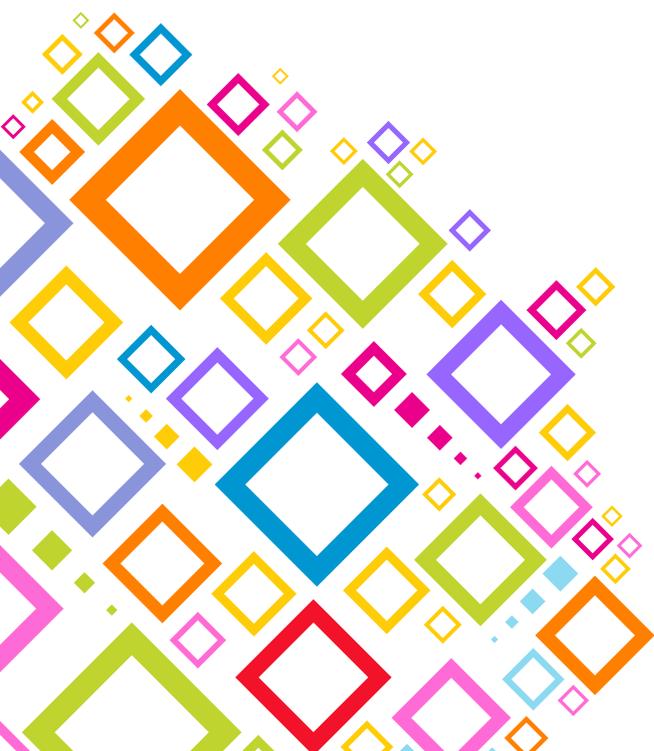
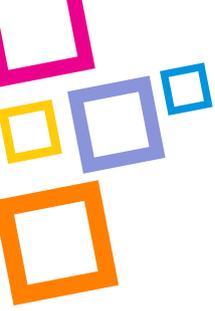


Alcohol and Drugs Support South West Scotland

**Annual Report
2015 - 2016**



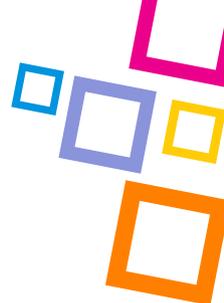


Contents

	Page
Our Team	3
Review of the Year	5
Talking Therapies	9
Gambling Services	11
REVIVAL Mentoring Service	13
Housing Support Service	16
Garden Projects	20
Annual Accounts	23



Our Team 2015 -2016



Honorary President

Mr Ian Stewart OBE

Directors

Mr Syd Barry JP *Chair*

Mr Ron Matthews *Vice Chair*

Mrs Mhairi Ross *Director*

Mrs Gillian Laurie *Director*

Ms Karen Irving *Director*

Dr Angela Roberts *Company Secretary*

Staff

Senior Leadership Team

Dr Angela Roberts *Chief Executive*

Helen Reid *Service Manager*

Hazel Thompson *Service Manager*

Debbie Dickie *Professional Head of Service*

Administration Team

Stella Blunsum *Administrator*

Charlotte Spratt *Administrator*

Talking Therapies

Donna Carruthers *Specialist Alcohol Counsellor*

Jeanette Chantler *Specialist Alcohol Counsellor*

Helen Harper *Specialist Prison Counsellor*

REVIVAL Mentoring Service

Fiona Jardine *Volunteer Development Officer*

Lynsey McIlroy *Volunteer Development Officer*

Gardening Project

Ali Butler *Co-ordinator*

Housing Support Service

Neil Johnstone *Team Leader*

James Fletcher *Housing Support Worker*

David Kelly *Housing Support Worker*

Janice Henderson *Housing Support Worker*



Our Team 2015 - 2016

Volunteer Mentors

Ailie Mitchell	Douglas Lockhart	Johanne Ferguson	Madeline Lind
Amma Amuesi	Edith Walker	John Minto	Martin Ridding
Amy-Jane Wilson	Ema Scaife	Johnny Glover	Philip Wilson
Andy Greenfield	Eric Grierson	Kate Kirkpatrick	Rachel Wood
Ann McNaught	Gordon McHarrie	Kay Cunningham	Robert Aitken
Ann Coda	Graeme Bell	Keith Moore	Roberta Millward
Ascha Pratt	Emma Douglas	Kelly Illingworth	Rozi Backhausen
Barbara Tierney	Hagen Patterson	Kelly McMorrin	Russell Nelson
Betty Williams	Ian Russell	Kimberley McMurtrie	Ruth Surtees
Christine Murray	Jack Hiles	Linda Kain	Sharon Makepeace
Claire Lagneau	Jack Taylor	Lisa Holmes	Steven Gillan
Dawn Copland	James Kelly	Loreto Callaghan	Vincent Glen
Donald Barnie	Jessica Kitchener	Lorna Jones	



Review of the Year

Welcome to the ADS Annual Report for 2015- 2016, a period which has seen mixed fortunes for the organisation. We received slightly fewer referrals into our recovery services this year, in part because of changes to referral pathways within our Housing Support Service.

