



Tayside Council on Alcohol

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Volunteer Friendly Award

Award renewal

by Fergus McCurley

TCA is pleased to announce that we have been successful in our application for renewal of the prestigious Volunteer Friendly Award. To mark this achievement, TCA representatives were invited to attend a Volunteer Friendly Award Civic Reception on Wednesday 30 September at the City Chambers in Dundee, hosted by Lord Provost Bob Duncan.

At the reception, TCA received the Volunteer Friendly Award plaque and certificate. It was a great opportunity to celebrate our achievement with staff, volunteers and other groups who recently achieved or renewed the award.



Pictured from left: Lord Provost Bob Duncan, Angie Farrell, Louise Rourke and Fergus McCurley

The Volunteer Friendly Award is a simple, user-friendly quality standard designed by Volunteer Centre Dundee to support, recognise and reward groups who are good at involving volunteers.

Many essential services in Scotland's communities are enhanced by volunteers. Volunteering also has a significant social value as it is increasingly being used to give excluded individuals the chance to build their confidence and skills through helping others.

Congratulations to our trainees *by Fergus McCurley*

Our most recent group of trainee adult alcohol counsellors have successfully passed their COSCA Counselling Skills certificate.

They were presented with their certificates on 24 June and will now begin a period of supervised counselling. This will lead to full volunteer adult alcohol counselling practice with TCA.

Pictured from the left: Sarah Healy, Jennifer Patterson, Belinda McMartin, Hugh McFadden and Sandra Marshall. Congratulations to Deborah Johnson who also successfully passed this course but was unavailable to attend the presentation.



Dates for the next selection process for volunteer counsellors have yet to be set, but notes of interest are welcome. Please email fergus@alcoholtayside.com

New mentoring group in Angus *by Kate Wood*

A young people's group has successfully been set up within the TCA thanks to funding from the CashBack for Communities Youth Work Fund.

The need for extra resource arose two years ago, when our Plusone Mentoring project was receiving a high number of referrals with a lack of volunteers to support each young person individually. This created a waiting list, which we did not feel comfortable about, therefore we applied for the funding to set up a group to accommodate the young people.

After being successful in securing funding, we were able to recruit Resource Worker, Debbie Sime, in April. Debbie also works as a volunteer mentor for the Plusone Project. The group, 'The Klub Angus', started on 17 June and four young people are currently being supported in this group, with help from volunteers Gemma and Louise.

The group will provide structure, security and a safe space for these young people to help educate them to make informed choices in the community. Additionally they will be provided with a healthy tea time meal, as well as transport to and from the project.

Over the summer holidays the group have met twice, with trips to the cinema and Craigtoun Park. During term time, the group continue to meet weekly on Wednesday evenings, with more young people attending if we can recruit more volunteers.

If you would like to find out more about The Klub Angus, Plusone Mentoring or how you could volunteer with us, please contact Kate on 01241 872989 or email Kate.Wood@alcoholtayside.com

Plusone mentoring programme

Plusone mentoring pairs adult volunteers with young people to help them develop their interests and achieve their potential. The Plusone mentoring programme has been operating in TCA Dundee for two and a half years and in TCA Angus for one year.



The programme seeks to engage young people who are experiencing two or more of the following: disruption or disengagement at school; offending; aggressive or anti-social behavior; conflict in the home/family; substance misuse.

Plusone is widely recognized as being successful at diverting 'at risk' young people away from the criminal justice system. The mentoring has a youth work approach, which has been proven to help change the behaviour, attitudes and life choices of the young people being mentored.

To date in Dundee we have had 62 referrals, 48 matches have been made, 17 current matches and have trained 70 volunteers. In Angus we have had 23 referrals, 8 matches plus 6 young people supported by the Klub which was created in Angus as alternative to Plusone due to the low number of volunteers recruited.

One of our Plusone mentors in Dundee comments: "I've really enjoyed being a mentor. I was quite nervous in the beginning, not knowing what to expect. But we hit it off straight away and have had a lot of fun. The young person really opened up to me and it was good to be able to offer a listening ear and advice. Overall it's been a great experience."

