



A Meeting of the Forum will be held via MS Teams
on

Wednesday 2 September 2026 at 16.00hrs

AGENDA

1. Apologies for absence
2. Declarations of Interest – Members should declare any interests they have in any business on the agenda, or any conflicts of interests arising, and decide if they should withdraw from dealing with any item of business
3. Order of Business
4. Confirm Draft Minutes of Licensing Forum Meeting held on 3 June 2026 (herewith)
5. Minutes of Licensing Board – For Information Only
 - a) [1 May 2026](#)
 - b) [12 June 2026](#)
6. Updates:
 - a) Chair Update
 - b) Police Update
 - c) Other Updates
7. Workplan Updates and Current Workplan (herewith)
8. Alcohol Focus Scotland
 - a) E-Focus May 2026 (herewith)
 - b) E-Focus June 2026 (herewith)
 - c) E-Focus July 2026 (herewith)
9. Licensing Policy Q&A – LSO
10. Membership and Recruitment

NEXT MEETING – 2 December 2026

FORUM OBJECTIVES

- (a) **To keep under review the operation of the 2005 Act in West Lothian and in particular, the exercise by the West Lothian Licensing Board of its functions under the Act.**

(b) To give such advice and to make such recommendations to the Board in relation to those matters as the Forum considers appropriate.

For further information contact Anastasia Dragona at

committeeservices@westlothian.gov.uk

MINUTE of MEETING of WEST LOTHIAN LOCAL LICENSING FORUM held within MS TEAMS VIRTUAL MEETING ROOM, on WEDNESDAY 3 JUNE 2026

Present and Apologies

First Name	Surname	Category	
Helen	Davis	WL Youth Action Project	Absent
Laura	Dougall	NHS Public Health	Present
Mike	Duncan	WL CHCP	Present
Douglas	Frood	LSO	Present
Nicola	Hughes	Housing	Absent
Lisa	Moore	Education	Apologies
Donna	Pearey	Police Scotland	Present
Arun	Randev	Trade	Present
Donald	Stavert	Local Resident	Present
Mark	Vance	Social Work/Health	Apologies

Anastasia	Dragona	Clerk	Present
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1 DECLARATIONS OF INTEREST

There were no declarations of interest made.

2 ELECTION OF CHAIR AND VICE CHAIR

Arun Randev was elected as Chair for the calendar year.

3 LICENSING FORUM MINUTES

The Forum approved the minutes of its meetings held on 4 March 2026.

4 MINUTES OF LICENSING BOARD

The Forum noted the Licensing Board minutes of 13 February 2026, 13 March 2026 and 10 April 2026.

5 UPDATES

Police update – Officers were busy with the upcoming local Gala Days, Commonwealth Games, World Cup and other events and faced resource challenges as a result. Routine alcohol-related incidents were also dealt with, and alcohol thefts remained high.

LSO Update – The Licensing Board had made the decision to ask premises to apply for individual licences for the World Cup period under Section 68 of the Licensing Act; licenses cost £10 and were valid for 14 days, and would

include a suite of conditions that would apply for the period of extended hours applied for and applications could also be made for conditions to be disappplied or could be withdrawn. There would be informal feedback to the Licensing Board following the World Cup events.

Decision

To note the updates.

6 WORKPLAN UPDATES AND CURRENT WORKPLAN

It was noted that the Chair had asked for six-monthly meetings between the Forum and the Licensing Board. Members were also reminded that the joint meetings were a statutory requirement.

Members were also advised that the government granted individual Licensing Boards powers to make their own decisions with minimal guidance.

Decision

It was agreed that an NHS Lothian report showing national data on licensing across Scotland would be circulated to members when ready.

7 ALCOHOL FOCUS SCOTLAND

The forum noted the E-focus newsletters dated February 2026, March 2026 and April 2026 and brief discussion on the increased availability on zero alcohol beer followed.

8 LICENSING POLICY Q&A

Relevant discussion was covered under agenda item 5 (*Updates*).

9 MEMBERSHIP AND RECRUITMENT

Members noted that Jim Carlin had resigned.

