



***Fish Bowl!***

**Making a Splash!**





## An Introduction to Fish Bowl...

HALE has run an innovative volunteer project called Fish Bowl for just over 2 years. Fish Bowl works with young people to create awareness around unhealthy alcohol consumption in the Shipley and Bingley areas of Bradford.

Knowing that peer pressure is a key factor in young people's drinking habits this project aims to turn peer pressure into peer support. Young people teaching other young people about the dangers not only has a positive impact on health and well-being but also provides young volunteers with an opportunity to gain a number of learning outcomes such as work experience, confidence building and leadership skills.

Fish Bowl works with two volunteer groups Alcohol Peers (13-17year olds) and Alcohol Educators (18-25 year olds). Using tools such as beer goggles and a mock unit bar, young volunteers can highlight the risks associated with unhealthy alcohol consumption to their peers. This awareness also covers areas such as linking to sexual health, drug use, diet & nutrition and basic first aid knowledge that enables them to make a difference to other young people's lives as well as staying safer themselves.

Sessions run in local high schools, colleges, youth cafes and using HALE's Mobile Outreach Venue, where we go out to local parks or into town centres where young people are hanging out, to engage them into positive alternatives such as our Fish Bowl Saturday sessions and our Fish Bowl Summer Events.

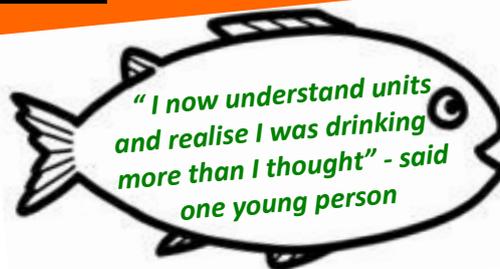
## Turning peer pressure into peer support...



Our Alcohol Educators have led a number of alcohol awareness activities around units to young people in local youth cafes. 100% of young people said that they now know what the unit allowances are for men and women and understand the risks of binge drinking.



Alcohol Educators took part in an intergenerational project at the Baildon well-being cafe making mocktails to create awareness of alcohol. 83% of Educators said they now feel confident to pass on information about the risks associated with alcohol to others.



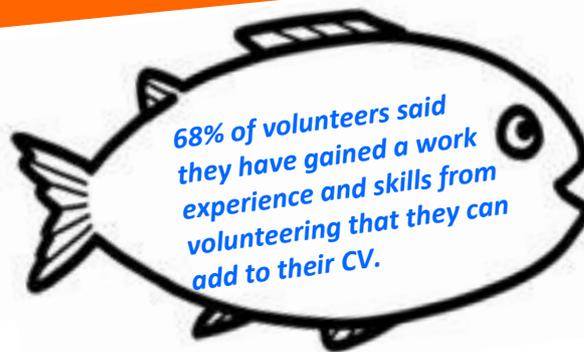


Fish Bowl training sessions in local high schools provided learning about prevention and how to put someone into the recovery position. From these sessions 82% of young people said that they now know how to stay safe.



Alcohol Peers led alcohol awareness training to other young people on the HALE outreach bus as part of our Fish Bowl Saturday sessions.

A total of 383 young people engaged in our MOV outreach sessions.



## Recognition for Peer Mentors...



Our Fish Bowl Volunteers who led awareness activities at our Fish Bowl Summer Events held at Roberts Park, Saltaire in 2012 and Myrtle Park, Bingley in 2013.

All trained Alcohol Peers/Educators receive free training and a certificate on completion. Fish Bowl links in with the V-inspired Award scheme which is nationally recognised by employers and rewards young people aged 14-25 for the hours they give to volunteering. Recognising the power of just 1 hour volunteering is important as young people are not always able to commit to regular volunteering and so their length of involvement varies. In total the Fish Bowl Project has provided **1048** volunteering hours where young people have helped to make a difference to other young peoples lives. Even 1 hour creates a butterfly effect in that our volunteers are able to share with others the knowledge and information to keep safe.

