, including partnership working that have made a difference to carers of all ages. They are particularly keen to have examples which others could learn from and apply in their own area. They are also looking for carers' stories which highlight the impact and circumstances of caring and illustrate the kinds of support that can make a difference so carers can continue to care as well as enjoying a better quality of life outwith caring.

If anyone has a story they would like to tell or any examples, please email carers.strategy@scotland.gsi.gov.uk

For further information about the carers strategy, go to <http://www.scotland.gov.uk/Topics/Health/care/Strategy>



The Outcomes Star - Homelessness version

TOOL TO MEASURE SOFT OUTCOMES

With government and funders emphasising the need for groups, organisations and services to measure outcomes, This tool could help groups to measure how the work they are doing is making a difference.

Firstly, work out a number of behaviours. Then, over time, plot to see whether there has been any change.

<http://www.outcomesstar.org.uk/> has a number of other tools which may prove useful.

For further information on how to use the star, please contact us.

Learn steps to help ease stress

The government is encouraging Scots to take simple steps to tackle their everyday stress. Steps for Stress aims to help people recognize the signs of everyday stress and offers advice and information on how to take action to ease it.

For more information, go to <http://www.infoscotland.org.uk/stepsforstress/>.

What is the Independent Advice and Support Service (IASS) and how can it help me?

The Independent Advice and Support Service is available to anyone who uses the NHS and aims to support patients, their carers and families in their dealings with the NHS. If a patient, their carer or family has any concerns about their care and treatment, they can raise these with the NHS.

IASS is free, confidential, independent and impartial. It is part of the Scottish Citizens Advice Bureau. It can help when people require:

- Advice and help on a range of issues that can have an impact on health such as housing, employment, benefits or money worries.
- Assistance with identifying and exploring options to raise your concerns about NHS services.
- Advice and support to use the NHS Complaints process.
- Information and advice on how to access health and community services that offer additional support with your health care needs.

You can contact your IASS caseworker at your local Citizens advice bureau or go to the website www.cas.org.uk.

SNAPY Conference 2010

'Improving practice, improving lives'

Working together to create better futures for children and young people affected by alcohol

Tuesday 2 March 2010, 9.30am to 3.55pm (registration from 9.00am)
Marriott Hotel, Glasgow
£50 (Lunch included)

The Scottish Network of Alcohol Practitioners for the Young (SNAPY) was launched in March 2009 and allows for the sharing of good practice, skills and resources and the advancement of new and innovative approaches to service development when working with children and young people affected by alcohol misuse.

Building upon last year's launch, the conference will include speakers, networking opportunities, workshops and regional forums. This conference is aimed at all who work with children, young people or families who are interested in the effects of both direct and indirect alcohol misuse. It is intended for a broad audience of practitioners and workers from both the voluntary and statutory sector whose work is either generic or specific to alcohol.

The conference will be chaired by Dr Mac Armstrong and will include presentations from the University of Bath, Scottish Government, Centre for Confidence and Wellbeing, and Liber 8 Lanarkshire. The conference will include a mix of research, policy and examples of good practice. Delegates will also have the opportunity to network both within their regional area and nationally and to feedback on the key issues affecting their practice. This is an excellent opportunity to participate in the discussion on how we can work together to improve the lives of children and young people affected by alcohol.

Book online now at www.alcohol-focus-scotland.org.uk or call 0141 572 6294.

The Voluntary Action Fund - helping Scottish communities from the grass roots up

The Voluntary Action Fund has announced its priorities for the Community Chest grants programme 2010-2011.

The Community Chest programme aims to help improve local communities and the lives of people most in need. Applications are welcomed from small community and not-for-profit groups who can apply for a small grant up to £1,000 to fund general activities or a specific project. Family support groups would fall into this category.

Each year the Voluntary Action Fund targets different regions throughout Scotland and will this year particularly welcomes applications from groups based within **North Ayrshire, South Lanarkshire and West Dunbartonshire**.

The fund is also especially keen to hear from groups who work with **disability or health related issues, provide childcare or whose beneficiaries face exclusion due to their ethnicity, disability, gender or sexual orientation**. A key benefit of the fund is the opportunity to be involved with a range of training events. Free training is offered to all groups applying for a grant on topics such as charity law, making successful funding applications, managing money and measuring success.

Applications for the Community Chest programme are welcome throughout the year with the next deadline being **31 March 2010**. Groups wishing to apply for a Community Chest grant can download an application form and guidance notes from the VAF website at www.voluntaryactionfund.org.uk. Alternatively call 01383 620780.

From £500-£10000 grants available for 3 month projects

Funding is available to community groups who are working to prevent poverty, sickness and distress for the benefit of the public. Family support services would therefore be eligible to apply. If you, your group or service have an idea for a project, go to www.postcodetrust.org.uk for further information.

Your contributions to this newsletter are very welcome. Please send all your news and views to:

Cathy McIntosh
SNFAD
85 Berkeley Street Glasgow G3 7DX
or email: cathy@snfad.org.uk

SNFAD free national helpline

T: 0808 010 1011

**Scottish Network for Families Affected by Drugs
would like to thank the following
for their ongoing financial support:**

