Scotland’s Big Book of Accident Prevention

The Big Book published by the Royal Society for the Prevention of Accidents (RoSPA) was recently launched at the Scottish Parliament.
It outlines how accidents in Scotland account for 27 per cent of preventable years of life lost - more than in England, Northern Ireland and Wales - and that even though fatalities from road traffic incidents have been falling, this is offset by the rise in fatal home and leisure accidents.

The Royal Society for the Prevention of Accidents (RoSPA) is urging action in Scotland to help tackle the swathe of fatal accidents plaguing the country, as new figures show accidents are the leading cause of death up to the age of 44.

The statistics from Scotland’s Big Book of Accident Prevention show that accidents are the leading cause of preventable years of life lost (PrYLL) for most of the population’s lives.

RoSPA estimates that accidents in Scotland cost society £12.4billion every year, with home and leisure-time accidents accounting for £7.8billion of this - meaning it would benefit everyone in Scotland to tackle accidents.

The Big Book sets out how investing in prevention can help to save lives, reduce injuries and lessen the burden on families, local communities, accident and emergency departments, the wider health and social care services and the economy.
RoSPA’s chief executive Tom Mullarkey indicated that “accident prevention is the most cost effective of all interventions aimed at improving the health of the public”.

Scotland Big Book follows similar publications for England and Northern Ireland.
New guidelines have been developed to raise awareness of health risks from consuming alcohol.

It advises ‘there is no safe drinking level’. Therefore any reduction in alcohol consumption is a health benefit and drinking within the guidelines would suggest low level risk.

Weekly Guideline:
- For men and women you are safest not to drink regularly more than 14 units per week
- If you do drink as much as 14 units per week, it is best to spread this evenly over 3 days or more (avoid binge drinking).

Single Drinking Occasion:
- Limit the total amount you drink on one occasion;
- Drink slowly, drink with food and alternate with water;
- Avoid risky places and activities, make sure you have people you know around and ensure you get home safely.

Pregnancy and drinking:
- If you are pregnant or planning a pregnancy, the safest approach is not to drink alcohol at all.

For more detail and information
http://www.gov.scot/Topics/Health/Services/Alcohol/safer-drinking

Why does it matter?
- There is clear evidence that as alcohol use increases so does the risk of a range of harm to physical and mental health.
- The World Health Organisation identifies alcohol as the third highest risk factor for ill health in developed countries, behind only tobacco and high blood pressure
- Around 1 in 20 Scots die an alcohol attributable death, from causes ranging from cancer to car accidents
- Alcohol misuse has been shown to damage the brain and nervous system, affect the immune system, harm bones, skin and muscles, cause fertility problems and impair fetal development
- In the long term, it can lead to a range of alcohol related conditions, including cancer, liver cirrhosis and high blood pressure, and even to death
- Alcohol related death rates in Scotland are twice as high as in England and Wales.
- At least 70 per cent of assaults presenting to Emergency Departments may be alcohol-related
- 45 per cent of prisoners admitted to being drunk at the time of their offence
- It is estimated that 36,000 - 51,000 children live with a parent with an alcohol problem

Looking to find out more or reduce the amount you are drinking, click on www.drinksmarter.org.uk
A new scheme to provide vulnerable people with safe places should they feel unsafe for any reason has been launched in Kelso and Galashiels.

Scottish Borders Safer Communities Team has been working with partners Council, Police Scotland, NHS Borders and representatives of the third sector to help deliver the Keep Safe in the Scottish Borders scheme, a version of which was first piloted in Renfrewshire.

The aim is to create safe places for people to go if they are lost, scared, need help or are the victim of crime. People that use the scheme will have a card that has information about their health, how they communicate and details of people who can help them.

Councillor John Greenwell, our Champion for Equality and Diversity “I was very pleased to launch the Keep Safe initiative in Kelso, which is all about keeping our vulnerable adults safe from harm, and I am delighted that shopkeepers and businesses have engaged with this project and are willing to offer a safe place for vulnerable people should they feel unsafe”.

Shops and other premises who have signed up to the scheme will make it clear to users by way of a window sticker showing the Keep Safe logo. Anyone needing assistance would then enter premises and staff will then assist the person, which could be as simple as offering directions. However, if the person has been the victim of harassment, abuse or crime, the staff member can use the person’s Keep Safe card to contact someone who can help or contact the police or another service if the situation requires it.

There are over 20 keep safe premises signed up in Kelso and Galashiels. The aim in 2016 is to roll out the scheme across the Scottish Borders.

If you are interested in the scheme call Learning Disabilities Service on 01896 840200 or email safercommunities@scotborders.gov.uk
All premises that participate in Keep Safe will be highlighted on the I Am Me website www.iammescotland.co.uk
A NATION OF LIFE SAVERS

Every 3 minutes, someone in the UK is struck by a heart attack. 30% are fatal.

