

# Local Licensing Forums in Scotland

Janet Muir, CHEX Manager met with John McFarlane, National Licensing Officer with Alcohol Focus Scotland who provided this informed perspective on the role of Local Licensing Forums.

Local Licensing Forums were established as part of the new Liquor Licensing Act 2005 which will be implemented on the 1st September 2009 when the Act becomes law. Local Licensing Forums' role is keep under review the operation of the 2005 Act in their area and to give advice and make recommendations to the Licensing Boards in relation to those matters that the Forum considers appropriate. This is the first time in licensing history that an advisory body has been put in place to monitor Licensing Boards through the 2005 Act within Scotland.

There are now 40 Local Licensing forums operating throughout the country and their main aim is to "allow active participation in local decision making and feed in the grass roots perspective". (Nicholson white paper 2003)

Sheriff Nicholson was responsible for many of the changes to the old 1976 Act, but he was determined to give the community a greater say in how alcohol is licensed and the effects that it has on our communities. To this end, he introduced Local Licensing Forums to give a local dimension and a community ownership. The 2005 Act has five main objectives which Licensing Boards and forums should consider as guidelines when either put recommendations to the Licensing Board, or the Licensing Board are granting a licence. The five objectives of the 2005 Act are:

- X Preventing Crime and Disorder.
- X Securing public safety.
- X Preventing Public Nuisance.
- X Protecting and Improving Public Health.
- X Protecting Children from Harm.

Licensing Forums have a committee of upwards to 20 people which consist of representatives of the Police, Health, Drug and Alcohol Teams, Social Services, Education, Licensing Standards Officer, Community councils, Community Representatives and Young People. Although Licensing Forums can't discuss individual cases, or make the final decision on who is granted a Liquor Licence, they are a powerful persuasive body and Licensing Boards must give good reasons as to why they have not accepted the forums recommendations, or advice. The Forums and Licensing Boards are partners in trying to reduce the harm caused by alcohol and their objectives are the same in the long term.

At present, the Licensing Scotland Act is in a transition stage until September 2009. Licensing Forums are a catalyst for change and will in time become a persuasive force within their community by helping to improve Scotland's relationship with alcohol.

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## COMMUNITIES IN SAFE KEEPING

Communities suffer with crime and the fear of crime. However, many are fighting back with local people participating in activities which not only prevent crime but also improve health. In this issue, CHEX-Point spotlights community-led health approaches to tackling problems faced by communities as a result of crime and anti-social behaviour. These include diversionary and empowering activities through the use of sport, physical activities, dance and peer support - see Shotts Healthy Living Initiative's Young Person Project 'More Active More Often', Forth Valley Street Sport and Dumbarton Road Corridor Addiction Forum. Two national organisations explore the wide-ranging issues of community safety and alcohol misuse - the Scottish Community Safety Network supporting local partnerships to address community safety issues and Alcohol Focus Scotland highlighting the role of Local Licensing Forums in reducing the harm caused by alcohol.



Study Tour visits Belfast, September 2008

This issue also features the lessons learned from a recent study visit of members from the CHEX Network and commissioners of community based services to Northern Ireland (For more on this, see page 2).

### Interested in joining the CHEX Editorial Board?

Do you feel passionately about communities sharing ideas in improving health? Would you like to contribute to an established platform for sharing practice in community-led health? Why not join the CHEX-POINT Editorial Board? We want to expand the membership of the current CHEX-Point Editorial Board to reflect more perspectives in community development approaches to health improvement.

The Newsletter is an important vehicle to profile good practice in community-led health and raise issues in relation to policy and practice development. The Board attracts a mixture of interests in health improvement and community development and current membership includes: two community health initiative, a local authority and Equalities organisation. It focuses on single themed issues such as health inequalities and children/ young people, draws on practice from the field and highlights current CHEX news.

CHEX-Point is currently distributed to 2,400 subscribers. Our readership typically includes community health initiatives, voluntary organisations, NHS staff, local authorities and researchers.

The quarterly meetings of the CHEX-Point Editorial Board are held at the CHEX offices in Glasgow and last approximately two hours. If you're interested in joining the Board, please get in touch with Tom Warrington, CHEX Information and Communication Officer by e-mailing tom@scdc.org.uk or telephoning 0141 248 1990.