On a positive note though, the people who have come to us have engaged really well with our services, leading to better outcomes for those who have sought our help and support.

Individual service reports give full details, but some of the highlights are as follows

- Over 3,000 Talking Therapy appointments were offered this year (over 400 of these were telephone appointments). Our overall engagement rate was 84%. An excellent achievement
- The development of the telephone Talking Therapy service has been welcomed by our service users, staff and stakeholders. It provides our service users more choice in how and when they can access our service. For some it allows them access to a service which

they felt was unavailable to them in the past due to mobility, transport or anxiety issues. It also provides our therapists with increased flexibility in their working hours.

- Another very busy year for our REVIVAL Mentoring Service. Although 1:1 matches continue, we have found this year that many of our referrals are attending our group sessions therefore we have delivered a high number of activities benefitting a huge number of our service users. Activities have included:-
 - Weekly bowling group
 - Weekly walking group led by our own trained service user walk leader
 - Weekly social groups in Castle Douglas, Dumfries and Newton Stewart accessing a variety of activities including Art, Cooking, Oral Health and Craft Making
 - We have delivered three volunteer training programmes this year bringing us 21 new volunteers.
- Our Housing Support Service ran at 93% capacity in our first year. (Contract requirements stipulate we must achieve at least 85%.)

Review of the Year

- Feedback from the homeless team has been extremely positive. We have worked together to develop new protocols to support our service users to comply with their homeless accommodation agreements and move them towards tenancy resettlement and sustainment.
- Crossmichael garden continues to thrive bringing new volunteers in all the time. It has helped so many people along their way to gain new skills, reduce isolation and the garden has become a social activity that inspires them.
- This was the year of the Pantry Potters!! They worked incredibly hard to turn a weed ridden garden into a flourishing, productive garden for the customers of the Scottish Pantry in Castle Douglas to enjoy.

Our own internal strategy was cited as an excellent example by Scottish Drugs Forum (SDF)

Quality Indicators

Staff and service users this year contributed to an external quality audit involving staff from Scottish Drugs Forum [SDF], the purpose of which was to assess how well ADS meets the expectations described within the Quality Principles 2014¹. The report stated *“ADS has developed considerably over its years of existence to respond to the needs of its core service user group and has been willing to diversify its activities in doing so while remaining true to its strengths. The service demonstrates it largely meets the expectations described within the Quality Principles.”*

Service User Involvement

Further work commenced with SDF staff this year, in working towards the development of a Service User Involvement Strategy for the local Alcohol and Drugs Partnership [ADP]. Our own internal strategy was cited as an excellent example by SDF, a good foundation for moving forward. Service User “Leads” have been nominated from the staff team to help develop this vital work further.

¹ <http://scotgov.publishingthefuture.info/publication/the-quality-principles-standard-expectations-of-care-and-support-in-drug-and-alcohol>

Review of the Year



Difficult Days

In December 2015, Alcohol and Drug Partnerships (ADPs) were told by the Scottish Government that direct funding for their work would fall from £69.2 million to £53.8 million this year. However, Health Secretary Shona Robison also told them in a letter that NHS boards would be expected to make up the £15 million deficit from their increased budgets.

Unlike many other areas of Scotland, Dumfries and Galloway NHS Board has not made up this shortfall, leaving our ADP with a 23% deficit. The biggest impact of this decision would be felt by Third Sector organisations such as ADS. Our local partners, Addaction and APEX were also badly affected. These decisions, upon which we were not consulted, were no reflection on our work, our service delivery nor quality of our staff and volunteers.

Left with no choice, we had to cut costs, and regrettably our staff were directly affected.

Cuts in staffing, reduced hours, redundancy.... difficult days. As others have noted in their service reports, our staffs' conduct throughout this challenging process was exemplary, with all thoughts focussed on our service users

Now is the time to reflect, take stock. It has never been more important to work together with our partners, and so any future plans for ADS will be inextricably linked with those of other recovery services. This will be essential to our future survival and ability to serve the needs of those people who use our services.

In conclusion, at the end of a traumatic few months, we acknowledge the professionalism of our staff and volunteers, and their commitment to ADS, our service users, and perhaps most importantly this time, to one another. Thank you.

