

May 2022

# Branching Out Bulletin

Your monthly Branching Out bulletin - including service updates, harm reduction advice, professional training schedule and more! Branching Out is Tameside's drug and alcohol service for under 25s, children, and those who are concerned about someone else's substance use.

BRANCHING  
OUT

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## Meet the Branching Out team



Name - Anna Kovar

Job Title - YP Resilience Worker / YJS Link Worker

Tell us a bit about your work history - My desire to work for a charity came from the various volunteering roles I've had. For example, I've been involved in supporting those overcoming homelessness alongside fundraising for a charity that strives to end modern slavery. I also continuously supported different youth focused programmes empowering the most vulnerable young people. I spent the past year completing a Masters in Criminology and Criminal Justice and I now look forward to working and learning here at CGL Branching Out.

Favourite film - Arrival

Favourite meal - Hard to pick, for now I'll say tacos!

Dream holiday destination - Backpacking/trekking across Canada

Favourite band/artist - Bears Den

Interesting fact - My Grandpa competed in the Olympics!



## Upcoming professional training

Delivered virtually by MS Teams, these sessions will benefit local professionals who are looking to develop their knowledge around substances and our service.

May 17th - Hidden Harm and Parental Substance Use - Click [HERE](#) to book

May 20th - Preventing Alcohol Exposed Pregnancies (AEP) - Click [HERE](#) to book

June 14th - Introduction to Branching Out - Click [HERE](#) to book

## How to refer to Branching Out

Referring a young person, child or concerned other to Branching Out is easy. You can fill in our short online referral form [HERE](#), email [branchingout@cgl.org.uk](mailto:branchingout@cgl.org.uk), or call 0161 672 9420.



# Alcohol Exposed Pregnancy (AEP) Info

Each month, we'll be sharing information and advice around a certain substance or topic. This month we focus on AEP.

## Key points

- AEP is one of the most common preventable causes of neurodevelopment impairment
- There is no known safe amount of alcohol to drink during pregnancy. Even small amounts can cause harm. The safest approach if someone is pregnant/planning a pregnancy is to not drink alcohol at any stage
- Foetal Alcohol Spectrum Disorder (FASD) is an umbrella term used to describe a range of irreversible effects which are caused as a direct result of an AEP. These can include premature birth, miscarriage, stillbirth and low birth weight
- Most women reduce alcohol consumption once they learn of their pregnancy. However, they might not learn of their pregnancy in the early weeks and continue to drink at high levels during this period
- All types of alcohol can be harmful if drunk during pregnancy - a unit is a unit. No one causes more or less damage than the other. The safest approach is to not drink at all
- 45% of pregnancies in the UK are unplanned, which are either a result of no/ineffective contraception. Enhancing commitment to effective contraception in who are drinking at high levels can help prevent potential alcohol exposed pregnancies



## What have we been up to lately?

It's been a busy few weeks for the Branching Out team, with lots going on in the community!

We delivered our 'Introduction to Branching Out' professional training session, which provided a great opportunity to network with staff from other local agencies whilst sharing key information on Branching Out such as how to refer.

We were pleased to be asked by Mossley Hollins High School to deliver a targeted groupwork sessions around vapes. Vapes are becoming increasingly popular amongst young people at the moment, and the vibrant colours and varying flavours make them very attractive to schoolchildren in Tameside. We provided an engaging session to eight pupils, focusing on both nicotine vapes and THC vapes.

Finally, we had a presence at the Care Leaver Drop-In Hub in Tameside One, which featured a range of local agencies. We were on hand to discuss drugs and alcohol with any care leavers who wanted advice or support.