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# CELTIC CONNECTIONS

## CHEX Network and Commissioners of community-led health services report on their study visit to Northern Ireland

Members of the CHEX network from around Scotland and commissioners of services from both the NHS and local authorities travelled to Northern Ireland in September 2008 to assess how Community Health Initiatives in the Province are addressing the sustainability of community led health. The group met with a wide variety of community/voluntary sector and statutory sector colleagues in Belfast, Derry and South Armagh. The group was hosted by Danny Power from the Northern Ireland Healthy Living Centre (HLC) Alliance and Barbary Cook of the Community Development Health Network.

In all three sites visited during the Study Tour (Armagh, Derry and Belfast) delegates were struck by the quality of relationships between staff in community and voluntary sector organisations and their statutory sector colleagues. In South Armagh the term 'comfortability' was coined to describe this. Each location demonstrated an understanding and appreciation of each others working environment and the pressures that they face. Similarly, community and voluntary sector organisations were confident that their expertise and differing and complimentary roles was well understood. In South Armagh one Northern Irish commissioner describing the development of a community development strategy saying "We were educated by community organisations about what that would involve and would need to look like for successful delivery."

The group commented on the sense of equality within partnerships in Northern Ireland and the realisation that they have a shared agenda, passion and determination to reduce health inequalities.

Delegates met with individuals from the statutory sector who are champions for community led health. The importance of these champions was highlighted by Mary Black from Health Action Zone in Belfast who described the need for Champions to 'take people with them' by ensuring that community development approaches became part of mainstream culture at a strategic level. She advised that embedding good practice in structures and processes could ensure that the role

of 'champions' was made more sustainable and not simply dependent upon the influence of lone individuals. However, it is important to note that in some locations, for example in Derry, there were concerns that key Champions would be displaced during the current reorganisation of the public sector.



Study Tour delegates Beverley Black and Brendan Rooney in Belfast

While Northern Ireland is currently undergoing a Review of Public Administration, and all the uncertainty that that entails, it is clear that many projects are working with their local champions in the statutory sector to use this as an opportunity to further embed and sustain community led health for the future.

Delegates on the Study Tour commented that:

- X *'I have not just learned about how the Irish work with this, but also how other projects work within Scotland.'*
- X *'Need to lobby and campaign to get the "ear of the purse-string" holders. We have a great product, but need to market it well.'*
- X *'Northern Ireland not sorted, but the importance of relationships is clear.'*

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# Community Safety is Everybody's Business

## Scottish Community Safety Network in Action

*Crime and fear of crime are major concerns in many local communities. The evidence shows (Community Regeneration & Health Improvement NHS Health Scotland 2006) that fear of crime has a direct impact on health and well-being. In this article, Margaret Wallace, Co-ordinator of the Scottish Community Safety Network, tells us how inter-agency working in partnership with communities work towards tackling these issues.*

The Scottish Community Safety Network is a national organisation which was set up in 1998 as a practitioners network supporting 32 Community Safety Partnerships throughout Scotland. The SCSN provides a national voice to assist local Community Safety Partnerships to influence national policy and practice on community safety as well as supporting community safety partnerships to share good practice. Members of Community Safety Partnerships include Local Authority, Police, Fire and Rescue, Health and voluntary organisations to name a few.

We all want to live in safe communities and that is why community safety is so important throughout Scotland. Creating safer communities is the responsibility of everyone and can only be achieved through effective partnership working. How we perceive our communities and the environment around us ultimately can have an effect on how we live our lives. If we have a negative image of our community, this can affect our fear of crime and may result in our restricting how we pursue our day-to-day lives and can cause people to avoid situations and a reluctance to leave their house. This can clearly affect the quality of people's lives and stop them from enjoying activities they would otherwise take part in, ultimately affecting their health and wellbeing.

Community safety partnerships strive that, through partnership working, to build cohesive, empowered, safe and active communities. By engaging with communities, CSPs seek to maximise the benefits of diversity and empower individuals to make a difference both to their own lives and to the communities and wider environment in which they live. This should lead to a point at which individuals are enabled to live active and fulfilled lives. Community Safety Partnerships have recognised that working alongside communities and partners helps to identify issues of concern, which is crucial to allow community involvement to address the issues that affect communities. Many Community Safety Partnerships are based on a problem solving approach allowing all partners to sit around the table to help address issues of concern. By approaching community concerns in this way, partners and communities get a clearer picture of the difference between perception and reality.

Many Community Safety Partnerships, such as South Lanarkshire, Dundee and Fife, have used different approaches to incorporate safety and wellbeing into their structures. South Lanarkshire recently

provided funding for the Haven project to increase the range and number of volunteering opportunities at the Haven and to provide coaching and mentoring sessions to Haven volunteers to further develop their knowledge and skills in order that they are better able to support clients attending. The overarching aim of The Haven is to improve the wellbeing of adults, children and young people affected directly by life limiting illness or those who are affected indirectly by the illness of a family member or friend.

