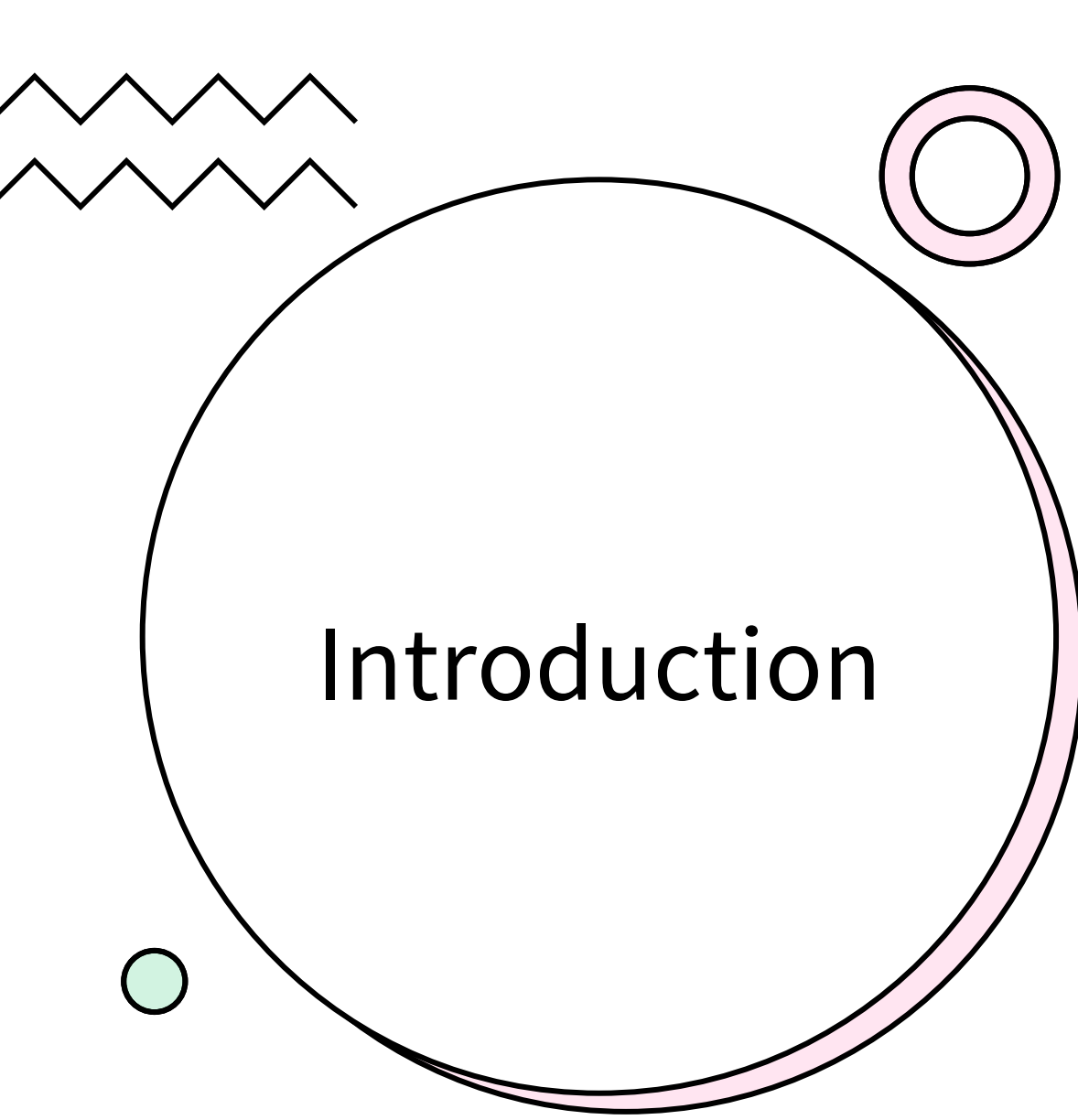


**C O M M U N I T Y
D E V E L O P M E N T
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M E L A N I E O K I N E**

**ALCOHOL MISUSE
IN LEWISHAM**



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



Introduction

The London Borough of Lewisham is a deprived community with a wide range of needs that include:

- Reducing alcohol harm
- Preventing the rise of smoking amongst children and young people
- Improving mental health and wellbeing
- This presentation will be Focusing on the impacts of alcohol misuse as this is a prevalent issue in the London borough of Lewisham



Lewisham Demographics



- The median age in 2021 was 35 years, with over 18-year-olds representing 81.8 per cent of the population
- The life expectancy in Lewisham is 81 years
- The major ethnic group in Lewisham is white, making up 51.5% of the population, 26.8% are black, 9% are Asian, 8.1% are of mixed heritage, and 4.7% belong to other ethnic minorities
- 52.5% are female and 47.5% are male
- 43.8% are Christian, 36.7% have no religion, 7.4% are Muslim, 2.1% are Hindu, 1.1% are Buddhist; 0.3% are Jewish, 0.2% are Sikh

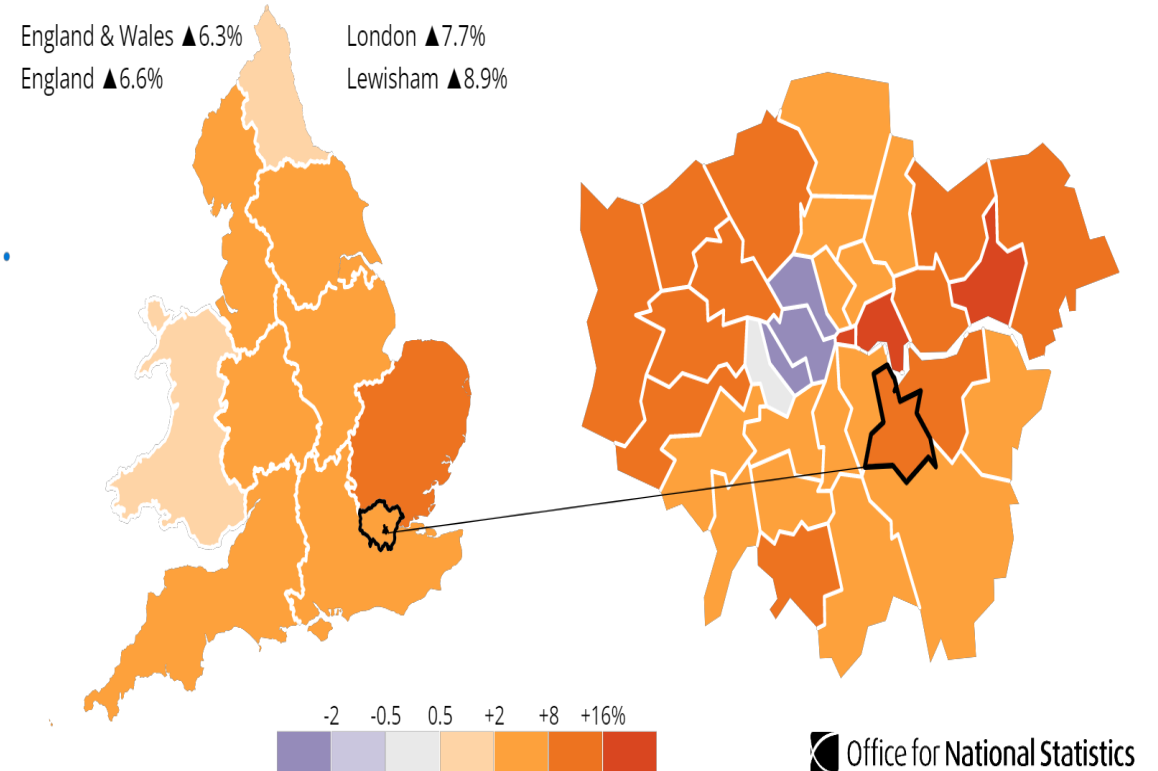
(Office for National Statistics, 2023; Varbes, 2023)

○ Demographics

- 83.8% speak English as their main language with 0.5% speaking no English at all
- Lewisham's population was estimated at 300,600 in 2021 and based on Lewisham's growth rate of -0.2% per year the latest estimation is predicted to be 299,810
- The population size grew in Lewisham from 275,900 in 2011 – 300,600 (9.0% growth rate) Which is higher than the overall increase for England (6.6%) and higher than the increase for London (7.7%)