To find out more contact Angie (Dundee TCA) 01382 456012 or email Angie.Farrell@alcoholtayside.com or Kate (Angus) 01241 872989 or email Kate.Wood@alcoholtayside.com

[Download the about Plusone mentoring information leaflet](#) (PDF format)

A mentoring case study

by Angie Farrell

One of our Plusone mentors has shared an account of a client's journey through the mentoring experience, and how it has been beneficial. This is such a remarkable change in a young person over a short time and the progress continues. It is a perfect example of the effectiveness of mentoring.

"My client, 'L' came to mentoring because he was not attending school consistently. When he was in school he was often in trouble for fighting, swearing and refusing to do his work. At home he was disrespectful to his parents; shouting and swearing at them and not doing what they asked him to do.

L was matched with me for one-to-one mentoring in December 2014. Within six weeks, L's mother noticed a difference in him; the daily phone calls from school had stopped, his swearing had stopped and social work no longer needed to see him.

L reports that "life is a lot easier, I am trying to obey the rules, but the best tool that my mentor taught me is to use my manners."

Mentoring service presentation

by Zara Mackenzie

I recently attended the Reducing Reoffending Change Fund (RRCF) practitioner networking event in Glasgow.

The purpose of the event, organised by The Robertson Trust, was to bring together voluntary, charity and social enterprise organisations to share good practice.

At the event, I gave a presentation outlining TCA's mentoring service throughout Tayside, with a particular focus on volunteer mentoring and peer mentoring.



Zara Mackenzie

My presentation discussed the volunteer mentor training and partnership with Churches Action for the Homeless (CATH) and what our training programme looks at. I also mentioned some of the challenges we have faced with this and how we will be addressing these in the future.

The majority of the presentation covered the peer mentor training; discussing what peer mentoring involves and what the course is about. I went on to describe my personal experience of delivering the course and why it is beneficial to the peer mentors.



I also explained the opportunities that we have for peer mentors within TCA and what our active peer mentors are doing now. This included a video clip that was produced by three of our peer mentors, which went down really well.

After the presentation I answered questions along with the peer mentors. The presentation went well and other organisations in attendance seemed very interested in the Scottish Mentoring Network's peer mentor course.

I was thanked for coming along to speak about what our organisation is doing. The feedback I received is that people think that it is great that we are involving clients in the peer mentoring process and offering them opportunities within the organisation.



Event participants also found it very useful to hear not just about the positives but also the challenges we have faced as an organisation. Overall, it was a successful event, with colleagues from other agencies taking part in presentations and activities. Pictured on the left are peer mentors Mandy McCabe and Kym Alexander taking part in a teambuilding activity.

Read [Zara's presentation](#) on our website version of this story and find out more by getting in touch with Zara on 01738 580 336 or email Zara.Mackenzie@alcoholtayside.com

Tuck shop project *by Elaine Johnson*

For over three years, TCA has been supporting young volunteers at our Friday Nite Projects in Arbroath and Birkhill. This has resulted in over 600 hours of Saltire Awards being achieved and presented to them in this time.

Since the start of this year, the volunteers have been supporting the running of a Tuck shop in an area of deprivation in Arbroath.

Weekly attendance numbers have averaged around 140 young people, who are now able to buy reasonably priced items rather than spending money on vending machines.

Responsibilities for young volunteers have consisted of setting up the Tuck Shop in a designated area, completing consumer surveys, pricing products, handling money and maintaining a rota of attendance.



Young volunteers from the Friday Nite Project receiving their Saltire awards on 18 September

The success of the tuck shop has gone from strength to strength, with young volunteers taking on a more active role in forward planning. In response to this, TCA contacted Ashley McGregor, Social Enterprise Development Worker, who invited the Social Enterprise Academy along to a joint meeting with the local secondary school, CLD, young volunteers and TCA staff.

At the meeting there was a discussion about the way forward and the process of making the tuck shop a Social Enterprise project. As a result, the young volunteers have now established the first Social Enterprise initiative within their school and this has enabled the school to apply for an Enterprise in Education Award as well as having a Social Enterprise Academy status.



