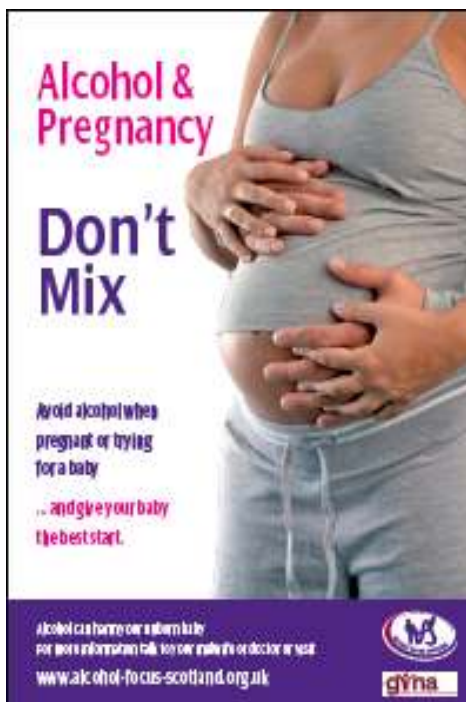


GINA monthly e-news October 08

Alcohol and Pregnancy campaign



GINA members have been kept up to date with the development of Alcohol Focus Scotland and GINA's alcohol and pregnancy campaign that will be launched in November. Now that the materials are finalised, it is time to share the campaign materials with our members and ask you to support our campaign.

The two posters featured, along with a leaflet, have now been produced and are ready for distribution. The aim of the campaign is to raise awareness of the 'avoid alcohol when pregnant or trying to conceive' message among women who are pregnant,

are thinking of trying for a baby, and among the wider population who may encourage women to have a drink without understanding the possible harm. We will also have an advert on Real Radio and plan to do advertising and editorial in relevant women's/baby magazines and websites.

The anxiety experienced by many pregnant women has been much highlighted recently, particularly since a survey by baby charity Tommy's revealed that there is widespread confusion amongst pregnant women about what they can and can't do during pregnancy. Dr Miriam Stoppard, a patron of Tommy's and author of books line *Bonding with your Bump*, has been helping to educate women about pregnancy for 30 years. She says "I'd much rather women avoided alcohol altogether during pregnancy. It's not a big thing to do."¹



Please help promote the campaign however you can – from forwarding details through your networks, distributing leaflets or putting

¹ Sunday Post, 7th September 2008

up posters in relevant local settings. Just let us know how many leaflets/posters you would like and a delivery address.

In the news . . .

Warning over early exposure to alcohol

Giving children alcohol at an early age increases their risk of becoming drink-dependent at a later stage in life, according to new research. The claim challenges the long-held notion that introducing children to alcohol in small measures over time may prevent teenage binge drinking. The new study, by the US National Institute on Alcohol Abuse and Alcoholism (NIAAA), suggests that parents may have got it wrong. It found that if young people have their first taste of alcohol before the age of 15, it sharply raises their risk of becoming alcohol dependent later in life. The study involved data gathered from more than 22,000 young Americans over three years, which matched the age when a first alcoholic drink was taken with first incidence of alcohol abuse or dependence. The NIAAA's associate director, Howard Moss, said the study showed that it was important to delay the onset of drinking behaviour for as long as possible. The findings have emerged amid concern over the level of binge drinking among teenagers in Britain. In Scotland, a recent survey of 13-year-olds found 20% had had a drink in the previous week. Among 15-year-olds, 40% of boys and 46% of girls said they had had an alcoholic drink in the past week.

