

> Contact Numbers

NORTH AYRSHIRE

NHS Addiction Services Stevenson	01294 476162
NAC Addiction Services	01294 476000
Ayrshire Council on Alcohol	01292 281238

EAST AYRSHIRE

Ayrshire Council on Alcohol	01292 281238
NHS Addiction Services – Bentinck Centre, Kilmarnock	01563 574237
Addaction	01563 558777

SOUTH AYRSHIRE

Ayrshire Council on Alcohol	01292 281238
NHS Addiction Services, Ayr Hospital	01292 559800
Addaction (Freephone)	0808 178 4549
Ayr Housing Aid Centre	01292 288111

PEER SUPPORT

Alcoholics Anonymous	0845 769 7555
Al-Anon (for relatives)	0141 339 8884
Lighthouse Foundation, Kilmarnock	01563 521343
Department of Work and Pensions - DWP	0845 608 8632
Aspire2gether	01292 670674

> About Sacro

Sacro's mission is to be a community-based organisation that will create safe and cohesive communities by reducing conflict and offending.

Sacro provides a range of Criminal Justice, Community Mediation and Restorative Justice services to reduce conflict and offending.

These include services to enhance community safety and to address the harm caused by crime, drawing on restorative principles.

Sacro works with a broad range of people, including those harmed by crime and those responsible for that harm. We will work in partnership with HMP Kilmarnock, East, North and South Ayrshire local authorities where appropriate, and other service delivery agencies who share its values.

If you would like a translated version of this leaflet, please phone 0131 624 7270 or e-mail info@sacro.org.uk quoting reference KIL/605. This leaflet can also be made available in large print or Braille.

In order to make Sacro's services as widely available as possible, we have made every reasonable effort to facilitate easy access to all of our premises for disabled service users. Where this is not possible, we will arrange a suitable, alternative venue.

Bu broşürün çevirisini istiyorsanız, lütfen 0131 624 7270'i telefonla arayın veya info@sacro.org.uk eposta gönderip KIL/605 dosya numarasını söyleyin.

اگر آپ کو اس کتابچے کا ترجمہ درکار ہے تو براہ مہربانی 0131 624 7270 پر ٹیلیفون کریں یا info@sacro.org.uk پر ای میل بھیجیں اور ریفرنس نمبر KIL/605 کا حوالہ دیں۔

欲索取這單張的翻譯版本，請電 0131 624 7270，或電郵 info@sacro.org.uk，並說明檔案編號 KIL/605。

إذا كنت تريد نسخة مترجمة من هذه المنشورة الرجاء الاتصال برقم الهاتف 0131 624 7270 أو أرسل بريدًا إلكترونيًا إلى العنوان info@sacro.org.uk وذكر الإشارة رقم KIL/605

এই পুস্তিকার অনুবাদ যদি আপনি পেতে চান তাহলে 0131 624 7270 নম্বরে ফোন করে অথবা ই-মেইল করে রেফারেন্স নম্বর KIL/605 উল্লেখ করবেন

Jeśli potrzebne jest tłumaczenie w polskiej wersji językowej, bardzo prosimy o kontakt pod numerem 0131 624 7270 lub drogą e-mailową info@sacro.org.uk podając numer referencyjny KIL/605.

If you are uncertain about anything you have read in this leaflet or require further information, please do not hesitate to get in touch with Sacro at:

Ayrshire Alcohol Throughcare Service

Belford Mill,
16 Brewery Road,
Kilmarnock
KA1 3HZ

Tel: 01563 525815
Fax: 01563 525328
Email: infoayrshire@sacro.org.uk
Web: www.sacro.org.uk

Office opening hours

Monday to Friday: 9am – 5pm.
24 hours, 7 days a week answering service.



Ayrshire Alcohol Throughcare Service



impossible



Criminal Justice Services

> Ayrshire Alcohol Throughcare Service

Ayrshire Alcohol Throughcare Service (AATS) is a voluntary service that has been designed to assist and help prisoners under the age of 30 who have been convicted of a second offence related to alcohol and require a little help to make a fresh start.

A Sacro support worker will work with you for a minimum of six weeks prior to your release from custody and continue to work with you for at least another six weeks post release.

> Referral Criteria

AATS is for prisoners who:

- will live within East, North and South Ayrshire on release;
- are under 30 years of age;
- serving a short term sentence (under four years);
- where alcohol use is linked to your offending behaviour.

> Referral methods

You can refer yourself via the AATS referral form. Ask your personal officer or any member of staff to assist you.

> What we can do for you?

Pre release

- work with you in preparing for release;
- explore attitudes to alcohol use and associated risks post release;
- explore relationships with partner/family;
- discuss and establish any homelessness issues;
- link with Aspire in prison and/or appropriate housing support;
- refer to Ayrshire community based supports (eg. Ayrshire Council on Alcohol or NHS Addictions);
- establish employability status, benefit entitlement and links with appropriate community provisions.

Post release

- meet and greet at the gate if required;
- accompany to appointments;
- help with any practical tasks;
- help you adjust to living in the community again;
- review any alcohol use and reassess attitudes;
- help you look at opportunities for education/training/employment.

> Safer Alcohol Use

How to reduce the risks

- spread your alcohol use over the week instead of binge drinking;
- consider the mood you are in - remember alcohol is a depressant drug;
- pace your drinking – drink slowly and consider alternating alcoholic drinks for soft drinks;
- cut back on activities that involve alcohol;
- don't be pressurised to drink just because your friends are;
- learn about units and the effects of alcohol on the body.

> Confidentiality

Any information that you share with the Sacro worker will remain confidential and will not be disclosed to the police or any third party without your written consent.

The exception to this rule is where you inform the Sacro worker of a serious criminal offence which has been, or may be committed, or where there is the risk of harm to yourself or others.