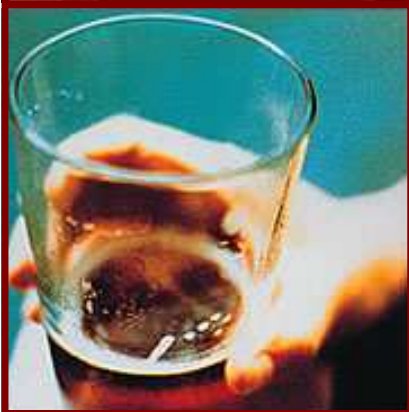




Orkney Alcohol Counselling & Advisory Service

annual report 2006 - 2007

here to help



Orkney Alcohol Counselling & Advisory Service
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A Charitable Company Limited by Guarantee Registered in Scotland No 253579
Recognised by the Inland Revenue as a Scottish Charity No SC034585



who are we

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 misusing 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 anger, stress, depression, gambling addiction....etc... problems which often can and do lead to substance misuse.

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**More than 7 million people in
the UK drink more than the
recommended daily amounts**

mission statement

OACAS believes that people who are affected by their own and others' misuse of alcohol and/or drugs and those who have personal or lifestyle issues likely to lead to such misuse– including young people – should be able to access a range of services.

With this in mind we:-

- Actively promote and encourage healthy and responsible attitudes to alcohol and drugs use.
- Assist those seeking to address their problems by offering Counselling and support.
- Respond effectively to clients' needs in a professional and confidential manner.
- Develop and manage the service in a way that merits the confidence of clients, fellow service providers and our funding agencies.
- Develop partnerships where appropriate.
- Maintain a working environment in which employees and volunteers find job satisfaction, take pride in the agency and feel that their views are valued.
- Offer all our workers ongoing training appropriate to their own professional development as well as to the needs of the agency so that our position as Orkney's leading counselling agency is maintained.

**Heavy drinking is
blamed for up to
33,000 deaths a year
in the UK**

message from chairperson

Yet another successful year for the Service, the Annual Report's statistics shows a marked increase in uptake for both the 'adult' and the 'youth' Counselling Services. In particular the Youth Counselling Service is now well developed and established.

An *Activities for young people* booklet has been published and distributed, and Gemma McGregor the Youth Counselling Co-ordinator, has attended a number of courses widening the scope of the work she is able to do.

The increase in need has made it the busiest year yet for OACAS. And that has continued to highlight the limitations of the small office premises and the urgent need to source a bigger building – not an easy task! The increase has also for the first time created the need for a waiting list, for although OACAS has a sizeable number of trained counsellors, there is a limit to what can be expected in man hours from volunteers. With that in mind OACAS is again recruiting and training new counsellors: OACAS has been fortunate to date that it has been able to attract suitable applicants. This reflects on the credibility of the Service in the community due in no small part to the dedication of the Manager Simon Gordon, Youth Counselling Co-ordinator Gemma McGregor, office staff, counsellors and volunteers.

My grateful thanks to them for their hard work, and to my fellow members of the Board. And also to the funders without whose financial support, the Service could not function.

Margaret Foulis

**The recommended alcohol
limit for men is 3 - 4 units
per day no more than 21
units a week**

**for women it is 2 - 3
units per day no more
than 14 units a week**

managers report

The year ended 31 March 2007 has been OACAS' busiest yet – and in some ways our most rewarding. The statistics in this Report show the usual increase in numbers of clients approaching us for help and hours of work offered by our volunteers to them, and success rates, but in addition the projects additional to our core work of Counselling in Kirkwall have matured. The Young Persons' worker sees an ever-wider group of clients and has amassed sufficient statistics to produce a meaningful interim report on her area of work; 2 Counsellors regularly visit two outer isles and we hope to add another shortly. OACAS' service now reaches further and to a larger part of the population.

We have passed our annual audit as a COSCA Recognised Counselling & Counselling Skills Organisation, another Counsellor has achieved Alcohol Focus Scotland accreditation, 4 additional Counsellors received basic training and are now working with us towards accreditation. One Counsellor completed her STRADA Certificate in Addictions course, another is reaching the end of her Post Graduate Diploma in Counselling course.

