



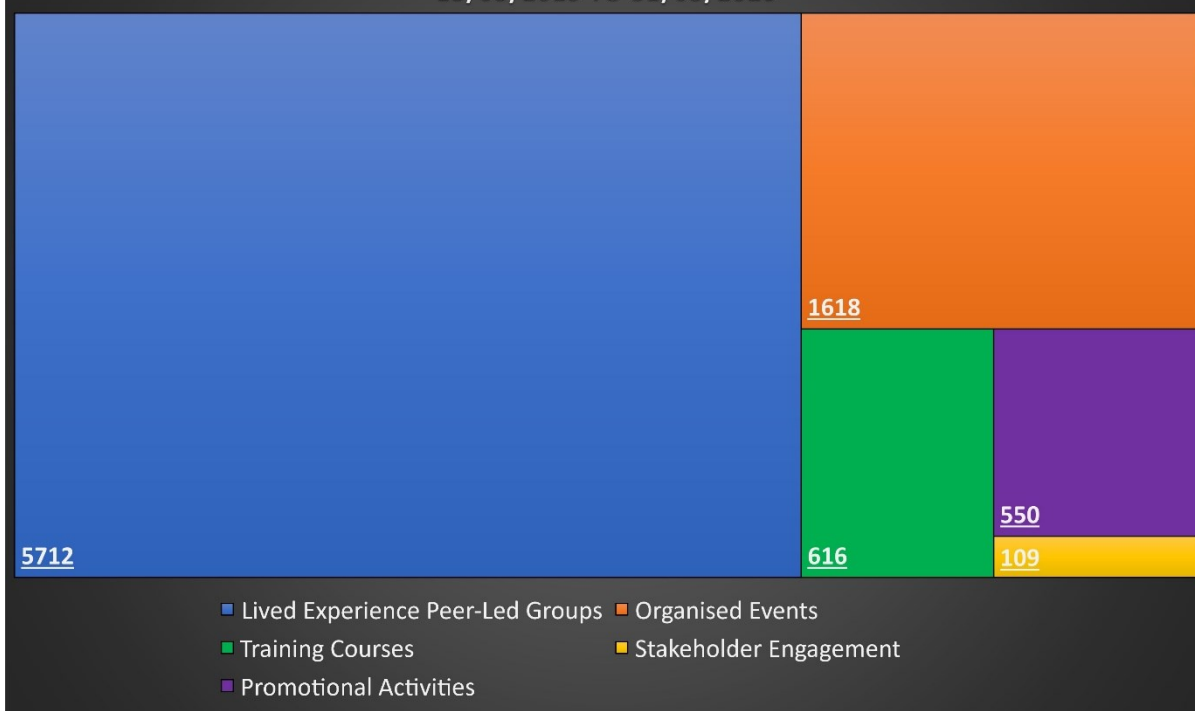
ABERDEEN IN RECOVERY ACTIVITY – ‘SAFE’ HOURS BREAKDOWN

Report to RPP for period
13th March 2019 to 31st March 2020

Abstract

The following report shows a breakdown of the activities of Aberdeen In Recovery with regards engagement and ‘SAFE’ hours (Stable Addiction Free Engagement).

AiR ACTIVITY 'SAFE' HOURS TREEMAP
13/03/2019 TO 31/03/2020



Lived Experience Peer-Led Groups	Recorded 'SAFE' hours
Monday CWAP	1002.5
Recovery Meeting	710
Fitness	292
Bereavement Meeting	150
Media Group	930
Tuesday ORT & Me	526
SMART Meeting	405
SMART Tool School	57.5
Wednesday CWAP	697.5
Thursday ORT & Me	88
PUIR	120
Women's Group	240
Family Support Group	183
Committee/Board Meeting	220
GrowFree	90
Friday Xmas drop-in	20
TOTALS	5711.5

Training Courses	Recorded 'SAFE' hours
Recovery College (8 weeks)	616
TOTALS	616

Promotional Activities	Recorded 'SAFE' hours
Family poster campaign	10
Evening Express Families Articles	6
Magazine handout at St Nicholas Square	20
Magazine Issue 4 Spring 2019 (May 2019)	16
Magazine Issue 5 Summer 2019 (September 2019)	16
Magazine Issue 6 Spring 2020 (February 2020)	2
Recovery on AiR radio broadcast (weekly)	480 ¹
HMP Grampian ConAir Radio	As above
TOTALS	550

¹ When this report was produced this was the estimated reach of the radio show. Subsequently, these figures were confirmed by shmuFM and have increased to 624 giving a new total for promotional activity of 694 SAFE hours.

Organised Events	Recorded 'SAFE' hours
AiR Quiz Night	100
RGU Mental Health Nurse Students Presentation	8
Lived Experience Focus Group (Drug & Alcohol Strategy)	28
AGM	96
3 Forums 1 Voice	81
SRC Rights In Recovery (Paisley)	13
Forth Valley Recovery Olympics	60
SRC Lived Experience Officer	12
Celebrate Aberdeen Parade	80
Overdose Awareness Day	16
Recovery Within (Prison Walk)	28
RGU Movie Night	36
Recovery Walk (Inverness)	420
All Things Recovery (Salvation Army)	15
Realistic Medicine (Pittodrie)	24
Aberdeen Pharmacists Quarterly Meeting	3
Joe Fitzpatrick (Public Health Minister)	17.5
Rights In Recovery (RGU)	99
Power of Peers (Inverness)	44
Vulnerable Women's Conference	42.5
LERN workshop (Glasgow)	44
XMAS party	210
Magazine handout St Nicholas Square	15
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ORT Recovery & Me Learning Lunch	20
Health & Wellbeing Festival RGU	24
Community Council Development Day	8
Scottish Drug Deaths Summit (Glasgow)	48
SFAD Connecting Families	3
AiR members getting a practice on Zoom	8
TOTALS	1618

Stakeholder Engagement	Recorded 'SAFE' hours
SRC Board Meeting	2
SRC Board Meeting	2
Board Member	3
SRC Officers	6.5
SRC Board Meeting	2.5
SRC AGM	1
SRC Recovery Lecture	5
ADA	2
SMS Management Team Meeting	2.5
ADP/ACVO Event Planning Group	2.5
Family member volunteer	2
Potential volunteer meeting	1
CEO shmu	2
Research Project Co-ordinator	27
ADP Meeting	2.75
ADP Officer	3
Student Nurse	2
Public Health England	3.5
Network Volunteers	1
SRC Officer	1
ADP Lead Officer	2.5
Public Health Co-ordinator	1.5
DART/SRC	2
SMS Management Team Meeting	2.5
Criminal Justice Officers	4
Police Scotland	2
NESCol Student Administrator	1.5
SHAAP Report Launch	3
Link Practitioners Meeting	3
Elim Church Pastor	2
SMS Ops Sub Group MAT meeting	3.5
SRC Board Meeting	2
Public Health England	3
NHS Board Member	1.5
CPN at Integrated Alcohol Service	1
TOTALS	109.25