

## Members & Volunteers

### Board of ACA

Chairman  
Vice-Chairman  
Treasurer

Rev. Arrick Wilkinson  
Cllr. Peter Convery  
Dr Martin Cheyne  
Professor George Irving CBE  
Dr John McClure  
Dr David Richardson  
Dr Ali Taha  
Elizabeth Welsh

### Staff Members

Director	Ayleen McBride
Depute Director /Service Manager	Kerry McGee
Counselling Co-ordinator	Carrie McKnight
Counsellor (Core/Older People)	Ann Middleton
Counsellor (Core)	Angela Ramsay
Counsellor (Criminal Justice)	Simon Hunt
Development Worker (Older People)	Veronica Shields
Administrator	Aisling Stevenson

### Volunteers

Gillian, Yvonne



# Ayrshire Council on Alcohol

## Annual Report

### 2015—2016

**Ayrshire Council on Alcohol seek to reduce harm from the effects of alcohol on individuals, their families and the community by providing a flexible quality counselling service to anyone concerned about their own or someone else's drinking.**

Office Opening Hours  
Monday/Thursday  
9.00am to 5.00pm  
Friday  
9.00am to 4.00pm  
Tuesday (Ayr)/Wednesday (Kilmarnock)  
5.00pm to 8.00pm  
24 Fullarton Street  
AYR  
KA7 1UB  
Tel: 01292 281238  
Email: [acaayr@btconnect.com](mailto:acaayr@btconnect.com)  
Website: [acaayr.org](http://acaayr.org)

Ayrshire Council on Alcohol is financially supported by South and East Ayrshire Councils and NHS Ayrshire & Arran  
Company Reg. No. SCO 97498  
Scottish Charity Number SC016848

## Chairman's Report

This has been Kerry McGee's first full year as Service Manager and it has been one in which her skills have been called, particularly her person-management skills. She has carried out a considerable number of unexpected tasks, many of them of a stressful nature, with her usual cheery and confident face showing little sign of the problems beneath and she must be commended for that. She is also in contact with Ayleen McBride, her predecessor. Ayleen has been very willing to act as a sounding board and an advisor to Kerry, and we are, as a Board, extremely grateful for that support.

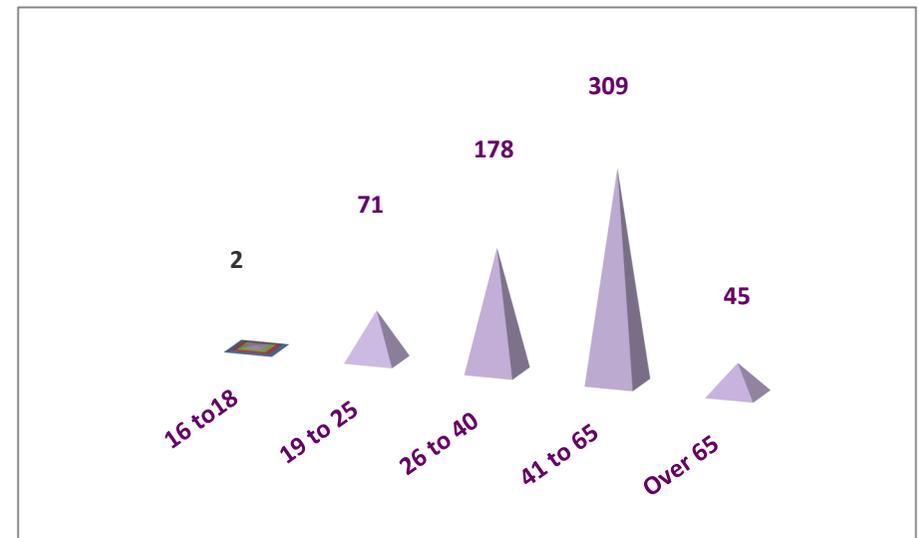
The challenges during the year have been wide-ranging, covering difficult staffing issues and the fact that South Ayrshire Health and Social Care Partnership have asked us to consider budget cuts – although this strictly falls outside the timescale of this report. It is understandable in view of the cuts being imposed on Local Authorities, but it makes our planning – on a reduced budget much more difficult.

I said in last year's report that "Our chief objectives and purposes remain as providing a first class counselling service for people of adult age who want to be helped to control and moderate their alcohol consumption and reduce or eliminate the effect of their drinking on their families". I have been struck looking at the anonymous statistics by the number of people who have recognised the benefit of reducing their alcohol intake to a stage where *they want* to go a step further down the road towards abstinence. This is not something we insist upon. Individuals must be alcohol free when they visit us but this self-expressed desire is one of the factors which, I am sure will make a big difference to the long-term alcohol situation for many individuals in Ayrshire and these continue to be our objectives even in this era of austerity.

