

# Orkney Alcohol Counselling & Advisory Service

## NEWSLETTER

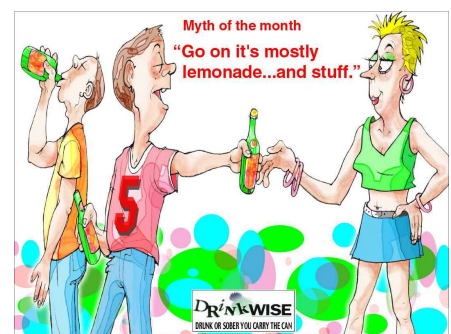
### Special points of interest:

- Funding
- AGM
- Motivational Interviewing training course a success
- Training Course in September on "Confidentiality"

### Alcohol and Drugs Funding

We are pleased to announce that we have recently been allocated substantial funding from three charitable funders. Awards For All have granted us £2,938 to enable the purchase of a Colour Laser Printer and consumables; Comic Relief - £5,000 towards training; and Lloyds TSB Foundation for Scotland Partnership Drugs Initiative - £11,700 to enable the development of a drugs counselling and advice service aimed at young people identified as being at risk. Together with money being provided by the local Youth Crime Review Group we are now adequately funded to provide our Young Persons' Alcohol Advisory

Programme, in addition to our core services of one-to-one (adults) counselling. Already counsellors and



Cartoon created by Bill McArthur for Orkney Drinkwise

staff have received significant extra training in working with young people, and more will be provided over the coming year.

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### Annual General Meeting

Our AGM was held at the Orkney College on the 27<sup>th</sup> June. Our guest speaker, John Richards from the OIC Housing Division, gave us an entertaining talk on alcohol and/or drugs misuse as he saw it, and how it detrimentally affects housing and all the other aspects of society in

Orkney. Two members of the public volunteered to join our executive committee, thus demonstrating the continuing level of concern over the level of alcohol and drugs misuse in Orkney. After the formalities many of the attendees continued further discussions over tea and coffee.

If you require more copies of this leaflet, or if you have any views or comments on drug or alcohol problems, or you simply wish any information on our counselling and information services please contact us.

Address and contact details overleaf.



INVESTOR IN PEOPLE

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## We Can Help

**WE'RE ON THE WEB!**  
**WWW.OACAS.ORG.UK**

### *Who we are*

*We are an independent, voluntary organisation. We help people who are suffering from the effects of alcohol and/or drugs misuse, **either** through their own misuse or because someone they are close to (spouse, family member, friend) is abusing alcohol and/or drugs.*

*We also encourage those who do drink alcohol, to do so responsibly, within safe limits and without causing harm to themselves or others.*

*Our aim is to limit the effects of alcohol and/or drugs misuse on individuals, families and the community, by providing a range of services and activities.*

*We also provide 'Generic' counselling for other problems such as gambling addiction and anger management.*

#### **We offer:**

*General Information and Advice.*

*One-to-one Counselling.*

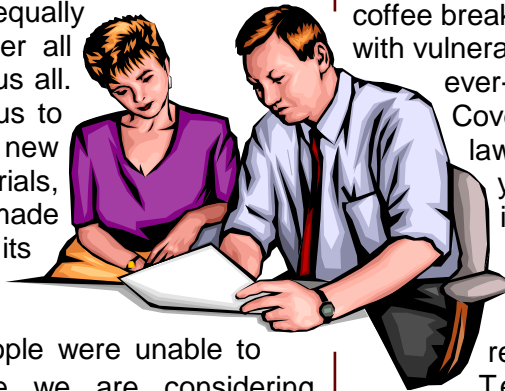
*Counselling for Couples and Families (alcohol related).*

*Support Groups for individuals affected by another's alcohol misuse.*

## Motivational Interviewing with Young People

The weekend training course on the 15<sup>th</sup> & 16<sup>th</sup> June at the Orkney Hotel, carried out by Lynn Geddes of Moray Council on Addictions, was informative, entertaining, and most of all, fun! Lynn had several innovative ideas on how to communicate with, and engage young people; skills which can be equally useful with adults: after all there is a child within us all. Lynn also introduced us to thought provoking new literature and materials, OACAS for one has made a few additions to its library.

Several interested people were unable to attend, and therefore we are considering repeating the course early next year in a one-day format. If you are interested in attending please contact us.



## Training Course for September

Training: 21<sup>st</sup> September 2002 10am – 2.45pm  
“Confidentiality: Counselling and the law in Scotland”

Julia Gordon, of Inverness Council on Alcohol, will deliver this 4¾hour course (lunch and coffee breaks included) aimed at those working with vulnerable adults and young people on the ever-difficult subject of confidentiality. Covering topics such as: position in law; breach of confidentiality; when you must; when you might; and involuntary breaches of confidentiality. There will also be some discussion around Data Protection and rights of access to records and the storage thereof. Tea/coffee and snack lunch provided.

If you are interested in attending please contact us.