



Report for Dorset 2021 - 2022

The Alcohol Education Trust has continued to support schools and all youth settings across Dorset both virtually and face to face.

Doubling Our Remit To Support Young Adults To Age 25

2021 saw the completion of the pilot of our ambitious extended remit to support vulnerable young adults up to age 25 who are more at risk of alcohol misuse and all addictions. This has effectively doubled the number of young people that we support.

Covering Cannabis for the First Time



ALCOHOL AND CANNABIS
Facts - Effects - Support
Workshop implementation guide for facilitators
Age recommendation 16-25



We are covering cannabis use for the first time in context with drinking as prevalence of use is increasing, levels of harmful THC are increasing and its links with dependency and psychotic incidences are increasing. Our new resources and associated workshops were piloted in Dorset with Stonewater Housing and members of the Foyer Federation. Our toolkit and workshops are now available to support settings for young people not in employment, education or training (NEET) through partnership with Key2futures, Step by Step and The Princes Trust TEAM project (12 week course for 16 -25 year old NEET). This started in Dorset and is now nationwide.

Building an Advice and Guidance Website for 16 – 25's

Dovetailing in with the new workshops for young adults, we are in the pilot process of a new website for 16 – 25 year olds covering every aspect of wellbeing from mental health, money worries, drugs and alcohol, gaming and gambling. This will be ready to launch later this year and is free to access for all.

Adapting For All 16+ Young Adults

To complement the resources and outreach to more vulnerable young adults we are also building more resources for students and sixth formers covering key issues such as reducing the risk of drink spiking, staying safer in the night-time economy, festivals and the transition from leaving school to going to College/training/work. This is work in progress and involves the making of short films by young people. We have already made two short films with two young lawyers on the thorny topics of consent and violence with questions being posed to the lawyers by sixth formers. Two short films about drink spiking have also been produced.



Lawyer films

Peer to Peer Element

Finally, we will be creating a peer to peer element enabling young adults to gain knowledge and awareness certification in alcohol and cannabis awareness and so can cascade their learning to other vulnerable young adults, building their confidence, resilience and skills.

Training and Workshops

The AET provides a plethora of meetings/training workshops throughout Dorset. These are provided via Zoom and Teams as well as face to face where possible as we know the impact is stronger.

Attendees are asked to complete an evaluation of the training session and a summary of the results of responses are as follows:

Attendees' confidence in the following areas rose from 6/10 before the session to 9/10 afterwards:

- Awareness and knowledge about alcohol
- Feeling equipped to teach alcohol education
- Being able to signpost young people for help and support

99% will use skills learned in the sessions in their teaching of alcohol education ongoing including more interactive sessions, use of online games and elements and use of film clips as conversation starters.

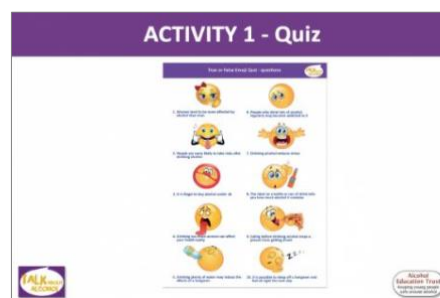
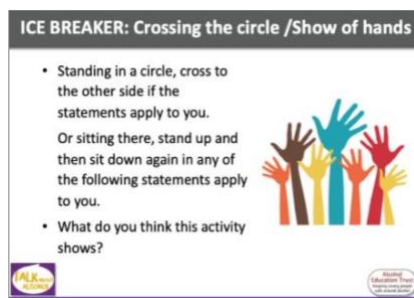
Supporting children in schools and youth organisations

Our highly evidenced talk about alcohol programme with ready to deliver power point lesson plans is supported by our 100 page teacher workbook and top tips guidance for young adults (Alcohol and You) and parent guides (talking to kids about alcohol).



