

**GINA monthly e-news
April 09**

GINA Project 2009 – 2010

The GINA project is delighted to have received funding from the Scottish Government to allow the work of the project to be further developed in the coming year. The funding is for one year initially, to March 2010, with the potential to be extended for a further year until March 2011. The funding will allow for the recruitment of a full-time National Development Officer, as well as part funding a Project Worker post and an Administrative Assistant post for the project.

During the coming year the GINA project will consolidate and develop the existing Network membership, ensuring we have members who are reflective of areas of expertise in terms of women and alcohol as well as Scotland's diverse urban and rural communities. To further enhance networking opportunities, and promote the sharing of good practice for Network members, the GINA project will facilitate meetings/events in 4 regions across Scotland later in the year. It is hoped that these regional meetings will happen a couple of times a year and the content will be reflective of the needs of the Network membership. The GINA project will also organise and host an exciting National Conference on Women and Alcohol in early 2010 – watch this space for further details.

GINA's information in the form of e-newsletters, website, factsheets and resources will continue to be developed. As always if you have any ideas, news or examples of good practice which we could include in our e-news letters or share via the website - www.ginascotland.org.uk - then please get in touch.

During 2009/10 the GINA project will also continue to be involved in development work looking at the impact of alcohol on the lives

of women. Last year we focused on older women and alcohol and we will be publishing the findings of this work very soon. In the coming year the GINA project will continue to look at how alcohol impacts on women at various ages and stages of life.

As always we will feedback to members about the work which is being undertaken via the e-news, the GINA section in the In Focus newsletter and the GINA website. If you would like further information please get in touch.



In the news . . .

**Pregnant binge drinkers will cause
Scots health time bomb**

Alcohol drinking mums-to-be are threatening Scotland with a health time bomb, top health experts have warned. It is feared that heavy drinking pregnant women will cause the number of babies born with Fetal Alcohol Syndrome to soar. Official figures reveal that from 1997 to 2006 the number of females in Scotland dying from alcoholic liver disease rose by 110 per cent. Over the same period,

43 babies were recorded as born with Fetal Alcohol Syndrome. Scottish Government officials believe this may only be a small proportion of the true number. Campaigners estimate up to 1800 babies are born with alcohol related disabilities in Scottish hospitals each year. The Scottish Government advise pregnant women to avoid alcohol, but many medical experts argue this stigmatises mums-to-be and causes unnecessary anxiety.

Source: [Daily Record online, 23/03/09](#)



Pubs to be forced to serve wine in smaller glasses

Pubs will be forced to serve wine in smaller glasses, under new proposals to curb excessive drinking being considered by the Government. Under the proposals, all drinking establishments would have to offer consumers the choice of a 125ml measure. The new 125ml measure will be half the size of the large glasses currently offered in many bars and restaurants. Ministers believe that the reduced servings could cut the health risks to middle-class social drinkers, especially women, who may not be aware how much alcohol they are consuming. Glass sizes and average wine strength have both increased in recent years, meaning a single glass can take women over their recommended daily allowance of two to three units. Under the scheme, pubs and bars would still be allowed to serve their current 175ml and 250ml measures but must also offer the new smaller size.

Source: [The Telegraph online, 25/03/09](#)

Teenage girls and alcohol poisoning

The number of young women treated for alcohol poisoning has increased by 90 per cent in the past five years, according to the Department of Health statistics. Increasing numbers of young children have also become victims of 'binge drinking' as 98 girls under the age of 14 were admitted to hospital last year. The disparity between genders appears to be particularly acute among teenagers. A total of 4,439 girls aged 14 to 17 were seen by doctors for alcohol poisoning over the past five years, compared with 1,776 boys. Women and girls now represent more than half – 54 per cent – of all admissions for alcohol poisoning. The figures obtained by the Liberal Democrats show 13,074 women in England were treated in 2008 compared with 6,691 in 2003, a rise of 95 per cent. Over the same period, the number of men admitted to hospital for a similar complaint rose from 6,329 in 2003 to 10,904 last year, a 72 per cent increase. Don Foster, the Liberal Democrat Culture, Media and Sport spokesman, said: "These figures make clear we need to do a lot more to educate women about the health consequences of drinking too much."

Source: [The Telegraph online, 22/03/09](#)

Mother-to-be is ordered out of a pub by staff concerned for health of her baby

A pregnant woman was refused a drink at a pub and then asked to leave by staff who said they were protecting her unborn child. Caroline Williams, 26, who is five months pregnant, says she felt humiliated by the treatment. Advice from the Chief Medical Officer says that women trying to conceive or who are pregnant should avoid drinking alcohol. This is in line with the U.S., Canada, Australia, New Zealand and France. Pubs have the right to refuse to serve customers and do not need to give a reason for doing so. An assistant manageress, who did not give her name, confirmed she had asked Mrs Williams to leave. She described her as 'a heavily pregnant lady who was drinking alcohol'. Another staff member defended the decision, adding that: "The assistant manageress was only thinking of the welfare of the mother and child."