## Outcomes for Completed Interventions

	East %	South %
Drinking Goal	80	78
Physical Health	81	78
Emotional Health	74	72
Impact on Daily Life	96	96
Relationships	59	56

## Caseload by Age



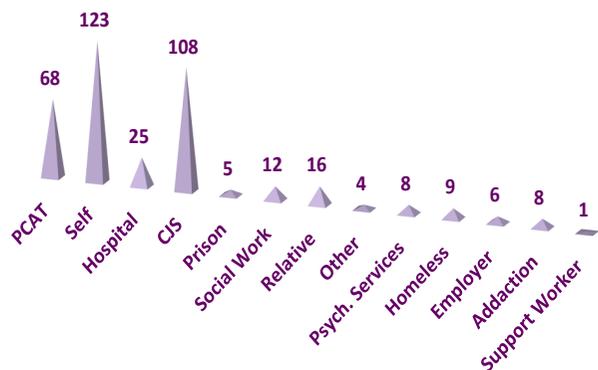
### New Referrals

	East	CJS	South	Total
Female	42	10	83	135
Male	60	72	126	258
<b>Total</b>	<b>102</b>	<b>82</b>	<b>209</b>	<b>393</b>

### Counselling Activity

	East	South	Total	%
Attended	1603	676	2279	75
Cancelled	287	152	439	15
Failed to Attend	195	106	301	10
<b>Total</b>	<b>2085</b>	<b>934</b>	<b>3019</b>	<b>100%</b>

### New Referrals by Referral Source



I also made reference to the partnership between the NHS and the local authority Social Services departments. This seems to have been slow to produce benefits, as this past year has been one of review. We continue to provide a variety of services in a variety of locations throughout East and South Ayrshire and have consistently met our targets – both those set externally and those imposed by ourselves in terms of response and attendance particularly.

Thanks are due also to VASA, which has provided a website for us and also helped by providing a volunteer to cover some of the administration. Both services have been of assistance to ACA in continuing to keep its costs low, while not losing our focus on our main task of counselling.

Due to personal circumstances I have not always managed to attend all the meetings I should have liked, so I am again very grateful for the help I have received from the Board and in particular from my vice-chairman, Councillor Peter Convery but also from the rest of the Board. We aim to have a Board with a variety of skills and I think this past year has, again, called on most of them.

I will close as always by reminding the reader that the job of the Board is to ensure good governance. The people who have been helped by ACA owe little to the Board, for it is the many skills of our counsellors which makes ACA flourish and to whom a great deal of thanks is owed.

On behalf of the Board, I commend this Annual Report to you.

**Rev Arrick D Wilkinson**

**BSc BD CEng FBSC**

## Service Manager's Report

I joined ACA as a volunteer receptionist in 1998 before undertaking my alcohol counsellor training. In 2002 I secured full time employment and have remained here ever since. I feel honoured to have been given the opportunity to manage a service that I feel passionately about following the retirement in July of our Director Ayleen McBride after 32 years' service. Ayleen was the face of ACA, my mentor and a well-respected figure whose dedication and commitment to providing a quality service for problem drinkers and their families often went beyond the call of duty. She will be sorely missed but I am delighted to say that she has never been far away and continues to offer her support. We all wish her a long and happy retirement.

This has been a time of change but I can report that the monitoring outcomes demonstrate that ACA continues to meet the required waiting times for a first appointment and that the support that we offer is having a positive impact on people's lives.

Two volunteer administration assistants were recruited this year with the assistance of VASA. We are extremely grateful to them for giving up their valuable time.

Stuart McKie from VASA designed the ACA website free of charge and we thank him for his hard work. [acaayr.org](http://acaayr.org) will help promote the service, provide individuals with information and open up another referral route for people wishing to access support.

## Ayrshire Council on Alcohol

### BALANCE SHEET AT 31ST MARCH 2016

	Unrestricted funds	Restricted funds	31/3/16 Total funds	31/3/15 Total funds
	£	£	£	£
<b>FIXED ASSETS</b>				
Tangible assets	1,041	10	1,051	985
<b>CURRENT ASSETS</b>				
Debtors:	34,512	11,750	46,262	48,150
Cash at bank and in hand	<u>87,438</u>	<u>22,594</u>	<u>110,032</u>	<u>107,625</u>
	<b>121,950</b>	<b>34,344</b>	<b>156,294</b>	<b>155,775</b>
<b>CREDITORS</b>				
Amounts falling due within one year	<u>(4,457)</u>	<u>(909)</u>	<u>(5,366)</u>	<u>(12,262)</u>
<b>NET CURRENT</b>	<u>117,493</u>	<u>33,435</u>	<u>150,928</u>	<u>143,513</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>	118,534	33,445	151,979	144,498
<b>NET ASSETS</b>	<u>118,534</u>	<u>33,445</u>	<u>151,979</u>	<u>144,498</u>
<b>FUNDS</b>				
Unrestricted			118,534	115,753
Restricted funds			<u>33,445</u>	<u>28,745</u>
<b>TOTAL FUNDS</b>			<u>151,979</u>	<u>144,498</u>

