

Crackdown on Stag and Hen party Binges in the Capital

The Scotsman reported in March measures designed to clamp down on drunken stag and hen nights similar to those used in Dublin. Edinburgh is being targeted by young visitors who want to take advantage of late licensing laws. Super pubs and nightclubs around the Cow gate and Grassmarket have proved especially popular with stag and hen tourists. But city fathers in Dublin, which became a top venue for pre-marital high-jinks in the mid-1990's, discovered that hordes of visitors who arrived only to get drunk were putting off other tourists. Edinburgh's council leader, Donald Anderson said: "If we feel Edinburgh's popularity as a stag and hen destination becomes increasingly unacceptable to residents and

other visitors, we'll look at the possibility of using the powers available to us." Members of the licensing forum which includes representatives from the pub trade earlier this month heard a report on how Dublin had curbed stag and hen parties. A report compiled by Gavin Buist of Lothian and Borders Police, described how pubs in Dublin's Temple Bar area were subjected to a monthly review of their licensing hours, prompting many landlords and chain owners to discourage stag and hen groups in order to maintain their late opening privileges.

Tourism leaders have so far adopted a neutral approach, recognising the importance of Edinburgh's appeal as a short break destination. A

spokeswoman from the tourist board said: "We do not specifically market Edinburgh as a stag and hen night destination."



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Special points of interest:

- Have you been on a merger workshop?
- Do you want to play Think B4 U Drink?
- 100 drinkers a day end up in hospital
- Alcohol ban for football and Rugby matches stays

Commended in Scottish Parliament

A Motion has been put forward by Nanette Milne MSP (North East Scotland), to commend the dedicated work of Albyn House, Alcohol Advisory & Counselling Service and Bon accord Befrienders in Aberdeen for providing help, advice and support to

people with alcohol related problems; Recognises that alcohol abuse is a serious social problem which blights the lives of a steadily increasing number of people in Scotland; further that the three organisations will this summer be joining efforts to create Alcohol

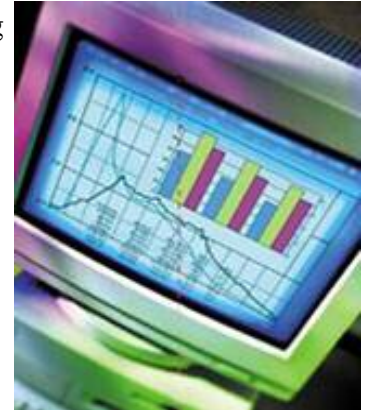
Support; She urges the Scottish Executive to commend the new service as an exemplar in its field; further to recognise the social, health and economic benefits that a secure stream of funding to alcohol support groups such as Alcohol Support would have for Scotland.

New Statistical Reports-Team Effort

This year we are producing new, detailed annual statistical reports on all core counselling activities and specialist services. From the new Orion database we are able to extend counselling information into readable format and identify changes and trends in clients accessing AACCS Services.

Maureen is leading this work and is being supported by Julie and Alayne. Linda has the task of putting all Counselling information and data on to Orion . All this is provided by volunteers and staff casework. Everyone is therefore involved in creating this vital information and contributing to the

overall counselling services.



New AACCS Statistics

Think B4 U Drink

The Board game has been widely distributed to schools , academies and community centres throughout the city, Aberdeenshire, and Moray.

Training is offered prior to the games being distributed , to offer encouragement and fun in

playing and learning the game. Margaret Reid has joined the small team and will begin to promote the game to parents groups out with the school / academy arena.

If you have not had the opportunity to play the game , or you would like a board game for work-

place purposes please contact **Margaret at AACCS, Jennie Biggs on 558472 or Anni Stonebridge on 01467 628253.**



Additional Resources :£'s

Additional funding from both Aberdeen city and Aberdeenshire (via action teams) has enabled us to extend and expand counselling/ casework. In Aberdeenshire Carol-Ann has become a permanent member

of staff on 28 hours a week covering north/central areas.

Sally on 18 hours per week will cover south and possibly some central Aberdeenshire. Lindsay will be based in Aberdeen providing 18 hours per week for

clients at 62 Dee Street and some dispersed work in the city.



Ladies Who Lurch: Why Women Binge Drink?



Senior female executives are drinking more than male colleagues

Times Online 27 March 2004

Last Saturday morning Lou woke up feeling pretty confused. She had a pig of a hangover, a bruised cheek and absolutely no idea how she got to bed. Typical 20-something student? Nope. A 33 year old mother of 3 with a successful business, a huge mortgage, a difficult ex-husband and a mother with Alzheimer's.

Lou doesn't have a drink problem, she has a life problem. She juggles so many emotional and financial balls that often, getting slightly pissed before she goes to bed is the

only way she can get to sleep at night.