On average Alcohol Educators commit **9** hours and Alcohol Peers commit **5** hours volunteering. A total of **9** young people have achieved their V10 award, **5** young people have achieved their V50 award and **2** young people achieved their V100 award.



## Nicole's Learning...

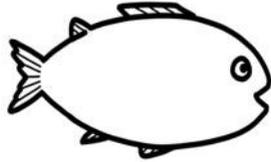
Nicole Ingham, one of our Alcohol Educators, tells us about her experience of volunteering with the Fish Bowl Project:

***"I have been volunteering with Fish Bowl since April 2012 working alongside Lauren (Alcohol Awareness Volunteer Coordinator) and have gained many skills such as working as a team with the young volunteers and staff. I am now able to communicate well with other young people and I have developed communication skills, as I am able to build relationships with others and build trust effectively with them.***

***Before I started volunteering I didn't take much notice of how much I was drinking and thought nothing would ever happen to me. But after doing my alcohol awareness training I found that drinking can be dangerous and now I am very careful when I go out; anything could happen to anyone! After walking home on my own whilst drunk I was made aware what could happen, such as someone taking advantage or even falling over and becoming unconscious. So with that in mind, I now always make sure that I stay with friends and make sure everyone is home safe.***

***I have achieved my V50 V-inspired award, training for being an Alcohol Educator as well as my Chlamydia training. I have also led on training young people to be an Alcohol Peer and talking to other young people about the effects of alcohol both long and short term along with how to stay safe when drinking which has been really fun."***

# Fish Bowl



## ALCOHOL EDUCATORS

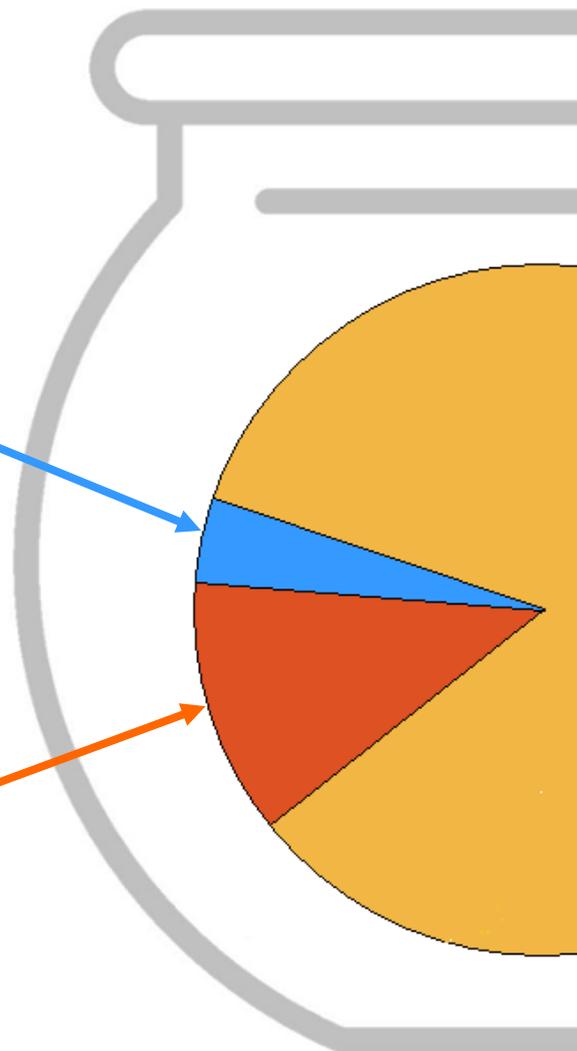
**62** young people received alcohol awareness training through **32** training sessions held in local colleges, youth cafes and at the HALE office.