Dr Angela Roberts *Chief Executive*

Mr Syd Barry JP *Chair*



Review of the Year

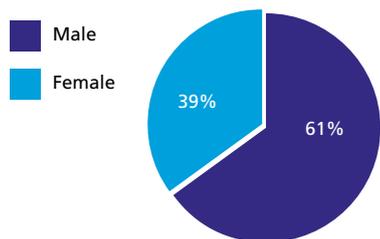


Fig 1: All ADS Services Gender

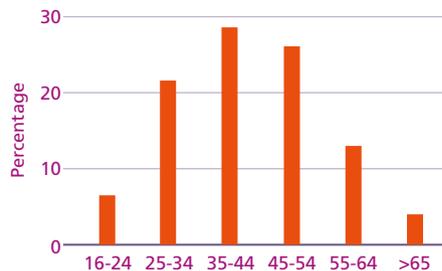


Fig 2: All ADS Services Age Range

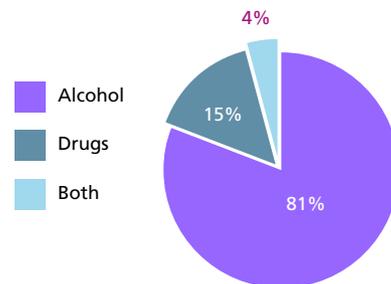


Fig 3: All ADS Services Substance

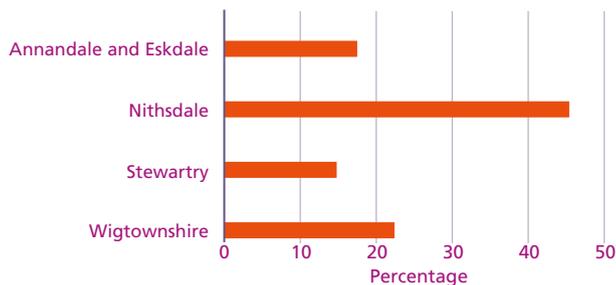


Fig 4: All ADS Services Service User Locality

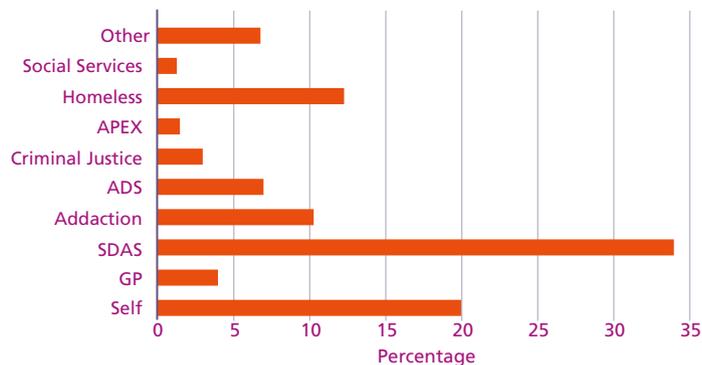


Fig 5: All ADS Services Referral Sources

Talking Therapies



Another very successful year for our Talking Therapies service. We have allowed ourselves a period of consolidation following the introduction of enhancements to our service promised in our bid for this contract, reaping the benefits of the improvements which were made in the previous year. This time has provided us with the opportunity to embed the developments we have made, evaluate and tweak where necessary.

The development of the telephony service has been welcomed by our service users, staff and stakeholders. It provides our service users more choice in how and when they can access our service. For some it allows them access to a service which they felt was unavailable to them in the past due to mobility, transport or anxiety issues. It also provides our therapists with increased flexibility in their working hours.

Our referral rates, as we would expect, have remained unchanged with the offering of over 3,000 Talking Therapy appointments (over 400 of these were telephone appointments) in the past year. Our overall engagement rate was 84%. An excellent achievement. Interestingly the telephony service engagement rate on its own was 88%, an indication that this service is now

The development of the telephony service has been welcomed by our service users, staff and stakeholders.

becoming an essential option for service users. We will continue to look for opportunities to market this service and increase our offering when and where appropriate.

This was our first full year providing a Talking Therapies service for individuals experiencing problematic drugs misuse. There remains a protected pathway in place with access to this service being provided through our partners Addaction and the NHS Specialist Drug and Alcohol Service. The Third Sector treatment service for Dumfries and Galloway contract will come to an end on 1 April 2016. New contracts will come into effect resulting in a likely change to some of the protocols within the treatment services. Uptake for this particular part of our counselling

Talking Therapies

service has been relatively low, however we anticipate an enhancement to our partnership working in this area and therefore a subsequent increase in referrals for the coming year.

Our Talking Therapies service was dealt a blow with a funding cut being made from the D and G Alcohol and Drug Partnership with effect from 1 April 2016. It necessitated us implementing savings of 10% from our annual salary costs within a very short timescale. Our staff, as ever, were wonderful and volunteered to make the necessary reductions to their hours to accommodate this. Difficult decisions were made to ensure there would be no impact to our service delivery in the community.

