

# Rory & Oh Lila

Newsletter #6 December 2016



## Welcome

Welcome to our 6th Newsletter. For this edition of Rory and Oh Lila ☺

It's been another very busy year for Rory and Oh Lila. Our resources and training been launched in Aberdeenshire, Renfrewshire and continued in Glasgow.



## Practitioner Networking Event 2017

A huge thank you to NHS GGC who have provided funding to run A Rory & Oh Lila practitioner event.

The event will be available to Glasgow schools and nurseries and will be an excellent opportunity for those using our resources to share ideas and good practice and find out about new developments.

More information coming soon...

## What's new?

>> New Website for parents in 2017



[www.myfamilyandalcohol.org.uk](http://www.myfamilyandalcohol.org.uk)

We are delighted to announce that we will be launching a new website in 2017.

"My Family and Alcohol" may be of interest to parents and families who may be worried they are drinking too much or that someone else's drinking is affecting their home life.

The website will be launched on 16<sup>th</sup> January 2017 and an Introduction Event will be held at the Scottish Parliament on 17<sup>th</sup> January 2017.

Developed in consultation with family members, the website has four key areas:



New My Family & Alcohol Posters will be available for a limited period. If you would like to order some posters to display in your school or nursery please contact us (see below).

\*Please note posters are limited and will be allocated on a first come basis.

# Training

## >> Glasgow City 2017

The following training dates are available:

### Rory (2 x 2 Hour Sessions 4pm – 6pm)

- Pt1 30<sup>th</sup> January & Pt2 6<sup>th</sup> Feb (Glasgow N.East)
- Pt1 16<sup>th</sup> Feb & Pt2 – 23<sup>rd</sup> Feb (Glasgow N.West)
- Pt1 2<sup>nd</sup> March & Pt2 -9<sup>th</sup> March (Glasgow South)

### Oh Lila Training (4 hour session)

- 24<sup>th</sup> January 1pm (Glasgow South)
- 1<sup>st</sup> February 9am (Glasgow N. East)
- 7<sup>th</sup> March 1pm (Glasgow N.West)

**Book your place on CPD Manager or email**

[Jennifer.Kirk@ggc.scot.nhs.uk](mailto:Jennifer.Kirk@ggc.scot.nhs.uk)

## >> Aberdeenshire 2017

1 Rory and 1 Oh Lila session will be available for schools and nurseries in Aberdeenshire. Dates will be announced early in 2017....

## >> Oh Lila Champions in East Dunbartonshire



Well done to East Dunbartonshire nurseries who have been achieving fantastic outcomes using Oh Lila.

If you are looking for inspiration visit the blog page on the Oh Lila website [www.ohlila.org.uk](http://www.ohlila.org.uk)

Some Core learning outcomes in 4 and 5 year olds that they have reported are:

- 1) Increased vocabulary and confidence to describe emotions
- 2) increased empathy and friendship towards others
- 3) able to identify at least one trusted adult

# Christmas joy?

**Not for everyone...** Sadly Christmas can be a difficult time for lots of children and families.

We know that over 51,000 children across Scotland live with a parent who has an alcohol problem and for them Christmas can be especially tough.

### Some things you could do before the holidays:

- Use Oh Lila or Rory materials with a focus on keeping safe.
- Use Oh Lila or Rory at circle time to explore who children can talk to when they feel safe or worried.
- Remind children that there are places they can access help and support over the holidays...
- Display and promote ChildLine or other services around the school.



**ChildLine**

0800 1111



**Alcohol Focus**  
SCOTLAND

If you have any questions or would like to find out more about Rory or Oh Lila please contact:

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