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Monthly newsletter from Alcohol Focus Scotland

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reducing harm caused by alcohol



**eFocus July 2020**

## news

### Survey shows Scots lockdown drinking rise caused by stress

A new survey from Alcohol Focus Scotland and Alcohol Change UK found that over a quarter (27%) of people in Scotland were drinking more than usual during lockdown.



Worryingly this figure increases to a third for those drinking at higher levels before lockdown (33% of those drinking seven or more units on a single occasion).

For those drinking more than usual, more than half (51%) said this has been a way to handle stress or anxiety, while around one fifth of all respondents cited dealing with stress as a reason for drinking. [Read more.](#)

## Victory for public health as Australian ministers agree to visible pregnancy warning

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Earlier this month, Australian food ministers prioritised people's safety and health by agreeing to a visible pregnancy health warning on alcohol products.

Ministers agreed to the recommendation of Food Standards Australia New Zealand (FSANZ) of a red, black and white warning, with the wording 'pregnancy warning'.

Almost four thousand community leaders and advocates as well as more than 180 community, health, medical and research organisations joined the successful campaign to persuade ministers to put health before the industry's profit. [Read more.](#)

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## Alcohol and public health in the time of a pandemic – new report from the Institute of Alcohol Studies

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Over the past few months there have been reports of increased supermarket spending on alcohol, but it is not yet known how overall alcohol sales have changed throughout this period.

In addition to ongoing research and data collection, a number of surveys have been carried out specifically on the issue of drinking during the pandemic.

[This briefing](#) from the Institute of Alcohol Studies summarises the emerging evidence base on changes in UK alcohol consumption during the lockdown, by bringing together findings from different sources.

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## Working Together FASD service mapping

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In recent years, Scotland has begun to recognise, diagnose and support those living with or affected by Fetal Alcohol Spectrum Disorders (FASD) and the landscape of FASD specific services is changing as a result.

Adoption UK and the FASD hub are looking to gather information about services offering support or care to people with FASD. They are keen to identify new ways in which they can assist to drive the national roll out of services in a way that ensures everyone has access to the advice and information they require. You can [add your service details](#) to the FASD Hub online directory before Friday 31st July 2020.



A blue banner for a survey. On the left, the text reads: 'help us to help others' in small white letters, followed by 'Survey to map services' in large white letters. Below this, it says 'To enable your service details to be included in an online directory please complete our online survey by Friday 31 July 2020'. At the bottom left, the URL 'https://www.surveymonkey.com/r/FASDmapping' is provided, along with the hashtags '#FASD #prenatalalcohol exposure #FASDworkingTogether'. On the right side, there is a logo for 'FASD hub Scotland' featuring three interlocking gears in blue, green, and orange. Above the logo, it says 'open now - closes on 31 July'. To the right of the text is a large yellow megaphone icon pointing towards the right.

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## New WHO report on alcohol pricing

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According to a new WHO Europe report, "Alcohol pricing in the WHO European Region", increasing the prices that consumers pay for alcohol is one of the most cost-effective tools available for policy-makers looking to reduce alcohol consumption and associated harm.

The report highlights minimum unit pricing (MUP) as an approach that can reduce both alcohol consumption and health inequalities. It describes initial evidence from Scotland as "promising" in terms of cutting alcohol consumption, but stresses that over time "inflation may erode the effective level at which the MUP is set". [Read more](#)

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# training

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**Alcohol Focus Scotland has temporarily suspended all of our training courses. If you had training booked with us, we will be pleased to offer you a place on a future course once government advice permits. If you have any queries please [get in touch with our training team](#).**

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## Alcohol Focus Scotland learning opportunities

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Learning and development is an integral part of our work at Alcohol Focus Scotland. Our wide range of evaluated training courses can help people understand, manage and prevent the harm caused by alcohol. We can provide training for

- People working in the licensed trade and in the regulation of licensing
- Early years workers, teachers and others working with children and young people affected by a family member's drinking
- Employers who want to raise awareness of and manage alcohol/drug issues in the workplace
- People in a professional or personal role caring for someone affected by alcohol

To find out more about our diverse learning opportunities visit our [website](#), and read our [Learning Brochure](#).

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# events

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## Alcohol workshops, seminars and conferences

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Are you organising an alcohol-related workshop, seminar or conference? Please let us know and we can help you promote it here in eFocus and on the AFS website.



Alcohol Focus Scotland, 166 Buchanan St, Glasgow G1 2LW  
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