Members were asked to continue efforts to recruit members or invite guests to attend Forum meetings as appropriate.

Specifically, it was noted that members of the NHS Lothian Youth Commission could be invited to a future meeting if one of the commercial determinant they chose to focus on was alcohol.

Decision

Members from the NHS Lothian youth commission to be invited as guests to a future meeting, if alcohol is chosen as a commercial determinant.



WEST LOTHIAN LOCAL LICENSING FORUM

WORKPLAN – September 2026

<u>SUBJECT</u>	<u>PERSON RESPONSIBLE</u>	<u>TIMESCALE</u>	<u>PROGRESS TO DATE</u>
Chair's Update	Chair	September 2026	Standing item
Police Scotland Update	Police Scotland	September 2026	Standing item
Other Updates	Members as required	September 2026	Standing Item
Licensing Policy Q&A	LSO	September 2026	Standing item
Formulation of a Workplan	All	September 2026	Ongoing
Membership & Recruitment	All	September 2026	Standing Item
Chair's Update	Chair	December 2026	Standing item
Police Scotland Update	Police Scotland	December 2026	Standing item

Other Updates	Members as required	December 2026	Standing Item
Licensing Policy Q&A	LSO	December 2026	Standing item
Formulation of a Workplan	All	December 2026	Ongoing
Membership & Recruitment	All	December 2026	Standing Item
Timetable of Meetings 2027	All	December 2026	Annually in December

Dragona, Anastasia

From: Alcohol Focus Scotland <enquiries@alcohol-focus-scotland.org.uk>
Sent: 28 May 2026 12:30
To: Dragona, Anastasia
Subject: Alcohol Focus Scotland latest - May 2026



CAUTION : This email originated from outside of West Lothian Council. Please take care before taking any action based on this email. If you have any doubts, please log a call via the IT Self Service Portal .



May 2026



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 - SHAAP launches new collaborative project on women and alcohol
 - Institute for Alcohol Studies publishes new strategy
 - National directory for drug and alcohol services relaunched
 - World Cup alcohol marketing campaign raises concerns about youth exposure
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- New guide highlights the importance of language in tackling stigma
- IAS Blog: New study suggests alcohol causes more cancers than previously estimated
- New Canadian guideline calls for routine alcohol screening in healthcare
- IAS Small Grants Scheme
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- FASD Hub Upcoming Events
- Alcohol Change UK: Food and Belonging
- Alcohol Research 2026: New Thinking New Directions
- Support our Work



ONS Alcohol Death Stats Published

The Office for National Statistics (ONS) has published their **latest figures** for alcohol specific deaths in the UK. Overall, in 2024, there were 9,809 deaths

from alcohol specific causes in the UK, a rate of 14.8 per 100,000 people. This represents a small decrease on the previous year (10,473) and also a reduction in the rate of deaths, previously at 15.9 per 100,000.

In Scotland alone, there were 1,185 alcohol-specific deaths, a modest reduction of 92 on the previous year. However, alcohol deaths in Scotland remain high, at more than double the level of 30 years ago.

Northern Ireland (21.4 per 100,000) and the North-East of England (21.1 per 100,000) now have the highest alcohol death rates in the UK. Attempts to introduce minimum unit pricing in Northern Ireland recently ran out of Parliamentary time, whilst England continues to have no plans to introduce MUP. Scotland still has one of the highest rates in the UK (20.9 per 100,000 people) but the gap with England has been narrowing as the increase in deaths since the pandemic has been steeper in England than Scotland; likely due to the protective effect of minimum unit pricing in Scotland.

Carolyn Lochhead, CEO of Alcohol Focus Scotland said:

“It’s good news that today’s figures show a year-on-year reduction in deaths caused by alcohol in Scotland. But alcohol is still responsible for more deaths here than in England and Wales. Each of these numbers represent real people – someone’s parent, sibling, or friend – who lost their lives too early. While Scotland was once a world leader in tackling the harm caused by alcohol, in recent years we have fallen woefully behind.

