



From mountain to sea

Michael Riley
Senior Community Learning and
Development Worker (ADP)



From mountain to sea

Aberdeenshire
COUNCIL



aberdeenshire
alcohol & drug
partnership

Empowering marginalised people to effect change in their communities

Aberdeenshire ADP
Community Alcohol and Drug
Forums

<https://www.youtube.com/watch?v=SC5YjIVKskM>



From mountain to sea



Aberdeenshire ADP Alcohol and Drug Forums

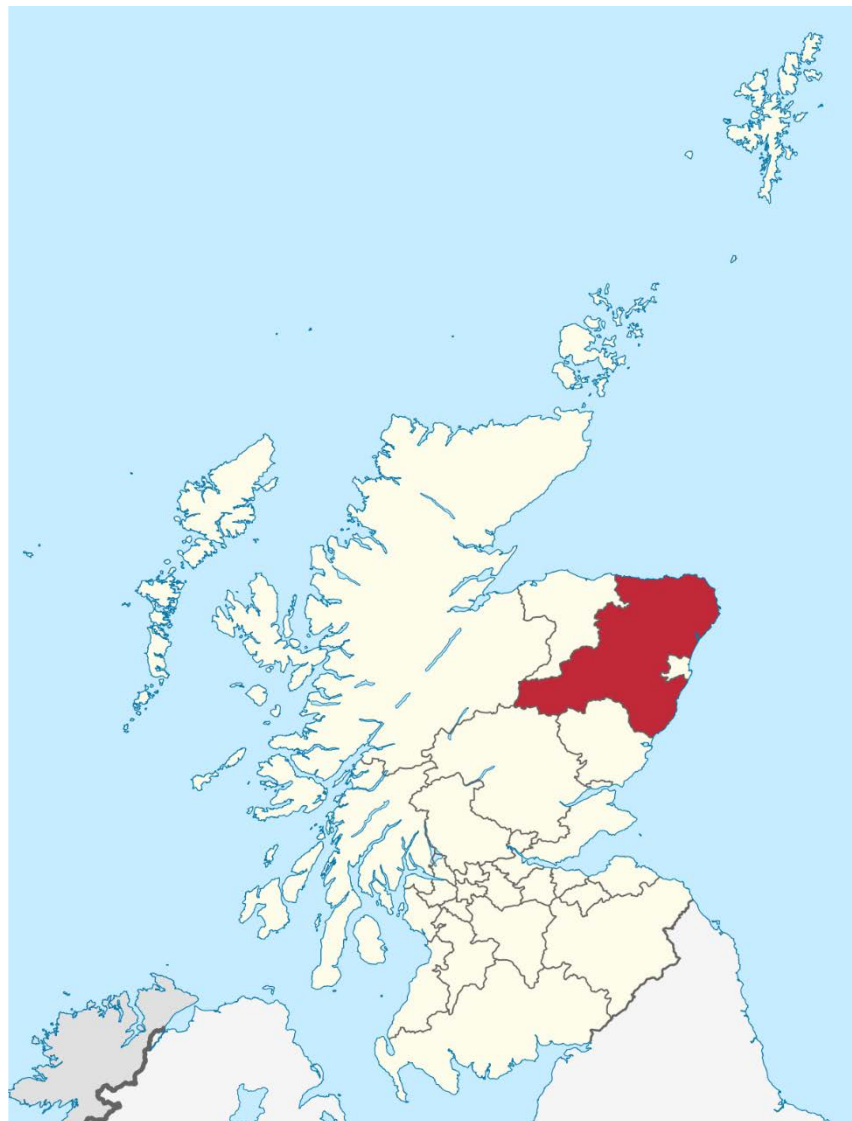
- Aberdeenshire alcohol and drug forums
- background
- Recovery groups
- Forum standards for effective
engagement
- Barriers to participation and
engagement
- Participatory budgeting and forum
projects
- Dangers, pitfalls and areas for future
development
- Further reading on community
empowerment and engagement



From mountain to sea



Aberdeenshire





The Community Forums

From mountain to sea



- The three community forums (North, Central and South) meet five times a year
- Their priorities are **Prevention, Protection, Recovery and Inclusion**
- Each forum has a **Community Engagement Officer** to support community members in developing their ideas
- The forums are open to anyone to join and wider community representation is welcomed
- Forums have their own **community fund** to support local initiatives in relation to identified needs around drug and alcohol issues
- Not just about alcohol and drugs also mental health, PTSD, loneliness etc.