(Office for National statistics, 2023; Varbes, 2023)

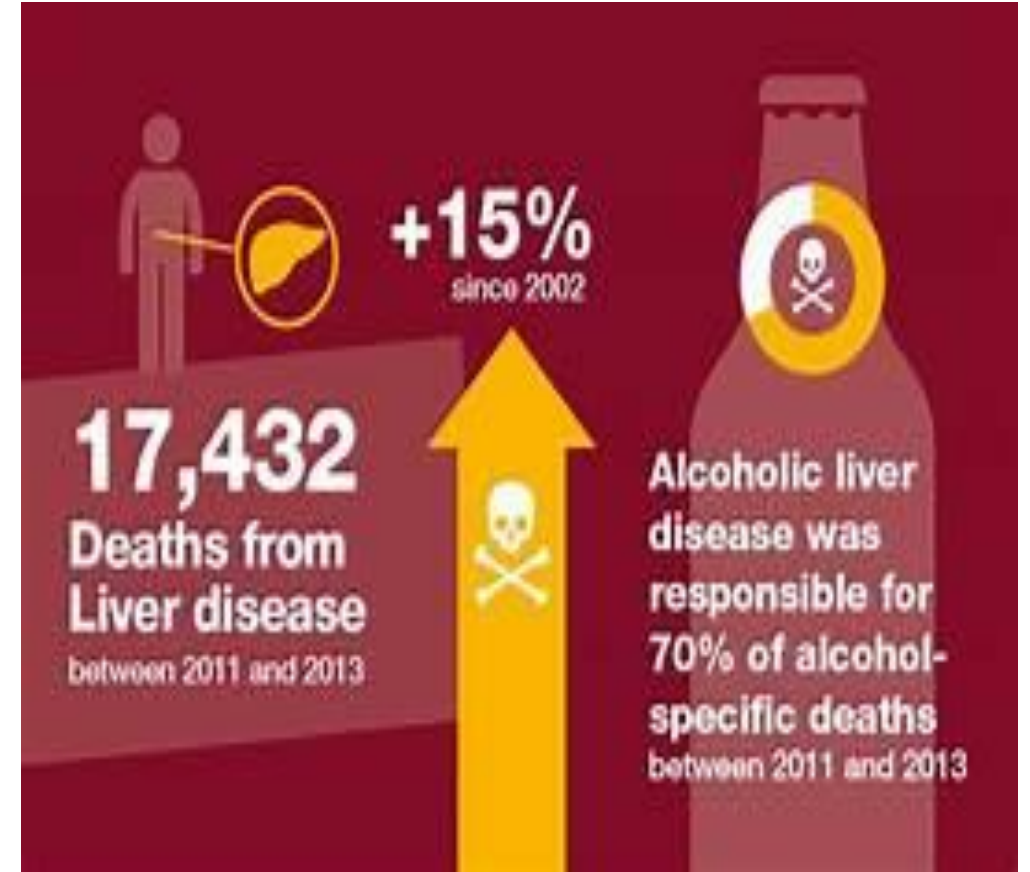
Population change in Lewisham: Census 2011 to Census 2021



○ Alcohol Misuse in the London Borough of Lewisham

- Alcohol misuse is a prevalent issue in the London borough of Lewisham
- Deaths have increased in the past 20 years due to liver disease and are predominantly as a result of alcohol
- Over 11000 drinkers are at a high risk of harm and over 3100 are at an increasing risk
- Alcohol-related hospital admissions are high and rising.

