

Course providers and courses

The Albert Centre

The Albert Centre
147 Albert Road
Middlesbrough
TS1 2PS

Tel: 01642 203 810

Fax: 01642 203 812

Email: drinkdrive@thealbertcentre.co.uk

Website: www.thealbertcentre.co.uk

Contact name: Julie Leonard, Tess Blagg, Emma Payne

Details of course

Maximum number of places per course: 12

Timing of course sessions: weekdays and Saturdays

Total length of course: 21 hours including breaks (16 hours teaching time)

Average number of sessions: 6 sessions over 3 days

Payment methods accepted: debit/credit card, cash, cheque, postal order, payment/instalment plan offered

Fee (concessions): £220.00 (£120.00)

Areas covered

County Durham: Darlington; Bishop Auckland

Tees Valley: Hartlepool, Middlesbrough

North Yorkshire: Catterick Garrison; Harrogate, Scarborough, York

Course description

The purpose of the course is to educate people on alcohol and its effects and reduce re-offending. A range of issues will be covered, including:

- information about alcohol and its effects on the body
- the effect of alcohol consumption on performance, particularly driving ability and behaviour
- analysis of drink driving offences
- alternatives to drinking and driving
- future action and sources of advice.

The course is educational and lasts for 21 hours over three days. There are presentations, group discussions, team exercises, videos, quizzes to test your knowledge and guest speakers when available. Each day has six hours of learning time and starts at 9.30am and finishes at 4.30pm, allowing for lunch and tea breaks.

The majority of courses are provided at town centre locations convenient for public transport. Payment is accepted in a variety of ways and a flexible payment plan is available. For more information please call the telephone number above.

The Albert Centre is a registered charity. Charity number: 1103901.

Alcohol Support Ltd

76-78 Dee Street
Aberdeen
AB11 6DS

Tel: 01224 573 887: Drink Drive (9.00 am – 1.00 pm): 01224 576 704

Fax: 01224 213 479

Email: drinkdrive@alcoholsupport.co.uk

Contact name: Maggie Fleming

Details of course

Number of course places: minimum of 6 and maximum of 15 places per course

Length of courses: 16 hours teaching time in 4 sessions, plus breaks

Timing of course sessions: 2 evenings and 2 days at weekends

Fee (payment details): employed £180.00 (£90.00 deposit non-returnable);
concessions £100.00 (£50.00 deposit non-returnable)

Areas covered

Aberdeen city, Aberdeenshire, Inverness and Inverness-shire, Ross-shire

Details of course content

The programme aims to reduce the likelihood of re-offending, by developing participants' awareness and knowledge and providing a safe environment in which to examine and discuss previous behaviour. The participants have the opportunity to devise coping strategies for the future and develop a lifestyle action plan. A variety of issues are discussed including alcohol, its effects and problems which may arise (including health, social, legal, financial and relationship problems). Particular emphasis is placed on looking at the effects of alcohol on performance, especially on driving ability, and exploring the issue of drink driving in detail. The course will be delivered using a variety of teaching methods, including presentations, quizzes, worksheets, overheads, role-plays, group problem solving and group discussion. Participants will also be expected to do homework exercises between sessions and keep a drink diary to examine their use of alcohol.

The course encourages the examination and discussion of personal drinking habits and promotes a constructive change in attitudes towards alcohol consumption and related behaviours. Participants will work through: reasons for drinking; motivating factors for change; what stage of change is the participant at now?; what are the implications for reducing intake - for the participant, their family and others; goal setting; action plan; lifestyle plan - for the goal to be achieved, what has to change?; what support / skills are needed (for example, problem solving, assertiveness training).

There is also additional support available to participants after completion of the course as they may attend for ongoing one-to-one counselling sessions to address their drinking and related problems. There is no additional charge for these, but donations are always welcome. The course is facilitated by the manager, Rae Ingham, who has extensive experience of counselling and working with offenders. In Aberdeen, Jim Burnett is the relief trainer who also has many years' experience working with offenders, and in Inverness, Johanne McBean facilitates the course and has a MSc in Occupational Psychology.

Aquarius D.R.I.V.E.

2nd Floor
16 Kent Street
Birmingham
B5 6RD

Tel No 0121 622 6913
Fax No 0121 622 8189
Email: drive@aquarius.org.uk
Website: www.aquarius.org.uk

Contact name: Martin Chidgey (manager), Lisa Blackburn and Mandy Marshall (senior trainers)

Details of course

Number of course places: 20

Timing of course sessions: weekdays, evenings, Saturdays and Sundays

Total length of course (in hours): 18

Number of sessions: 3, 4 or 8

Payment methods accepted: cash, cheque, postal order, payment/instalment plan offered

Fee: weekdays £175.00 (no concessions)
Thursday mornings £150.00 (£100.00 concession)
all other courses £165.00 (£110.00 concession)

Areas covered

Birmingham: Birmingham city centre, Edgbaston

West Midlands: Brierley Hill, Dudley, Solihull, Stourbridge and Halesowen, Sutton Coldfield, Warley and West Bromwich

Course Description

The course aims to help equip participants to separate drinking and driving by learning about alcohol and its effects. They learn how to measure alcohol in units; work out elimination times; the link between alcohol and road safety; the law; the individual's offences and drinking patterns and strategies for avoiding re-offending in the future.

Working in small groups, participating in a mixture of formal lectures, discussions, group and pair work. Also using videos, written handouts and

home assignments to enhance understanding and consolidate skills and knowledge.

All courses are provided at venues easily accessible by public transport.

A rolling programme of differently timed courses (18 hours in total) ensures that a place will be available to anyone referred with a reasonable period of time in which to complete the course.

Payment is accepted in a variety of ways with concessions for those who are unemployed, old age pensioners and full time students. Instalments are available. For more information please call 0121 622 6913

Devon County Council

Devon Driver's Centre
Westpoint
Clyst St Mary
Exeter
Devon
EX5 1DJ

Tel: 01392 446269 (admin)
Fax: 01392 444532 (admin)
Email: drinkdrive@devon.gov.uk (course administrator)

Contact name: Teresa Fisher (course administrator)

Details of course

Maximum number of places per course: 20

Timing of course sessions: weekdays, some Saturdays.