Other Counsellors have maintained their CPD (Continuing Professional Development) by attending various 1 or 2 day courses ranging from Suicide and self-harm awareness, to Working with those with eating and dietary disorders, and How to assist the victims of childhood sexual abuse.

Despite the undoubted excellence of our service and its growing recognition by users and fellow service providers there remain a couple of areas of growing concern.

- **Space.** Nice as our new building is, it was almost immediately too small for the amount of work carried out. There are insufficient Counselling rooms, no large meeting room for group work – or even for a staff room/library, nor indeed enough administration space. On the one hand clients waiting to be seen too often bump into other clients (confidentiality?), and on the other hand there really is nowhere left to store any more government created papers, leaflets and posters!
- **Funding.** We are now approaching the end of some 3-year grants from charitable funders and although we can apply to others, and continue to receive one year funding in terms of service level agreements, it is difficult to realistically plan for much more than one, or at the most two, years ahead. It is time-consuming enough to create, plan and obtain funding for one project, but another thing altogether to reinvent it as something else (but actually retain the old service for the sake of not upsetting the service users), and fund it all over again as a new project when in reality it is now part of your core service!

There is no doubt that “talking therapy” services, such as ours, are now an integral part of substance misuse workers' armoury of resources, maybe the most valuable, and as such they will be properly funded for as long as such services are needed.

Simon Gordon

youth counselling co-ordinator

Background

Orkney Youth Counselling was set up in September 2004 to address the needs of young people encountering problems with alcohol & substance misuse. The service has adjusted to meet the needs of clients and now includes the counselling of children of parent drinkers, harm reduction and research work on the identification of risk factors for the development of substance misuse. OYC now use three trained volunteers for youth counselling alongside their coordinator.

Client figures for April 2005 – March 2006

Main presenting problems – Alcohol – 7	Anger – 6
Bereavement – 4	Depression – 4
Drugs – 6	Eating Disorder -1
Parent Drinker - 1	Parental break-up – 4
Low self-esteem - 2	Self harm - 1
Low level psychological difficulty – 4	
Total number of clients - 40	

Out of this group of 40, nine were drug users and 16 had police involvement. Alcohol is almost always a feature in the story of a young person experiencing problems in Orkney, even if a referral source cites another issue as their main reason for requesting counselling. Orkney Youth Counselling continues to deliver a service based on the belief that substance education is valuable to all young people and that earlier intervention is more likely if referral routes are broad. We have received referrals from thirteen different routes including police, Community Social Services, schools, colleges and the community mental health team.

During the year a directory of youth services website was set up for young people and service providers' use, at www.orkneyyouthservices.org.uk.

Research Report

Over the last two years, I have been collecting data on the risk factors that would make young people vulnerable to substance misuse. I have listed 40 risk factors and analysed which of them were present for 52 clients.

The report will be used as the basis for identifying and examining risk factors in future clients and developing a strategy for identifying clients who would be vulnerable to substance misuse problems at an earlier age.

Future plans

We met recently with Elaine Wilson, of Lloyds TSB, who reminded us that their funding for Orkney Youth Counselling ends in August 2008. Elaine suggested that we apply for a Capacity Building Grant from Lloyds as they are keen to assist established organisations that encourage volunteers, reduce isolation, promote independence and challenge prejudice.

I would like to start group work that clients could move on to after completing personal counselling. This could be a project with an artistic theme for the 12 – 18 age group.

Gemma McGregor

Fifteen and 16-year-olds in the UK are more likely to get drunk or binge-drink than most of their European counterparts

services

We offer:

- General Information and Advice
- One-to-one Counselling
- Counselling for Couples and Families
- Support Groups for individuals affected by another's alcohol misuse.
- Orkney Youth Counselling Programme.