**36** of those trained became active Alcohol Educators and gave a total of **323** hours volunteering for Fish Bowl.

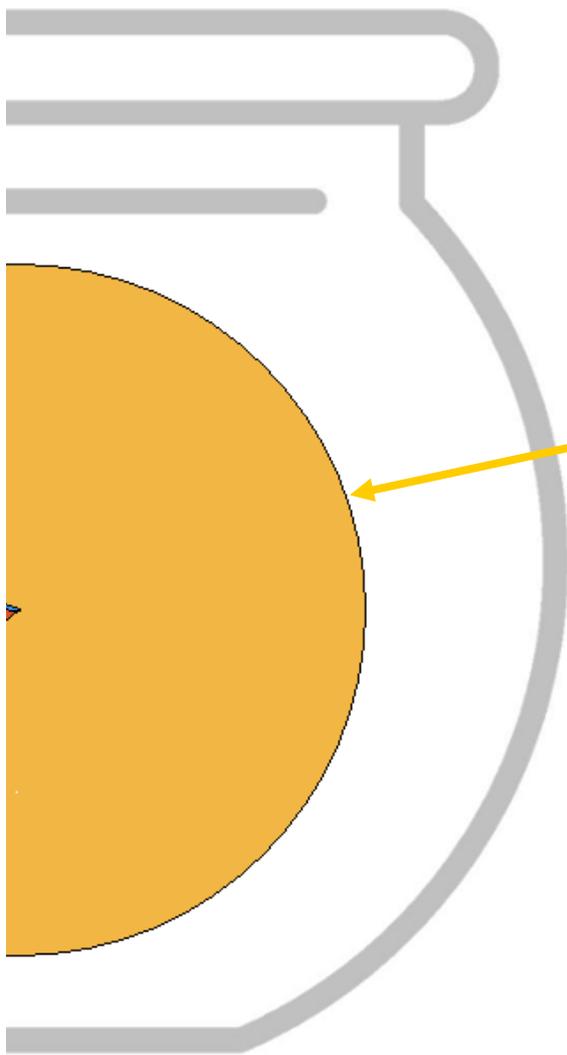
## ALCOHOL PEERS

**195** young people received alcohol awareness training through **31** training sessions held at local high schools and youth cafes.

Of which **139** became Alcohol Peers who supported sessions and delivered training to pass on harm reduction messages to other young people. These sessions took place in local high schools, youth cafés and as part of our annual Fish Bowl Summer Events.



# IMPACT BOWL



## SERVICE USERS

**1694** young people have engaged in the Fish Bowl Project over the 2 years and 3 months.

**82%** of young people who engaged in Fish Bowl activities said that they now know how to stay safe as a result of our work.



## The 'WEIGHT' of our learning...

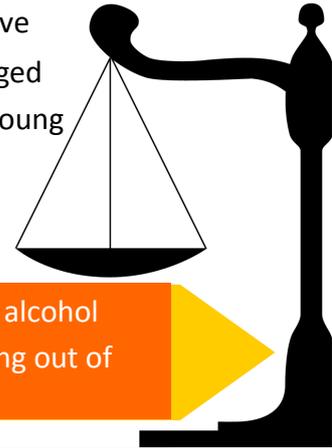
Unfortunately our current funding through the Health and Social Care Volunteering Fund comes to end in March 2014, resulting in a huge gap in what we feel is key preventative work. Our alcohol consultation with 70 young people aged 13-20 highlighted how important continued work with young people around alcohol is.

