



TRAINING NEWSLETTER



THE OFFICIAL DAAS NEWSLETTER FOR TRAINING AND INFORMATION

Hello and welcome to the DAAS spring Newsletter. Please share this newsletter with you colleagues, managers or any contacts you feel would benefit from reading it.

Stress Awareness Month April 2022 - Community

Stress Awareness Month has been held every April, since 1992 to increase public awareness about both the causes and cures the modern stress epidemic.



Stress Management Society
from distress to de-stress

According to the Mental health Foundation 74% of UK adults have felt so stressed at some point over the last year they felt overwhelmed or unable to cope.

This years theme is Community. Lack of support can cause loneliness and isolation, which in turn lowers people's wellbeing, impacts mental health and can lead to mental illness. Social isolation is an important risk factor for both deteriorating mental health and suicide.

Alcohol and Stress

As a depressant it can feel that alcohol helps to manage stress and many people use it on a daily or weekly basis to cope with pressures of everyday life.

However in the mid to long term alcohol affects the delicate balance in the brain, impacting mental health. So what initially seems to help can actually impede mental wellbeing.

Alcohol use can also lead to problems with finances, relationships, work and physical health which in turn can contribute to feelings of stress... forming a vicious circle.

Instead of using alcohol to manage feelings of stress concentrate on identifying and reducing the causes of stress as well as finding other ways to manage it.

Exercise, yoga and meditation may work but also immersive activities such as reading, music or puzzles can give the mind time away from the feelings that can be overwhelming it.

DAAS Online Course Dates

www.alcoholadvice.eventbrite.com for individual bookings

training@daas.uk.com for group bookings

Alcohol Awareness and Introduction to Brief Interventions

Thursday 7 April 2022 - 10:00am - 2:00pm

Substance (Drug) Awareness

Tuesday 26 April 2022 - 10:00am - 1:00pm

Alcohol Awareness and Introduction to Brief Interventions

Tuesday 10 May 2022 - 10:00am - 2:00pm

Substance (Drug) Awareness

Thursday 26 May 2022 - 10:00am - 1:00pm

The DDC training is free funded training for Health, social and community staff and other relevant workers within Derbyshire (exc Derby City). It is now possible for staff outside to attend our courses for a small cost.

Staff who work outside Derbyshire County can now book on our training for a small fee. If you wish to book a place please visit www.alcoholadvice.eventbrite.co.uk.

TRAIN YOUR STAFF WITH US

DAAS On-line Training Programme

NEW COURSE ALERT

We are launching a new course
FREE to Derbyshire workers.

For the last year we have been running our popular *Brief Interventions: Lets Talk About Drugs and Alcohol*.

We are building on the great aspects of this course which helped participants to create conversations, raise the issue and to begin to supporting people to make changes, we are now going to add information about understanding addictions to create our new course.

A better understanding of addiction is something we are regularly asked for and we thought it fitted well with so much of the content of *Lets Talk About Drugs and Alcohol* that we have decided to combine the two offerings into *Understanding Addictions through Brief Interventions*.

Go to our course booking page to find more information and upcoming dates.

April 2022 Promoting Positive Change 01246 206514

DERBYSHIRE
ALCOHOL ADVICE SERVICE
CIO

STAND TO
ready when you are
STOVCS

Breakfast with DAAS
Thursday 28th April 2022
9.15am - 9.45am

Interested in services for veterans
Want to know more about our
Stand To Service?

- Alcohol, loneliness, assistance
- How we help Derbyshire's Veterans
- How to refer into the service

A 30 min **FREE** Webinar hosted by DAAS with Special Guests STAND TO.

Go to www.daas.uk.com/breakfast before **9.15am** on the day to join.

To refer someone to our alcohol or drug service call 01246 206514 or visit our website www.daas.uk.com/get-help

What our Learners Say

Alcohol Awareness and Introduction to Brief Interventions

This training will provide you with current information, evidence, facts and impacts about alcohol use, misuse and addiction

Carl Thurlby - Stand To Veterans' Information Point Project Worker

I had the pleasure in attending the Alcohol Awareness course hosted by DAAS, I would have considered myself an expert in the alcohol awareness (from a personal standpoint) prior to attending, however the amount I learnt in such a short space of time was incredible. The delivery focused my mind and thought processes.

The course flowed and the trainer kept all students engaged throughout. I have attended many courses during my career and would certainly put this one up there with the best. I wouldn't hesitate to book on any other courses offered and would highly recommend.

Substance (Drugs) Awareness

Our popular Substance (Drug) Awareness course covers the common street illicit drugs their use and associated risks.

Julie Upton - Derbyshire Community Health Service.

I recently attended the Substance Misuse Training. I was not disappointed. I learned so much! The training was both informative and engaging. Its hard to deliver a course via a virtual platform. Ross nailed it!! I was engrossed from start to finish.

The training will be really useful in my role round oral health and I had an in depth chat about drugs with my teenagers too (much to their amusement, at mum being down with the kids). It was great to see that the training covered the impact on oral health within the training. The training is a great resource which is FREE!! Loved it. Huge Thanks.

Thank you for reading our newsletter. We hope you enjoyed it, please keep a look for our next edition in early 2022, Until that time please check out our training and share it with any colleagues.

Go to our website www.daas.uk.com if you need further information