British Heart Foundation with the support of partners such as the Fire and Rescue Service, aims to create a nation of life savers over the next five years, – a revolution in CPR training and defibrillator awareness that will help more people survive an out of hospital cardiac arrest. More lives will be saved each year because bystanders are trained and ready to take action.

National Save a Life Scotland day October 15th 2015 aim was to raise awareness of life saving CPR skills and informing the public on where and how they can receive training in their local community. According to the Scottish Government, around 3,500 people in Scotland have an attempted resuscitation each year because they have suffered a cardiac arrest outside of hospital, but only 1 in 5 survive.

Scottish Borders Safer Communities are supporting the Safe a Life Scotland day and a number of CPR training events were held on October 16th in Scottish Fire and Rescue Service stations throughout the area.

The British Heart Foundation charity is working with the Scottish Fire and Rescue Service to ensure CPR training is available to communities across Scotland. The charity has provided the service with Call Rescue Push training kits which cover how and when to perform CPR on an adult or child, how to place someone in the recovery position and how to use a defibrillator.

Fire Service Watch Manager Samantha Seeds said “This CPR training takes less than 30 minutes to complete and is a great opportunity for local people to acquire the knowledge and skills to enable them to make an immediate, skilled and potentially lifesaving response to a cardiac emergency.

“We are keen to get the message out that this training is vital in assisting communities in the Borders to make themselves better prepared for out of hospital cardiac emergencies. We want to help the British Heart Foundation achieve its UK wide ambition and create a nation of life savers where everyone will have the skills to help save a life when someone goes into cardiac arrest.”

For more information on future training sessions please contact safercommunities@scotborders.gov.uk

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NEW PSYCHOACTIVE SUBSTANCES

Vicki Craik, Training Coordinator, CREW

This interactive presentation introduces you to some of the most commonly used new psychoactive substances and gives information on how to identify legality and provide harm reduction advice to those who may take substances. By the end of the training participants will be able to:

- Define new drugs
- Identify the impact of new drugs and recall trends in drug use
- Name the typical effects and side effects of the key substances in use
- Recall the legal issues surrounding NPS – identify techniques to work with users, including harm reduction

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<tr>
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<td>26th February</td>
<td>9.30 am to 12.30 pm</td>
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<tr>
<td>Board Room, Newstead</td>
<td>26th February</td>
<td>1.30 pm to 4.30 pm</td>
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For more information or to book a place please contact bordersadp@borders.scot.nhs.uk or call 01835 825900

* Booking is essential as place are extremely limited.
VIOLENCE AGAINST WOMEN PARTNERSHIP AWARD.

Audrey Laycock from St Boswells is the first recipient of the Scottish Borders Violence Against Women Partnership Award. Audrey was recognised for her role as a volunteer support worker at the Scottish Borders Rape Crisis Centre (SBRCC) since it was established in 2010 and for volunteering to work with children and young people in the CEDAR Groupwork programme (Children Experiencing Domestic Abuse Recovery).

Audrey has supported many survivors of sexual violence and her nomination describes her deep understanding of the impact not just on survivors but also their friends, families and the wider community. She was praised as a skilled and knowledgeable support worker and for providing a safe, non-threatening environment where women and girls can talk freely and in confidence.

Councillor Donald Moffat, the Council’s Executive Member for Community Safety and Chair of the Police, Fire and Rescue and Safer Communities Board added: “Congratulations to Audrey on being named the first Scottish Borders Violence Against Women Partnership Award winner. Tackling domestic abuse is a high priority for all partner agencies and the local community, and individuals such as Audrey are playing a vital role in supporting survivors.”

FUNDING ANNOUNCEMENT: RAPE CRISIS SCOTLAND NATIONAL PREVENTION PROGRAMME

Rape Crisis Scotland is delighted to announce that the national sexual violence prevention programme has been funded for a further three years through funding from the Scottish Government’s Children, Young People and Families Early Intervention Fund.

This funding will enable Rape Crisis to continue an education programmes with young people using evidence-based educational resource pack addressing issues such as consent, social media, sexualisation and pornography and how to get support. Rape Crisis will also continue to work with local partnerships to pursue shared approaches to preventing sexual violence contributing to Equally Safe, Scotland’s strategy for preventing and eradicating violence against women and girls.

The funding grant will support an additional three centres to participate in the national programme which now includes thirteen centres, enabling Rape Crisis to reach even more young people and make a greater contribute to the prevention agenda in Scotland. For more information on the prevention programme, and to download the external evaluation, click here

WORKING TO END SEXUAL VIOLENCE

08088 01 03 02 (Phone the free Rape Crisis Scotland Helpline Every day, 6pm to midnight)

6th February is global Zero Tolerance on FGM day
see FGM Aware website http://www.fgmaware.org
FGM is a human rights violation and is against the law in Scotland.
(Prohibition of FGM (Scotland) Act 2005)
Safer Internet Day 2016 will take place on the 9th February with the theme **Play your part for a better internet!**

Coordinated in the UK by the **UK Safer Internet Centre** the celebration sees **hundreds of organisations** get involved to help promote the safe, responsible and positive use of digital technology for children and young people.