Total length of course (in hours): 20

Average number of sessions: 3

Payment methods accepted: cash, cheque, debit/credit cards, postal order

Fee (concessions): £150.00 (£100.00)

£25.00 deposit to secure a place, balance to be fully paid
3 weeks before course begins, which can be made by
informal instalments if wished.

Areas covered

Devon (Central)	Exeter
Devon (North)	Barnstaple
Devon (South)	Torquay; Newton Abbot
Devon (West)	Plymouth

Details of course content

Awarded ISO 9001:2008 Quality Assurance Standard and Beacon Status for Road Safety 2006-7, Devon County Council courses are each run with two local, professional trainers per course to facilitate a purposeful learning environment as we believe that course delivery, as much as course content, leaves a lasting, positive impression. Our courses are part of Devon County Council's road safety intervention for casualty reduction and are designed to challenge and inform participants' attitudes and reduce the likelihood of re-

offending. Our course trainers utilise cognitive behavioural theory offence analysis with a variety of teaching and presentation methods to maximise client participation and contribution and to minimise the use of formal lecturing. We expect every course member to participate in each course activity to the best of their ability, and have a policy of inclusion to ensure that the course is accessible to all referred clients who wish to attend.

At the end of the course, each participant will leave with an individual action plan, which identifies their past and future drinking and driving risk situations, to help them avoid committing a further drink-drive offence. We actively ? a personal limit of zero if driving and aim to give our course participants a positive view of themselves as non-drinking drivers.

Drink Driver Education (DDE)

PO Box 4773

Henley-on-Thames

RG9 9ER

Tel: 0844 2511 363

Fax: 01491 628 963

Email: dde.enquiries@drinkdrive.org.uk

Website: www.drinkdrive.org.uk

Contact names: Sally Mowbray, Gill Finch, Rachel Masters, Roger Singer

Details of course

Maximum number of places per course: 20 places on each course.

Timing of course sessions: weekdays/Saturdays 10.00 am – 4.30 pm,
occasionally evenings 5.00 pm – 9.15 pm

Total length of course (in hours): 16.5 excluding breaks.

Number of sessions: 3 daytime sessions or 4 evening sessions.

Payment method accepted: cheque, debit/credit cards, postal order,
Paypal/internet

Fee: £150.00 (£25.00 deposit to save place; balance of fee due before
course starts).

Areas covered

- **Buckinghamshire:** Amersham, Aylesbury, Buckingham, Chesham, High Wycombe, Leighton Buzzard, Milton Keynes
- **Berkshire:** Bracknell, Burnham, Newbury, Reading
- **Oxfordshire:** Banbury, Bicester, Chipping Norton, Didcot, Henley, Oxford, Thame, Wantage, Witney
- **Surrey:** Camberley, Dorking, Epsom, Esher, Farnham, Guildford, Kingston, Leatherhead, Reigate, Sutton, Woking
- **Middlesex:** Staines, Uxbridge
- **North Hants:** Aldershot, Basingstoke

Details of course content

Drink Driver Education (DDE) is a not-for-profit company limited by guarantee No. 4109250. As an accredited training provider it holds the Community Legal Service Award and is a member of the Association of Industrial Road Safety Officers. The company was a National Training Award finalist in 2002.

DDE offers an interesting and interactive course aimed at helping participants consider their alcohol use in relation to driving. The course aims to ensure that drivers know: how to be alcohol free when driving; how to separate the two by learning about alcohol and its effects; how to measure alcohol in units and elimination times; about road safety issues and the law.

Short tutor inputs for key information are mixed with quizzes, games, demonstrations, small group-work exercises and week-to-week self observation assignments like drink diaries. Group discussion is a cornerstone of the course together with an alcohol knowledge questionnaire at the beginning and end to evaluate learning and assimilation. It all happens in a relaxed and supportive atmosphere.

All venues are close to rail/bus stations and are comfortable, relaxed and easy to find.

DDE supplies information needed for offenders to re-apply for their licence together with a certificate of attendance which will prompt the agreed reduction in the length of offender's disqualification.

Driver's S.E.A.T.

Gangaram House
26 Alderbury Road West
Langley
Berkshire
SL3 8DH

Telephone: 01753 675 400
Fax: 01753 675 400

Email: info@driversseat.net
Website: <http://www.driversseat.net>
Contact name: Radhay Jugdoyal; Adrian Jugdoyal

Details of course

Number of course places: between 5 and 20

Length of courses: 16 hours, divided into 3 or 4 sessions (excluding breaks)

Timing of course sessions: daytime 9.30 am - 3.45 pm
 evening 5.15 pm - 9.45 pm

Fee (payment details): £150.00 (cash, cheques, postal orders or credit/debit cards)

Areas covered at present

East Berkshire, North and East Surrey, Uxbridge, Hillingdon, Feltham, Hounslow, Ealing, Harrow.

Details of course content

- registration and security checks - for example, I.D and signature
- introduction and ground rules
- exploring the members' knowledge on legal aspects of drink-driving, safe level, legal level and units
- ex-DoT research questionnaire as being carried out at different rehabilitation course
- quiz and answers prior to any information on alcohol having been discussed.
- what is alcohol?
- what is the recommended
 - sensible
 - safe
 - legal drinking level.
- how alcohol is measured how to work out the number of units per can, bottles which have different percentages of alcohol by volume
- drink diary for last week (to reflect on last 7 days' drinking)
- group discussion