Young volunteers at Friday Nite Project having a 'thank you pizza' on the last evening before Summer holiday break

The money raised from the tuck shop will benefit the young people in the community who are accessing the Friday Nite Project as all profits will be used to supply activities and resources. This will hopefully encourage young people to continue to attend to engage in positive activities and socialise in a safe environment.

TCA and Education hope to continue supporting the tuck shop project and offer ongoing voluntary opportunities and skills development through the various activities and responsibilities involved in the Friday Nite Project.

Recovery conversation café events *by Jillian Walls*

A recovery conversation café took place in Perth city in the spring of this year, organised by the Council's Alcohol and Drug Social Work team.

Due to the success of the first event, another two conversation cafés were organised for June and July, in the nearby rural areas of Blairgowrie and Kinross.

Sandra Campbell and I were invited to join and support the events. We were serving tea/coffee to the participants, who were discussing the broad issue of recovery and what it means to them. The events were very well attended by professionals and members of the community.



Sandra and Jillian at the Kinross Recovery Café event

Lunch for both events was donated by [Churches Action for the Homeless](#), a Perth-based charity supporting projects to relieve homelessness and poor housing in the local area. The Blairgowrie event was attended and supported by [Wisecraft](#) – an organisation that supports adults recovering from mental illness to rebuild their lives.

We are now looking at how to plan more in the future to keep discussions going on recovery and look at how services can develop to better meet client needs. We have agreed with Wisecraft to organise further recovery cafés in Alyth and Pitlochry, which we are planning for autumn.

About recovery conversation cafés

The purpose of the recovery café is to make a difference to how people and communities in Perth and Kinross can recover from mental health problems and drug and alcohol issues. The events bring together a broad range of people from the whole community to chat about wellbeing and recovery, in a café context.

Next event

The next recovery café will take place as part of the [Perth and Kinross Wellbeing Fair 2015](#) on Tuesday 20 October from 10am-1pm at the Ogilvie Rooms, Commercial Street, Alyth. The event is open to anyone who would like to contribute to a meaningful dialogue about the concept of recovery.

A working group will serve refreshments throughout the day, leaving participants free to take part in the crucial table discussions.

For more information contact Laura Pack on 01250 874777 or email laura.pack@pkavs.org.uk.

Read more about this event in the [Wellbeing Fair events brochure](#) (PDF document, page 13).

Boys group traces soldier *by Sandy Edmonds*

The latest group in the Loose Cannons programme at Arbroath High School spent time tracing the life of a soldier who had studied at their school before WW1 and had lost his life during the war.

The soldier had lived in Carnegie Street with his family and his brother, who also went off to war and was killed a year later. We saw their house and their names on both the war memorial and on a plaque at the school.

During the programme we had an inspiring talk from Paul (Baz) Barrett, a Marine who was blown up by a landmine he knelt on. The boys also had a graffiti session with Ian Tayac, during which the boys made a stencil of a poppy.

As usual, the programme was rounded off with a trip to the Black Watch Museum in Perth, which the boys really enjoyed.



Paul Barrett with a pupil from the group

Safe bus success *by Lydia Banks*

Since the launch of the Safe Zone Bus at the end of July, we have had over 350 visitors to the bus. The bus is located in Lidl carpark; a central location of Dundee within easy reach of pubs and clubs, on Friday and Saturday nights from 10pm-4am.

Volunteers and staff from TCA, NHS and other organisations provide support to anyone who is out and experiencing difficulty. People have visited the bus for a multitude of reasons including first aid, emotional support, help with getting to A&E, support for people who have had their drinks spiked and those needing their phones recharged to contact friends and get home safely.



We now have eight volunteers and are currently recruiting more. Our Twitter page, [@DundeeSafeZone](#), has gone from strength to strength and has now reached the 100 mark for followers. To promote the Safe Zone Bus service, we have attended freshers fairs, open days and participated in a radio interview with Tay FM.

Members of the public and pubs and clubs are becoming increasingly familiar with the service and it has now become a valued and established part of the Dundee night life community. Want to know more or find out about volunteering? Call Lydia on 01382 456012 or email Lydia.Banks@alcoholtayside.com

Swedish social workers visit by Theo Adogu

We were pleased to welcome a group of Swedish Social Work students to our Dundee office in June.