As a result ADS has withdrawn its Talking Therapies Service in HMP Dumfries and have placed this resource into our community based work. We are assured the Addictions Team in HMP Dumfries are in a position to continue this excellent work provided previously by our therapist.

Our outcomes measurements tools continue to demonstrate the significant positive changes in the recorded outcomes for the individuals who

have gone through our service in the past year. The table is indicative of this and reports on the changes in outcomes for 149 of our service users

Scale	Initial	Final	Change
Alcohol	4.2	8.3	4.1
Physical health	5.2	7.9	2.7
Use of time	5.1	8.0	2.9
Social networks	5.3	7.7	2.4
Drug use	9.4	9.6	0.2
Emotional health	4.6	7.7	3.1
Offending	8.8	9.6	0.8
Accommodation	8.6	9.4	0.8
Money	8.0	9.1	1.1
Family and relationships	6.2	7.9	1.7
Average	6.5	8.5	2.0

In this coming year we are hoping to build on our success and further develop our Talking Therapies offering by continuing to listen and respond to our service users' needs by implementing further improvements to our service user participation strategy.

Talking Therapies



Gambling Services

We continue to provide a counselling service for problem gamblers in conjunction with the national charity Gamcare. Our entire team of counsellors are now trained in providing this service. We are working with the Health and Wellbeing partnerships across the region to ensure gambling, especially by young people, is being addressed in local communities as a risky behaviour. This has led to many local activities including poster and DVD campaigns in schools, consultation with young people about the risks of problem gambling and commissioned training for practitioners. Again, we hope in the coming months this will lead to an increased demand for this service.