Supporting Children With Additional Learning Needs

Children with learning difficulties are significantly at higher risk of vulnerability to drugs and alcohol (grooming, county lines and assault as well as alcohol dependency) so we are also thrilled to be able to support schools and providers with our resources that use colours, stories and emojis as well as distancing techniques especially designed for young people with SEN. In 2021 we launched a completely revised set of 4 ready to deliver power point lesson plans and guidance to complement the game and activities.



A Dedicated Member Of Staff Supporting Dorset Schools And Organisations

We employ Karen Perryman to work with schools, youth clubs and any young person facing organisation across Dorset. A summary of her activity is outlined below in her own words.

2021 – 2022 Report – Karen Perryman

Such exciting work taking place across the whole of Dorset! A combination of virtual and face to face (according to the organisations preference) ensures effectiveness and great efficiency.

Virtual training has taken place with the following organisations:

- ✓ Dorset and Wiltshire Fire Service (for work with the Fire Cadets)
- ✓ Sexual Health Dorset
- ✓ SPACE LBGT+ Charity who work across several centres in the County
- ✓ Ucan Project
- ✓ SPEAR Project, Bournemouth (work with NEET 16 – 24 year olds)
- ✓ Dorset NHS Children in Care Nurses Team
- ✓ Dorset Combined Youth Justice Service

Feedback when asked what part of the training was most useful:

“An awareness of statistics and advice for parents – useful websites and interactiveness.”
Dorset and Wiltshire Fire Service

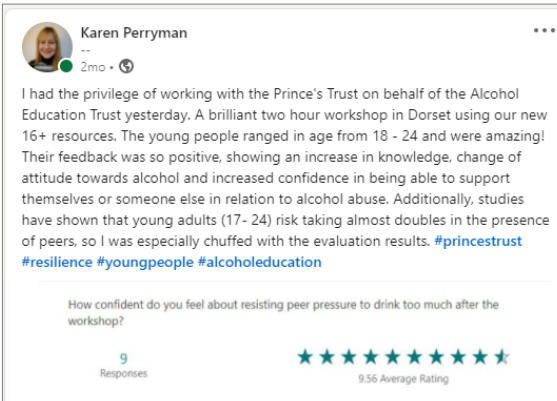
“A really useful session - very informative with some excellent resources.”
Dorset Youth Justice Service

“Great training session- thought provoking- great use of resources and information to help within our work. Really useful to know services and support available for young people, carers and professionals.”
Dorset NHS CIC Health Team

There has been a lot more face to face activity which really is the best part of working for AET! I was privileged to work with Prince’s Trust Team Programme Weymouth who operate out of Weymouth College, training their coordinators to deliver alcohol and cannabis workshops. Also, the Princes Trust Team participants as part of the programme run by Dorset and Wiltshire Fire Services.

Prince’s Trust Team Programmes

Face to face training session with **Houseworks Dorset** - a targeted youth and community service that offers engagement and wellbeing projects to vulnerable children, young people and families based in Weymouth was so worthwhile. Here’s what they had to say.



Karen Perryman
2mo · 🌐

I had the privilege of working with the Prince's Trust on behalf of the Alcohol Education Trust yesterday. A brilliant two hour workshop in Dorset using our new 16+ resources. The young people ranged in age from 18 - 24 and were amazing! Their feedback was so positive, showing an increase in knowledge, change of attitude towards alcohol and increased confidence in being able to support themselves or someone else in relation to alcohol abuse. Additionally, studies have shown that young adults (17- 24) risk taking almost doubles in the presence of peers, so I was especially chuffed with the evaluation results. [#princestrust](#) [#resilience](#) [#youngpeople](#) [#alcoholeducation](#)

How confident do you feel about resisting peer pressure to drink too much after the workshop?