Women all over UK are propping up careers, relationships and financial difficulties with the aid of a corkscrew. The problem is not so much that women drink but that they drink too much. The Office of National Statistics revealed that half of those women earning more than £40 K ,binge drank on at least one day a week. The number of women consuming more than they should is on the rise. In 1992 the proportion drinking more than 14 units a week was 11%, in 2001 it was 15%.

Among young women it has doubled in a decade. 77% of women in cities said they are stressed and turn to booze to blot it out.

Perhaps instead of flogging long term health risks, the Government should concentrate on flagging up the fact that the behavioural changes associated with alcohol poses a much bigger threat to female health than the actual substance itself. At present , alcohol-related injuries make up to 70 % of admissions to A & E departments during peak times.

HI-Net (Grampian Health Improvement Network)

"In 2003 37,250 cases of alcohol-related hospital discharges were recorded."

HI-Net is a website designed to be an interactive communication tool and virtual network of professionals with a remit for health improvement.

Phase 1 of the project was launched in June 2003, and primarily targeted Public Health staff and other nominated representatives. A fully functional website now exists with 139 registered members, and can be viewed at:-

<http://www.hi-netgrampian.org/>

HI-Net offers a Discussion Forum; the ability to view and submit documents , news articles , web links, and information on health improvement activities; an interactive events calendar; Who's Who; links to NHS Grampian Public Health Library and the e-library; and information on funding, evaluation an training.

From March 04, Phase 11 of

the website will see HI-Net opening out to include partner organisations in Grampian such as the Local Authorities, NHS Grampian, Voluntary Sector, Aberdeen University and RGU and any other in interested organisations or individuals with a remit for Health improvement.



Paper released in August

The Scotsman 18/05/04

The Justice Minister, Cathy Jamieson, unveiled plans for a major overhaul of Scotland's licensing laws in a White Paper released on Monday. The White Paper includes

Drinking Reforms

proposals for later opening hours, a crackdown on irresponsible promotions, and the formation of national and local licensing forums. The Paper is out for consultation until August but the Minister re-

fused to say when a Bill would be introduced, although there is a commitment to introduce it in the lifetime of the Parliament.



At last the merger of AACCS and Albyn House Association is happening. Our joint funding teams are supporting the merger and looking forward to our new developments.

Staff workshops are

Alcohol Support

already underway for both AACCS and Albyn to get to know each other and help plan for the future.

The technicalities of the new company actually forming are expected to happen in September/ October

2004. We continue to be committed to offering and providing support services to individuals and families affected by alcohol misuse.

AACCS News

Sad loss- We have sadly lost Judi Broomfield our Outreach Counsellor, who died very suddenly at the beginning of May. Judi was an inspiration to us all and will be greatly missed by her clients and colleagues at AACCS.

Cheerio to -Cathie Balfour Volunteer Receptionist (Monday evenings). A big thank you to Cathie for her work over the years at AACCS. Wishing her and her family all the very best!

New Volunteers-A big welcome to 8 new trainee volunteer counsellors, who survived the 'gruelling' selection procedure in March and are now approaching their middles weekend in Huntly.

October will herald their Counselling debut at the agency, so expect some new faces in the office:- **Brian**-ex SW Student now fully qualified (couldn't get enough of us). **Ray**-comes from a nursing background and after a spell abroad has studied alternative medicine. **Anne**-Principal Chemistry teacher and interested in keeping fit and exercise. **Carol**-works as a secretary at Postgraduate registry at Aberdeen University.

Susan-currently works for Aberdeen City Council in the Housing Department.

Tom-ex-head of Estates from Western Isles Health Board and currently working for Oxfam.

May-currently a Body Shop Consultant and at home with her young children. **Irene** -works as a member of the home support team at Exchequer House. We all look forward to your arrival

Welcome also to **Cindy** and **Shona** who join us afresh as new Supervisors and **Ian** and **Lyndsay** from the agency who have also just completed their supervisor training. Congratulations to Ian Duncan on the successful completion of his portfolio. And last but not least :- **A big thank you** to all volunteer Counsellors and supervisors for giving up their time for the work of the agency.

"What a terrific cook they have at Albyn House!"

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**Information Sessions
All Welcome!**

Friday 9th July 11-1pm
Wed 14th July 2-4pm
Wed 11th Aug 2-4pm

Speaker: Fiona Angus
Venue: 37 Dee Street

Reply to -tel.573887 or
fiona.angus@aaccs.co.uk

Thanks to all who helped by contributing articles for this edition. If you have any comments, or anything you would like to include for next time, please send to Esther Milne at info@aaccs.co.uk