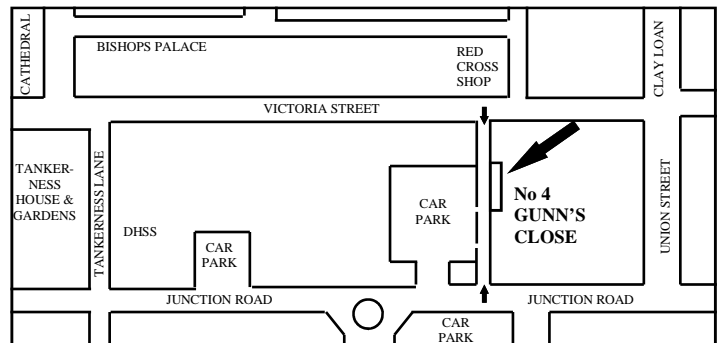
These services include such areas as:

- Alcohol Misuse
- Drugs Misuse (including Illicit, Prescription and/or over the counter drugs)
- Stress
- Anger
- Relationships (Families/Partners/Friends)
- Gambling
- Low Self Esteem
- Self-Harm
- Coping Strategies

If you require our assistance or want to find out more about what we offer:

- Telephone for a confidential discussion
- Telephone to arrange an appointment
- Drop in to see us

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statistics

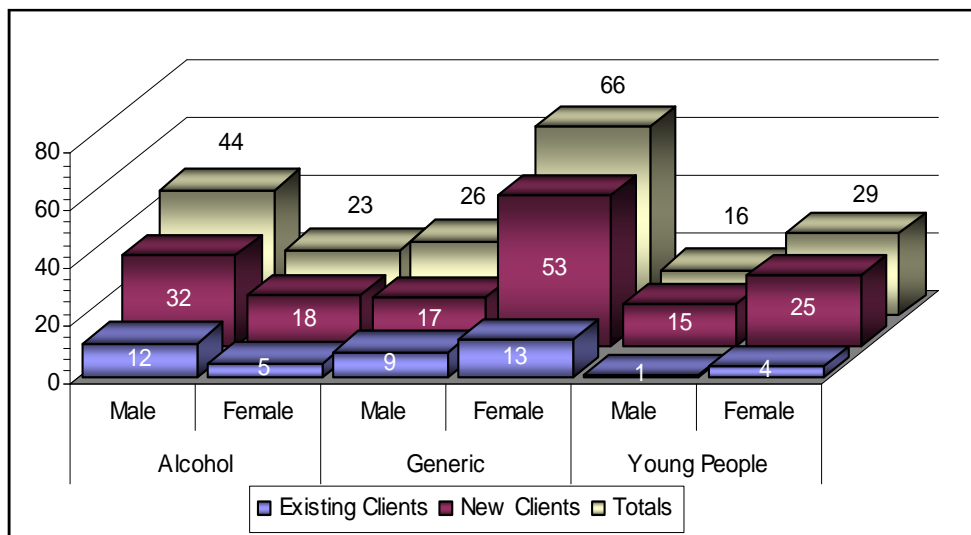
Clients

Statistical Information for the period 01 April 2006 to 31 March 2007

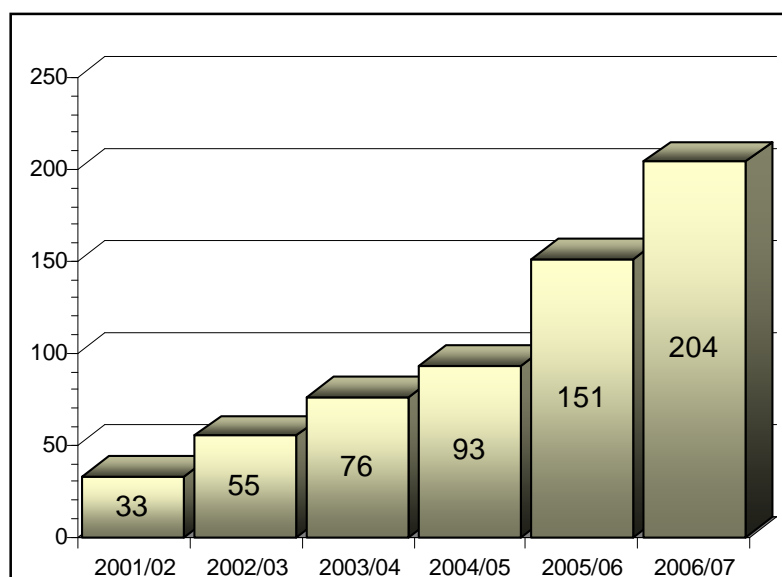
	Alcohol	Generic	Young People	Totals	Counselling Sessions
<i>Ongoing Clients</i>	17	22	5	44	783
<i>New Clients</i>	50	70	40	160	Counselling Hours
Totals	67	92	45	204	798.5 hrs

