

GINA monthly e-news December 09

Seasons Greetings from GINA!



Speak Out – GINA Members Survey 2009

The Gender Issues Network for Alcohol (GINA) Scotland is currently undertaking a review of our membership. We want to gather information on its profile and better understand how GINA can actively engage with its members and provide support where necessary. In order to do this GINA is conducting an online survey which should not take more than 15 minutes of your time. As a member of the GINA network we would like to invite you to take the opportunity to voice your thoughts on the network and to help shape its future development beyond 2010, we would therefore appreciate if you

would fill in the survey monkey questionnaire. The closing date for responses is Friday 22nd January. You can access the survey by cutting and pasting the following link –

<https://www.surveymonkey.com/s/M89ZYPM>

GINA would like to thank you in advance for taking the time to respond and feed in your thoughts.

In the news . . .

The drink and violence gender gap



Women and men are at the same risk of violence - until they start drinking, new research from Cardiff University has shown. The Violence and Society Research Group has shown that the risk of assault increases much faster for men than for women once they start drinking alcohol. The Group studied patients arriving for hospital emergency treatment and members of the public out in public places late at night and at weekends. They found the risk of suffering violent injury was the same for men and women when they had drunk no alcohol. The risk rose more rapidly for men than for women when alcohol was consumed. However, the team also found there was an upper limit, of 11 alcohol units in men and five units in women, after which assault injury became less likely. The study also showed that most assaults were either

men attacking men or women attacking women. Incidents involving both sexes were rarer. The team also found that the risk of violence decreased with age, increased with disposable income and that home owners were at lower risk than other groups. This latest study has been published in Emergency Medicine Journal.

Source: PhysOrg.com, 16/12/09

A mobile phone 'alcohol tracker' is to be launched

Festive drinkers will be able to keep track of their alcohol habits through an interactive mobile phone application. The Department of Health's downloadable tracker allows drinkers to get a personalised chart of their consumption to see if they are drinking too much. The alcohol tracker will be available free across the UK, although users will need internet access on their phones. The application, which can be downloaded from the NHS Choices website www.nhs.uk for Windows phones or from iTunes, requires drinkers to enter the number of drinks they consume each day. It will then provide personalised graphs tracking drinking habits and make it clear by how much a person should cut down. For people without either of these two phones, there is text service available which will give advice about how much people are advised to drink. To access this text 'unit' to 64746. It is part of the government's £9m Know Your Limits marketing campaign to encourage safer drinking.

Source: BBC.co.uk, 01/12/09



Research indicates young people want to know more about their alcohol intake and how it compares with that of their friends. Web based screening and interventions could make information more accessible and increase access to support. They offer a service to those young people who are put off by the prospect of discussing their drinking with a health or other professional. Sandyford has recently launched the Alcolator, a user-friendly web based programme, designed for young people, with three features:

- **An electronic unit calculator:** if you enter the amount drunk on an average night out the *Alcolator* will calculate this in alcohol units so you know how this compares with 'safe' units for your gender.
- **An alcohol screening tool:** this has 12 questions. After completion a score will automatically be calculated identifying if your drinking is safe, hazardous or harmful. If your drinking is hazardous or harmful you will be directed to an email which links to an alcohol risk reduction worker based at Sandyford.
- **An email brief intervention link:** this encourages self referral so young people can obtain individual support at a time that suits them. This will include sensible drinking tips, alcohol unit information, risks associated with binge drinking, personal safety information, general support and self help, alcohol diaries and unit calculators.

For further information contact patricia.keogh@ggc.scot.nhs.uk or telephone: 0141 232 8447

Balancing women's recovery with the vulnerability of affected children



Joy Barlow MBE, Head of STRADA, speaks about balancing women's recovery with the vulnerability of affected children at FEAD (Film Exchange on Alcohol and Drugs). FEAD is an ongoing Lifeline Project initiative which aims to demonstrate the wealth of knowledge and experience in the field using

video clips. To watch Joy Barlow's video, or any other contributions, visit www.fead.org.uk

For more information please contact Ayisha Azam, Senior Health Improvement Practitioner:
ayisha.azam@ggc.scot.nhs.uk

Events



9 February 2010, NOFAS-UK Maternal Drug and Alcohol Misuse Conference, University of London

This is a CPD Registered Conference. International speakers include Professor Peter Hepper, Queens University, Belfast who will explain his film of the fetus under the influence of Alcohol; Dr Shane McKee, Belfast City Hospital, who will discuss Diagnosis; Professor Denis Viljoen, leading Fetal Alcohol Spectrum Disorder (FASD) expert from South Africa where the incidence of FASD is the highest in the world, will discuss psychological behaviours in adolescents; Dr Therese Grant from the Fetal Alcohol Unit at the University of Washington, who will discuss interventions for adults and Dr Raja Mukherjee, the UK's expert on FASD, who will review the psychology of FASD through the ages. Conference rates - Professionals: £95, Family Members: £35, Students/Concessions £25. For Special Group Rates. Please visit www.nofas-uk.org for more information.

2nd March 2010, Raising the Issue of Smoking and Alcohol with Pregnant, Glasgow

Participants will gain an awareness of the purpose, benefits and process of raising the issue of smoking and alcohol and delivering brief advice. It will also cover knowledge around tobacco, smoking, fetal alcohol syndrome and health, communication skills and how to refer people to local stop smoking and alcohol support services. To register please contact: Nadia Gibbons: nadia.gibbons@ggc.scot.nhs.uk

Resources

GINA festive party tips leaflet



GINA's festive party tips leaflet offers women sensible tips and advice about how to stay safe while celebrating during the festive season. To download a leaflet please visit www.ginascotland.org.uk

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 upcoming events etc. If so please get in touch.

The next GINA newsletter will be distributed in January 2010.

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