From mountain to sea

Aberdeenshire
COUNCIL



aberdeenshire
alcohol & drug
partnership

- Where the change began
- Forums were service provider and professional led
- 2014 'Big Blether' event in North Aberdeenshire attracts 150
- Shift from service provider to service user began 'co-production'
- Now the majority are service users
- We prefer to call them community members as not all are users of services





Forum standards (best practice) for community engagement

From mountain to sea



- Welcoming Atmosphere
- Offer to accompany to first meeting
- No ID Badges, suits or ties
- Providing snack or lunch
- Assist with travel expenses
- Focus on individual's assets and strengths
- Ensure authenticity
- Create opportunities to develop skills and confidence throughout the year
- Provide adequate support to community members and volunteers
- Community members who become office bearers are paid an honorarium



Barriers to engagement

From mountain to sea

- Stigma
- Transport
- Disability
- Language
- Poverty
- Discrimination
- Local tensions and conflicts



Hard to reach groups

From mountain to sea



- Older men
- Gypsy Travellers
- Speakers of English as a second language
- Homeless people
- People with literacy issues
- Those with disabilities or mental health issues
- Those experiencing stigma around their substance use
- Substance users who want to remain hidden
- Offenders/ex offenders
- Young people



From mountain to sea

Main Change has been growth of recovery groups

Aberdeenshire
COUNCIL



aberdeenshire
alcohol & drug
partnership

The Huntly Recovery Hub
'The Basement'
The Linden Centre, Huntly
07709483283 or 01467 624240
Every Friday Morning
Opening Time: 10-1pm
The Recovery Café Lunch
Opening: 1-3pm
One-One consultations: 3-5pm

Recovery Happens
We are here to help
Come join us
about about it &
Recover

Huntly Recovery Hub
& Recovery Café

The Power of Peer Support

SUNDAY CONNECTIONS

INVERURIE TESCO COMMUNITY ROOM

EVERY SUNDAY 3PM - 5PM

LIGHT LUNCH & BEVERAGES

CHILDREN WELCOME

FOR MORE INFORMATION PLEASE CALL ANDY ON 07482118789

Thought bubbles: "I'm bored on a Sunday", "I need support in my recovery", "I have some ideas for events", "I would like to learn new things", "Come along and socialise", "Meet new people", "No idea is a dumb idea", "Skills workshops available"

BRIDGE RECOVERY CAFE

BUILDING THE LINK BETWEEN ISOLATION AND INCLUSION



Are you or someone you know in Recovery?
Come along for a bite to eat and a friendly chat

Let us help you on your journey at

Bridge Recovery Cafe

Room 5

Macduff Town Hall

Every Friday 4 - 6.30pm

Hundreds participate regularly

From mountain to sea

aberdeenshire
alcohol & drug
partnership



*In every crisis
lies the seed
of opportunity*

PETERHEAD OPPORTUNI-TEAS

A safe place for people in recovery
or considering recovery from addiction
to come together, seek support, meet new friends
and to be yourself
No agendas at our group, just friendliness



Come along to our weekly group where we offer a
warm and a non-judgemental atmosphere
Join in with fun activities
Have a nice cuppa and a bite to eat at no cost

Every Thursday 4.30 to 6.30pm
@The Foyer
1 Kirk Street Peterhead



Just pop in!
You have nothing to lose but all to gain
You are more than welcome to bring a friend