- what happens to alcohol in the body
 - absorption
 - factors which affect alcohol concentration
 - elimination - breath, kidneys, sweat, liver
- calculation of alcohol levels in the blood, breath and urine. Participants invited to reflect on drinking and driving habits
- do you know your limit (sensible drinking level) for men and women?
- alcohol dependency
- levels of intoxication - as alcohol intake increases (group participation)
- development of tolerance
- physical, psychological and social effects of alcohol
- alcohol levels - blood, breath and urine
- alcohol and driving skills and attitudes – video and DVD
- penalties: Alcohol and the law, high risk offender
- homework
- looking at various myths surrounding alcohol and driving
- alcohol and young people and driving
- drink drive offence analysis: every course member must complete and discuss
- consequences of drinking and driving
- accidents and risks: to look for reaction times, visual fields, awareness and concentration
- driving after drinking: sensible guidelines to follow if you have to drive
- insurance quotes
- visiting guest (one from the following - road traffic police officer, local magistrate, medical officer, probation officer or driving examiner whenever possible)
- alcohol and women
- alcohol and Asian people (this topic will only be discussed when some members are of Asian origin)
- attitudes and risk taking
- process of change
- identify: new skills; decision making; assertiveness; boundary setting; options
- will you pass the test today?
- alcohol and other drugs: prescribed, non-prescribed and illicit
- local services for those seeking help with alcohol problems
- information and process of medical test undertaken by HRO drivers
- quiz to ascertain knowledge gained
- final open questions
- internal evaluation
- issue of certificate of completion

Drivewise (Keston) Ltd

106B Wickham Road
Beckenham
Kent BR3 6QH

Tel: 020 8650 6306
Fax: 020 8650 4214

Email: admin@drivewisekeston.co.uk
Website: www.drivewisekeston.co.uk

Contact name: Chrissie Lodder

Details of course

Maximum number of course places: 15

Timing of course sessions: weekday evenings, Saturdays, Sundays

Total length of course (in hours): 18

Number of sessions: 4 or 6

Payment methods accepted: cheque, debit/credit cards, postal order

Fee: £150.00

Areas covered

Greater London: Beckenham, Orpington, Croydon, Bexley,
Kingston Upon Thames

Surrey: Redhill, Guildford

Sussex: Worthing, Chichester, Crawley

Norfolk: Norwich, Kings Lynn

Suffolk: Ipswich, Bury St Edmunds, Lowestoft

Course description

Drivewise deliver an educational course taking into account differing learning styles. The company adopts a friendly and non-judgemental approach. As well as some direct trainer presentations, we use interesting small group exercises, quizzes (for prizes!) discussion groups and video extracts. Humour is a vital ingredient in our delivery to ensure attention and involvement. The course covers the properties of alcohol and the way it affects people differently. The emphasis throughout is on sensible drinking. We cover driving skill and police powers in relation to drinking and driving offending. Offences committed by the group are explored in detail, and consideration given to the extended effects on family, work and society. Our pleasant venues are convenient for public transport.

Drivewise (Keston) Ltd is a not-for-profit company limited by guarantee

The Glasgow drink drive offenders programme

Charing Cross Programmes
PO Box 29421
Glasgow
G67 9AB

Telephone/Text: 07956 133 998

Email: info@rhodes61.fsnet.co.uk

Website: www.gddop.co.uk

Contact name: Stephen A Rhodes

Details of course

Maximum number of places per courses: 15

Timing of course sessions: Saturdays 10.30 am to 3.00 pm

Total length of course (in hours): 16 (excluding breaks)

Average number of sessions: 4

Payment methods accepted: cash, cheque and postal order, a payment/instalment plan is offered

Fee (concessions): £150.00 (£100.00)

Areas covered

Glasgow city

South Lanarkshire: Hamilton

West Dumbartonshire: Dumbarton

Inverclyde: Greenock

Renfrewshire: Paisley, Falkirk

Stirling

North Lanarkshire: Airdrie

Course description

The Glasgow drink drive offender programme has three main themes: raising awareness of the effects of alcohol; raising awareness of the effects and

potential consequences of alcohol on driving performance; and raising awareness of the likelihood and consequence of re-offending.

Offenders must be referred to the programme by a sheriff or magistrate and must achieve 16 hours attendance over a four session period.

From 2010, the Glasgow drink drive offender programme will be held in Glasgow in February and August and in Hamilton in May and November.

The topics discussed at the facilitated groups are:

- . introduction and assessment
- . TRL quiz
- . alcohol the substance
- . alcohol and driving
- . why am I here? (motivation)
- . individual drinks diary
- . the offence
- . road accidents and fatalities
- . attitudes to drink driving
- . drink drive video and discussion
- . alcohol screening / brief intervention
- . drinking quiz
- . the consequences of being a convicted drink driver
- . victims of drink driving
- . drink drive deterrent options
- . avoiding drink driving
- . re-offending
- . course completion / insurance / reapplying for licence/ high risk offenders
- . programme review

Each of these groups has a script for the facilitator which notes the group format and technique. Each group is on PowerPoint and has PowerPoint generated handouts and worksheets.

Gloucestershire County Council

Road Safety Partnership Gloucestershire
Shire Hall
Westgate Street
Gloucester
GL1 2TH

Tel: 01452 425 557

Fax: 01452 425 640

Email: garry.handley@gloucestershire.gov.uk

Website: www.gloucestershire.org.uk

Contact name: Garry Handley

Details of course

Maximum number of places per course: 15

Timing of course sessions: weekdays, evenings, Saturdays

Total length of course (in hours): 20

Average number of sessions: 8

Payment methods accepted: cash, cheque, debit/credit cards, postal order, payment/instalment plan offered

Fee: £200.00

Areas covered

Gloucestershire: Cirencester, Gloucester

Details of course content

The course is a varied blend of educational and analytical techniques designed to increase knowledge and understanding of alcohol, driving issues and human behaviour that leads to offending.

It seeks to challenge attitudes and beliefs through the use of cognitive exercises, improved self-awareness and enhanced knowledge.

On completion of the course each candidate will be able to demonstrate a greater knowledge and awareness of the issues surrounding alcohol and driving and thereby avoid re-offending.

Gloucestershire Constabulary and the health authority support the scheme by providing specialist speakers on each course.

