



# TAKING THE INITIATIVE

## Taking the Initiative Network News

**Welcome** to the third edition of Network News. For Champions recently recruited please note that you can view the latest edition and some further information about the Network on the Health Alliance website or you can contact the TTIN Development & Training Officer for your area. Our Signature Projects that are currently underway and really proving to be exciting and educational. Community champions are benefitting from our D&T training/knowledge/resources. These signature programmes are designed to furnish their peers with a better understanding of the impact of alcohol in our community.

This project is being delivered for the Northern Health & Social Care Trust by a partnership of the four Community Networks who together cover the Northern Trust area. Administration (including the Champions database) and Operational Management is currently being transferred to CRUN who are the Lead Community Network Partner. The networks really appreciate all the work that the Champions are currently doing and if there is any information or training that you feel would be of benefit to yourselves, please don't hesitate to contact the officers in the project and we will try to assist you or signpost you to other PHA funded training providers.

### PROGRESS TO DATE: Development & Training Officers.

**All D&T Officers have been working very hard on their signature projects, with some great positive feedback. They are still recruiting community champions to the Network and if you are interested or would like to hear more about how we can work together to reduce the impact of alcohol, then please call to chat over any concerns you may have.**



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Taking the Initiative alcohol Champion Dave McDonald runs the food bank at Portstewart. This brings him into contact with people seeking help and advice regarding alcohol. By its very nature the food bank acts as a good information point where people can seek advice and help on wide range of services and the needs of individuals and families can be met.

In the North Antrim area, Taking the Initiative has an exciting youth project led by network members Hugh and Gordon Elliott. As part of their strong personal commitment to giving back to the community they have set up an intensive youth training programme in their state of the art GE HQ Gym in Ballymoney.

The intention is to provide a diversionary positive and fun activity for the young people to improve mental and physical health, foster self-esteem and promote new friendships across the community. It also reduces the risk of young people 'at a loose end' resorting to alcohol use. A special sports focused alcohol awareness training is delivered by the NDACT Connections team. The network members and their staff will also avail of specialist training on substance misuse for coaches and personal trainers.

**Alcohol Awareness Week Northern Ireland  
19<sup>th</sup> - 25<sup>th</sup> June 2017**

**Drinking too much can seriously affect our health!**

The 'Taking the Initiative Network' team ran an awareness campaign on the Causeway Rural & Urban Network Facebook page throughout the week. The aim of the campaign was to raise awareness to followers about attitudes around personal drinking habits. The target was to 'reach' at least 2000 people and encourage people to interact with the posts by clicking on them. We posted images with key messages around the safety guidelines and on the final day we summarized the week with a video slideshow. The campaign found that 3,470 people were 'reached' with 218 post clicks and 74 post clicks on the video picture slideshow.



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

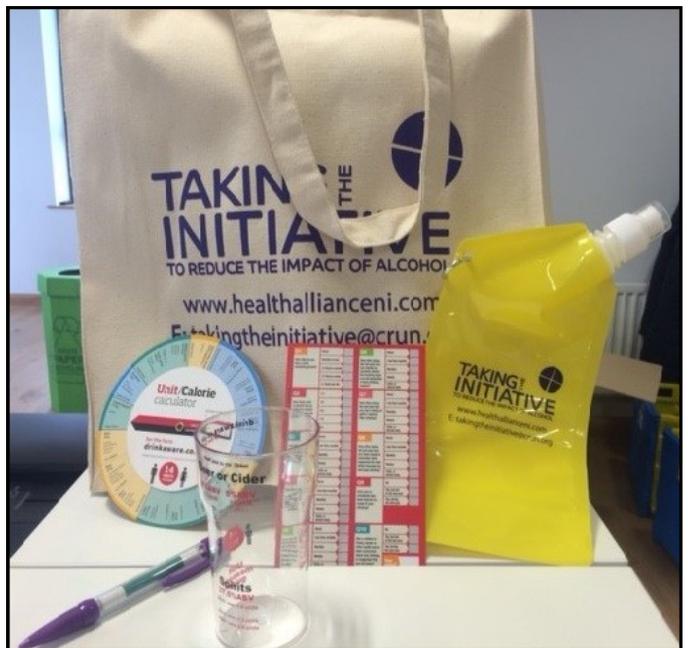


# be a Champion

I am delighted that Councillor Paul Hamill, who is the mayor of Antrim & Newtownabbey, has become one of our community alcohol champions. Cllr Hamill is involved in numerous community groups throughout the borough, and is more than happy to help in anyway possible to inform the community of the effects of alcohol, through the information that was provided within the **CRUN** awareness pack.