Client Demographics

Statistical Information for the period 01 April 2006 to 31 March 2007



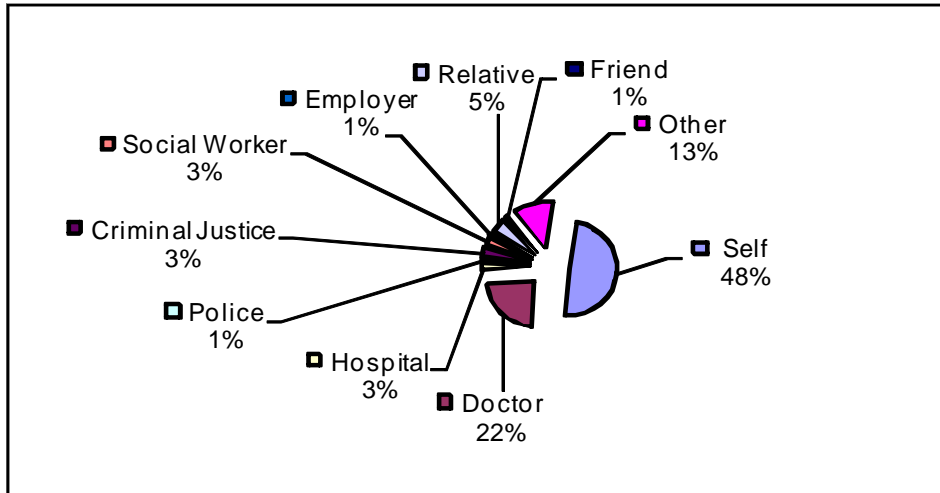
Annual Client Numbers



statistics

Source of Adult Client Referrals

Statistical Information for the period 01 April 2006 to 31 March 2007



Adult Counselling Terminations

Statistical Information for the period 01 April 2006 to 31 March 2007

	Terminated by		Outcome			
	Agreement	Default*	Good	Bad	No Change	No Show
No of Clients	50	53	58	1	32	13
Percentage	49%	51%	56%	1%	31%	13%

* Default can mean the client has stopped attending scheduled appointments, or for reasons beyond the client's or the counsellor's control counselling was terminated, or the new client did not attend their first appointment.

Stress affects one in five of the working population

donors

Thanks to the following who have donated funds this year.

Orkney Islands Council

NHS Orkney

Henry Smith Charity

Lloyds TSB Partnership in Drugs

Alcohol Focus Scotland

Orkney Youth Crime Review Group

Orkney Drugs Alcohol Smoking Action Team

Lloyds TSB Foundation for Scotland

Scottish Executive



**Research has shown
that moderate
consumption of wine
and beer is good for
the heart**

board members

Margaret Foulis	chairperson
Doug Muir	
Rab Muir	
Dr Peter Hardus	(Joined 21/02/2007)
David Steele	(Resigned 05/07/2006)
Liz Melvin	(Resigned 26/03/2007)
Karyn Tait	(Resigned 31/03/2007)

staff and volunteers

staff

Simon Gordon	manager
Gemma McGregor	youth counselling coordinator
Erik Gilbertson	administrative assistant
Elsbeth Bews	clerical assistant

volunteers

counsellors

Andi	Elsbeth
Gemma	Richard
Angela	Fiona
Rab	Michael
Renate	Barbara
Magnus	Catherine
Karen	

practice supervisors

Lynda
Jackie
Sally
Jean
Roger

receptionists

Mary
Edith
Hazel