

# ABBA

## Consultation Group

23<sup>rd</sup> November 2018

Loxley House, 1-3pm

### Attending:

Glen Jarvis - Nottingham Crime & Drugs Partnership (minutes)

Deonne and Rob – Opportunity Nottingham Beneficiary Ambassadors

5 members (including Opp. Nott. Expert Citizens)

### Apologies:

Richard Mayer – Healthwatch

3 existing members

### 1) Welcome, introductions and check-in

Glen thanked everyone attending the meeting. We introduced ourselves and checked-in. One of the members read through the group agreement. We had a new member, who was actually an old member of the forums so we took a few minutes to explain what ABBA is and how we are trying to develop.

### 2) Minutes of the last meeting and updates

We looked at the minutes of the last meeting briefly. The person at the CCG doing the Mamba Car work had sent their thanks for the input we gave from the group. This will be included in the report to the CDP Board.

### 3) Updates and news

- A. **ABBA info on the CDP website** – Information about ABBA can now be found on the CDP website. Meeting dates, reports and minutes will all be uploaded there so that people with web access can find them anytime. <http://www.nottinghamcdp.com/forums/>
- B. **Christmas meeting** – The next meeting on 21<sup>st</sup> December will be a bit of a pre holidays fuddle (don't get too excited, we have no money!) Hopefully we can rustle up some festive fair and treats between us. The 'holiday opening times and activities' booklet will be ready by then. This is a thing that Glen puts together each year. It has all the opening hours of our main services on it as well as other events and activities that are on over the Christmas and New Year period. Feel free to send or suggest anything that may be useful for the booklet. We will have a short business part of the meeting first and then more of a social for the rest of the time.

#### **4) Alcohol Awareness week**

We had agreed at a previous meeting to mark national Alcohol Awareness Week by having an alcohol theme at this meeting. It was noted by members that there didn't seem to have been anything else going on locally to mark the week, which, considering that Nottingham has such a massive problem with alcohol was a little disappointing. We had originally hoped to get a guest speaker or some training for the meeting, but for a variety of unavoidable reasons this hadn't been possible.

As an alternative, the group looked at a range of options for what we could do to inform ourselves. All of the materials from the national campaign, led by Alcohol Change were available, as well as local data and reports. Options included looking at facts and figures to see what we would like to see in the local alcohol strategy that is currently being written, creating a 'did you know' presentation and splitting into groups to look at the personal, strategic and cultural aspects of alcohol.

After some discussion and negotiation we came up with the following after an hour of research in the room.

##### **Group One: Did you know?**

600,000 people are dependent drinkers in England/

120,000 only are receiving treatment. That's only 20%

60,000 people in Nottingham drink at problematic levels

752 people are receiving treatment in Nottingham City. (earlier this year)

345 people are receiving treatment for alcohol and other substances.

39% of all violent incidents have victims who believe the offender had been drinking.

£3.5 billion is the annual cost to the NHS alone.

£21 billion is the total cost to society

24,000 alcohol related deaths per year.

9.5 litres of pure alcohol are drunk per person per year on average.

There was some discussion around these figures and real surprise at the scale of the problem.

##### **Group Two: What needs to be done strategically?**

Women's drinking has become more of an issue as women have to be more cautious of accessing services as they feel they may lose their children, home, relationships and be labelled as a 'bad mum' and stigmatised.

Gender specific services that women could access easily and safely with no repercussions could be made more available.

Most services will not accept people with mental health and addiction. People may want to deal with their mental health first then tackle their addiction; especially women affected by domestic violence and substance misuse.

The age of women has gone down to 30 years old and is a higher percentage than men. Possibly due to a lack of accessibility for women and men with multiple complex needs. Men feel safer getting help than women as not labelled as harshly.

Focus on alcohol related harm Increase access to alcohol diversion schemes for crime and disorder. Improve support for those in need. Raise alcohol awareness, early intervention provision and prevention.

More rehabs.

More going into schools.

Women self-medicate more than men as they are more resistant and trusting of mainstream drug and alcohol services. Need a gender specific service for women with early access.

More awareness to universities and colleges as the generation of people affected is getting younger. Causes family break ups and health issues.

Develop a funded national programme of advice, guidance and support for those concerned. ie families, carers and children affected by alcohol.

Ensure local areas have adequate service provision for women facing multiple disadvantage, especially with alcohol and mental health.

Assertive gender specific outreach and multi-agency partnerships of relevant health and social care professionals, GP's, A&E, paramedics, peer support, Police, Lived experience and mentors.

Women's drop ins. – Safe and easy access.

Alcohol leads to crime (£11bn a year) Maybe more rehabs would cut costs. Health issues. Brain, cancer, liver etc.

### **Group three – personal and cultural**

Binge culture on holidays, eg Spain and British reputation.

Student culture

Work culture

Forces culture

Impact on families

Impact on mental health

Time off work/college etc.