Helen Reid, Service Manager

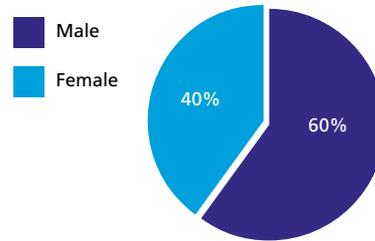


Fig 6: Talking Therapies Gender

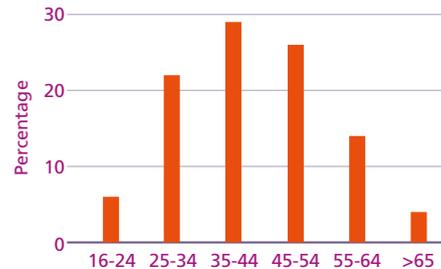


Fig 7: Talking Therapies Age Range

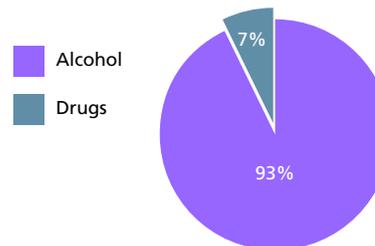


Fig 8: Talking Therapies Substance

Talking Therapies

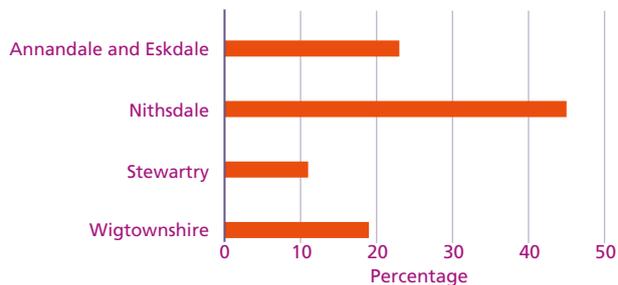


Fig 9: Talking Therapies User Locality

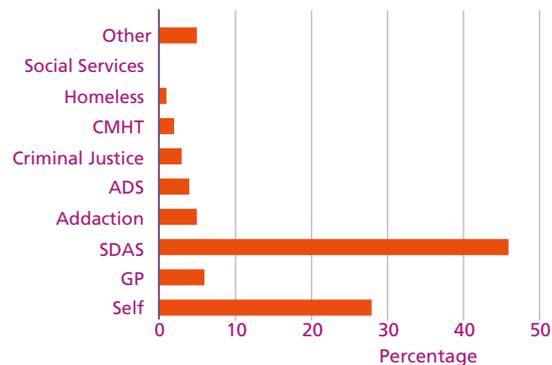


Fig 10: Talking Therapies Referral Sources

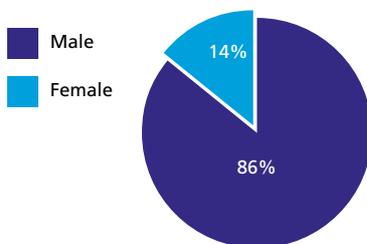


Fig 11: Gambling Gender

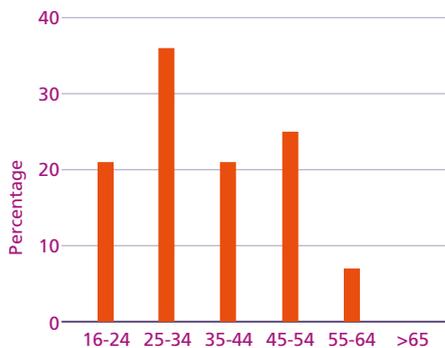


Fig 11: Gambling Age Range

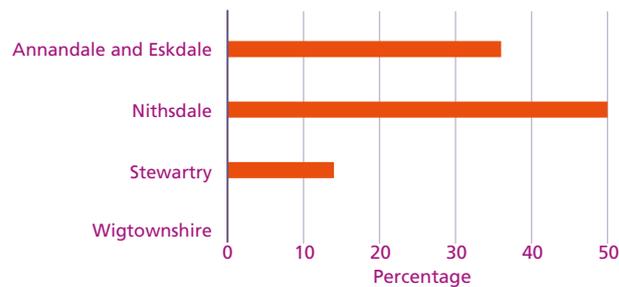
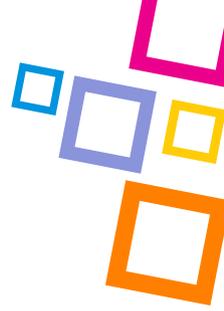


Fig 12: Gambling User Locality

REVIVAL Mentoring Service



As always the most important aspect of REVIVAL is about reducing social isolation and improving social networks and emotional health and wellbeing. Using the Outcome Star assessment tool allows us to measure progress with service users in these aspects and statistics this year indicate the following:-

Scale	Initial	Final	Change
Alcohol	4.4	5.5	1.1
Social Networks	4.4	5.5	1.1
Use of time	4.4	5.4	1.0

This table shows the average first and last scores for our clients' alcohol stars. There has been a noticeable positive change with regards to their use of time, social networks and emotional health.

Scale	Decrease	No Change	Increase
Alcohol	12%	21%	67%
Social Networks	10%	28%	62%
Use of time	13%	24%	63%

This table shows the average proportion of the clients whose score for a scale has increased, decreased or stayed the same. There are remarkable increases in the scores for use of time, social networks and emotional health.

Activities

As usual it has been another very busy year for REVIVAL. Although 1:1 matches continue, we have found this year that many of our referrals are attending our group sessions therefore we have delivered a high number of activities benefitting a huge number of our service users. Activities have included:-

- Weekly bowling group
- Weekly walking group led by our own trained Service User Walk Leader
- Weekly social groups in Castle Douglas, Dumfries and Newton Stewart accessing a variety of activities including Art, Cooking, Oral Health and Craft making

Outings

Very enjoyable outings this year attended by an average of 40 service users and volunteers were:-

- Summerlee Transport Museum
- Mossyard BBQ
- Crossmichael Garden Open Day
- East v West Bowling Tournament
- Scottish Recovery Walk in Glasgow
- Christmas Party with Magic Monty and Santa



REVIVAL Mentoring Service

We have delivered a high number of activities benefitting a huge number of our service users.

Volunteers

We have delivered 3 volunteer training programmes this year bringing us 21 new volunteers. Our Volunteer Development Day in June 2015 was very well attended by our volunteers all across the region who enjoyed workshops and a lovely lunch. A special mention for our recently deceased colleague Simon Ford who did us the honour of presenting certificates to our volunteers for their valuable input to REVIVAL. We all miss Simon. THANK YOU TO ALL OUR VOLUNTEERS, WE COULD NOT EXIST WITHOUT YOU

Training

Certificated training delivered this year for our volunteers and service users has included Deaf Awareness, First Aid, Sexual Health, Dementia Awareness and Food and Hygiene. All attendees stated how worthwhile this transferable training is.

Funds

As always REVIVAL continue to raise funds in order to access outings and we have raised £800 this year through a pop up charity shop in Castle Douglas and a sponsored walk in Dumfries.

We were lucky enough to secure Tesco Greenspace Funding to develop the Crichton Community Garden Project. Coming second in the customer vote brought us £10,000. We also received £1,000 to deliver Art Sessions to our service users across the region from Dumfries and Galloway Arts Fund.

Our minibus died and another was purchased through underspend from Big Lottery and a contribution from ADS. This is a bonus which allows us to transport service users to and from activities in this vast rural region

Staff

As always, a huge THANK YOU to my dedicated team who have worked tirelessly to give our service users and volunteers an experience the best it can be. Also a huge welcome to Spike our minibus driver, a welcome addition to the team. Thank you all.