Rachel Smyth who is the Taking the Initiative Alcohol Champion at BEE Heard Peer Advocacy project in Coleraine. Bee Heard is an independent mental health support group in Coleraine. Taking the Initiative programme has been able to support Bee Heard with staff training, supplying resources and planning co-delivery sessions which will make others more aware of the impacts of alcohol.



**Contact CRUN—028703 44934**

Banner pens, collapsible water bottles, cotton tote bags, scratch cards, audits, USB pens, measuring cups and alcohol calculator wheels are now available. Contact your local Development & Training Officer to discuss resource requirements for training/events etc.

*Invite*

# 'Talking Through Art'

Monday 18 September 2017

7pm to 9pm

Barron Hall Newtownabbey

To Celebrate Community Relations Week

"Music Entertainment Laughter and Awareness"  
With

Mark Smulian and Gani Tamir - Beyond Skin

Buffet Served

To register or for more information contact South Antrim Community  
Network on: (028) 94478645 or email Pamela Davis: pame-  
la@southatnrimcommunitynetwork.org





TTI Young Champions working with Tim from Fixers NI to set the scene for the film clip on Monday 24<sup>th</sup> July, at Castlerock Beach. Six young people from the **YEAR** project in Coleraine teamed up as Alcohol Community Champions with the **'Take The Initiative'** project to produce a film clip as an educational resource to raise awareness on how drinking too much can affect judgement, leading us to do things we wouldn't normally do with consequences and regrets later. Through creative workshops and discussions, the young people explored the issue of alcohol and the impact of drinking too much can have on lives. Together with Fixers NI, they brought the discussions forward to produce a public information film clip and experience first-hand, their ideas being brought to life. It is hoped that the broadcast will be show-cased on UTV live subject to the headlines of the day.

*The resource will be available to Network champions, practitioners, and the public from the 7<sup>th</sup> September when it will be officially launched at the CRUN offices.*



Members from Oasis Causeway who attended a recent Taking The Initiative awareness session co-delivered by Tommie Linton (TTI Training & Development Officer) Coleraine and Olivia Madden (Programme Link co-ordinator and TTI alcohol champion at Oasis). This session encourages participants to explore the subject of alcohol misuse and how working together we can help reduce its impact in the community.

# HAVE FUN WITH THE WORD SEARCH!!!

## Alcohol



ABUSE	DEAD	HOSPITAL	REHAB
ADDICTION	DEATH	HUNGOVER	SHAKES
ARRESTED	DEBT	IMPAIR	SICK
BAIL	DIE	ISOLATION	SLUR
BEER	DRUNK	JAIL	SNEAKY
BINGE	DUI	KILL	SUICIDE
BLACKOUT	ENABLER	LIQUOR	SUPPORT
BRAIN	FATAL	LOSE JOB	URINE
CAR CRASH	HEADACHE	MADD	VODKA
CIRRHOSIS	HEART	POISON	VOMIT
COMATOSE	HIDE	PUKE	WHISKEY
CORONARY	HOMELESS	RED EYES	WINE

Copyright 2007 John R. Potter John's Word Search Puzzles  
<http://www.thepotters.com/puzzles.html>



Ann Judson has been the program co ordinator for Monkstown community association for 14 years, Ann completed Taking the Initiative alcohol awareness programme and has co facilitated on a number of awareness sessions. On a daily basis Ann comes into contact with 32 different community groups, and with the knowledge she gained with the awareness sessions & Literature provided, Ann feels confident with the knowledge gain to inform others.



North Antrim Initiative is an opportunity made available to a peer support group of women who have experienced mental health challenges including depression and anxiety. Some of the group have experienced personal challenges with alcohol misuse and others cope with the difficulties of another's alcohol misuse in the home.

The group wanted to learn meditation and mindfulness techniques for stress reduction and to help them cope with their difficulties. The TTI network member taking the lead here will be co-presenting a carefully tailored alcohol awareness session at the conclusion after which we plan an elegant celebration afternoon tea.

 Northern Health and Social Care Trust



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southantrim  
 communitynetwork   
 Bringing Communities Together Through Partnership and Leadership