Dundee Community Safety Partnership has set up a project that is referred to as a Community Safety Window. Under the auspices of the Community Safety Partnership - Dundee City Council (EH&TS and Community Safety Unit), Tayside Fire and Rescue, Tayside, Police and Boots the Chemist are working together on a pilot project in a predominantly multi cultural area within Dundee. The "window" project will be launched in late November and the first topic will be injury prevention and 'Christmas After Dark'. It is their intention to update the information regularly to reflect accidents and injuries associated with different months of the year. The information will be as visual as possible with limited text and in as many languages as possible. There will also be a facility to apply for a free fire home safety check and to "post" any enquires into the "Community Safety Box" which will be checked regularly. There is also a member of the Alliance Chemist staff who, as part of the initiative, works on site and can offer further assistance.

Fife Safer Neighbourhood has sought to develop greater interagency work in the management of antisocial behaviour, problem underage drinking and alcohol related injury in identified hot-spot localities in Fife. Developing their test site using an existing partnership of agencies enhances the work by drawing in the NHS as a more significant partner. This will introduce a greater focus on tackling the underlying determinants of deprivation and ill-health and provide new opportunities for targeting the health promoting interventions to the at-risk local populations of predominantly disenfranchised young people

All of these Community Safety initiatives will be evaluated and the SCSN will shortly be developing standard practice notes that will allow Community Safety Partnerships to share such innovative practice from conception to practice to evaluation. The SCSN believes that, by involving individuals in community-led initiatives, communities have ownership and empowerment of their environment and self, encouraging the development of Safe, Strong and Healthy communities.

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# Young people passing good health on . . . to each other

## Dumbarton Road Corridor (DRC) Addiction Forum Peer Education Programme

Peer-led initiatives point the way to help create 'ownership' of good health in individual young people. In this article, Isabel Dunsmuir Community Development Coordinator at the DRC Addiction Forum tells us about their popular Peer Education Programme.

The Dumbarton Road Corridor (DRC) Addiction Forum is a Community-Led Health initiative which covers Scotstoun, Whiteinch, North and South Yoker areas of Glasgow. Funding from the 'Tackling Drugs Misuse Monies' meant we could follow through on our vision for a Peer-led Initiative. Two models were prioritised - one for 11 to 16yrs and the other for 16 to 25yrs.

From June 2004 to August 2006, the model for working with 11 – 16 yr old (based on the Corner Peer Education Project in Dundee) was developed by our Community Development Coordinator in partnership with Strathclyde Police, West Community Addiction Team, Clydeside Tenant Partnership, voluntary groups & organisations, Momentum Link Project, Knightswood Secondary, Garscadden and Yoker Primary Schools.

The other model for working with 16 to 25yr olds is currently being developed with similar partner organisations.

The resultant DRC Addiction After School Peer Education Programme is a 48 week programme focused on young people (S2) who attend the local secondary and primary schools. It aims to "invest in a peer-led approach to health promotion and prevention strategies in order to ensure our current and future young population are informed and able to deal with relevant issues within their own communities".

This is achieved by adopting preventative measures and early intervention programmes which allow young people to deal with the uncomfortable reality of drug and alcohol misuse. And by providing learning opportunities and activities which will address lifestyle choices particularly for young people in transition and give them a voice at the heart of our community.

Our S2 Peer Educators complete the programme of activities which includes 18 weeks of substance

& alcohol awareness. The other 30 weeks are comprised of confidence & team building training which then enables the young people to deliver a 6 week drug & alcohol programme to Primary 7's in our nine associated Primary schools (2008/09). This programme encompasses peer pressure, substance misuse, crime and health related activities. It creates a network of peer support for young people moving from P7 to S1 and offers opportunities for continued learning and new experiences with media projects & creative art and the continued development of our S3 & S4 young people as a resource for other community based projects.



S3 Peer educators in March 2008

From October 2009, we will be recruiting S1 pupil's (P7 pupils currently in programme delivery February & April 09) as Tobacco Peer Educators as part of a pilot programme. They will devise and develop a workbook on Tobacco which they will then deliver to Primary 6 pupils within Garscadden & Yoker Primaries. This will then allow for the transitional work between Primary & Secondary School to continue when all the young people move up to S2 & P7 they will have the same Peer Educators covering the Drug & Alcohol awareness programme and the move to Secondary will only see the continued mentoring & continuous involvement with the project.