Its aims are to:

- promote appropriate attitudes and behaviour towards drinking and driving through discussion and demonstration
- develop a greater understanding of alcohol and its impact on the driving ability
- create a greater understanding of the health issues surrounding alcohol use and misuse
- create a greater awareness of the consequences of being involved in a road accident and the legal issues surrounding alcohol and its misuse
- encourage participants to view the behaviour of themselves and others with greater objectivity
- facilitate the information and tuition necessary to achieve the overall course objective
- bring about a sustained change in the views, behaviour and motivation of participants

HAPAS – Education and Training

30 High Street
Welwyn
Hertfordshire AL6 9EQ

Tel: 01438 718 374

Fax: 01438 841 242

Email: courseprovision.hapas@btconnect.com

Website: www.hapas.org

Contact: Helen Cooper

Details of course

Maximum number of places per course: 20

Timing of course sessions: weekdays, evenings, Saturdays, Sundays

Total length of course (in hours): 16 (excluding breaks)

Average number of sessions: 3

Payment methods accepted: cash, cheque, debit/credit cards, postal order, payment/instalment plan offered

Fee (concessions): £200.00 or £175.00 early bird booking (£125.00 on benefits)

Areas covered

Bedfordshire: Bedford, Dunstable, Flitwick, Luton, Sandy

Cambridgeshire: Cambridge, Ely

Hertfordshire: Bishops Stortford, Cheshunt, Hemel Hempstead, Letchworth, London Colney, Royston, St Albans, Harpenden, Stevenage, Potters Bar, Ware, Broxbourne

Course description

Our course is designed to reduce the likelihood of re-offending by, when necessary, challenging attitudes to drinking and driving. Our drinking culture, the concept of units and sensible drinking limits are explored as are tolerance and risks of dependence. Alcohol's effect on performance is stressed. The many problems which arise from unwise drinking are discussed and we focus

particularly on those arising from a conviction for drink-driving (for example, social, financial, job-loss and so on).

The myths of the 'street' are tackled head-on; for example, the belief that it is perfectly safe to drive after two pints.

Each participant is required to examine in detail events immediately before and after arrest and also to do homework exercises, including keeping a drinks diary. Participants are encouraged to set goals for the future.

The course is run by two facilitators with presentations being made by a local magistrate and a member of the traffic police. Presentations are interspersed with questionnaires, videos, role-plays, group work and overheads.

Kent Probation Service

Medway Probation Office
27/35 New Road
Chatham
Kent
ME4 4QQ

Tel: 01634 887 468 (direct dial); 01634 849 284 (switchboard)

Fax: 01634 812 331

Email: catherine.gibson@kent.probation.gsi.gov.uk

Contact name: Catherine Gibson (ext 2265), Dawn Collins (ext 2237)

Details of course

Maximum number of places per course: 18

Timing of course sessions: weekday evenings, Saturday morning/afternoon

Total length of course (in hours): 18

Average number of sessions: 6

Payment methods accepted: cash, cheque, postal order, payment/instalment plan offered

Fee: £160.00

Areas covered

Kent: Ashford, Canterbury, Chatham, Folkestone, Gravesend, Maidstone, Margate, Tonbridge

Course description

The course focus is towards minimising the risk of re-offending and ensuring that each participant is given the information and facts to enable them to make more informed choices regarding their own drinking habits and driving skills.

Based around six sessions spread over six weeks, course tutors are probation staff and guest speakers from the Kent Police crash investigation team.

Courses are aimed at being non-critical and non-judgemental and tutors ensure that groups are run in a relaxed and informal manner, using a variety of teaching styles including discussions, group exercises and brain storming. The emphasis is greatly towards group participation.

All locations are within walking distance from public transport

Lincolnshire Road Safety Partnership

2nd Floor, Witham House
The Pelham Centre
Canwick Road
Lincoln
LN5 8HE

Tel: 01522 805 800 (reception)
Fax: 01522 805 803

Email: jim.overton@lincolnshire.gov.uk
Web site: www.roadlincs.com

Contact names: Jim Overton, Holly Bell

Details of course

Maximum number of places per course: places are available for all those who are referred

Timing of course sessions: daytime, 9.45 am to 4.30 pm

Total length of course (in hours): 16 excluding breaks

Number of sessions: three full days over a three week period

Payment methods accepted: cheque, cash, postal order

Fee: £150.00

Areas covered

Lincolnshire: Lincoln, Skegness, Grantham, Boston

Course description

The rehabilitation course is a basic education course, which seeks to inform participants about the effects of alcohol consumption. A variety of issues are covered including information about alcohol and its effects on the body; the effects of alcohol consumption on performance - particularly driving skills and abilities; offence examination; alternatives to drinking and driving; future action; and sources of help.

The course uses a blend of audio-visual aids, group work teaching, role play, group discussion and project work to:

1. increase participants' factual knowledge about the effects of alcohol

2. encourage participants to constructively change their attitude towards the use of alcohol, making a positive change in their drinking patterns and lifestyles
3. sensible drinking levels/alcohol by volume
4. enable participants to recognise the implications of their drinking behaviour for themselves, their families and the community
5. recognise the effect of alcohol on driving skills and abilities
6. drink driving and the law, the 'Intoximeter', penalties, high risk offender
7. ensure participants analyse their drink-driving offence
8. enable participants to desist from drink-driving and re-offending
9. responsible choices, decision-making and consequences
10. overall road safety, with emphasis on drink driving related collision statistics
11. facts and information on becoming a legal road user with insurance details
12. how to re-apply for a licence
13. future sources of help

London Probation Trust

191A Askew Road
London
W12 9AX

Telephone: 08453 707 808
Fax: 02087 432 038
Email: sean.king@london.probation.gsi.gov.uk or
valerie.ingram@london.probation.gsi.gov.uk

Contact names: Sean King (telephone 0208 811 2034); Valerie Ingram (telephone 0208 811 2035)

Details of course

Maximum number of course places: 20

Timing of course sessions: evenings, weekdays, evenings, Saturdays and Sundays

Length of courses (in hours): 16 (excluding breaks)

Number of sessions: 3, 4 or 8

Payment methods accepted: credit/debit card, cash, cheque, postal order, payment/instalment plan offered

Fee (concessions): £200.00 (£120.00)

Areas covered

London North: Camden, Islington, Haringey, Enfield, Barnet, Brent, Harrow, Hillingdon

London East: City of London, Hackney, Tower Hamlets, Newham, Waltham Forest, Redbridge, Barking and Dagenham, Havering, Ilford

London South: Lewisham, Southwark, Lewisham, Greenwich, Bexley, Bromley, Croydon

London West: Westminster, Kensington and Chelsea, Hammersmith and Fulham, Wandsworth, Merton, Sutton, Ealing, Hounslow, Richmond upon Thames, Kingston upon Thames

Course description

The National Probation Service has developed an interactive group work programme using a cognitive behavioural and educative approach. Evidence suggests that this methodology is effective in changing attitudes and behaviour, when applied to drink drivers. Participants are required to think about the decision making process, the available choices and the consequences of past actions which led to conviction. They thus learn to make responsible decisions, hence reducing risk-taking behaviour and the potential for re-offending.