Nationalities

Belonging to a group/Peer pressure

Football 'hooligans'

Myths. Eg I can't have fun without booze.

It blocks out trouble/trauma

Drink at home – isolation

Family/friends pressure/denial/

Habit/familiarity, coping

Only 1 in 5 in treatment

40% of violence is alcohol related

Biggest risk to health

Abuse. Eg childhood

Less aware of risks eg traffic vulnerability

Knife crime?

More of an issue for over 50's

Showbiz, lawyers, politicians etc. part of the culture

Empty nest syndrome

70% of alcohol sold in off licence/supermarket

23% of young adults are tee total (up 20%) Change in culture?

Each group fed back on what they had learnt and what they thought could be done. It had been an interesting and fun way of looking at the issue and had brought up some interesting information and views. All of this will be used in the formulation of the local strategy and clearly gives us a lot of work to come back to on the important issue of alcohol.

## **5) Free and cheap activities section**

At the last meeting a request was made for information on things to do that are cheap or free. We used to do this at the old forums and at the NRN Service User Panel. Neither of them exist now so we decided to do it at ABBA from now on. Glen will compile information for the next couple of months and was helped this time by input from Johanna. Feel free to send or bring along any information you see on events that look like they may be interesting to the group.

## **Cheap and free stuff to do – November-December 2018**

**Speech Therapy** - Nottingham's premier monthly spoken word event. Held on the fourth Thursday of every month at the Chameleon Arts Café, 17 Angel Row. NG16HL. Hosted by Miggy Angel + guests. Starts at 8PM. Open Mic opportunities are available on the night. Free entry.

The **Colwick Theatre Club** is looking for new members for acting positions, or for working behind the scenes. £5 per year for membership. If you are interested in getting involved contact Johanna on: 07534567221. Wed 8-10 and Sundays 2-4 for the panto  
Look on Facebook for Colwick Theatre Club

**Smash Nights Improvised Comedy Theatre nights** at The Angel Microbrewery. Entry is £5 (£3 concessions) on the door. See their website for information on upcoming events.

<https://www.meetup.com/Nottingham-Improv-Comedy-Experience/events/hkzkmpyxpblc/>

**Next one is Wed 28<sup>th</sup> November**

The next **£1 comedy night** at the Canal House will be held on Wednesday the 28<sup>th</sup> of November 2018. Doors open at 19:30. Starts at 20:00. Winner Best East Midlands Open Mic Night at the Midlands Comedy Awards 2016. [www.ncfcomedy.co.uk](http://www.ncfcomedy.co.uk)

**Improvised Comedy nights** only £2 (the entry price has recently increased from £1 to £2, but this is still fantastic value). Workshops are open to all levels of Improv experience. The Monday evenings sessions are every week 19:30-21:30 (only £2) exclusive to this MeetUp group. These take place at Bunkers Hill, but occasionally we may use yet another venue so please check each time you come.

<http://www.meetup.com/Nottingham-Improv-Comedy-Experience/>

There are always **free Ice Hockey events** taking place. Either contact the Ice Stadium directly; or look on the British Universities Ice Hockey website to find upcoming events.

<http://www.buiha.org.uk/club.php?club=17>

The next **Playhouse 'Pay What You Can' performance** will be the panto **Robin Hood and the Babes in the Wood** on Wednesday 9 and Thursday 10 January, 7:30pm. Contact the Playhouse box office, or look on their website for further information.

<http://www.nottinghamplayhouse.co.uk/pay-what-you-can/>

We're proud that coming to see a production at Nottingham Playhouse is already very reasonable, but great theatre is now even more accessible with our Pay What You Can performances.

Everyone is welcome to attend our Pay What You Can Performances and pay...whatever they can. 1p, 50p, £1, £5; whatever you can afford to give us, that's what the tickets cost for that performance.

Tickets will only be available to purchase on the day of the performance, in person from Box Office and cannot be bought online or over the telephone. You can buy your Pay What You Can tickets from at Box Office from 10am until 6pm while tickets last. Tickets will be allocated on a first come first served basis and issued in sequence. No choice of ticket is possible. Tickets are limited to two per person (except for Panto –

**Nottingham Hackspace** hold an Open Night every Wednesday from 18:30. For anyone who is interested in Arts and Crafts. The hackspace is run on a non-profit basis to serve your creative interests as a member. Whether you're interested in crafting, electronics, woodwork, metalwork, knitting, programming, bike maintenance, prototyping, gadget modification, robotics, or anything, we have the kind of tools you don't generally have room for at home. And our hackspace is continually growing, with new members, tools and projects practically every day. Visit their website for more information.

<http://nottinghack.org.uk/>

**Sobar Social** is a FREE event held at Café Sobar on the last Friday of every month. Make Sobar Social a part of your night out and join us for a breathtaking night of entertainment from the very best of handpicked talent from the Nottingham creative scene. Join us and the Recovery community on Friday the 30th November at Sobar for our monthly get together!