For further information on the Peer Education or DRC's other activities, including Survivors Of Bereavement by Suicide, Touched by Suicide Support Group and West Glasgow Grandparent's Support Group, please contact Isabel Dunsmuir Community Development Coordinator 0141 584 5754/3211 or email: idunsmuir@drcforum.org.uk.

# Reclaiming the Streets . . . for good health and community spirit

Forth Valley Street Sport is a programme of sport, education and health activities aimed at working with young men who have been homeless, unemployed and suffered with drug/alcohol misuse. Set up by NHS Forth Valley in 2005, it has to date helped over 350 young men. Elaine Cochrane, Health Promotion Officer, tells us about the benefits it has brought to the men and the inspiration it has brought to the wider community.

Street Sport has been successful due to strong and extensive partnership working and involvement of the participants in all levels of decision making. The main aims are to provide an opportunity to participate in constructive activities which promote self-esteem, build confidence and develop motivation and to support participants in making positive life choices, providing a route out of social exclusion and back into mainstream society.

Free and enjoyable sport is used as a motivator to attract participation. The programme is designed to promote achievable goals and encourage and maintain routine in often chaotic personal circumstances. The core justification for the programme is that it attracts and holds people with potential for positive change from this most difficult to reach target group.

Independent assessment over the last 3 years has demonstrated many positive outcomes, some directly relate to crime:

- X "Positive social influences, reduction in alcohol (74%) and drugs (80%), constructive use of time and breaking negative habits all contribute to reduction in violent behaviour, vandalism and domestic conflict.
- X Participants' frequency and seriousness of offending reduced, 73% reported getting into less trouble. Police, Sheriffs, family and neighbours noticed the difference and treated participants with more respect.
- X Participants were more likely to get the benefit of the doubt or another chance when considering bail terms and sentencing.
- X Street Sport is considered to be an avenue for breaking the cycle of criminal behaviour." (Chris Mason 2008)

Participants are encouraged to become volunteers thus allowing them to take on responsibilities, feel trusted and give something back to their communities.



Members of the Street Sense Team

One of the key ways in which this is achieved is through the breakaway programme Street Sense.

In Scotland, levels of knife crime are 3.5 times higher than in England and Wales. Although Forth Valley does not experience high levels of knife crime, the idea of Street Sense is to take a pro-active approach to prevent youngsters from adopting the knife culture.

Volunteers from Street Sport make up the Street Sense Team. They present sessions utilising their own life experiences to lead workshops which discuss issues such as alcohol fuelled violence, the impact of alcohol on decision making, substance use, legal implications of knife carrying and peer pressure. To date they have delivered to over 840 young people from across Forth Valley.

In addition, the team works intensively with targeted young people, vulnerable to substance use, offending and low achievement, in order to challenge their current lifestyles. The volunteers act in a mentoring role, trying to get the young people to reassess their lifestyle and make more positive life choices. Fifty six young people have benefited, and 25 more are due to start this month.

Due to the overwhelming interest shown in Street Sense, a DVD is being produced for use as an educational aide in schools and community groups. The film does not glamorise the participants or the subject matter, but provides an opportunity to bring the stories to life whilst communicating widely and consistently.

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# Young People say 'Yes' to Health and 'No' to crime

*More Active More Often is a community health initiative in Shotts, South Lanarkshire that involves young people in the planning and delivering of exciting youth activities. It demonstrates positive impacts on young people's health and shows the effective on reducing anti-social behaviour. June Vallance, Getting Better Together Manager, tells us about the benefits of involving young people in sport and dance that meets their needs and channels their energy into activities that are healthy, educational and fun!*



*Young people take part in Friday Football*

More Active More Often's youth committee meets officially bi-monthly and they have unofficial gatherings with committee members and other young people who would like the chance to discuss any areas in which they feel they need support or any ideas about various changes they would like to see in the community of Shotts. The project has also encouraged young people to become involved in volunteering in many different ways. Through introducing the North Lanarkshire Challenge programme, the project has sought not only to encourage the social personal development of our young people but also to promote an interest in volunteering. It is important that the young people using our project are involved in managing and developing the project. They are involved in our management

steering group who oversee the programmes. The young people are always involved in the decisions about the types of activities delivered and the youth committee are involved in the organising and planning.