Course sessions are designed to improve the participant's knowledge of alcohol, the effects of alcohol on driving, how the body reacts to alcohol, including the results of the latest research on the absorption and elimination of alcohol from the body.

One or two experienced probation staff co-lead each course. Quality standards are high to ensure effective delivery of the programme. Sessions are interactive and intended to create an environment within which participants can discuss all aspects of their conviction, including victim awareness, risk of re-offending and relapse prevention. Materials include the use of personal drink diaries, unit calculators, medical facts, DVD's, and alcohol quiz - to increase the participant's awareness of their own drinking habits and attitudes to road safety.

Northamptonshire Drink Drive Rehabilitation Course

Road Safety (Sustainable Transport)
Northamptonshire County Council
Riverside House
Riverside Way
Bedford Road
Northampton
NN1 5NX

Tel: 01604 654 428

Fax: 01604 654 433

Email: aquest@northamptonshire.gov.uk

Contact names: Anna Guest

Details of course

Number of course places: 14 per course

Length of courses: 16 hours (excluding breaks)

Timing of course sessions: 2 whole days plus 2 weekday evenings

Fee (payment details): £190.00 (a place can be secured with a £35.00 deposit and payment may be made by instalments)

Areas covered - Northamptonshire

Details of course content

- attitudes in society towards drink-driving
- examining the consequences of an offence
- why people drink alcohol
- units and sensible drinking
- drink diary
- effects of alcohol on the body and brain
- drink-driving and the law
- effects of alcohol on driving
- causes of road crashes
- experience of police officer of drink-drive related collisions
- role of alcohol in society
- how alcohol is marketed/promoted
- storyboard of offences
- attitudes to driving and what makes a good driver
- pressures to drink
- coping strategies
- process to get licence back
- alcohol knowledge/attitude survey
- debrief
- homework

Neca training ltd

Derwent Point
Clasper Way
Swalwell
Newcastle upon Tyne
NE16 3BE

Tel: 0191 414 6446
Fax: 0191 414 8124

General enquiries email: courses@neca.co.uk or telephone either Rachael White or Ian Cockings at the number shown above.

Web site: www.neca.co.uk

Details of course

Maximum number of places per course: 15

Timing of course sessions: weekdays, evenings and weekends

Total length of course (in hours): minimum 16 hours teaching time

Number of sessions: 3

Payment methods include: credit/debit card, cheque, postal order

Fee: £195.00 employed, £150.00 concession

Areas covered

Northumberland: Alnwick, Ashington, Hexham;

Tyne & Wear: Gateshead, Sunderland, South Shields, Wallsend, Swalwell (near Metro Centre), Newcastle;

County Durham: Durham City Centre, Consett, Seaham

Course description

Delegates undertake exercises and written tasks looking at attitudes and values, awareness raising and discussion, in a non-threatening and supportive environment. The course is designed to enable them to instigate and maintain change where necessary and to support one another through the initial stages of the process.

A broad range of learning methods is employed to maintain interest and motivation throughout the course. These include interactive DVD sessions,

quizzes, card games and extended exercises which are designed to enable participants to identify opportunities for change.

Whilst the emphasis is on the link between alcohol and road safety, the course includes medical, psychological and police input – using small groups and sessions with a variety of mediums, for example, case studies, group exercises, video/DVD material and discussions around the subject area.

The majority of courses are provided within town centre locations convenient for public transport. Payment can be made in a variety of ways, which include credit/debit card. Further information can be supplied by telephone.

NECA is a not for profit organization limited by guarantee. IIP training provider.

Ogwr DASH

74 Nolton Street
Bridgend
Mid Glamorgan
CF31 3BP

Tel: 01656 650 686
Fax: 01656 653 319
Email: info@ogwrdash.org.uk

Contact names: Ms Chris MacDonald (manager) and Ms Sally Hawkins (administrator)

Details of course

Maximum number of places per course: 15

Timing of course sessions: weekdays, Saturdays

Total length of course (in hours): 16.5 (excluding breaks) plus homework

Average number of sessions: 3

Payment methods accepted: cash, cheque, debit/credit cards, postal order, payment / instalment plan offered

Fee: £190.00 (weekday)

£240.00 (Saturdays)

£90.00 (concessions for students and state benefit income only)

A £15 concession is given if payment is made within the first three months

Areas covered

Mid Glamorgan: Bridgend, Pontypridd, Caerphilly, Hirwaun, Merthyr Tydfil, Aberdare available for a minimum of 7 attendees

South Glamorgan: Cardiff, Barry, Fairwater

Gwent: Blackwood, Ebbw Vale, Chepstow, Newport, Cwmbran

Course description

The course is a modular (that is, block building) course where the learning and skill development progresses evenly. For this reason, students who miss a session cannot progress to the next session of the course until the missed session has been completed. They have to complete all of the sessions in the right order. The course uses direct teaching; group discussions; exercises; quizzes; games; video; artwork; revision sessions and homework tasks to complete the syllabus.