These are some of the key factors:

58% of 16 year olds consulted said that they had mixed alcohol and drugs with 78% saying that they had done something out of character whilst under the influence

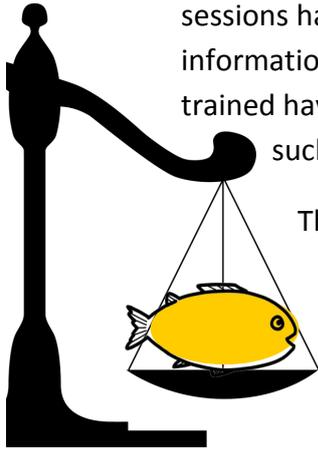
77% of 15 year olds consulted said that they had been in a fight due to being under the influence of alcohol with 55% of young males asked saying that they had been to A&E as a result

50% of 14 year olds consulted said they had been left on their own by friends whilst they were drunk



In 2011 a total of **8748** alcohol related deaths were recorded by the Office for National Statistics. From our learning this figure will not improve unless more harm reduction work like Fish Bowl continues to educate young people about the impact of alcohol and how to stay safe.

Fish Bowl has shown that it has the power to tip the scales and make a positive impact on the lives of young people. Fish Bowl has



made strong links with local high schools and colleges, with tutors regularly incorporating Fish Bowl sessions into PHSE lessons. These sessions have provided students with access to specialist information, advice and guidance and students who have been trained have then led sessions about alcohol and related issues such as sexual health to their fellow students.

This has been extremely effective in the development of leadership skills, confidence building and making a positive difference to others. A recent Fish Bowl awareness day held across three, one hour sessions with 64 Year 9 students at a local high school clearly demonstrated how such inventions can support young people to improve their health and well-being and potentially save lives.

96% said they now feel more knowledgeable about the impact of alcohol

76% now know how to put a condom on with 46% saying they now have a better understanding of STI's and contraception

64% understand the hazards of alcohol with 74% saying that they now know how to stay safe as a result

70% said that they now know how to put someone into the recovery position

## TIPS FOR SAFETY created by our Fish Bowl Volunteers



Always stay with your friends, never leave a friend on their own if they are drunk



Plan in advance how you will get home at the end of the night, it might be a good idea to stay over at a friends house so that you travel home together



If you are getting a taxi home always make sure it is licensed. A great service taxi firms now do is when you have ordered a taxi they will text you the details of the car and the registration number so you know that you are getting in the right car!



Don't drink and drive or accept a lift from someone who has been drinking



If you have no other alternative but to walk home then make sure you stay with friends and take paths alongside main roads where it is well lit. Never take a short cut down a dark alleyway, and avoid a short cut down the side of the canal



Do not mix alcohol with drugs - even legal drugs like paracetamol



Drink plenty of water - alternate an alcoholic drink with water to keep hydrated



If you are at a party or in a club choose to drink bottles as you can put in a 'spikey' (which is a small plastic topper that is placed in the top of a bottle) or hold your thumb over the bottle top to avoid being spiked



Drink steadily as it takes 30 minutes to enter your system and be aware of how many units you are drinking (3-4 units for a man which is the same as a pint of beer, 2-3 units for a woman which is the same as a small glass of wine)



Do not accept drinks from a stranger



Always take your mobile out, make sure it is fully charged so if you did get in to trouble you can always call 101 or 999 free for assistance



Have something to eat before you go out drinking



Carry a condom just in case. It is important to remember that the implant or the pill will only prevent you from getting pregnant but not from sexually transmitted infections therefore always use a condom or a dam



Don't accept refills until you have finished your drink



## **FISH BOWL FUTURE**

We have shown just how powerful Fish Bowl has been in educating young people around the impact of alcohol and how to stay safe, all this has been achieved in just over 2 years. Imagine what we could achieve if we secure further funding! We will continue our alcohol awareness work but on a smaller scale, so if you are interested in volunteering or in HALE running a project in your area please contact us for more details.



