

GINA monthly e-news October 09

Report Launch Event



L-R Elinor McKenzie, Dee Gildea and Jennifer Curran

GINA held a very successful event in Glasgow on Wednesday 28 October 2009 where we took the opportunity to launch our 'Alcohol and Ageing: The Views of Older Women and Carers' report. The event attracted 60 people from across Scotland's substance misuse field, voluntary sector and organisations directly working with older people. The keynote address came from GINA Chair; Moira Plant, Professor of Alcohol Studies at the University of the West of England, who spoke about the trends and patterns of alcohol consumption among older people as well as the issues behind the need for further research into the needs of older women. Other contributions came from Jennifer Curran, Head of Business Development at Alcohol Focus Scotland (who co-wrote the report with Rachel Brooks, GINA Project Worker and Professor Moira Plant) and Elinor McKenzie, Chair of the Scottish Pensioners Forum. Jennifer Curran outlined more fully the findings of the research, including detailing the pilot carers training which was undertaken, and Elinor McKenzie discussed the experiences of those older women who took part in the focus groups.



One of the afternoon workshops

In the afternoon there was an opportunity for delegates to examine more closely the recommendations contained within the report, and take the first steps towards creating action plans to move the work forward in the coming year. Some of the most common issues raised included work around brief intervention support; the further development and possible expansion of the carers training package; the need for awareness raising literature for carers who may have alcohol issues, and carers caring for a person with alcohol issues; the need for further development work to highlight issues around alcohol consumption, and the issue of alcohol and medication.

For further information about the work, or to obtain a copy of the report, please email gina@alcohol-focus-scotland.org.uk, phone 0141 572 6597 or visit our website at www.ginascotland.org.uk

In the news . . .

Wealthy women more likely to binge drink

Wealthy and professional women are far more likely to binge drink than those on lower incomes, a new survey of Scotland's health has suggested. Official figures showed **31 per cent of females in homes with the highest earners drink more than the recommended limit of 14 units per week**. This is almost twice the proportion of women living in the poorest households, where only 16 per cent drink more than they

should. Unlike the consumption patterns among women, there was no link between men's drinking levels and the affluence of the area in which they live. **Overall, a third of men and a fifth of women are drinking more than their recommended amount of alcohol every week**, although their numbers are falling. The figures, from the Scottish Health Survey 2008, showed only a quarter of the richest women said they had not consumed alcohol in the previous week compared to 58 per cent of those earning the least money.

Source: Telegraph.co.uk, 29/09/09

'Affects of drink mistaken for date-rape drugs'



Young women who believe their drinks have been spiked on a night out have often just consumed too much alcohol. In a study involving more than 200 students, researchers found the **women mistakenly linked sickness, blackouts and dizziness to poisoning by a stranger when it was more likely to be caused by excessive alcohol consumption**. And they found evidence of "active denial" that it was drinking too much that left students "incoherent and incapacitated". Dr Adam Burgess from the University of Kent study team said: "Young women appear to be displacing their anxieties about the consequences of consuming what is in the bottle on to rumours of what could be put there by someone else.

Source: news.scotsman.com, 27/10/09

Alcohol hinders having a baby through IVF, couples warned

Couples who share a bottle of wine a week reduce their chances of having a baby through IVF by more than a quarter, according to a study by American fertility specialists. Doctors at Harvard medical school, in Boston, asked 2,574 couples

about their drinking habits shortly before they embarked on a course of IVF treatment. A little over half of the women (56%) and a third of the men had less than one alcoholic drink a week, while 4% of women and 5% of men consumed at least one drink every day. Dr Brooke Rossi, who led the study, said that men and women who each drank six or more units of alcohol a week **"significantly reduced their likelihood of pregnancy"**. At these levels of consumption, women were 18% less likely to have a successful IVF baby, while men reduced their chances of fatherhood by 14%. The effects were particularly strong for women who drank white wine and men who preferred drinking beer.

Source: guardian.co.uk, 20/10/09

Medical warning over 'wind-down' wine

Professor Ian Gilmore, one of the UK's leading alcohol experts, said women risk developing liver disease or becoming alcohol dependent because they are unaware of the impact of regular drinking. He said that the stress and anxiety that women experience as a result of their careers or in their role as a mother was leading them to drink more alcohol. Professor Gilmore, president of the Royal College of Physicians, said: **"Women in their role as mother or carer use alcohol to cope with exhaustion, anxiety, isolation and with stressful life events."** He added: "Women are storing up a health time bomb by drinking this regularly. My fear is that such women are at risk of developing liver disease or becoming alcohol-dependent." His warnings come after recent NHS figures show the number of women admitted to hospital with alcohol-related problems jumped by 23 per cent in just two years to more than 70,000 in 2008.