The syllabus contains input on:

- health and safety
- rules for the course
- how to pass the course
- getting to know other students; you and your offence
- are you a criminal?
- what do you know about alcohol?
- health facts
- units and calculations
- your favourite drink
- drinking diaries
- drink-driving and the law
- how dependency develops
- graphs and traffic lights (warning signs)
- scrapbook projects
- driving whilst disqualified
- your drinking history
- your driving history
- targets and habits
- tips and alternatives
- making changes
- alcohol strength
- the perfect driver
- insurance
- tolerance check
- victims of drink-driving
- measuring progress
- poems and posters
- campaigns and strategies
- looking at your offence again
- tombstones and graveyards
- maintaining progress
- getting your licence back, what to do and when
- do you want more help or support?

PRISM / Clearway

Forestry House
Brewery Road
CARMARTHEN
SA31 1TF

Tel: 01267 234 244
Fax: 01267 223 593
Email: enquiry@prism-clearway.org.uk
Website: www.prism-online.info

Contact name: Helen Collins

Details of course

Maximum number of places per course: 15 (1 trainer) or 20 (2 trainers)

Timing of course sessions: weekdays, evenings, Saturdays

Total length of course (in hours): 18.5

Average number of sessions: 4 (3 days or 5 evenings)

Payment methods accepted: cash, cheque, debit/credit cards, postal order.
Payment/instalment plan offered at no extra cost.

Fee (concessions): £175.00 (£125.00); £200.00 for Saturday courses

Areas covered

Carmarthenshire: Carmarthen, Llanelli

Ceredigion: Aberystwyth

Neath

Pembrokeshire: Haverfordwest

Swansea: Swansea City Centre, Pontardawe

Course description

The course addresses four identified factors in drink drive offending, which are: lack of knowledge, poor planning, risky attitudes and losing control of emotions.

Day 1 explores information about alcohol and its effects. Using group work and brainstorming sessions, myths are explored and facts are established. Attitudes towards binge and heavy drinking are challenged and drink diaries are introduced. Concepts of units and simple physiological information are used to introduce elimination rates. The effect alcohol has on

behaviour is discussed and the Process of Change Model is used to reinforce the need for change to reduce re-offending.

Day 2 starts with an offence analysis of each participant, and identifies the contributing factors in each offence. Good driving skills are identified and the effect alcohol has on these skills are established. Materials such as 'beer goggles' are used. Group discussions about the drink driving laws in the UK and Europe take place to challenge risk taking attitudes and to reinforce the implications drink driving has on the individual their friends and families and the community. A risk assessment sheet is completed by each participant and plans to reduce risk are drawn up including plan B. Emotions are identified and examined and their effect on behaviour with and without alcohol is noted using small group work.

Day 3 The final session is a storybook exercise which aims to draw on the shared experiences of the group. The conclusions to the course are discussed. Information about return of licence; the HRO scheme; Rehabilitation of Offenders Act; endorsements; and further sources of help is distributed in an end of course booklet and discussed. Evaluation forms are distributed. Most exercises are based on small group discussion with feedback to the main group. Scenarios, brainstorm sessions and occasionally storyboarding are also used. Knowledge checks are used at the beginning and end of the course to measure effectiveness.

All sessions must be attended sequentially and participation from every attendee in all sessions is required.

The majority of courses are provided at town centre locations convenient for public transport. Payment is accepted in a variety of ways but for more information about our flexible payment plan please call the telephone number shown above. We offer a discounted rate of £125.00 to those in receipt of Income-Based Job Seekers Allowance, Income Support, Pension Credit, Housing Benefit or Council Tax Benefit, and students.

PRISM is a not for profit organisation limited by guarantee and a registered charity (No 1128876).

RCA Trust

Mirren House
Back Sneddon Street
PAISLEY
PA3 2AF

Tel: 0141 887 0880
Fax: 0141 887 8063
Email: gdooley@rcatrust.org.uk

Contact name: Gina Dooley

Details of course

Maximum number of places per course: 12

Timing of course sessions: weekdays, Saturdays, evenings

Total length of course (in hours): 16 minimum (excluding breaks)

Average number of sessions: 4

Payment methods accepted: cash, cheque, debit/credit cards, postal order,
Payment/instalment plan offered

Fee: £150.00

Areas covered

Renfrewshire: Paisley, Linwood, Johnstone, Renfrew, Erskine, Inchinnan, Howwood, Lochwinnoch; Inverclyde, Longbank, Port Glasgow, Greenock, Gourrock, Wemyss Bay

East Renfrewshire: Barrhead, Neilston, Busby, Newton Mearns

North Ayrshire: Largs, Kilbirnie, Ardrossan, Saltcoats, Stevenson

East Ayrshire: Kilmarnock

South Ayrshire: Ayr

Dumbartonshire: Dumbarton, Clydebank

Glasgow

Oban

Course description

RCA Trust offers an integrative drink-drive rehabilitation scheme for clients resident mainly in Renfrewshire, Inverclyde and East Renfrewshire. Clients are assessed by an experienced counsellor before course entry. Where

required, the client will be offered individual counselling to deal with specific problems. This may be offered after assessment but is also available at any point during the course.

The rehabilitation course comprises 4 x 4 hour sessions and is rooted in cognitive-behavioural methods. It covers knowledge of alcohol and its effects, particularly on performance; high risk situations for drinking and driving and how to avoid them; the concept of safe limits and its application to driving and the law and drinking and driving. Offenders' examination of their own behaviour and in relation to driving is an integral part of the course. External speakers from Strathclyde Police and Strathclyde Fire Brigade also contribute to the course.

The course is highly participative and uses a variety of methods to engage participants who are also given homework between sessions.

Reform Road Safety and Education

(A not for profit company)

PO Box 609
Sheffield
S6 2XT

Tel: 0114 281 1229

Fax: 0114 249 0044

Email: reformoffice@btinternet.com

Website: www.drink-drive.org

Contact names: Dr Steve Ford / Andrew Buckley

Details of course

Number of course places: usually 15

Length of courses: 18-21 hours

Timing of course sessions: weekdays, evenings, Saturdays and Sundays

Average number of sessions: 3-8

Payment methods accepted: cash, cheque, debit/credit cards, postal order.
Payment / instalment plan offered.

Fee: £150.00 - £250.00 standard fee set according to net income in court.

A reduced fee of £110.00 applies where clients receive state benefits. This reduced rate is not set by the court who apply a fee according to clients' 'normal' income (for example, assuming they were to be in their regular work, if this can be identified).