Source: [Scotland on Sunday, 28/09/08](#)

Survey shows Scots are UK's biggest drinkers

Scots drink almost 2 litres more per person a year than the rest of the UK campaigners have said. Figures showed that last year over 16 year olds drank the equivalent of 11.8 litres of pure alcohol per person, compared to 9.9 litres drunk in England and Wales. Scottish Health Action on Alcohol Problems (SHAAP) said it disproved claims by the industry that Scots were drinking less than people elsewhere in the UK. Research has suggested that a one litre increase in average alcohol consumption is linked to a

30 per cent rise in alcohol related liver cirrhosis deaths. Most of the difference seen between Scotland and the rest of the UK was seen in spirits. While Scottish over 16's drank 3.5 litres of spirits, the figure for England and Wales was 1.8 litres. SHAAP said previous comparisons of drinking habits had been made using data from population surveys and drinkers often under reported by as much as half. But they had analysed figures based on alcohol sales in the UK. Dr Bruce Ritson, who chairs SHAAP, said the figures reinforced the need to act now to reduce overall alcohol consumption in Scotland. "The most effective and efficient means of reducing the demand for alcohol is to regulate price and availability" he said.

Source: [The Scotsman, 26/09/08](#)

Fears for hidden children born with alcohol syndrome

The government has severely underestimated the numbers of children born with Fetal Alcohol Syndrome (FAS) in Scotland, and may be ill equipped to deal with the real number of cases, according to Scottish drug and alcohol experts. Research into the actual number of cases of children born with FAS, or Fetal Alcohol Spectrum Disorders (FASD), which is less severe, is expected to start later on in the year and experts expect it will reveal more cases than ever previously recorded. Fetal Alcohol Spectrum Disorders cause a wide range of symptoms, including stunted growth, poor cognitive skills, bad memory and damage to the nervous system. Shona Robison, Minister for Public Health, is behind the drive to stop women damaging their babies. She said "Advice from the Scottish Government is clear: women who are pregnant or trying to conceive should abstain from alcohol to minimise the risk of their baby developing Fetal Alcohol Syndrome. Scotland's rate of many alcohol related conditions is rising in direct correlation to consumption, and we could be storing up a health time bomb for the future."

Source: [Sunday Herald, 7/09/08](#)

Call to tackle parents who abuse alcohol

The charity Children 1st has called on the Government to do more to help youngsters whose parents abuse alcohol. The

Edinburgh-based charity says more than 65,000 children in Scotland are affected by parental alcohol misuse. Now, in response to a Government discussion paper around the country's relationship with alcohol, the charity is calling for parents to be made more aware of the impact of their drinking upon their children. It is lobbying for a national campaign on the issue together with better support for parents and classroom education on the subject. The charity's head of public affairs Tom Roberts said: Substance misuse is a blight on our society, and unfortunately it is vulnerable children who bear the brunt of its impact. He said, "It is time for the Government to focus its attention on ending parental substance misuse."

Source: [Edinburgh Evening News, 15/09/08](#)

New Comic Relief project

It is estimated that at least 65,000 children in Scotland are living with the effects of parental alcohol misuse. Two reports, the Scottish Executive's Hidden Harm - The Next Steps and Have We Got Our Priorities Right?, a Think Tank report published by the Aberlour Childcare Trust, identified that improved, earlier identification, better multi/inter-agency working and better informed practitioners will be key to improving these children's lives. Alcohol Focus Scotland looked at how they could use their 'umbrella' status to help achieve positive change through supporting the enhancement of service provision to children and families living with alcohol problems, and this project, funded by Comic Relief, is the result. The Network, which will be launched in early 2009, will allow 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. For more information on the project and to join the network email

Ryan.Wenstrup-Moore@alcohol-focus-scotland.org.uk or call 0141 572 6700.

Calendar Girls

Contestants from one of the country's top beauty events have launched a charity calendar highlighting the dangers of binge drinking. Using a series of hard-hitting photos, the Miss West Lothian girls hope they will be able to persuade youngsters to keep a lid on their boozing. The calendar uses a series of double-meaning messages each month, showing what life can be like for the sensible drinker and highlighting the dangers of over indulgence. One image shows a youngster hooked up to a heart monitor in an ambulance, a scene that's repeated up and down the country after a night's boozing. The co-organiser of the Miss West Lothian event, Claire Malloy, said: "This is about sensible drinking and we hope that our message will make people stop and think. I know some of the girls involved in the making of the calendar were affected by it and it has really made them think about what they are doing." The calendar will be on sale in a couple of weeks at a cost of £3. Amongst the stockists will be Debenhams, who are sponsoring next year's Miss West Lothian event. All proceeds will go to a charity that works with youngsters who are problem drinking.



