

Welcome to the second Alcohol Quarterly Newsletter for Oxfordshire. Its aim is to signpost **general information** regarding alcohol and cover specific projects or services under '**Treatment Focus**' and '**Community Area**'.

GENERAL INFORMATION

Department of Health – Change to definitions

The Department of Health has changed its definitions of drinkers from 'sensible', hazardous' and 'harmful' to:

Lower Risk

- Men who regularly drink up to or below 3-4 units a day
- Women who regularly drink up to or below 2-3 units a day

Increasing Risk

- Men who regularly drink more than 3-4 units a day
- Women who regularly drink more than 2-3 units a day

Higher Risk

- Men who regularly drink more than 8 units a day
- Women who regularly drink more than 6 units a day

(Regularly drinking = drinking every day or most days of the week)

The Department of Health has also developed a new self help booklet, '**Your Drinking and You**', as part of the Know Your Limits campaign. The booklet can be downloaded from the Stakeholders website under the Healthcare Professionals section. There are a number of other campaign materials available to order free of charge aimed at Healthcare Professionals and their patients from the same website. www.alcoholstakeholders.nhs.uk

Alcohol Concern's new service directory

Alcohol Concern has launched a new edition of its free, online services directory. The new, user friendly database provides details for the 650 plus alcohol services currently operating in England and Wales. The organisation expects it to be a useful resource for social workers, probation officers, those working in primary care, mental health, social care and other professionals who want to access an alcohol intervention for patients and clients who's drinking is causing difficulty. The Oxfordshire dedicated alcohol treatment services highlighted in the last newsletter (namely the Community Based Treatment and the Alcohol Referral Service) should be on the directory which is available at <http://servicesdirectory.alcoholconcern.org.uk/index.jsp>

Cancer Research UK develop an online 'Alcohol Tracker' gadget

Cancer Research UK have created an online 'Alcohol Tracker' gadget that will allow you to track how much alcohol you're drinking over time, compare your drinking to recommended levels, compare your drinking to average levels for your region and age and get feedback on your drinking habits. To sign up to the gadget click on:

<http://info.cancerresearchuk.org/healthyliving/alcohol/gadget/>

How to calculate alcoholic drink units

To calculate the units in a particular alcoholic drink you can use this formula taken from the National Treatment Agency publication '*Promoting Safer Drinking: a briefing paper for drug workers*' (2004) which looks at the relationship between illegal drug use and alcohol consumption:

Volume x %ABV / 1000 = units (e.g. 330ml can of lager at 5% ABV is $330 \times 5 / 1000 = 1.65$ units)

http://www.nta.nhs.uk/publications/documents/nta_promoting_safer_drinking_2004_drdaalcohol.pdf

TREATMENT FOCUS

This quarter highlights some of the treatment services for young people in Oxfordshire. These services do not necessarily focus specifically on alcohol but include all substance misuse.

Tier Two Early Intervention Service

This service provides specialist substance misuse early intervention work through one to one work or group work activities as part of care planned intervention for young people aged under 19. This includes alcohol misuse. The service works closely with a wide range of partners including schools, Youth Offending Service, Evolve, housing providers and Connexions. There are five Youth workers providing the service covering the county. For more information see http://www.spired.com/guide/miniguides/drugs_intervention3.htm

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Evolve

Evolve is Oxfordshire's Young Person's Drug and Alcohol Treatment Service (Tier 3). It is a confidential treatment service which provides community support for 10 -18 year olds with complex and serious substance misuse issues (including alcohol) in Oxfordshire. Project workers will see young people in a range of venues across the county with ongoing sessions to effect change around young people's substance misuse, whilst also addressing related issues and risks. The service can be contacted via telephone on 01865 723909. Their website is currently being redeveloped and contains details on how to refer - www.evolveoxon.co.uk

Evolve

COMMUNITY AREA

Summer Test Purchase Results

As reported in the first newsletter over the summer the District Councils, Police and Trading Standards undertook a joint campaign targeting off licences who sell alcohol to under 18's across Oxfordshire. Nearly 400 support packs were sent out to off licences in July before the test purchase operations occurred in August. A total of 109 off licences were targeted over the two weeks with 14 premises failing and selling alcohol to the under 18 volunteers. For the offences ten £80 fixed penalty notices were issued to the sellers; the other four offences further enforcement action is being taken. Authorities will continue to carry out joint test purchase operations throughout the county on a regular basis.



'Nightsafe'

Nightsafe short term aim is to reduce the number of alcohol related disorder incidents taking place in the street, many of which are linked to alcohol and occur late at night. The longer term aim is to change the drinking culture through raising awareness through local media, forums and education of the consequences of drinking too much alcohol. Nightsafe has four key components to achieve this, Licensing Enforcement, Targeting of Offenders, Media Campaigns and High Visibility Policing. Nightsafe operates in most of Oxfordshire's towns including Oxford City and East Oxford, Witney, Abingdon, Banbury, Kidlington and Wantage. There are plans to continue to expand the scheme into Didcot, Wallingford and Bicester. Oxford City and East Oxford Nightsafe have a dedicated website at www.nightsafe-oxford.org.uk

To provide feedback or a story to the next quarterly newsletter contact
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* IN THE NEXT EDITION – 'Parent workshops' *