Office hours

Monday - Friday: 9.00 am - 5.30 pm

Saturdays: 8.30am - 12.15 pm

When all our staff are busy, we ask that a message is left. Answer machines are cleared at least twice daily. However, because of the nature of our business we do not leave messages on answerphones, to protect the confidentiality of clients, unless we are given permission to do so.

Areas covered

County	Location/Town
South Yorkshire	All major towns and centres in the region
East Yorkshire	All major towns and centres in the region
West Yorkshire	All major towns and centres in the region
North Lincolnshire	All major towns and centres in the region

Course description

Aim: to equip every participant with the knowledge, skills and attitudes never to drive after drinking again.

Sessional programme:

we create relaxed environments conducive to learning with 'ice breaking' exercises, including an informal alcohol knowledge quiz. Drinking styles are discussed, addressing health risks and levels of drinking. We turn to tools that underpin the course: understanding of alcohol absorption and expulsion; and the ability to calculate when one is free of alcohol after any situation, using a model to calculate units and alcohol-processing.

We begin to look at individual offences. We discuss physical, psychological and social effects of alcohol. Understanding of alcohol concentration in the blood is developed. 'Good driving' is discussed to appreciate complexity within the driving task, and the effect of alcohol upon it. Case studies of vulnerable situations that lead to offending are explored.

Each individual builds an action plan, facing peer challenging and discusses triggers for offending. The law and offences under the Road Traffic Act are outlined. Other drugs and their effects on driving are explored.

Positive and negative influences are identified; as are charges that are needed to make the action plan successful and adaptable in the face of change. We turn to licence application, and motor insurance. A final alcohol knowledge quiz is completed.

The above is a general outline only. Each course is different and builds upon the experience and input of each member.

TTC 2000

(A not for profit social enterprise)

Hadley Park
Telford
Shropshire
TF1 6QJ

Tel: 0845 270 4380

Fax: 0845 270 4381

Email: train@ttc-uk.com

Web: www.ttc-uk.com

Contact names: Pauline, David, Linda, Lorraine, Eileen, Yvonne, Tony, Ellie, Kerry and Sarah

Details of course

Maximum number of places per course: 15 (average 11)

Timing of course sessions: weekdays, evenings, Saturdays, Sundays

Total length of course (in hours): 18.25

Average number of sessions: 3 or 4

Payment methods accepted: cash, cheque, debit/credit cards, postal order, payment/instalment plan offered at no extra cost

Fee: £155.00

Areas covered

Cheshire:	Chester, Crewe, Macclesfield, Warrington, Congleton, Middlewich, Northwich, Runcorn; Ellesmere Port
Cumbria:	Carlisle, Barrow, Kendal, Penrith, Workington, Whitehaven;
Derbyshire:	Ashbourne, Bakewell, Derby, Chesterfield, Matlock, Heanor;
Greater Manchester:	Altrincham, Ashton-under-Lyne, Bolton, Bury, Manchester, Oldham, Rochdale, Salford, Stockport, Wigan
Herefordshire:	Hereford, Leominster;

Lancashire:	Blackburn, Blackpool, Burnley, Chorley, Lancaster, Ormskirk, Preston, Accrington, Fleetwood, Rawtenstall, Nelson, Skelmersdale
Leicestershire:	Coalville, Hinkley, Leicester, Loughborough, Market Harborough, Melton Mowbray, Oakham
Merseyside:	Liverpool, Bebington, Southport, St Helens
Nottinghamshire:	Nottingham, Mansfield, Worksop, Newark
Shropshire:	Shrewsbury, Telford, Ludlow, Oswestry, Whitchurch
Staffordshire:	Stafford, Burton, Hanley, Lichfield, Tamworth, Leek, Newcastle-under-Lyme, Uttoxeter
Warwickshire:	Leamington, Stratford, Nuneaton, Rugby
West Midlands:	Birmingham, Coventry, Stourbridge, Walsall, Wolverhampton; Solihull, Dudley
Worcestershire:	Worcester, Kidderminster, Redditch, Evesham
Wales (North and Mid):	Colwyn Bay, Rhyl, Holyhead, Mold, Wrexham, Dolgellau, Porthmadog, Bangor, Newtown, Brecon, Llandrindod Wells

Course description:

TTC accreditations - ISO 9001, ISO 27001, ISO 18001, ISO14001 & PASS 99 (certified by BSI). Investors in People, committed to Investors in Excellence and National Training Award

Module 1 - welcome and introductions: background to the course; aims and objectives; alcohol quiz.

Module 2 - alcohol limits and strength; understanding units, includes practical demonstration and teaches the mathematical formula for working out units and covers absorption and elimination rates. We have our own mock drinks made/measures for all our trainers. Units diaries are distributed.

Module 3 - influences to drink

Module 4 - health; short and long term effects of alcohol on health. This includes both group work and practical demonstration.

Module 5 - the law - detailed review of the law relating to the breathalyser. Dispelling myths and enabling understanding of legal requirements.

Module 6 - sentencing; understanding the role of the courts when dealing with offenders, that is, balancing the needs of the community v the rights of the individual. We utilise scenarios to demonstrate risk assessments and highlight the HRO scheme.

Module 7 - responsible driving; includes use of highway code; hazard awareness and includes several short video clips produced by the THINK campaign, covering rear seatbelts, observation, speed and fatigue. We also include an attitude test.

Module 8 - consequences and victims - covering accidents and consequences of drinking and driving. This is a detailed session regarding feelings and attitudes of victims.

Module 9 - strategies for the future and alcohol quiz repeated. 12 myths video.

Module 10 - how to apply for the return of the driving licence; implications for LGV/PSV drivers, explanation of HRO scheme. Use of TTC completion guide. Course evaluation and disclaimers.

Equal opportunities are important, hence maximum flexibility of courses, reduced fees and easily accessible town centre locations. All courses are run by professionally qualified trainers/group workers, utilising the experience of Police, Probation and magistrates.

Aims:

TTC 2000 aims to increase driver knowledge and improve attitudes through driver education, reducing reconviction rates and contributing to improved community safety.