Hazel Thompson, Service Manager

REVIVAL Mentoring Service

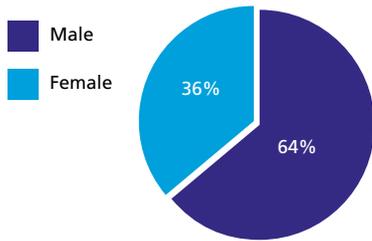


Fig 13: REVIVAL Mentoring Gender

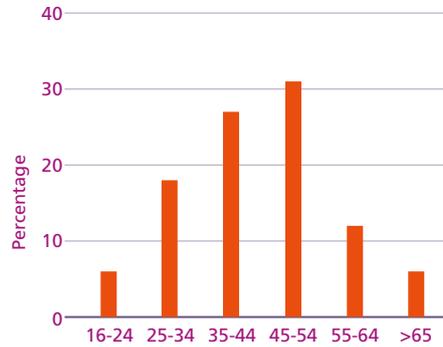


Fig 14: REVIVAL Mentoring Age Range

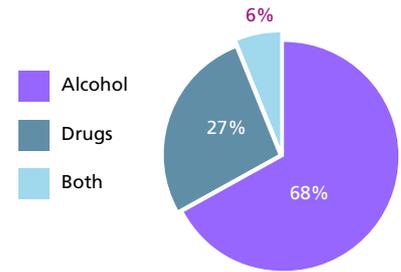


Fig 15: REVIVAL Mentoring Substance

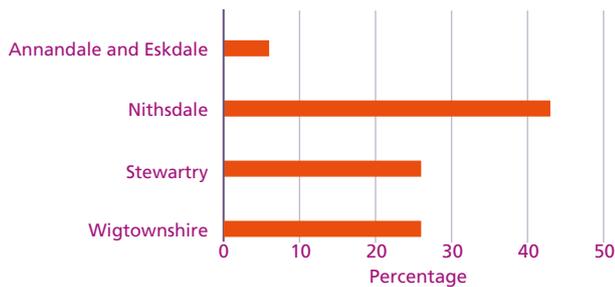


Fig 16: REVIVAL Mentoring Locality

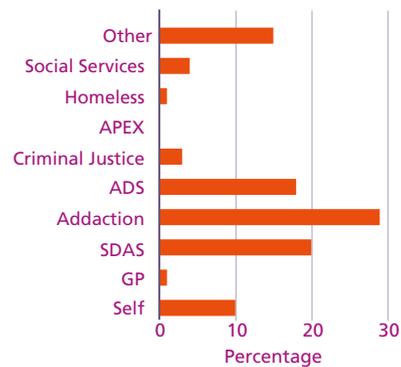
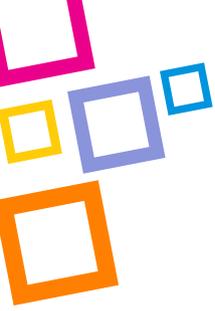


Fig 17: REVIVAL Mentoring Referral Sources



Housing Support

Our Contract

This was our first year of our newly commissioned contract. We have worked closely with our commissioners and our main stakeholders - the Dumfries and Galloway Homeless and Housing Options teams. It has been an extremely challenging year, it has taken time for our service, our commissioners, other housing support providers and our stakeholders to grasp how the eligibility criteria for this service works in practice.

Our focus previously was on preventative support to enable individuals to remain in their own homes. However this service is, in the main, for individuals who are currently residing in homeless accommodation.

As predicted our referrals have fallen significantly in this year given the restricted referral pathway. Feedback from the homeless team however has been extremely positive. We have worked together to develop new protocols to support our service users to comply with their homeless accommodation agreements and move them towards tenancy resettlement and sustainment.

We are pleased to confirm our service ran at 93 % capacity in our first year. (Contract requirements stipulate we must achieve at least 85%.)

Our Service Users

Our service users' presenting needs have also changed in the past year. Individuals entering our service are leading far more chaotic lifestyles to those we have supported in the past. Therefore initial engagement has been more of a challenge and again working closely with the homeless team has helped with this. We have also developed closer working relationships with supported accommodation providers throughout the region.

We hold regular drop in sessions at their accommodation, providing us with the opportunity to meet with those individuals with substance misuse issues, who will eventually move on from supported accommodation. When this happens our support will be a natural progression from their previous support, thus aiding with the service users engagement at this critical time.

Housing Support



We have continued to adopt an outcomes framework in line with other recovery services. It has become even more important to ensure our ability to evidence improvements in our service users' capability to obtain and maintain a tenure, enhance their health and wellbeing and continue their road to recovery. Service users continue to develop their personal recovery plans resulting in increased ownership and motivation to implement improvement actions they have identified.

We are delighted with the positive changes in outcomes which have been achieved in this first year given the challenges and the changes to our service user group.

