

Monthly Fix

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*A monthly ASCERT Community
Support E-Newsletter.*

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The Monthly Fix is an E-Newsletter filled with up to date news and information around substance misuse.

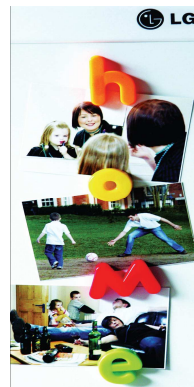
Community Support at ASCERT



The Community Support Service, funded by Lisburn Partnership and EDACT (Eastern Drugs and Alcohol Co-ordination Team) is a new project for Lisburn and Down areas, providing mentoring support to local groups to develop and implement initiatives that address substance misuse at a community level. The project responds to the needs of the community and is delivered by a Community Support Workers. Alison Armstrong (left) who covers the Colin and Down Areas and Alison Holdsworth (right) who covers the Down and Lisburn Area.

Drug and alcohol misuse issues can be areas of concern for many groups and most community groups often feel they are not equipped with the tools to respond confidently. For more information on Community Support, visit our website, www.ascert.biz

Just Say No



The 'Just Say Know' project is a youth led, peer education programme, with the aim of raising awareness of Alcohol and Drug misuse within the Lisburn communities. This year the group will focus on concerns brought to light by a recent survey carried out by the Department of Health, social services and Public Safety. The survey based on responses to a questionnaire from a representative sample of 3,734 primary school children in P5, P6 and P7 showed that:

The survey based on responses to a questionnaire from a representative sample of 3,734 primary school children in P5, P6 and P7 showed that:

“ASCERT empowers communities, families and individuals to address substance misuse.”

Availability:

- Two in five pupils (39%) who have been offered alcohol were offered it by their parents.

First Use:

- 56% were given it by their parents.
- 57% said it was consumed at home.
- 85% of pupils reported that their parents or someone who was looking after them knew they drank it.

Last use:

- 58% of pupils drank it with their parents.
- Almost nine in ten (86%) reported that their parents or someone who was looking after them knew that they drank it.

Three quarters (75%) of pupils who had heard of alcohol before the survey, said that their family or people who live with them drink alcohol, 15% said that no one in their house drinks while 10% did not know. The group decided that parents and carers needed to be made aware how their drinking behaviour and attitude towards Alcohol within the home may influence their children's future decisions and drinking habits. To highlight this, the 'just say know' project have designed an information leaflet that will be distributed to households across the Lisburn City Area.

The leaflets will provide parents and carers with information on recommended safe Alcohol levels and where they can access support and more information if needed. If you or your community would like more information on this project please contact: communitysupport@ascert.biz or Tel: Alison Holdsworth on (028) 92604422.

Space to Breathe



As from Monday, 30 April 2007 it is now against the law to smoke in enclosed and substantially enclosed workplaces and public places, and in certain vehicles. The introduction of this law,

which has received overwhelming support across Northern Ireland, will protect workers and the public from the serious health effects of second-hand smoke.

Smoke-free packs to be distributed



Lisburn businesses can receive smoke-free guidance packs in the coming weeks as the Province embraces the advent of the new smoking legislation. In total

over 100,000 guidance packs have been sent to businesses and councils across Northern Ireland. The Health Promotion Agency has produced these packs, which contain details of what managers and employees must do when the smoke-free legislation comes into effect on April 30.

You can also download the pack from www.spacetobreathe.org.uk.

Lisburn Echo, April 2007

Smoking Facts

- Nicotine speeds up the heart rate and increases blood pressure.
- First time smokers often feel sick and dizzy.
- Smokers are more likely to get coughs and chest infections.
- Long-term addiction could leave you with cancer, emphysema (related to your lungs) or heart disease.
- Smoking has been linked to the amputation of 2,000 limbs a year.
- It's estimated smoking contributes to 120,000 premature deaths in the UK every year.
- Other people breathing in your smoke could end up with breathing difficulties, asthma or even cancer.

For more information, visit www.spacetobreathe.org.uk.

Alcohol and Us



In a recent report by the Samaritans, 32% of people questioned said they reached help them unwind after a hard day at the office - a rise of almost 10% in just 4 years. Figures show that almost 1

in 3 turn to alcohol to cope with the strain of everyday life.

Five million people said they were extremely stressed. In order to cope with this, one in three are turning to alcohol - and it's taking its toll on our health. A major problem with alcohol that people think it's a stress reliever, but it's actually a depressant. The initial feeling of release and euphoria that comes

with having a few drinks doesn't last. Far from making you feel better, drink can't actually prevent you from confronting your problems.

One of these people who turned to alcohol said, "I couldn't imagine going home and not grabbing a large glass of wine before I go through the door."

Some Facts about Alcohol:

- Drinking alcohol leads to a loss of coordination, poor judgment, slowed reflexes, distorted vision, memory lapses, and even blackouts.
- Alcohol can damage every organ in your body. It is absorbed directly into your bloodstream and can increase your risk for a variety of life-threatening diseases, including cancer.
- Alcohol depresses your central nervous system, lowers you and impairs your judgment.
- Drinking large amounts of alcohol can lead to coma or even death.
- It slows down the nervous system, reactions and the way the body functions. Less inhibited / more relaxed / sometimes aggressive. Dizziness, giggling, tiredness, loss of concentration for the hard stuff to and in some cases a person can collapse. Light drinking in adults (1-3 units a day) is unlikely to damage health.



Police praise for church Scheme

A nightlife initiative scheme run by local churches outside the Down Royal to keep people safe and in the area until they can get taxis home has become so successful that other clubs in the area want to copy it.

The news was revealed at a recent meeting of Lisburn DPP by Chief Inspector Paula Hillman, who was commenting about ways in which police were trying to reduce crime through local community initiatives. The target was to reduce such crime by 2%, yet already the total number of incidents has been reduced by almost 8%. From April 2006 to December 2006 5,899 were recorded whilst for the same period in the year before the total was 6,353. Chief Inspector Hillman explained that the that Night Life Initiative is one where church volunteers provide tea and coffee outside licensed premises at closing time while the customers wait for taxis rather than head off looking for cabs to get home. She said that Midnight Soccer, which is held on Fridays at Laurelhill, was also helping to reduce crime. Boys between the ages of 14 and 17 were able to use the pitches from 10pm to 12pm.

Superintendent Mark Gilmore welcomed the initiatives and pointed out there had been 454 fewer victims of crime this year.

Lisburn Echo, April 2007