9 Responses

★★★★★★★★★
9.56 Average Rating



“Houseworks Dorset were pleased to be able to take part in the training offered by the Alcohol Education Trust. The resources are impressive, clear and easy to use and are age specific so are able to engage all young people and adults. We now feel confident to use the information and resource pack when working with vulnerable families and help spread awareness of safety around alcohol. We look forward to working in partnership with you in the future.”

Other Face to Face Training Includes:

- ✓ National Citizen Service (Weymouth College)/Weymouth
- ✓ Portland Adventure at the National Sailing Academy, Weymouth
- ✓ Wiseability
- ✓ Budwood Assisted Housing Eight youth assisted housing settings across Dorset and Southampton
- ✓ Dorset Stonewater Foyer
- ✓ Weymouth College

Engaging with young people is always brilliant. Seeing how they interact with the AET resources and get on board with the messages we convey, is testament to all of our hard work. Attending Kingston Maurward Student days and Weymouth College Fresher’s Fair are always highlights of my year.



Weymouth College Fresher’s Fair

Other Face to Face Sessions With Young People Include:

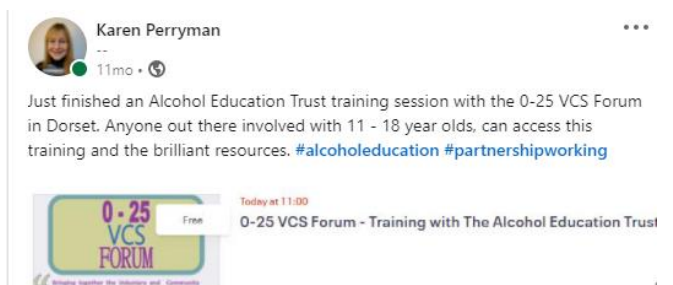
- ✓ Gryphon School Sherborne
- ✓ Atlantic Academy, Portland
- ✓ Thomas Hardy School, Dorchester
- ✓ Dorset Young Farmers
- ✓ Sherborne Boys School

A virtual young person’s session with Chatterbox Project (YMCA Bournemouth) was very well received and we got a lot of coverage on social media.

“Thank you so, so much for visiting our online group last night. We get lots of people visit and sometimes their presentations can be quite dry, so it was wonderful to have such an informative, easy to understand and clear presentation. Our young people really enjoyed it and said afterwards that you were so lovely and explained everything really well. So, thank you so much.”

Chatterbox Project

I work really closely with the amazing Dorset 0-25 VCS Forum. I attended the VCS Annual Conference. These are great networking opportunities and I had provided training to a high percentage of the 50 conference participants. I had the opportunity to speak and here’s what appeared in the chat box. Sue Dafter is Head of Student Service at Weymouth College where I trained 25+ staff face to face as part of their staff development day.




Participation in the Dorset Strategic Alliance (0 – 25) Conference enabled me to network with not only heads of service for education and children’s services but also representatives of a plethora of organisations who work in partnership to keep young people healthy, happy and safe.

I also represented AET at the Dorset Road Safe – Road Injury Prevention Panel (RIPP) with a view to working in partnership with police, fire and health. Additionally, I am working closely with Dorset Clinical Commissioning Group specifically focusing on SEND young people.

Most recently I trained youth workers of the Dorset Youth Association. It is always great when trainees become advocates of the work that AET do!

I am working hard to ensure that young people across Dorset are being helped to be kept safe around alcohol and cannabis. AET’s resources are superb and I am support by a wonderful team.



 **Hannah Snowdon** • 1st
Youth Worker
Reshared from Karen Perryman • 4d • 🌐

Loved this training session, I learned so much!! Could not recommend Karen Perryman or Alcohol Education Trust more if you want to support young people who may be experimenting with alcohol 🙌

[Ella - Spear Programme to Everyone](#)

We received some brilliant training from Karen - thank you!

[Sue Dafter to Everyone](#)

Karen's training has enabled our college tutors to empower students to have a better understanding of alcohol and we have a keeping safe during the festive season campaign all next week as a result.