We are delighted with the positive changes in outcomes which have been achieved in this first year

Scale	Initial	Final	Change
Alcohol	5.7	7.5	1.8
Physical health	5.9	6.9	1.1
Use of time	4.7	6.7	2.1
Social networks	5.5	7.2	1.7
Drug use	8.0	8.5	0.6
Emotional health	4.7	6.0	1.3
Offending	7.9	8.6	0.7
Accommodation	4.1	6.7	2.6
Money	5.3	6.8	1.5
Family and relationships	6.7	8.0	1.3
Average	5.8	7.3	1.5

An integral part of our review process provides the service user with an opportunity to rate all aspects of our service (in line with the Care Inspectorate grading system). It provides service users the opportunity to express their views and us to listen intently to their opinions and wherever possible adapt our practices to ensure we continue to deliver a high standard of support focused on their needs. Feedback from service users has been overwhelmingly positive and we will continue to seek their views and opinions of our Housing Support Service in this way.

Our Housing Support Service user satisfaction rate for this year is 96%





Housing Support

Our Staff

This has been a demanding year for our staff within the Housing Support Service. With the difficult transition and implementation of a new referral pathway, protocols and contract monitoring, as a team we have had to work harder than ever before in an ever changing environment. Our staff have embraced increased responsibility and remain positive about the future of this service.

Staff development is high on our agenda and we encourage our staff to self evaluate and seek out personal development opportunities. We were delighted a member of our team was successfully recruited to work within social services enabling him to continue with his studies. Although we were sad to see an experienced member of staff leave ADS this has provided us with the opportunity to review our resources and proportion them where they are most required.

Moving Forward

In the coming year we will continue to consolidate our working practices within our contract limits with the aim to improve engagement rates at inception of service. We will be exploring opportunities to work more innovatively with our stakeholders. We will also seek to improve our management information systems to ensure resources are allocated where they are most needed.

Helen Reid, Service Manager

Housing Support

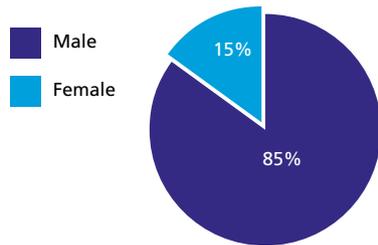


Fig 18: Housing Support Gender

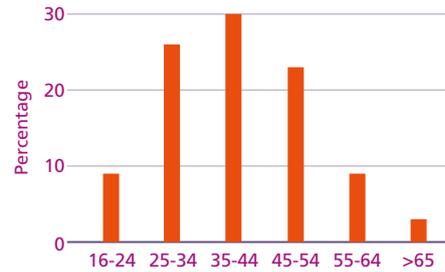


Fig 19: Housing Support Age Range

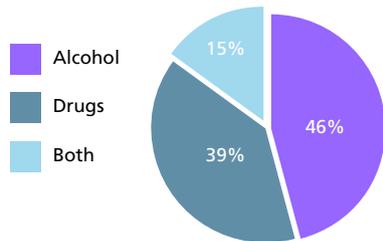


Fig 20: Housing Support Substance

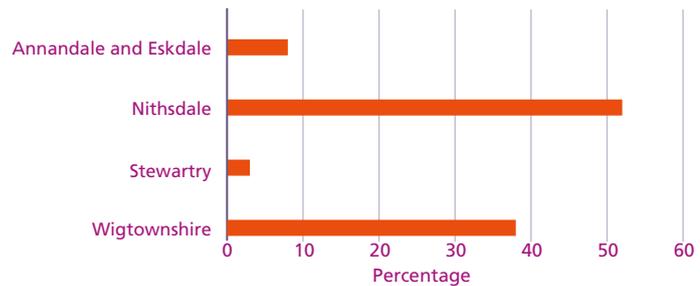
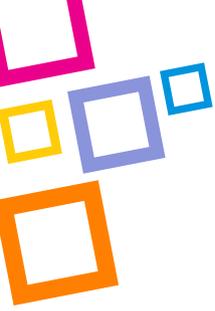


Fig 21: Housing Support Locality



Garden Projects

Introduction

This year has flown by but we have achieved so much in only just 12 months at the three of our Garden Projects in Dumfries and Galloway. Once again it is with the help of our dedicated team of volunteers that we have been able to develop our projects to become a recognised aspect of ADS's work and contribution to the community. We continue to recruit new volunteers to all of our projects and the skills set and expertise they bring is invaluable.

Crossmichael Garden

Crossmichael Garden Project has now been on the go for seven years and is the baby of our garden projects. This year we are still creating new areas in the garden and we have been focussing on a "secret garden" area where our bottle greenhouse used to be. We have worked hard growing a variety of flowers and wild flowers to make this space a colourful, sensory and wildlife friendly space. Our vegetable plots have been jam packed this year with potatoes, sweetcorn, carrots, parsnips and courgettes to name a few!