NOFAS - UK Pregnant Pause

NOFAS-UK, the national organisation on Fetal Alcohol Syndrome, held an event in London last month to raise awareness about Fetal Alcohol Spectrum Disorder. The event, which took place in Victoria Station, saw pregnant women freezing on the spot in the middle of the busy train station. 'The pregnant pause' which took place at 9 minutes past 9, on the 9th of September, was to remind women that they only have to give up alcohol for nine months in order to have healthier children. A four minute film was made of the event, which can be watched on youtube. To watch the film, please go to

www.youtube.com/watch?v=SCkpWKHHzIs

Events

Tuesday 11th November, FASD Seminar - Glasgow

What to know and do about children harmed by foetal alcohol. A one day seminar with Olson Huff, a leading American paediatrician who has diagnosed and treated children with Foetal Alcohol Spectrum Disorder and Jonathan Sher, Director of Research, Policy and Practice Development at Children in Scotland. Book online at

www.childreninScotland.org.uk/FASD

21 November 2008, Addiction and the Family Conference - Bristol Marriott Hotel

For more information contact Mrs Jan Green, Alcohol & Health Research Unit, University of the West of England. Tel: 0117 328 8800 or email: jan.green@uwe.ac.uk

Training

Women and Leadership Project; October 2008-May 2009

SCVO (in partnership with Engender and PATH (Scotland) have secured match funding from the European Structural Funds and the Equalities and Human Rights Commission for an innovative pilot project

targeting the personal skills development of BME women, disabled women and women returners to the labour market who are employed, in tandem with the strategic implementation of an equalities mainstreaming programme within voluntary sector organisations.. If you would like to take part in the programme as an organisation, individual or mentor please contact Linda Anderson or Dee Gildea at equalities@scvo.org.uk or 0141 2258000. Visit the website for more details

www.scvo.org.uk/equalities

Women's Support Project: inter-agency workshops and events; Autumn 2008 – Spring 2009

The Women's Support Project is committed to raising awareness of violence against women and children and working to improve services available to survivors of abuse and regularly organise inter-agency training workshops and information events. Workshops are attended by both qualified and unqualified workers across a range of statutory and voluntary agencies. Visit the website for more information

www.womenssupportproject.co.uk

Resources

Pink handbag leaflets

GINA has a limited stock of the pink handbag shaped information leaflets that were produced for Alcohol Awareness Week now available to order. The leaflets offer information and advice to women going on a night out.

How does your night end?

The NHS has produced a new booklet aimed at young drinkers, called 'How does your night end?' It contains information, advice and unit guidance. Booklets can be ordered online at www.orderline.dh.gov.uk (quote 287651/How does your night end?)

'Weight for it' Leaflet

This leaflet had been produced by North Glasgow Alcohol Support Services and the Health Improvement Team in the North Glasgow Community Health and Care Partnership. The leaflet aims to promote

sensible drinking by highlighting the effect alcoholic drinks can have on a healthy weight. The leaflet gives calorie contents of popular alcoholic drinks, tips for cutting down and information on the health effects of alcohol. Please contact GINA for a pdf of the leaflet.

Funding

Up to £5,000 available for women's groups

Do you run a project which supports and empowers women aged over 16? The Women's Fund for Scotland has been given £110,000 by the Scottish Government to distribute awards of up to £5,000 to women's groups in 2008/09. Over the past six years, the Women's Fund for Scotland has awarded over £850,000 in grants to 400 community projects. To be eligible to apply, groups must be constituted, and have an annual income of less than £250,000. Grants are available for projects which support and empower women, and to fund organisations which are run predominantly by and for women. There is also funding available for events to celebrate International Women's Day on 8th March 2009. The deadline for all applications is 12 December 2008. If you would like to apply, please visit the Scottish Community Foundation's website -

www.scottishcf.org/grantsforwomen

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 November 2008.

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