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|  | Manchester Alliance  for Community Care | |
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| Alcohol Abuse  A Briefing  August 2010 | |
| MACC  Swan Buildings,  20, Swan Street,  Manchester  M4 5JW  Tel: 0161 834 9823  [www.macc.org.uk](http://www.macc.org.uk) |  |

**1. About this briefing**

This briefing is aimed at practitioners and managers within the voluntary and community sector who want to know more about work which is taking place in Manchester to tackle alcohol abuse and to start thinking through how their organisation may be well placed to contribute to reducing this issue.

It provides an overview of alcohol abuse in Manchester, how Manchester NHS and statutory partners are tackling the issue at a strategic level; the types of services voluntary and community sector organisations are well placed to deliver, useful resources and links to further information.

For more information about this briefing and the voluntary and community sector [Health and Well-being Network](http://www.macc.org.uk/macc/wellbeing_intro.php), the [Child and Family Support Forum](http://www.macc.org.uk/macc/child_families.php) or the [Mental Health Forum](http://www.macc.org.uk/macc/mental_health.php) please contact:

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**2. Overview**

Alcohol has a major impact upon an individual’s physical and mental health and costs the Health Service £1.7billion each year. The impact of alcohol misuse will affect health services in a variety of settings, ranging from primary care, A&E, hospitals, mental health and sexual health services. Problem drinkers are also twice as likely to visit their GP as the average patient. Binge drinking (defined as drinking more than double the

daily recommended alcohol units) is linked to higher levels of accidents and accounts for high levels of attendance at A&E departments. Chronic drinking (defined as drinking above the weekly recommended sensible drinking guidelines on a regular basis) can result in alcohol dependence, dementia, brain damage, personality changes, cancers of the liver, mouth, larynx or oesophagus, diabetes, obesity, raised blood pressure and heart problems.

Deprived areas suffer higher levels of alcohol-related mortality, hospital admissions, crime, absence from work, school exclusions, teenage pregnancies and road traffic accidents (all linked to higher levels of alcohol consumption).

It is estimated that 22.5% of adults in Manchester consume alcohol at ‘hazardous’ levels and 8.8% do so at levels that are harmful to their health. Based on 2005 data, it is estimated that alcohol is responsible for £7.1million of in-patient costs for Manchester people.

Children and young people are affected by alcohol as a result of parental or familial misuse, their own misuse, or a combination of both. Alcohol misuse has a significant impact on the health and wellbeing of young people, as it is associated with poor educational attainment, exclusion from school, teenage pregnancy, crime and antisocial behaviour. It can also impact significantly on their ability to achieve their full potential. Some young people are more vulnerable to the risk of alcohol misuse, including those from the following groups:

• School excluded pupils

• Homeless young people

• Young people not in education, employment or training (NEETs)

• Young people in contact with the criminal justice system

• School truants

• Looked after children (LAC)

• Young people from families who misuse substances

• Young people with poor mental health

• Lesbian, gay, bisexual and transgender young people.

**3. Manchester’s Strategic Approach**

The revised Alcohol Strategy for Manchester (2008-2011) was launched in September 2008. The main aims of the strategy are to:

* Provide information for low-risk, hazardous and harmful drinkers about safer, healthier and lawful consumption of alcohol
* Ensure the alcohol treatment system is able to meet the needs of dependent drinkers, their families and carers
* Improve the outcomes for children and young people where either their own or their families’ alcohol misuse means they are less likely to be healthy, stay safe, enjoy and achieve, make a positive contribution and/or achieve economic wellbeing
* Reduce alcohol-related offending and reoffending.

Alcohol misuse also cuts across lots of other national, regional and local strategies, e.g.

Manchester’s Community Strategy, the Crime Strategy, Every Child Matters, etc.

The Manchester Drugs and Alcohol Strategy Team (DAST) consists of colleagues from Health, Probation, Police, Housing, Prisons as well as the voluntary and community sector. It is responsible, along with main partners for co-ordinating Manchester's response to drug and alcohol issues and relevant national initiatives.

**4. How can VCS organisations contribute to tackling alcohol abuse?**

* Deliver alcohol education and awareness programmes
* Train front-line staff to spot the signs of alcohol misuse and to offer advice to those who need it.
* Undertake alcohol awareness campaigns targeting parents who provide their children with alcohol
* Deliver parenting programmes as a part of the Manchester Parenting Strategy to address issues of alcohol misuse in families
* Deliver activities aimed at reducing alcohol-related street drinking and antisocial behaviour among young people
* Link activities with quick and easy access to early intervention and specialist treatment services

**5. Opportunities for the voluntary and community sector**

A new alcohol and drugs prevention service for under-19s in Manchester has been

established at Eclypse. This service provides the following:

* Individual assessment and support for those children and young people likely to misuse alcohol or drugs
* Group work
* Outreach work for children and young people who are being sexually exploited, involved in prostitution, runaways and/or asylum seekers
* Targeted prevention for children and young people from BME communities.