The students, who were on an exchange programme in Dundee, were keen to visit our organisation as part of their familiarisation tour of Scotland.

Holly and I were delighted to meet the group and represent our Young People's Services and Adult Services.

Within the group were senior social workers, managers and team leaders of homeless units as well as drugs and alcohol workers, led by Elaine from Dundee College.

During the visit, we talked to the group about the history of the TCA, our projects, our referral process and outreach work. We concluded our presentation with Holly showing a film by the Witches project, which they really loved.

The question and answer session was interesting as they all wanted to know more about TCA and they particularly liked the men and women only groups. In their feedback they enquired as to why we don't have a group for secondary clients.



In appreciation for having them and sharing our experience with them, Holly and Theo were presented with a plaque, pictured above.

Research – can you help?

Are you a counsellor who has worked, or is working, with clients who are attended as a result of a mandate or other compulsory attendance order? Could you spare 30-45 minutes to talk to a researcher from Abertay University about your experiences? Please contact kate.smith@abertay.ac.uk for further details.

All interview data will remain anonymous, and you will not be asked to divulge any client details or identifying information. This study has been approved by the Abertay University School of Social and Health Sciences Ethics Committee.

Diary site for young people

#MakeitGood: A conversation about good relationships.

Make it Good is a new diary site where young people aged 16 to 20 years old can confidentially share their perceptions and expectations of relationships: what they need and want, what helps and what gets in the way.

Help to promote this opportunity for young people to share their ideas by raising awareness of the research through your networks. <http://makeitgoodtayside.org/>

Kith n' Kin summer programme *by Georgia Gall*

The carers and young people from Kith n' Kin took part in four different activity days over the summer holidays including Craigtoun Park in St Andrews, Arbroath beach, Active Kids in Perth and Codona's in Aberdeen.

Craigtoun visit

At Craigtoun, we had fun on the pedal boats, the mini train, the assault course, playing in the park, the zip wire and tree climbing. The day was topped off with a lovely picnic!

The carers and young people commented: "Really enjoyable, relaxing day and the kids mixed well" and "I thought the day was very good and I enjoyed it very much"



Arbroath visit

We got the train through to Arbroath, walked down to the waterfront and along to Jumping Joeys. The kids had a ball as did the adults. We then went along to the playpark to sit down and have some lunch.

After that we went along to Pleasureland and went on loads of rides including the waltzers, dodgems, hamster balls, carousel, bungee trampolines and into the arcade. Everyone had so much fun!

Quotes from carers and young people: "Best day ever" and "What a great day even though weather wasn't good, the kids had a blast - thank you"



Active kids visit

We travelled through on the bus and on arrival, the young people had their own designated area; a wee cabin where they could have their picnics.

We then just let the kids go wild; there was so much to do including go-karting, trampolines, a big chute, hay bale tower, pirate castle, zip wire, football zone, bouncing belly and petting zoo. The kids had a blast!

There were also new carers at this trip, and they got to know each other and the other carers. They said it was a great day out and would love to come back.



Feedback from the day: "The kids and I had a lovely day - thank you – it was lovely to be with people in the same situation" and "Best day ever, great to speak to the other carers and feel normal again."



Codona's visit

We got a coach through to Aberdeen and arrived at the theme park where there were lots of rides and things to do including waltzers, log flumes, a looping star, a pirate ship, Ariel xtreme, crazy golf, an animal farm, an arcade and bowling.

We had an amazing day and the weather was great. Quotes from carers and young people:

"Really good day out, all the kids had a really good time, brilliant weather and lots to do"

"Great day out – sun was shining, kids loved it especially Dino Safari!"



TCA summer programme *by Louise Rourke*

The summer programme was a success again this year with young people from the Klub, Boost and Plus One Mentoring joining forces for six Fridays of outings and activities. We were also joined by a small group of young people from the Angus Service on some of the activities.