More Active More Often operates in partnership with North Lanarkshire Leisure, North Lanarkshire Council, Strathclyde Police and Sidekix (who provide all the coaching staff). We target both girls and boys aged 8 – 20 and deliver a range of indoor and outdoor activities from dance classes to football coaching combined with personal lifestyle development sessions, fitness testing and tracking. These take place on Tuesdays, Fridays and Saturday evenings.

A pilot project demonstrated that where we provided activities for young people they are well used. The pilot project provided 8 weeks of sports and activities for young people and was attended by an average of around 130 young people per evening, reaching a high of 142! The gender balance over the course of the pilot project was 62% boys and 38% girls. Activities provided were Swimming, Football, Dance, Basketball, Dodgeball, Badminton, basic fitness testing and use of a mobile rock climbing wall. The results indicated a reduction in anti-social behaviour complaints by 34% during the pilot period and a recent report from Strathclyde Police shows that, in a year, the reduction has remained the same.



*Night football session proves popular!*

Saturday SportsScene was developed as a diversionary activity for the hard-to-reach or disengaged young people within our local community. It offers young people aged 8 years to 18 years an opportunity to participate in free sport and leisure activities on Saturday nights from 6pm to 10pm. We use fully qualified coaches and tutors who have experience in working with young people who are not participating in school or after-school activity and are disengaged.

Through Saturday SportsScene, we have introduced several new initiatives including a Rookie Lifeguard Scheme and aqua aerobics, which have encouraged several young people who wouldn't normally go swimming to get into the pool and become active. Yoga, kick boxing and boxing classes have also proved to be extremely popular as has the introduction of a cheerleading squad!

Per week, More Active More Often provides 12 hours of coaching in which over 200 young people take part. The Friday Football initiative invites youngsters who have missed out from playing in a conventional football team and league to become part of the GBT football squad. The players range from 14-19 years of age, which enables youngsters to play alongside friends without the barrier of age restriction and also encourages the fostering of a community spirit. The GBT team is part of the Operation Reclaim League and a squad of up to 24 players is bussed to Petershill F.C. in Glasgow every Friday evening to play matches.

This not only provides a competitive element for the young people but also encourages the breakdown of territorialism and the mixing of peer groups from different areas. There was a noticeable improvement in the behaviour of the young people from the outset of our football programme. There has been a marked improvement in the conduct of several boys aged sixteen plus who have given up their traditional underage drinking sessions to attend our Friday night project.



*Young people from the Dance Class*

The More Active More Often Dance Class offers various dance styles from jazz to hip-hop, disco to break dancing. This class allows young people, who could not afford £7 per hour for the other dance school in Shotts, to receive expert tuition and become part of a dance troupe. The young people in our projects are encouraged to become involved in various community events - the dance class were involved in a Christmas performance at the local care home in Christmas 2007 and, over the course of 2008, made well-received appearances at Shotts Gala Day, a summer show at the local high school and also an NHS 60th Birthday event. A reward scheme has been started through the dance class which is based on attendance, behaviour, attitude and effort. Each month, the young person who is most improved is presented with a certificate of merit and, over the year, the young person who has accumulated the greatest number of certificates is then rewarded with a further prize. There has been a marked improvement in the attitude and effort within the class and this is also shown through the attendance statistics which have more than doubled, remaining constant since the turn of the year.



*Young Sporting Scot 2008 Lianne Rundell with her Award*

In March 2008, our Saturday SportsScene project was awarded the SOLACE Best Team Award at the COSLA (Convention of Scottish Local Authorities) Excellence Awards. The accolade, presented by the Scottish Government for outstanding quality of service to the public, was given in recognition of the partnership working between More Active More Often/ Getting Better Together, North Lanarkshire Leisure, Sidekix and Strathclyde Police.

We nominated one of our youngsters in the sporting category of the Sunday Mail and Lloyds TSB Young Scot Awards 2008. Lianne Rundell was nominated for the outstanding contribution she makes to the coaching side of More Active More Often and also for her volunteering throughout the wider community. Lianne, who was nominated alongside professional tennis player Jamie Murray and footballer Alan Hutton, won the title of Young Sporting Scot 2008

on 20th March of this year. At the Young Scot Awards, Lianne thanked Getting Better Together for getting her involved in our Youth Project and said "it is a fantastic youth project and it has been great for the Shotts area".

Our programme has been so successful that we have secured additional funding from NHS Lanarkshire to provide additional activities and an additional night of football and dance in one of the hotspots. This additional activity is provided by hiring a portable soccer arena with coaches and placing this within the centre of a housing estate. We are also providing Street Dancing in the same area. Saturday SportsScene has been so successful it now operates in five areas of North Lanarkshire.

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