Rev Arrick Wilkinson

Chairman

*Arrick D. Wilkinson*

Mrs Elizabeth Welsh

*E. Welsh*

## Ayrshire Council on Alcohol

### STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2016

	Unrestricted funds £	Restricted funds £	31/3/16 Total funds £	31/3/15 Total funds £
<b>INCOME AND ENDOWMENTS FROM</b>				
Donations and Legacies	3,100	-	3,100	3,400
<b>Charitable Activities</b>				
Specific projects	-	48,849	48,849	76,156
Core operational funding	125,863	-	125,863	127,803
Investment Income	92		92	66
Other Income				<u>40</u>
<b>Total incoming resources</b>	129,055	48,849	177,904	207,465
<b>EXPENDITURE ON</b>				
<b>Charitable activities</b>				
Specific projects	-	43,774	43,774	73,211
Core operational funding	126,274	375	126,649	131,545
<b>Other resources expended</b>	-	-	-	<u>40</u>
<b>Total resources expended</b>	126,274	44,149	170,423	204,796
<b>NET INCOME FOR THE YEAR</b>	2,781	4,700	7,481	2,669
<b>RECONCILIATION OF FUNDS</b>				
Total funds brought forward	<u>115,753</u>	<u>28,745</u>	<u>144,498</u>	<u>141,829</u>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<u>118,534</u>	<u>33,445</u>	<u>151,979</u>	<u>144,498</u>

It was a busy time preparing and participating in the audits which were carried out separately in both East and South Ayrshire. Staff and service users completed surveys which were lengthy and incomprehensible. Case file readings took place and I participated as an auditor. Staff, service users and managers have attended focus groups to give feedback of their experiences of local addiction services. ACA service users were actively involved in this process and I thank them all for giving up their time. The ADP's are awaiting written feedback from the Care Inspectorate to be received no later than December 2016.

South Ayrshire ADP have been carrying out their own review of the implementation of the ROSC (Recovery Orientated System of Care) which included an environmental and case file audit of ACA, more surveys to be completed by staff and service users and attending more focus groups. We can be reassured by the feedback received that ACA staff continues to provide a quality service for problem drinkers and their families.

The Scottish Government has announced that it will be cutting the ADPs budgets by 22%. This is concerning news for all commissioned services and here at ACA we await news of how this may affect our future funding.

I would like to take this opportunity to thank the ACA Board of Directors for their support during my first year in post and to the staff whose commitment and dedication to the service is unwavering.

**Kerry McGee**

# Client Quotes

"I feel ACA counselling has unlocked the part of me that felt powerless in regards of alcohol and showed me that I had control."

Female age 38

"I can't read or write but my counsellor said that did not make me any less of a person and I realised I'd been using drink as an excuse."

Male 46

"I am one of the lucky ones. I found ACA at the right time when I realised I had to do something about my "Problem", my "Addiction" and fortunately I have never looked back since that fortuitous day. The one to one counselling was right for me and surprisingly to me I was able to pour out all my worries and finally admit I needed help but more IMPORTANTLY I wanted help. Almost eight years later I still pop down to Ayr for a free cuppa and biscuit on a Friday and as I say get a "Focus Fix". I can only thank all who helped me at ACA and continue to give me their support. Cheers we are winning."

Male 70

"I asked for help at 17 in Polmont. I was 22 when referred to ACA by Social Work. It felt like I had been heard for the first time ever, even more than my own family who couldn't help me."

Male age 23

"My mum has been drinking for years. She often blames me. Coming for help made me less anxious. I now look after myself better."

Female 29

"I don't feel alone any more I feel part of something. ACA has shown me that the pub isn't the solution talking about what's bothering me really works for me."

Male 39

"My counsellor understands me and that means a lot. My drinking is not a problem now I can take it or leave it."

Female 47

"The ACA was there and still is when I was in my darkest place and has placed a light on a path that I didn't know existed. It has been the only constant in my world and of any service provided. The ACA has helped me to be the person I always wanted to be ....

That I never knew existed and for that I am eternally grateful. It is hard to put into words as a service user what the ACA has done for me because quite simply it involves emotions and feelings, and there aren't words to describe how freedom really feels.

Words that come to hand are patience, understanding, empathy, loyalty, and trust. I talk about the ACA as a separate body from what they really are ... It's a wonderful group of people that as soon as I walk into the office are welcoming and friendly from the very start every single time. They don't make you feel isolated or alone.

I have been a patient of the NHS for some years now but the ACA has been the best thing that has existed and I honestly do mean that. Not only has the ACA saved my life, but it has given me a life that I never knew existed."

Female aged 38

"I came about my partner's drinking. He doesn't want help. I blamed myself. My counsellor listened. I realise now that this is not my fault. I cope better with the situation at home now."

Female 48

"Alcohol has always affected me from childhood. I first realised this age 32 with my ACA counsellor in a wee room. Together he has shown me that I am the one who decides who and what I allow in my life."

Female 33