The Programme started with a visit to Camperdown Wildlife Park where the young people and mentors had fun identifying the different animals and taking part in a short quiz. We finished the day with a trip to Battlefield Live where the young people and mentors bonded under the opposing teams laser fire.

The visit to Ardler Sports Complex provided a fun opportunity to play games and run off some excess energy. The wet weather meant there was no picnic in the park this year but we improvised and enjoyed a much drier indoor version.

Despite the weather being a bit wet and windy this didn't ruin the fun during our trip to Codona's. The young people and mentors enjoyed the various rides and a bit of candy floss in between to keep their energy up.

A trip to Noah's Ark allowed the young people to try out their driving skills on the go-karting circuit and beat the mentors at ten pin bowling.



A visit to Craigtoun Park coincided with one of the few hot sunny days this summer and the boating lake provided an opportunity for more group bonding and fun.



The treasure hunt for the 'golden hammer' proved trickier than expected but with a few hints was eventually located and the prize claimed.

The Summer Programme finished off with a trip to the Compass Christian Centre where the young people challenged themselves to get to the top on the Crate Climbing activity. Kayaking in the rain proved more soggy than expected but it did keep the midges at bay.

Women's group art project: 'The Tree' by Natalie Bywater

The Woman only Zone (WOZ) group runs every Wednesday 11am-1pm. It is split into two parts; the first hour is for peer support and the second for an activity such as alcohol education, relaxation or art activities.

The group was asked if they would like to work with a local graffiti artist Ian Tayac and produce some art work for The Wishart Dundee office. The ladies all agreed this would be a fun activity.

Ian attended the group to meet the ladies and gather ideas from them. From this he produced a sketch for the art work. He then spent two days with the ladies guiding them through the various stages to produce the finished piece.

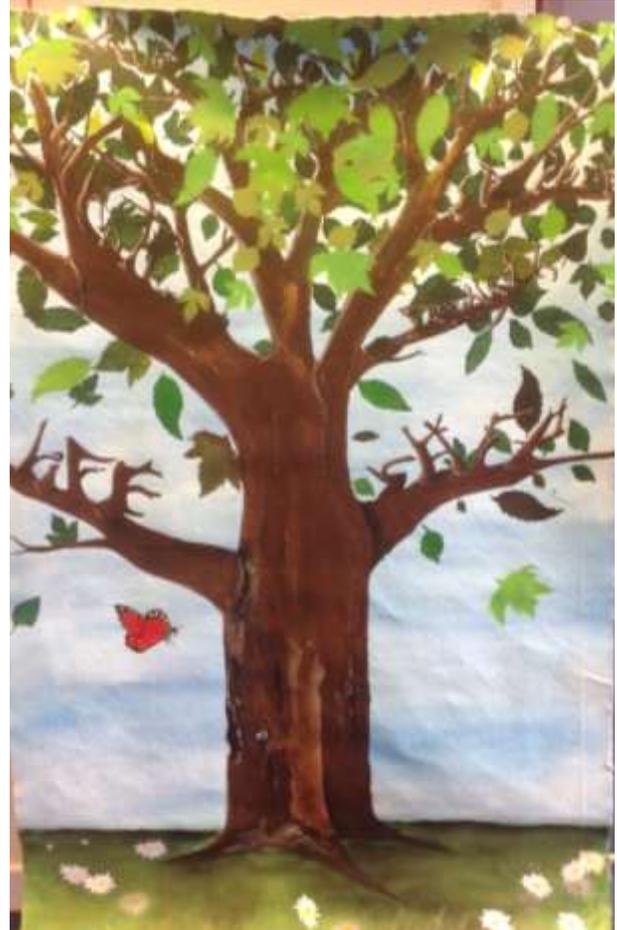
As the group facilitator, and an Art Therapist, I always like to see the use of The Arts in the groups in TCA so I was extremely pleased for the WOZ group to be asked, and excited to see the finished art work hung in The Wishart.

I realise that some people shy away from art making which includes some of the ladies from the group! It was lovely to hear the ladies agree to take part in the art project and wonderful to watch everyone engage fully with the image making.