Reducing alcohol abuse comes under the responsibility of the work being delivered by Adults Health and Wellbeing Partnership Board. The [**Health and Well-being Network**](http://www.macc.org.uk/macc/wellbeing.php) facilitated by MACC, works to increase engagement of the voluntary and community sector in the work of the Adults Health and Well-being Partnership Board.

Contact Mike Wild (MACC), VCS participant on the Adults Health and Well-being Partnership Board for more information about the Board and Mary Duncan (MACC) for more information about the Health and Well-being network.

**6. Specialist local voluntary and community sector organisations**

[Lifeline](http://www.lifeline.org.uk)

[Eclypse](http://www.lifeline.org.uk/about.php?idnum=16)

[Turning Point](http://www.turning-point.co.uk/Pages/home.aspx)

[Addiction Dependency Solutions](http://www.adsolutions.org.uk/)

For information about other organisations delivering work around alcohol abuse go to [www.onecentralplace.org.uk](http://www.onecentralplace.org.uk) – an online directory of voluntary and community sector organisations in Manchester.

**7. Resources**

[Think Safe Drink Safe Card](http://www.manchesterpublichealthdevelopment.org/mphds/alcohol/alcohol-news.html#tsdacard)

[Alcohol Z-Card 2009](http://www.manchesterpublichealthdevelopment.org/mphds/alcohol/alcohol-resources.html)

[www.tsdscard.com](http://www.tsdscard.com/)

Promotional discounts that support responsible drinking / safer nights out

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

An online unit check and safer drinking tips.

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

6 week online self help course

**8. Useful Documents**

[Manchester Joint Strategic Needs Assessment (JSNA), 2008](http://www.manchester.gov.uk/site/scripts/download_info.php?downloadID=2829&fileID=8459)

[Improving Health in Manchester: NHS Commissioning Strategic Plan 2009-2014](http://www.manchester.nhs.uk/document_uploads/Commissioning/NHS%20Manchester%20Commissioning%20Plan%20111108_7bcd6.pdf)

[Manchester Public Health Annual Report](http://www.manchester.nhs.uk/document_uploads/Board%207%20April%202010/Manchester%20Public%20Health%20Annual%20Report%202009%20(2).pdf)

[A Picture of Progress: Compendium of Statistics for Manchester](http://www.manchester.gov.uk/downloads/file/11460/a_picture_of_progress_compendium_compendium_of_statistics_for_manchester)

[Manchester Alcohol Strategy 2008-11](http://www.manchesterpublichealthdevelopment.org/mphds/download-files/pdf/alcohol/2010/Manchester%20Alcohol%20Strategy%202008-2011.pdf)

[Safe. Sensible. Social. The next steps in the National Alcohol Strategy 2007](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_075218)

[Manchester Local Area Agreement](http://www.manchesterpartnership.org.uk/page/4,11/)

[Manchester Crime Reduction Strategy](http://www.manchester.gov.uk/downloads/file/7162/manchester_crime_reduction_strategy)

**9. Useful Links**

[Manchester Alliance for Community Care](http://www.macc.org.uk/macc/food.php)

[NHS Manchester website](http://www.manchester.nhs.uk/default.aspx?)

[Manchester Public Health Development Service](http://www.manchesterpublichealthdevelopment.org/)

[Alcohol Specialist Team](http://www.manchesterpublichealthdevelopment.org/mphds/alcohol/alcohol-team.html)

[Manchester Community Alcohol Team](http://www.manchestercat.org)

[Crime and Disorder Reduction Partnership](http://www.makingmanchestersafer.com/)

[Manchester PCT](http://www.manchesterpct.nhs.uk)

[HubCAPP](http://www.hubcapp.org.uk)

The Hub of Commissioned Alcohol Projects and Policies (HubCAPP) is an online resource of local alcohol initiatives throughout England.

[Alcohol Learning Centre](http://www.alcohollearningcentre.org.uk/)

Providing online resources and learning for commissioners, planners and practitioners working to reduce alcohol-related harm.

[www.howsyourdrink.org.uk](http://www.howsyourdrink.org.uk)

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

[www.mind.org.uk/index.htm](http://www.mind.org.uk/index.htm)

[www.alcohol-drugs.co.uk/themes/mentalhealth.htm](http://www.alcohol-drugs.co.uk/themes/mentalhealth.htm)

[www.drinksafeover50.com](http://www.drinksafeover50.com/)

[www.makingmanchestersafer.co.uk](http://www.makingmanchestersafer.co.uk/)

[www.mhim.org.uk](http://www.mhim.org.uk)

‘One stop shop’ website about mental health in Manchester

**10. For more information**

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Manchester Community Alcohol Team 016 882 1300

Ecylpse (VCS service for young people) 0161 273 6686

Manchester Specialist midwifery services 0161 226 6669

Alcohol Carers Managers (Adult Social Care) Contact Centre 0161 255 8250

Manchester Carers Centre 0161 835 4090