‘Play your part for a better internet!’, provides an opportunity for schools to make the most of the positive opportunities offered online, whilst giving young people the resilience, skills, knowledge and support they need to navigate any online risks they may come across.

### Get involved (Click on icons below)

**Play your part**
Find out how you can play your part for Safer Internet Day 2016 with our range of resources.

**Supporters**
Find out about activities taking place across the UK and share what you are doing to support Safer Internet Day

**Education Packs**
Safer Internet Day Education Packs for 3-11s, 11-18s and parents/carers.

### 100 up for young driver course

The number of 17 to 25 year olds from the region to have passed our sponsored advanced driver course reached the three-figure mark. A total of 13 young people from 11 Borders communities negotiated the Institute of Advanced Motorists (IAM) initiative in December, including Sarah Dagg of Newtown St Boswells and Jedburgh’s Elspeth McLachlan, who both achieved class one passes.

The next courses begin in March 2016 with dates also available throughout the year.

The training usually costs £149 but is offered free in the Scottish Borders thanks to Council funding, one of the first local authorities in Scotland to offer such sponsorship.

### Signing up

Anyone wishing to sign up on the advanced driver course can visit [IAM website](#) or phone **0300 303 1137**. Further information is also available at the Council’s dedicated webpage.
Drowning Prevention Week, the national campaign run by the Royal Life Saving Society UK, aims to reduce the number of drowning and near drowning incidents that occur in the UK every year, by showing people how to be safe near water.

Around 400 people needlessly drown in the UK every year and thousands more suffer injury, some life changing, through near-drowning experiences.

Putting this into context, one person dies every 20 hours in the UK and drowning is the third highest cause of accidental death of children in the UK.

Drowning Prevention Week, encourages schools, clubs, leisure centres and communities to come up with new and exciting ways to show people how they can have fun and stay safe around water. RLSS UK has produced a host of free resources to help teach water safety which you can find at http://www.rlss.org.uk/water-safety/drowning-prevention-week/

WATER SAFETY SCOTLAND A NEW NATIONAL BODY

Set up in 2015 to consider and understand the key water safety risks in Scotland and engage with partners to develop a consistent approach to the prevention of drowning, water related deaths and unintentional injuries in and around water

Water Safety Scotland will:

- Contribute to WAID database to build up information on water related accidents and incidents in Scotland.
- Encourage all Local Authorities to adopt a localised Water Safety Policy using a consistent and national framework and gain the support of government for this.
- Support the delivery of drowning prevention messages in and around Scotland and water safety strategies and campaigns.
- Provide consistent and uniform messages across Scotland.
- Work in partnership with local authorities, the rescue services, the Scottish Government and relevant third sector organisations across Scotland and the UK to prevent drowning and reduce water related accidents

STOP PRESS..................Coming soon in 2016, A National Water Strategy for Scotland.................................
http://www.watersafetyscotland.org.uk

THERE IS NO SAFE ALCOHOL LIMIT
WINTER SAFETY AT HOME

The Scottish Fire and Rescue Service reminds people to stay safe at home this winter. Here are some top winter safety tips

- Keep portable heaters away from curtains and furniture and never use them for drying clothes.
- Unplug or switch off portable heaters when you go out or go to bed.
- Fit a Carbon Monoxide detector in all rooms containing gas or paraffin heaters.
- Never leave an electric blanket switched on when you’re in bed unless it’s marked ‘suitable for all night use’.
- Check your electric blanket, plug and flex regularly for damage. If you’re in any doubt, don’t use it.
- Extinguish all candles before you go to bed. Never leave a burning candle in a bedroom.
- Be especially careful with night lights and tea lights, which can get hot enough to melt plastic. Always put candles on a heat resistant surface/ holders.
- Leaving cookers unattended or being distracted while cooking is the most frequent cause of fire in the home. Never cook hot food while under the influence of alcohol or drugs.
- Most fatal fires are caused by smoker’s materials. Don’t smoke in your chair if you’ve been drinking or you’re feeling tired. If you do feel tired smoke outside or stand up and smoke at a window or outside door
- Check your smoke and heat alarms are working. Replace batteries if necessary.

Get your free smoke alarms
A short visit from the fire and rescue service will help make sure your home is as safe as it can be. They can even install smoke alarms, free, if you need them. It only takes about 20 minutes, and their advice and help could save your life.

