

# SEP/OCT NEWSLETTER 2017



## SAFEGUARDING: ALCOHOL MISUSE

### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This month we are focussing on Alcohol misuse.

Many adults drink alcohol, however it can quickly become a problem when people can't control their urges and cravings of alcohol leading to them becoming dependant on it. This is alcohol abuse.

The dictionary defines alcohol abuse as "a pattern of drinking that results in harm to one's health, interpersonal relationships, or ability to work."

### Shocking Statistics

- 7% of adults in England regularly drink over the Chief Medical Officer's low-risk guidelines, and 2.5 million people report drinking over 14 units on their heaviest drinking days.
- Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages

- In England, there are an estimated 595,000 dependent drinkers, of whom only around 100,000 are currently accessing treatment.
- Alcohol harms are estimated to cost the NHS around £3.5 billion annually.

### Risks

Alcohol misuse has a wide range of risks which can be both short-term and long term. You can find out more about the risks on the [NHS website](#)

### Signs & Symptoms

Drinking alcohol is very common throughout the UK and many other areas of the country however the abuse of alcohol is a serious issue that should not be ignored. Misuse of alcohol can develop into alcoholism. As a result, it is important to recognize the signs and symptoms of alcohol abuse early.

- you often feel the need to have a drink
- you get into trouble because of your drinking
- other people warn you about how much you're drinking
- you think your drinking is

causing you problems

- Recurrent arguments or fights with family members or friends as well as irritability, depression, or mood swings.
- Continuing use of alcohol to relax, to cheer up, to sleep, to deal with problems, or to feel "normal."
- Headache, anxiety, insomnia, nausea, or other unpleasant symptoms when one stops drinking.
- Drinking alone, in the mornings, or in secret.

### Getting Help

If you or someone you know is concerned about their drinking habits a good first step is to visit your GP. They'll be able to discuss the services and treatments available.

There are also a number of charities and support groups across the UK that provide support and advice for people with an alcohol misuse problem.

#### **Alcoholics Anonymous (AA)**

A free self-help group programme involving getting sober with the help of regular support groups.

**0800 9177 650**

[alcoholics-anonymous.org.uk](http://alcoholics-anonymous.org.uk)

## Al-Anon Family Groups

offers support and understanding to the families and friends of problem drinkers.  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

## Addaction

a UK-wide treatment agency that helps individuals, families and communities to manage the effects of drug and alcohol misuse.  
[www.addaction.org.uk](http://www.addaction.org.uk)

## The National Association for Children of Alcoholics (Nacoa)

a free, confidential telephone and email helpline for children of alcohol-dependent parents.  
**0800 358 3456**  
[www.nacoa.org.uk](http://www.nacoa.org.uk)

## SMART Recovery groups

A service to help participants decide whether they have a problem, build up their motivation to change and offer a set of proven tools and techniques to support recovery.  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

## Samaritans

Provides confidential non-judgmental emotional support, 24 hours a day for people who are experiencing feelings of distress, despair or suicide.  
**116 123**  
[www.samaritans.org](http://www.samaritans.org)

## Safeguarding Team

Contact Steadfast Training's Safeguarding team on **0845 223 2401** or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

## 9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## The Prevent Duty

**The Prevent Duty** is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

**Extremism** is the holding of extreme political or religious views.

How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

### Report possible terrorist activity online

If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).