(Lewisham Council, 2023)



(GOV.UK, 2016)



○ Policy and legislation

Care Act 2014

Ensuring an individual's dignity

Treating people with respect

Promoting physical, mental, emotional, social and economic wellbeing

Protection from abuse and neglect (safeguarding)

Social and economic wellbeing

Promoting integration of care and support with health services

(Care Act 2014)

○ Policy and Legislation

- Equality Act 2010 – Making things equal for everyone (*Equality Act 2010*)
- Human Rights Act 1998 – To be treated fairly and with dignity and respect (*Human Rights Act 1998*)
- The Health and Social Care Act 2008 (Regulated Activities) Regulations 2014: Regulation 9 – person centred approach (*Care Quality Commission, 2022*)
- The Governments Alcohol strategy: this policy aims to reduce high risk drinking, sustaining the alcohol reduction of young people between the age of 11-15, and the reduction of alcohol related deaths (*Drugs and Alcohol Unit, 2012*)





Alcohol Misuse

- Alcohol is the leading risk factor for death amongst men and women aged 15-49 in the UK
- Hospital admissions due to alcohol related harm in Lewisham have increased from 1836-2300 per 100,000 residents since 2009
- 34% of drug related deaths is due to mixed drugs and alcohol poisoning
- Alcohol can have both long-term and short-term effects on almost every part of the body including the brain, heart and bones.
- Alcohol Misuse is estimated to cost the UK Economy between £27-52 billion
- 17 million working days are lost per year

(Lewisham Council, 2023; Association of Directors of Public Health, 2023)



Public Health England

Healthmatters Why treat alcohol harm?



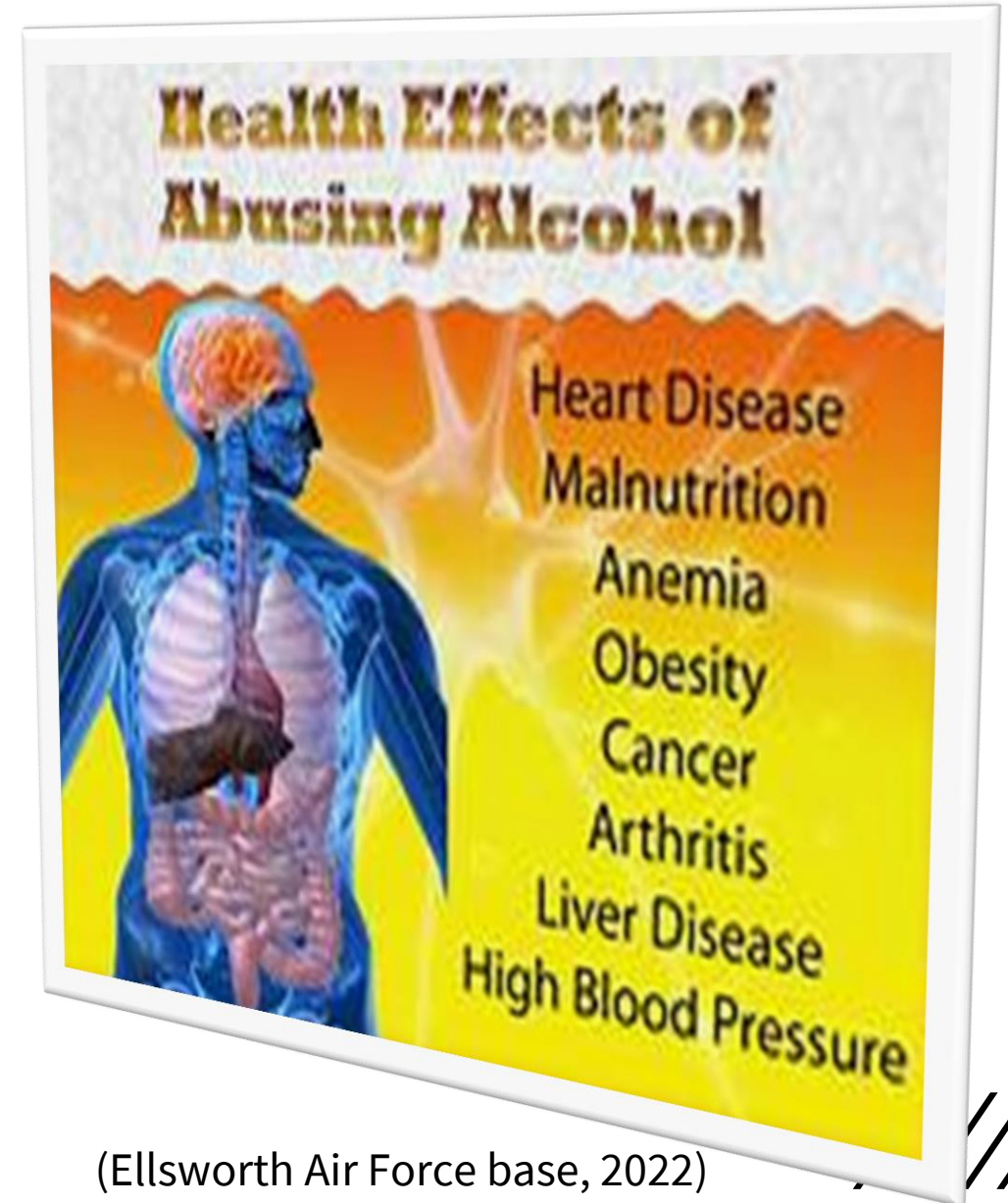
(Public Health England, 2019)