Source: Telegraph.co.uk, 19/09/09

New links between alcohol abuse, depression and obesity in young women

There is new evidence that depression, obesity and alcohol abuse or dependency are interrelated conditions among young adult women, but not men. Using data collected when young adults were 24, 27

and 30 years of age, a team of University of Washington researchers found that nearly half the sample of 776 young adults tracked during the study met the criteria for one of these conditions at each of these time points. The study found that:

- Women with an alcohol disorder at age 24 were more than three times as likely to be obese when they were 27.
- Women who are obese at 27 were more than twice as likely to be depressed when they were 30.
- Women who are depressed at 27 were at increased risk for alcohol disorders at 30.
- Obesity offers men some protection against later developing depression.

The paper was published in the journal General Hospital Psychiatry.

Source: University of Washington

Events

Wednesday 4 November 2009, Alcohol Focus Scotland AGM and Seminar, Glasgow City Chambers

1.30pm for buffet lunch, 2-4pm for AGM and seminar.

The AGM will be followed by a seminar - "The Best Start in Life - Alcohol Focus Scotland's support for the national Early Years Framework". If you would like to attend please contact Anne-Marie Adie on 0141 572 6708 or email:

anne-marie.adie@alcohol-focus-scotland.org.uk

Friday 13 November 2009, Youth, Alcohol & Crime - International Conference, Bristol



University of the West of England

Cost: £150 (student discounts available). An international conference, Youth, Alcohol and Crime (problems and effective responses) has been arranged by the Alcohol and Health Research Unit at the University of the West of England, Bristol.

This meeting will bring together leading authorities on issues related to young people, alcohol, crime and disorder. For more information and to book a place please contact Jan Green, University of the West of England. Tel: 0117 328 8800 or email: jan.green@uwe.ac.uk

Thursday 26th November, The United Nations Women's Agenda - International Event, Glasgow

The programme on the day will cover the Commission on the Status of Women 53rd Session which took place in March this year and preparations for the 54th session in 2010, and a session on the Beijing Platform for Action. The day will also cover The Convention on the Elimination of All Forms of Discrimination against Women (CEDAW) process. If you are interested in attending this event please visit the WNC website for more details - www.thewnc.org.uk

Tuesday 8 December 2009, National Community Conference, SAS Radisson Hotel Glasgow

The first conference of its kind in Scotland that addresses how changes can be made to Scotland's relationship with alcohol through engaging local community interest and increasing partnership working. The conference programme has been formulated to provide relevant information and points of discussion that will help local areas in Scotland to think about how they may begin to do this. The conference is aimed at all who work in community settings where alcohol issues forms part of their remit. It is intended for a broad audience of community activists, teachers, practitioners and workers. For more information and to book a place please visit

www.alcohol-focus-scotland.org.uk

Training

From Positive Action in Housing:

Wednesday 11th November (9.30 am - 4.30 pm), Community Engagement-How To Do It!

This course will show you the key steps to help your organisation to effectively engage with everyone in your areas of operation, particularly with those communities who are

historically under-represented or less likely to participate as members, workers or service users. Housing providers and public sector: £220; Community and voluntary groups: £195; Member organisations: £175.

Tuesday 17th November (1.30pm - 4.30 pm), Diversity & Equality Planning Workshop

This course assists you to develop equality and diversity practices in your organisation. You will understand how prejudice and stereotypes create barriers to equality, and recognise the business case for equality. You will know how to use an equalities toolkit to ensure equality and diversity is integral to your organisation. Housing providers and public sector: £129; community and voluntary groups: £105; member organisations: £99.

To book on either of the above please send your details to zandra@paih.org or call 0141 353 2220

Funding

Funding to increase physical activity levels among girls and young women

Youth Scotland has announced that grants of up to £2,000 are available for projects and initiatives across Scotland that increase physical activity levels among girls and young women. The funding is available to groups working with girls and young women aged 12 - 18 years who are not currently taking part in physical activity. Applications are particularly welcome from young women who: live in disadvantaged communities; have experienced homelessness or are living in care; have disabilities or mental health issues; are from black and ethnic minority communities; and are mothers of young children. The current application deadline for this round of funding is the 1st December 2009.

www.youthscotland.org.uk

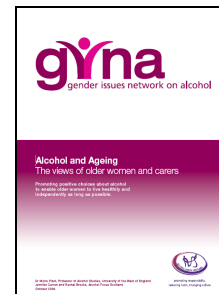
Funding to prevent the misuse of alcohol

Organisations working to tackle alcohol misuse and raise awareness about the impact of alcohol misuse in the community have the opportunity to apply for funding through the Drinkaware Trust Awareness Project Grant scheme. The main objectives

of the trust are to help reduce alcohol misuse, reduce alcohol related injuries and change the drinking culture in the UK. Applications can be submitted at any time.

www.drinkaware.co.uk/grants

Resources



GINA's 'Alcohol and Ageing: The views of older women and carers' report is now available. Please visit the GINA website – www.ginascotland.org.uk to download your copy. Alternatively, if you require a hard copy please email gina@alcohol-focus-scotland.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 November 2009.

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