For a free home safety visit or call 0800 0731 999

SCOTLAND - NEW GUIDANCE ON CARBON MONOXIDE ALARMS IN PRIVATE RENTED HOUSING

From the 1st December new Scottish Government statutory guidance requires the fitting of Carbon Monoxide(CO) alarms in private rented housing.

In order to alert occupants to the presence of levels of Carbon Monoxide(CO) gas which may be harmful to people. Private landlords must ensure that a detection system is installed in all dwellings they rent to tenants where there is:

- a fixed combustion appliance (excluding an appliance used solely for cooking) in the dwelling
- a fixed combustion appliance in an interconnected space, for example, an integral garage
- a combustion appliance located in a bathroom (advice would be to locate it elsewhere) - the CO detector should be sited outside the room as close to the appliance as possible but allowing for the effect humid air might have on the detector when the bathroom door is open.

https://www.scottishlandlords.com/LinkClick.aspx?fileticket=t4YWl-asYF0%3D&tabid=432

Scott joins the Safer Communities Team

Scott Forbes takes on the role as the new Local Authority Liaison Officer for the Scottish Fire and Rescue Service, working within the Safer Communities team based at SBC HQ.

Scott has 28 years’ experience working mainly in the Operations and Training functions of the Fire and Rescue Service. Over the last 4 years as a temporary Station Commander at Hawick and Duns he has been involved in Community Planning.

Scott says this has allowed him to experience and play a small part in the dynamics and excellent partnership working that has been done over this period by the Safer Communities team”. “I am delighted to have been given the chance to play an integral role in the Safer Community team on a permanent basis and to continue to build on the excellent work that has been carried out.
MORE DOCTORS AND HAIRDRESSERS TRAINED TO SPOT DOMESTIC ABUSE SIGNS

A scheme which trains hairdressers, doctors, dentists, vets and other professionals to recognise the signs of domestic violence is to be extended. The Scottish Government is providing £115,000 of additional funding for the Ask, Validate, Document and Refer (AVDR) programme.

The programme teaches professionals what kind of things to look out for if they suspect someone may be a victim of abuse. It provides training in how to raise the issue with clients during check-ups and appointments and how to give them guidance about getting further support.

So far, 2,000 dentists, doctors, vets, firefighters, hairdressers, dental and medical students have taken part in the project. The hope is that the extra funding will allow it to potentially reach 100,000 professionals, to train them on understanding the signs of domestic violence and to give them the confidence of what they should do.

Dr Christine Goodall, who developed the scheme with the Violence Reduction Unit, based on an American model, said: "This will undoubtedly increase the number of avenues of support open to victims of abuse. Our wish is that supporting victims of domestic abuse becomes an expectation and that victims know if they approach a doctor, dentist, nurse, social worker, vet, fire officer or hairdresser for help they will get it." [http://www.mddus.com/resources/resource-type/publications/practice-manager/2015/pm13-autumn-2015/patient-welfare-spotting-the-signs/]

ADDITIONAL £450,000 TO TARGET GENDER VIOLENCE

Justice Secretary Michael Matheson has announced a further £450,000 of funding to provide extra training staff for the innovative Mentors in Violence Prevention (MVP) Scotland programme.

MVP is designed to raise awareness and challenge thinking around gender, sex and violence. The programme has been running in Scotland since its launch at Portobello High School in 2011. The project involves training staff working with senior pupils, in their fourth, fifth and sixth years at the school to become “peer mentors” who then go on to deliver the program to their younger counterparts in a safe and informal environment.

Mr Matheson said: "The MVP programme is already doing fantastic work to educate young people about anti-violence prevention methods and encourage them to feel confident about speaking out against all forms of violent behaviour. “It discusses a range of issues targeted at different age groups including bullying, domestic abuse, sexual harassment and sexual assault and has already shown effectiveness in empowering young people to support and even challenge friends”.

The additional £450,000 of funding will be used to employ more dedicated training staff to build on the progress already made and extend the scheme to more schools throughout Scotland.

In the Scottish Borders, Peebles High School has been running the scheme since 2013 and was joined by Kelso High School in 2015.

THERE IS NO SAFE ALCOHOL LIMIT
DRIVING INTO THE FUTURE
Driving into the Future a pre driver education course has been run in all high schools.

The programme is a series of workshops run by experts from the Emergency services, Council and the Institute of Advanced Motorists. Aimed at 6th year students it aims to raise their awareness of the risks and responsibilities of being a driver on the road.
(Driving into the Future has been run since 2003)

IMPORTANT DIARY DATES FOR 2016

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<td>Safer Internet Day 2016</td>
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<td>23rd February</td>
<td>Children and Young People’s Safety: What’s the Story?</td>
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<td>FREE conference, Edinburgh.</td>
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<td>26th February</td>
<td>New Psychoactive Substances Training</td>
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<td>Countryside day, (Primary 5’s) Springwood park, Kelso</td>
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