Turning Point

20 Upton Road
Watford
Herts WD18 0JP

Tel: 01923 225 600
Fax: 01923 224 747
Email: gillian.phillips@turning-point.co.uk
Website: www.turning-point.co.uk

Contact name: Gill Phillips

Details of course

Number of course places: 15

Timing of course sessions: weekdays, evenings and weekends

Total length of courses (in hours): 16 (excluding breaks)

Average number of sessions: 3 (day sessions) or 5 (evening sessions)

Payment methods accepted: cheque, postal orders, cash, debit/credit cards - instalment plan available

Fee: £200.00 full, £125.00 reduced

A discount of £25.00 is available if courses are booked and paid for in full within six weeks of the date of Turning Point's initial letter.

Areas covered

Buckinghamshire: Aylesbury, Milton Keynes

Greater London: Barnet/Hendon (courses take place in Finchley)

Hertfordshire: Hemel Hempstead, Watford

Middlesex: Harrow

Details of course content

The course aims to assist participants to avoid re-offending and teach about alcohol units, the effects of alcohol consumption and its effects on the body and behaviour. Also to analyse drink-driving offences; consider triggers and danger points; consider personal future action and look at alternatives to drinking and driving; and provide details of local support agencies for reference.

Courses are relaxed, open and non-judgemental. Courses include short lectures, videos, group discussions, role-plays and assessment of personal drinking habits. Presentation by policemen and magistrates, when possible, will be included. Participants will be expected to keep drink-diaries, and to do some additional work between sessions.

All courses take place within easy reach of public transport

Turning Point is a registered charity, number 234887, a registered social landlord and a company limited by guarantee number 793558 (England and Wales).

VMCL (England)

3 Hopewell House
Whitehill Industrial Park
Wootton Bassett
Swindon
SN4 7DB

Tel: 0845 270 3737
Fax: 0845 274 0404

E-mail: mail@vmcl.com
Website: www.vmcl.com

Contact names: Vernon Manfield or Janet Harry

Details of course

Maximum number of places per course: 20

Timing of course sessions: weekdays, evenings, Saturdays

Total length of course (in hours): 18

Average number of sessions: 3

Payment methods accepted: cash, cheque, debit/credit cards, postal order,
instalment plan available

Fee: £170.00 if course booked within two months of court date
£190.00 if booked after two months to reflect increased administration
costs

A concession rate is available for those on low income, based on the ability to
pay

Areas covered

Courses are delivered at the following locations:

Avon:	Bath, Bristol, Weston super Mare, Yate
Berkshire:	Reading
Buckinghamshire:	High Wycombe, Milton Keynes
Cambridgeshire:	Cambridge, Huntingdon, Peterborough
Cornwall:	Bodmin, Bude, Liskeard, Penzance, Redruth, Truro
Devon:	Exeter, Plymouth, Torquay
Dorset:	Blandford, Bournemouth, Bridport, Dorchester, Weymouth, Poole
Essex:	Basildon, Braintree, Chelmsford, Colchester, Grays, Harlow, Romford, Southend

Gloucestershire:	Cheltenham, Cirencester, Gloucester
Hampshire:	Basingstoke, Farnborough, Isle of Wight, Petersfield, Portsmouth, Ringwood, Southampton, Winchester
Kent:	Tunbridge Wells
London(Inner and Outer):	Bromley, Croydon, Ealing, Enfield, Forest Gate, Greenwich, Hampstead, Staines, Uxbridge, Wimbledon
Norfolk:	Norwich
Oxfordshire:	Oxford
Somerset:	Taunton, Yeovil
Suffolk:	Bury St Edmunds, Ipswich, Lowestoft, Sudbury
Surrey:	Epsom, Guildford
Sussex (East):	Bexhill, Brighton, Eastbourne, Hastings
Wiltshire:	Chippenham, Devizes, Salisbury, Swindon, Trowbridge

Course description

Compiled with the assistance of doctors, experienced alcohol workers and road safety experts, the presentation and delivery of our course has been agreed with senior college lecturers who have many years of experience of constructing adult education courses.

All aspects of our training are covered by our BS EN ISO 9001 accreditation. Tutor recruitment and the ongoing monitoring of their performance, venue selection, course update procedures and our administration processes are subject to regular scrutiny by a qualified, independent body.

Course participants examine alcohol in detail, including the social and physical problems associated with alcohol abuse. We place particular emphasis on the many skills required by a good driver, including good judgement, reflexes, vision etc, and examine how alcohol affects each of these.

Throughout the course, various exercises encourage the examination and discussion of personal drinking habits in relation to driving offences, the aim being to promote a constructive change in attitudes towards alcohol consumption and the responsibilities of driving.

A computer-based calculator is available free of charge for court officials, to assist with the identification of course completion dates and so on. Data can be printed in advance of the day's proceedings and attached to the court list. Call for details.

VMCL (Scotland)

1-3 St Colme Street
Edinburgh
EH3 6AA

Tel: 0131 220 8219
Fax: 0131 220 8319

E-mail: mail@vmcl.com
Website: www.vmcl.com

Contact names: Vernon Manfield or Janet Harry

Details of course

Maximum number of places per course: 20

Timing of course sessions: weekdays, Saturdays, evenings in cities only

Total length of course (in hours): 18

Average number of sessions: 3

Payment methods accepted: cash, cheque, debit/credit cards, postal order,
instalment plan available

Fee: £170.00 if course booked within two months of court date
£190 if booked after two months to reflect increased administration
costs.

A concession rate is available for those on low income, based on the ability to pay.

Areas covered

Courses are delivered at the following locations:

Aberdeenshire:	Aberdeen
Dumfries and Galloway:	Dumfries
Dundee	
East Ayrshire:	Kilmarnock
Edinburgh	
Fife:	Dunfermline
Glasgow	
Highland:	Inverness, Portree
Orkney:	Kirkwall
Perth and Kinross:	Perth
Scottish Borders:	Galashiels
Shetland:	Lerwick
Stirling	
West Lothian:	Linlithgow

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