Health Risks

- Alcohol related injuries
- Alcohol Poisoning
- Inflammation of the liver and pancreas, pancreatitis and Cirrhosis of the liver
- High blood pressure
- Stroke
- Heart disease
- Korsakoff syndrome
- Depression
- Alcohol dependence
- Increased risk of seven different types of cancer

(GOV.UK, 2022)



(Ellsworth Air Force base, 2022)

Existing Means of Communication

Campaigns-Alcohol awareness Week

Presentations

Patient information leaflets/Flyers

Alcohol treatment centres

Health professionals

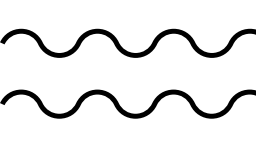
Mutual aid

Stakeholders

- Newspaper articles
- Newsletters
- Conferences
- Community Meetings
- Forums

(Frank, *et al*, 2015)

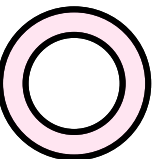




Digital technology

- **Social media**
- **Mutual aid online**
- **Websites (Humankind/CGL/Insight NHS/NICE/Better Health/GOV.UK/PHE)**
- **Web based information and self-help interventions**
- **Smart phone applications (Breaking Free, Drink aware etc.)**
- **Radio Broadcasts**
- **Television**
- **Podcasts**
- **YouTube videos**
- **Email/Fax/Telephone**
- **Online forums**
- **Microsoft Teams/Zoom meetings**
- **E-Learning**
- **Health Matters: Harmful drinking and Alcohol Dependence (GOV.UK, 2016)**
- **Alcohol: Applying All Our Health (Office for Health Improvement & Disparities, 2022)**
- **Alcohol Commissioning Support: Principles and Indicators (GOV.UK, 2018)**
- **Alcohol-Use Disorders: Diagnosis. Assessment and Management of Harmful Drinking (High-Risk Drinking) and Alcohol Dependence(Nice, 2011)**

(Change Grow Live 2023; Williamson *et al*, 2022; Moreno and Whitehall, 2014)



○ Social, education and Employment Support

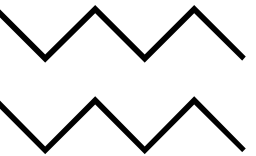
Employment opportunities

Training opportunities

Education opportunities

Family and carers support services

Stable and secure housing



Recommendations



**Community hubs
across communities in
the London borough of
Lewisham that can
offer harm min advice
and signposting**



**More partnership
working**



**Bridging the gap in
services for people who
are neurodivergent,
have severe learning
difficulties, mental
health**



**Updating the current
preferred providers list
for residential rehabs**



**More support services
employees and funding**



**More treatment, detox
and rehabilitation
centres**



**Alcohol awareness to
be delivered within
educational settings**



**Achieve wider
stakeholder
engagement**



○ Conclusion

Alcohol misuse is a prevalent issue in the London borough of Lewisham that is resulting in a high number of hospital admissions and the number is rising.

The cost to the NHS is 3.5 billion per year

Alcohol misuse causes premature death, injuries, health problems and social disorders

A holistic approach is needed to tackle this serious issue for the best possible outcomes

(Lape, 2023)





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