## **THANK YOU**

*I would like to take this opportunity to thank all our partners, schools, youth cafes, colleges, police teams, and staff who have supported Fish Bowl to be such a great success.*

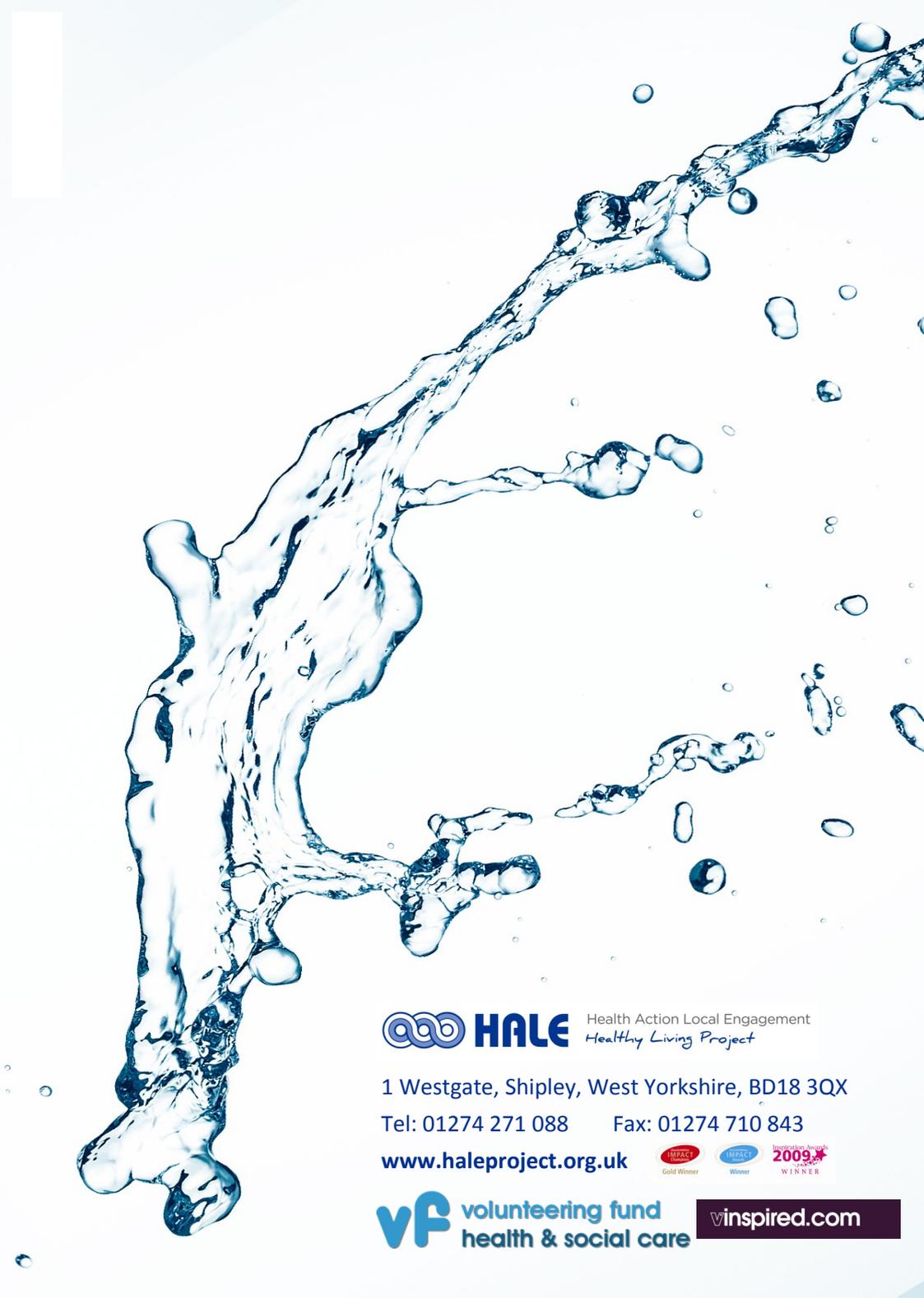
*But most importantly I would like to say a huge thank you to all of our young volunteers who have dedicated their time to share learning and help to keep other young people safe.*

*Kind Regards*

*Lauren Arnett*

Alcohol Awareness Volunteer Coordinator





**HALE**

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