



Newsletter DA (Drugs Action) December 2014

Making Recovery Happen

Welcome to our festive newsletter.

Christmas is fast approaching and while DA want to wish everyone a very merry Christmas filled with health and happiness, we would also like to remind people of some important 'Elf and safety' messages to help make your festive season one to remember, not to forget.

Starting with a reminder of the new Scottish legislation around the drink driving limit; this was lowered on 5th December 2014. The new limit will bring Scotland in line with the rest of Europe lowering the limit from 80mg of alcohol per 100ml of blood to 50mg of alcohol per 100ml of blood. The best approach is to have no alcohol at all if you are intending to get behind the wheel – alcohol at any level impairs driving.

Luan Grugeon Chief Executive states 'the new drink dive limit has meant that people are beginning to think more closely about how much they are actually drinking on a night out and many are particularly concerned about how they will know when they are safe to drive the next day. The truth is that is very difficult to be precise about this and the best advice we can give is that if need to drive in the morning, do not drink heavily the night before.'

For tips and advice on cutting down, contact the DA helpline on 01224 577120 or visit: www.drugsaction.co.uk



The recent DA Recovery Star Awards held on 28th November were a great success. The event which was the first of its kind in Aberdeen, celebrated the huge personal achievements of people in recovery from substance use in Aberdeen. DA were overwhelmed by the response and want to say big congratulations to all the deserving winners.

Luan Grugeon, DA's Chief Executive said "The recovery star awards showed that recovery is happening in Aberdeen and I was so impressed by what the award recipients had achieved. It was an inspirational and emotional event for everyone who was there. The musical performances by the Aberdeen Recovery Community were exceptional and we were so grateful that Aberdeen Football Club's Craig Brown came along and supported the event".

The event was sponsored by Marathon Oil, AFC and AFC community Trust, with Craig Brown and Angus the Bull both adding excitement to the event. Ally Prockter, Chief Executive of AFC's partner charity Aberdeen FC Community Trust stated "Recovery from any kind of situation can be a long and difficult journey no matter who you are. Well done to all of those involved, and I congratulate every nominee for what they have achieved so far, and wish them the very best of luck in the future.





Making Recovery Happen

DA offer support for everyone

The Christmas period can be a stressful and anxious time for families. This time of year can really divide families and leave people feeling isolated. Some people feel they can't relax and really enjoy Christmas due to the unpredictable nature of having a family member who is using drink or drugs, and images of "the perfect family" coming together puts added pressure on.

Our helpline also supports parents, siblings or anyone affected by someone else's alcohol or drug use. This is a confidential helpline 01224 594700 (local rates apply). We also have a drop in that runs if you would like to see a worker face to face, this runs on a daily basis Monday – Friday from 9.30am -1pm then again 2pm-5pm.

For more information on the full range of services DA provide across Aberdeen and Aberdeenshire visit www.drugsaction.co.uk

Our Christmas opening times

Normal services up to 5pm on Wednesday 24th December

Closed Thursday 25th December (Christmas)
Closed Friday 26th December (Boxing day)

Normal services from Saturday 28th December until Wednesday 31st December.

Closed Thursday 1st January 2015
Closed Friday 2nd January 2015

Normal services resume Saturday 3rd January 2015



DA's Festive messages 2014

Our DA Reindeer and some 'Elfish' pals are featuring in our video messages throughout December to promote keeping you safe, while still having fun, this festive season.

Although our messages are intended to be humorous they all have a serious harm reduction message. Topics will include safer drinking, drug use, personal safety, looking after yourself when out and about plus much more!

To view our Elf and safety videos, visit our website at <http://www.drugsaction.co.uk/drugs-alcohol/da-festive-messages-2014>

For more information, advice and support on any aspect of drug and alcohol use over the festive season please call our Helpline on 01224 594700.

