

Bradford & District Safer Communities Forum Alcohol Addiction and Dry January Notes of the meeting Wednesday 12 January 2022 1.00 – 3.30 pm via Zoom

Present: Jon Royle (Bridge Project) (Co-Chair); Yasmin Khan (Staying Put) (Co-Chair); Muppatt (CNet); Janet Ford (CNet); Tony Hargreaves & Michelle Mawdsley (The Bridge Project); Dave Memery (Create Strength Group); Samina Shah-Zahar (The Cellar Trust); Phil Taylor (Project6); Cath Binns (Carers' Resource); Nadine Osuji (St Christopher's Family Centre); Sandra McIntosh (Sharing Voices); Cathy Henwood (Wellsprings Together); Mike Frazer (Health and Care Forum Co-Chair); Ureeba Hussain (Sharing Voices); Dassia Best (Victim Support West Yorkshire); Rajwan Malik (Hale Project); Frances Holling (Hale Project (left 1.30); Anis Akhtar (Equality Together); Freda Dyson (Centrepont); Gemma Smith (Horton Housing); Warris Ali (Highfield Food Co-op) (from 1.45); Dorcas Yemi Amusan-Fagborun (Peacemaker International) (from 2.00pm);

In attendance: Inspector Kevin Taylor (West Yorkshire Police – Safer Communities Team); Nikki Harvey (Bradford District Care Trust); Wendy Collins (CNet) (minutes)

Apologies: Melissa Worrall (Beacon Recovery); Jessica Jennings (West Yorkshire Violence Reduction Unit);

Item	Details	Action by
1	Welcome, introductions and apologies – Jon Royle, CEO, The Bridge Project / Forum Co-Chair Jon welcomed everyone to the event, gave an overview of the Safer Communities Forum, and spoke about the Dry January initiative, which is led by Alcohol Change UK. More information can be found here: https://alcoholchange.org.uk/get-involved/campaigns/dry-january	
2	Declarations of interest None	
3	Presentations Alcohol and its effects, units, sensible drinking – Tony Hargreaves, The Bridge Project <ul style="list-style-type: none"> Tony's presentation is available here, along with a drink diary: https://cnet.org.uk/bradford-district-assembly/safer-communities-forum Tony started by asking a few questions about alcohol units in different drinking scenarios. The Alcohol Use Disorders Identification Test (AUDIT) measures if someone is drinking at dangerous levels. Tony asked for some suggestions on reducing alcohol intake. Answers included: start drinking later in the evening; keep a drink diary so you are aware of how much you are drinking; try swapping alcohol for soft drinks / tea / coffee; 	

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	<p>avoiding alcohol completely on some days; drinking lower alcohol percentage drinks; and diluting wine with soda water.</p> <ul style="list-style-type: none"> • If someone is dependent on alcohol and they experience withdrawal symptoms if they don't drink for a few days, it is dangerous for them to suddenly stop drinking; they would need support to reduce their intake safely. • There are a variety of drugs that can be prescribed to help dependent drinkers. Thiamine, or vitamin B1, is one of these that can be bought in shops. • A question was asked about the preferred terminology for people drinking to excess. Jon spoke about the stigma attached to having a problem with alcohol, and said that alcohol dependence or substance disorder are some of the technical terms, and misuse and abuse are used, but they like to keep it neutral and say that someone has 'a problem with alcohol'. <p>A story of lived experience of problem alcohol use and recovery – Michelle, volunteer, The Bridge Project</p> <ul style="list-style-type: none"> • Michelle spoke of her lived experience from alcohol addiction to recovery. • More information on The Bridge Project can be found here: https://thebridgeproject.org.uk/ <p>Police Perspective on Alcohol and Crime and its effect within the Community – Insp. Kevin Taylor, Safer Communities Team, West Yorkshire Police</p> <ul style="list-style-type: none"> • Kevin spoke about some of his personal experiences dealing with alcohol related crimes whilst working as a police officer. • In 2017-2018 39% of violent offences were committed by people under the influence of alcohol. • He spoke about the impact on children and families when parents drink to excess or are alcohol dependent. • The pandemic has led to an increase in drinking in homes, which has led to an increase in domestic violence. • Jon mentioned that substance misuse services have been hit very hard by austerity, and how there is a very powerful alcohol lobby as alcohol feeds the economy, so this makes getting funding for alcohol services difficult. • Anis spoke about how more young people are now choosing not to drink, and that there needs to be a cultural shift and social responsibility. 	
4	<p>General Discussion</p> <ul style="list-style-type: none"> • Muppett shared some statistics around alcohol and community safety. These can be found here: https://cnet.org.uk/bradford-district-assembly/safer-communities-forum • Gemma and Freda both raised the point that there are not enough rehab facilities and services for people who need them, as well as long waiting lists for the services that do exist. • Jon spoke about The Bridge Project's 'Top of Town' pilot project to tackle problem street drinking, targeting named individuals through collaboration with the police. 100% of those who are offered help through the scheme 	

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	<p>take it up and there has been a two thirds reduction in anti-social behaviour in the area. Cathy mentioned that she has contacts who provide meals to street drinkers, if Bridge need any more contacts.</p> <ul style="list-style-type: none"> Phil spoke about how services can't be 'one size fits all', they need to be tailored to individual needs. Jon spoke about political lobbying and how the alcohol and gambling industries influence government policies for their own gain, which then translates into what services are available for those in need. Jon feels that the best course of action is to lobby local politicians for local services. Nikki raised a point about the connection between alcohol and gambling, and how easy it now is to lose money when gambling alone whilst drinking. Dave spoke about the need for education, harm reduction, pilots that actually work, and cultural change. The issue is complex so isn't going to be fixed easily. 	
5	<p>Networking News</p> <ul style="list-style-type: none"> Jon mentioned the Street Angels and the great job they do looking after people in the city centre who have had too much to drink. Dave mentioned that Create Strength (Cannabis, Spice and Legal Highs Group) run twice weekly online meetings and they are currently running a nitrous oxide campaign, doing a scoping and mapping exercise around Bradford. Kevin mentioned that Sofia Buncy from the Khidmat Centre is doing work around this, in conjunction with PC Huss Ali, Youth Engagement Officer. Kevin mentioned that the w/c 17th January is National Neighbourhood Policing Awareness Week Sandra spoke about bringing people together around faith, hope and spirituality. Dorcas Yemi mentioned that the International Day of Zero Tolerance to FGM is happening in February and there will be an event in Bradford. Set up Black African and Caribbean Lives Matter campaign. 	
6	<p>Closing Remarks – Yasmin Khan, CEO, Staying Put / Forum Co-Chair</p> <ul style="list-style-type: none"> Yasmin thanked the speakers and spoke about some of her key highlights from the presentations. The next session will be around domestic abuse, drug and alcohol dependency. Men perpetrate more severe assaults when they are drunk and women are more vulnerable to assaults when they are intoxicated. Date TBC. 	
7	<p>Future meeting dates (currently held on Zoom) TBA Meeting closed at 3.30 pm</p>	