SOBAR SOCIAL x DO OR DIE POETS brings poetry/ spoken word open mic action and performances from the Do or Die Poets, featuring Laura Taylor!

6.30pm: OPEN MIC

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Poets and performers are all welcome at our hassle free open performance spot. All performers get a free tasty beverage of their choosing..

7.00pm DO OR DIE POETS

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Buckle up for some inspiring poetry written and performed by the Do or Die poets.

HOSTED BY the fantastic [Miggy Angel](#).

FEATURING the talented Laura Taylor.

FREE ENTRY.

OPEN MIC.

POETRY PERFORMANCES.

**Vets in The Community:**



The poster features a dark blue background with a light blue border. At the top, the text 'VETS IN THE COMMUNITY' is written in white. Below this is a silhouette of a dog and a cat facing each other, with a light blue cross behind them. The main text 'WE ARE RELOCATING' is in large, bold, white letters. Below that, the address 'Nottingham Writers Studio, 25 Hockley, NG1 1FH' is written in white. At the bottom, contact information is provided: 'CONTACT: VETSINTHECOMMUNITY@GMAIL.COM' and 'WWW.FACEBOOK.COM/VETSINTHECOMMUNITY/'. A light blue box at the bottom contains the text 'REMAINING 2018 CLINIC DATES' followed by a list of dates: '• 26TH SEPTEMBER', '• 14TH NOVEMBER', '• 10TH OCTOBER', '• 21ST NOVEMBER', '• 24TH OCTOBER', '• 5TH DECEMBER', '• 7TH NOVEMBER', and '• 19TH DECEMBER'.

We can supply:

- Vaccinations
- Flea Treatment
- Worming Treatment
- Basic Healthcare

All free of charge!

**\*\*Free sample of pet food when you visit the clinic. Please bring animals on leads or in a cat carrier\*\***

We now require **proof of eligibility. Eligibility vouchers** should be issued to clients by their keyworker, or the service that they are engaging with. **New clients will require a voucher**, but if a client has already handed in a voucher to us, this makes them eligible for treatment for the next **6 months**; therefore they will not need a new voucher for another 6 months until the previous voucher expires.

## Streetwise Opera

Streetwise Opera runs fun, accessible singing and acting workshops that take place in homeless centres and arts venues in five cities across England. All of our activities are open to people that are or have been homeless. They are free to attend and there are never any auditions. Sessions are led by specially trained, professional singers.

Drop-in sessions in homeless centres are a key element of the support that centres offer people who are homeless, to help them rebuild their lives and find a more positive future. Our Explore sessions are for people who have moved on from homeless centres and others looking for a fun way to boost their confidence, learn new skills and integrate into their local communities.

Streetwise Opera offers:

- Drop-in Singing and Acting sessions in homeless centres
- Explore Singing and Acting sessions for former clients of homeless organisations
- Theatre trips
- Performance opportunities
- Work placements
- Other creative activities
- Professional opera productions

Drop-in Singing and Acting sessions include:

- Fun vocal and physical warm-ups
- The story and plot of an opera
- Main choruses and arias
- Acting skills and characterisation
- Learning by ear – people don't have to be able to read music
- Simple staging and acting of scenes from an opera

Drop-in Singing and Acting Sessions run for 48 weeks of the year so people can drop in and out depending on their current situation; new people can be welcomed into the group at any time.

Explore Singing and Acting sessions cover all of the above plus:

- One 'opera project' each term
- Focus on performance skills
- Opportunities to volunteer, gain work experience and take more responsibility in the group

Explore Singing and Acting sessions run in termly projects with new people able to join in the first six weeks of each term.

## 7) Future meeting dates

### **Friday 21st December**

1-3pm in the Committee Room at Loxley House

### **Friday 1<sup>st</sup> February 2019**

1-3pm in the Committee Room at Loxley House

### **Friday 1<sup>st</sup> March 2019**

1-3pm in the Committee Room at Loxley House

### **THURSDAY 18th April 2019**

1-3pm in room 0.06 at Loxley House

### **Friday 17th May 2019**

1-3pm in room LB 41 at Loxley House (meet glen in reception)

### **Friday 21<sup>st</sup> June 2019**

1-3pm in room LB 41 at Loxley House

**Loxley House is the big glass building next to the train station. The tram stops at the station.**

**The free Centrelink bus drops off at the front of the train station, a short walk from Loxley. You can catch this at Victoria Centre bus station, on Mount Street at the side of Angel Row Library and on Maid Marian Way, outside the Credit Union (not far from Sobar and the hub).**

**Contact: Glen Jarvis**

**Service User and Carer Involvement Officer. Crime & Drugs Partnership**

**Department of Strategy and Resources - Commissioning**

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T: 0115 8765717 M: 07947 309 104 (best way to contact)**