Call Peterhead Opportuni-teas on 07519 187402



Inspiring Insch

Social Group

Come along for a chat and a cuppa

Try out new activities

Learn about your community

Every
1st and 3rd Tuesday
10am—12.30pm



Back after
summer break

**Open to all
family friendly**

*refreshments available
no costs, donations welcome*

*Insch Community Centre,
35 Commerce Street,
Insch, AB52 6JB*

Contact: inspiringinsch@gmail.com

Projects supported through forum participatory budgeting

From mountain to sea

aberdeenshire alcohol & drug partnership





Three Forums One Voice

Aberdeenshire
COUNCIL



From mountain to sea





From mountain to sea

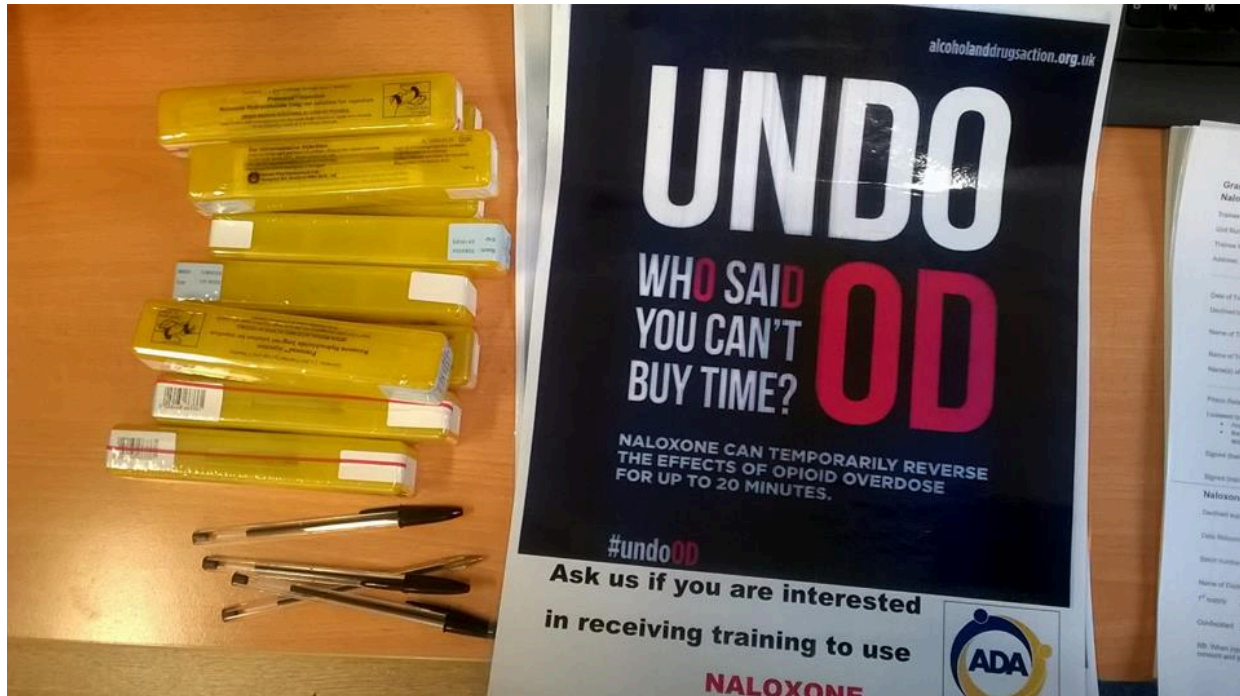
Street Pastors





From mountain to sea

Naloxone training & Recovery walk



Other initiatives funded by community forums

From mountain to sea

- Recovering Connections – Tramway Glasgow September
- Mental Health First Aid Training
- First Aid Training
- Mindfulness and wellbeing
- Big blether events
- Support for school community safety and health events
- MIDAS (minibus training)
- Young people's music group
- Music recovery group
- Youth diversionary activities (if need can be properly demonstrated)

Dangers, pitfalls and areas for future development



- Loss of professionals from alcohol and drug forums
- Co-production vs expertise – Can someone in recovery have expertise by experience? In what areas?
- Consultation fatigue
- Consultation silence or radio silence
- Forums sometimes lack focus now that recovery groups have grown in some areas
- Ensuring financial robustness
- Peer support – so important for volunteers involved in running recovery groups

Further reading and support

From mountain to sea



Supporting best practice in community development

Community development is committed to combating **social exclusion, poverty, disadvantage, and discrimination**. As such, it should not be considered as a value-free or universal approach. It is based on a recognition that some people, some groups and some communities are excluded from social, economic and political opportunities for reasons of lack of wealth, cultural oppression, physical obstacles or prejudicial attitudes. Its **focus is with groups and communities that are excluded due to one or more of these causes, and its role is to work with such groups to achieve change.**



From mountain

National Standards for Community Engagement





From mountain to sea

Task

- What are the opportunities/barriers for better empowering marginalised communities in your area of work?

Consider

- Who are the marginalised people and why?
- What are the Barriers for better empowerment
- How can these barriers be overcome
- What needs to happen