Once again we put entries into Crossmichael Flower Show and did exceptionally well with 1st place in three categories and cup winner for the novice class as well as 3rd place in 3 others. So all in all a great year at the show.

Our annual open day and BBQ took place in August 2015, weather was good so everyone could enjoy both the garden and something to eat. We had excellent attendance including agencies such as Apex who as a result have been referring in to the garden projects.

Crossmichael garden continues to thrive, bringing new volunteers in all the time. It has helped so many people along their way to gain new skills, reduce isolation and the garden has become a social activity that inspires them.

We continue to recruit new volunteers to all of our projects and the skills set and expertise they bring is invaluable.

Garden Projects



'The Gardeners' Yard' - The Crichton Garden

We officially started work on this project in Feb-15 and by March /April the site was cleared and subbase put down ready for planning and developing. First things first was the need for indoor and outdoor growing areas and with the help from Community Payback team who made the raised beds we achieved this.

In June-15 an 18ft by 36ft polytunnel was purchased and erected and the raised beds put in place. We began planting a multitude of flowers and vegetables utilising both indoor and outdoor spaces. Due to the heat inside the polytunnel we produced a record number of cucumbers and tomatoes, so much so we struggled to give them away!!

As the garden started to take shape the Dumfries Men's Shed group approached us, keen to be involved in any way they could. They donated a shed to the project and a greenhouse too and offered skills such as joinery for us to take advantage of.

The garden itself was going ok but we still needed to have facilities such as running water, toilet and tea/coffee area.

Finally in September a second hand Portacabin was sourced at a local farm. It was in a poor state of repair, but nothing that a good clean and a lick of paint couldn't improve on. We got the Portacabin on site in October and more recently it got connected up to services such as electricity and water and also modified to accommodate wheelchair users.

Over the winter months we continued at the garden planting a huge variety of bulbs for the springtime. This garden has been very slow in its progression but we are getting there and we hope to do a big recruitment event next April to kick start the project and recruit volunteers and group to the project.

"The Pantry Potters" - Scottish Pantry Café

This was the year of the Pantry Potters!! They worked incredibly hard to turn a weed ridden garden into a flourishing, productive garden for the customers of the Scottish Pantry garden enjoy. We primarily grew potatoes for a local church's Castle Douglas Potato Project'. Come harvest time we had grown equivalent to three wheelbarrow loads of potatoes to be distributed to the local community.



Garden Projects

It was a great project for our volunteers to be involved in, and from the planting of the potatoes to actually giving them out to their local community was a great achievement for them and something they were really proud of.

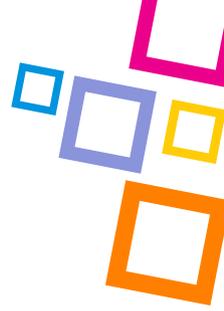
The garden very quickly has become run by volunteers as its central location lends itself to people just being able to 'pop in' and do a wee bit! It would be lovely to see this garden become self-sufficient and with the potential opening of a community café once a week the garden will grow produce not only for consumption but also to sell and any money made will be put back in to the garden... watch this space!!

This has been such a busy year, not only with the gardens but also visiting other projects in the area and developing our bank of volunteers. A huge thank you to everyone who has been involved in the garden projects, your time is invaluable.

Ali Butler, *Garden Project Co-ordinator*



Annual Accounts



Alcohol and Drugs Support South West Scotland, Company Limited by Guarantee

Statement of Financial Activities (Incorporating the Income and Expenditure Account)

Year Ended 31 March 2016				
	Unrestricted Funds £	Restricted Funds £	Total Funds 2016 £	Total Funds 2015 £
Incoming resources				
Income and endowments from:				
Donations and legacies	10,709	1,220	11,929	16,850
Investment income	957	-	957	1,890
Charitable activities	54,402	500,953	555,355	577,927
Other income	65,521	-	65,521	22,364
Total incoming resources	131,589	502,173	633,762	619,031
Resources expended				
Charitable activities	(127,538)	(515,634)	(643,172)	(593,488)
Governance costs	(4,469)	-	(4,469)	(4,725)
Total resources expended	(132,007)	(515,634)	(647,641)	(598,213)
Net income/expenditure for the year	(418)	(13,461)	(13,879)	20,818
Transfer between funds	(13,464)	13,464	-	-
Net movement in funds	(13,882)	3	(13,879)	20,818
Reconciliation of funds:				
Total funds brought forward	216,478	77,101	293,579	272,761
Total funds carried forward	202,596	77,104	279,700	293,579

There are no recognised gains or losses other than included above for the above two financial years.

All of the above amounts relate to continuing activities.

Alcohol and Drugs Support South West Scotland

Scottish Registered Charity: 022925
Company Limited by Guarantee 227133



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