There was no hesitation from the ladies when faced with this task, even those who laughed hysterically at the thought of making art showed no signs of anxiety. Art making has many healing qualities such as relaxation, fun, confidence building and team work.

Art can also improve and enhance one's physical and emotional wellbeing. I saw many of these qualities evident while observing the ladies at work.

It was wonderful to watch them put their anxieties to one side and work together to produce an image that represents their journey with TCA.



The finished piece of artwork created by the women's group in collaboration with artist Ian Tayac

Feedback from the day: *"A great team building opportunity. Good confidence builder. Ian provided encouragement and helped overcome feelings of 'I can't paint/I'm useless at any art work'. Nice relaxed working atmosphere. Everyone supported and valued others' contributions. A very happy and memorable activity." – Val*

"Ian, what a lovely young man. He has French charm but what I liked was the way he came into our group, very natural, very much at ease and chatted away to our 'selection box' ladies. He was very encouraging and helpful. A real pleasure to meet, chat and work with him." - Jean

If you would like any information regarding the WOZ group or Art Therapy please contact Natalie on 01382 456012 or email Natalie.Bywater@alcoholtayside.com

My apprenticeship at TCA *by Georgia Gall*

I started off as a young person at TCA. I was in the Witches' project at Arbroath High School when I was in third year because I lacked confidence and self-esteem because of personal experiences. The project helped me with that and I became a more confident person.

After the project I didn't want to leave TCA. Our Witches group were finalists in the 2013 Care Accolades for Children and Young People. I made a board of my experience from the project and presented it to a panel of judges and because of our presentation, we won!!

From doing this I achieved my Saltire Award. After that I went along to the AGM 2013 to show my experience from the project and meet people from TCA. Eric asked me what I would like to do when I was older and I replied with "work at TCA" and well, here I am.

I went on to do a few alcohol and drug workshops at the Friday Nite Project in Arbroath and achieved my Bronze Youth Achievement award. I then completed the Plusone mentor training but was too young to be a mentor.

I was then told about an apprenticeship that was being advertised in the office and decided to apply. I got an interview and was offered the job! The apprenticeship involves working with the Young Person's Service at TCA whilst completing an SVQ level 3 in Youth Work for a year.

I am now coming to the end of my apprenticeship and I have gained so much experience and knowledge. I have worked with The Klub, Boost, Kith n' Kin, The Witches and Plusone mentoring. I have also helped recruit volunteers and man stalls in schools, colleges and universities.

As well as this I have delivered a few alcohol/drug and NPS workshops in school. I also have experience in the funding side of things as I received £500 funding from Sainsbury's to buy resources to deliver alcohol workshops. It has been an amazing experience and I hope to stay at TCA for a while.



At the TCA AGM 2013 just after finishing the Witches Project



Me with the resources from the Sainsbury's funding



Presentation of the care accolade for the Witches project

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Do you have a story or update for the Winter edition of TCA news?

Please send your suggestions, ideas, photos and content to Elaine.Campbell@alcoholtayside.com by Monday 2 November.

Georgia receives SVQ in Youth Work



Georgia and Saranne

Since writing her article above, Georgia received her SVQ level 3 in Youth Work award on Friday 8 October from SVQ assessor Saranne McGhee.

Georgia has been working towards this award for the last nine months as part of her Modern Apprenticeship. The SVQ complements the role that Georgia carries out in TCA and we congratulate her on this achievement.

My CLD internship at TCA *by Teodor Omelasz*

Having been involved with TCA over the past two years it seemed the natural choice for me to complete my internship here, which is part of my final year at university.

The internship lasts for a six month period, which begins in September and its main focus is to carry out a piece of research which not only interests me but is also of value to the organisation.

After presenting a few of my ideas, it was decided that my research would focus around the public perception of young male offenders and how this impacts on their progression to a life away from crime.

This will involve a series of one to one interviews with many of TCA's current Mentoring for Men client base, as well as the possibility of a focus group involving the same clients.

Although I am aware that my research is covering a sensitive topic that will require a great deal of diligence in its planning and execution, this is a challenge that I feel more than equipped to meet.

While this research is integral to passing my final year at university, as stated, it is my hope that it is also of value to TCA.