Source: [Mail online, 31/03/09](#)

Are Women at Greater Risk? An examination of alcohol related consequences and gender

Men typically drink more than women; however, women achieve higher BACs (blood alcohol concentration) than men at equivalent consumption levels. This American study investigated the unique effect of gender on individual alcohol problems by controlling both consumption and intoxication in a sample of 1,331 undergraduate alcohol drinkers. Gender independently influenced the risk of experiencing seven of nine negative consequences: (a) being female increased risk for tolerance, blacking out, passing out, drinking after promising not to, and getting injured; (b) being male increased risk for damaging property and going to school drunk. The report is published in the American Journal on Addictions, Volume 18, Issue May 2009.



Alcohol Framework

The Scottish Government has published its framework for tackling Scotland's £2.25 billion per year alcohol misuse problem. The strategy was launched by Health Secretary Nicola Sturgeon and Justice Secretary Kenny MacAskill, with minimum pricing and local flexibility to ban off-sales to under-21s among its key elements in tackling what health experts regard as Scotland's most pressing public health concern. Within the framework, in the supporting families and communities section, the Government has revealed plans to carry out a survey of the incidence of Fetal Alcohol Syndrome in

Scotland. Currently FAS research in the UK is limited compared to research in other countries, such as Canada, America and Australia. This survey will allow a better understanding of Fetal Alcohol Syndrome in a Scottish context and will hopefully raise awareness of the potential consequences of drinking during pregnancy. GINA will keep members up to date with any news of this research. 'Changing Scotland's Relationship with Alcohol: A Framework for Action' can be downloaded at

www.scotland.gov.uk/Publications

See Me Survey

"See me" is Scotland's national campaign to end the stigma and discrimination of mental ill-health, and they have just launched a second national survey "Hear Me 2". This survey aims to gather detailed information about the ways in which stigma affects those with personal experience of mental health problems. It is the only national survey of its kind in Scotland and the aim is to reach people across the country. One in every four of us is likely to experience some kind of mental health problem. Please go to www.seemescotland.org to fill out the survey.

Funding

ROSA

Rosa, the first UK-wide fund for projects working with women and girls, has announced that the next grants round will be announced in Summer 2009. Rosa will award grants to projects working with women and girls in four key areas. These are Economic Justice, Health & Wellbeing, Leadership and Safety. For more information please visit the website

www.rosauk.org

Training

11 May 2009, Working with Children and Parents Affected by Alcohol Misuse, Alcohol Focus Scotland

This Workshop will lead participants in a comprehensive sharing of best practice

including legislative requirements and personal and agency interventions. It would benefit individuals who have a formal responsibility over families and children and seek an in depth understanding of the management of alcohol problems within families. For more information please visit www.alcohol-focus-scotland.org.uk

Events

28 April 2009, Drugs and Alcohol in Children and Young People Conference, Glasgow Royal Concert Hall

This innovative conference organised by the University of Glasgow, Faculty of Medicine will identify, review and debate the current issues surrounding drugs and alcohol in children and young people today. For more information and to book a place go to www.gla.ac.uk/departments/development/cpd/newcourses

29 April 2009, Drugs and Alcohol Today 2009, London

Drugs and Alcohol Today is one of the biggest UK exhibitions for professionals working in substance misuse. The event includes an exhibition of 60 key organisations, projects and suppliers. The seminar programme features ministers, policy makers, frontline workers, and people who use services, to debate changes in policy and current best practice. The interactive zones cover Arts, Sport, Film, Families, and Drug Information. Tickets: £20 in advance, £25 on the door. For more information visit www.olm-pavilion.co.uk

18 May 2009, Safety First: Working with families and children affected by alcohol misuse, London

The conference will provide the forum to bring together practitioners, family support workers, commissioners and alcohol action teams to learn about the current policy landscape. It also aims to examine evidence and demonstrate practical ways professionals can respond to and support children and families. For more information or to register visit www.olm-pavilion.co.uk

28 May 2009, Domestic Abuse - Responses from U.S.A., The Parish Halls, Glasgow

The seminar will be of particular interest to workers from addiction, homelessness, mental health, health, child protection, criminal justice, education, police, judiciary and violence against women organisations. There will be a charge of £65 for this seminar and this includes lunch. If you would like a booking form please email isabellwsproject@btconnect.com

Do you have any information you would like to share with the GINA network?

We would love to hear from you if you have examples of best practice, studies of interest, information on services or up coming events etc. If so please get in touch.

The next GINA newsletter will be distributed in May 2009.

**GINA Project Officer
Alcohol Focus Scotland
166 Buchanan Street
Glasgow
G1 2LW**

T: **0141 572 6597**

E: gina@alcohol-focus-scotland.org.uk

W: www.ginascotland.org.uk