“The new Scottish Government must take decisive action and follow through on previous commitments to address the relentless marketing of alcohol, as well expand lifesaving liver screening and invest in alcohol treatment. Unless we get serious about tackling alcohol harm, we will continue to see increasing deaths, ill-health and costs to the economy”.



In Focus: New AFS CEO Blog

In the first of a new series of monthly CEO blogs, Carolyn Lochhead, chief executive of Alcohol Focus Scotland, shares her thoughts post-election on Alcohol Focus Scotland's hopes for the new Parliament.

For Scotland's 129 MSPs, last week was likely an unforgettable week. After a long, hard campaign, they have been sworn into Parliament to represent their constituents. Half are brand new parliamentarians, and taking their seats for the first time will be a magical moment. MSPs will be returning to parliament with their constituents in mind - thinking about the people they met, the stories they heard, and how they can use their elected roles to change their lives for the better.

But for at least fifty families in Scotland, this week will be unforgettable for all the wrong reasons. Because alcohol kills at least that number of people in Scotland every week. That includes those who lose their lives to liver disease, but also cancer, stroke, suicides and accidents. Every alcohol related death is preventable and leaves an unfillable gap in a family.

Figures released this week showed that while alcohol related deaths are decreasing – extremely welcome news - Scotland still recorded higher rates of deaths than our neighbours in England and Wales, and significantly more than pre-pandemic levels. Here, alcohol- related deaths are still double what they were 30

years ago. So we need urgent action.

 [Read the blog in full](#)



SHAAP launches new collaborative project on women and alcohol

SHAAP has launched a new collaborative project, Women and Alcohol, aimed at improving understanding of the distinct ways alcohol affects women and strengthening the evidence base for gender-responsive alcohol policy. The initiative is being developed in partnership with Alcohol Focus Scotland, the Institute of Alcohol Studies, women's health organisations and researchers, bringing together evidence and lived experience to explore how alcohol harms impact women's health and lives.

The project highlights that alcohol harms affecting women have often been under-researched, under-recognised and under-served by policy. While women experience alcohol-related harm differently from men, both biologically and socially, research, services and policy have historically been shaped around male patterns of drinking and harm. Areas identified for greater attention include breast cancer, perimenopause, pregnancy, postnatal mental health and domestic abuse.

The work will also examine wider social and structural factors, including gendered alcohol marketing, stigma, alcohol products targeted at women, and the availability of women-specific treatment and support services. By taking a broad approach, the project aims to build a more complete picture of how alcohol affects women across different stages of life and in different social contexts.

As part of this work, partners plan to convene a deliberative event around International Women's Day to bring together stakeholders and develop

recommendations for future research, policy and practice.

To launch the project, in a new blog for SHAAP, Professor Carol Emslie highlights the growing mismatch between increasingly sophisticated alcohol marketing aimed at women and alcohol policies that often fail to consider gender. Drawing on evidence from the World Health Organization, the blog argues that while men and women experience alcohol use and alcohol-related harm differently, policy responses have not always reflected these differences.

 [Read the blog in full](#)



Institute for Alcohol Studies publishes new strategy

The Institute of Alcohol Studies (IAS) has published its new strategy for 2026–2029, outlining a long-term vision to reduce alcohol harm and improve health across the UK. The strategy is built around a series of ambitious targets, including halving the prevalence of risky drinking, reversing the rise in alcohol-specific deaths, and significantly increasing access to specialist alcohol treatment.

The strategy argues that alcohol harm remains a major and growing public health challenge, with impacts felt across healthcare, social services, the criminal justice system and the wider economy. It highlights the disproportionate burden

experienced by people living in deprived communities and emphasises the need for sustained, evidence-based action following more than a decade without a national alcohol strategy for England.

To support these goals, IAS calls for a package of population-level measures, including minimum unit pricing, restrictions on alcohol marketing, improved product labelling, lower drink-driving limits, and increased investment in prevention and treatment services. The strategy also advocates for greater local powers to regulate alcohol availability and for clearer safeguards around government engagement with the alcohol industry.

Overall, the strategy presents a roadmap for translating evidence into policy action and reducing alcohol-related harm over the coming decade. It reinforces the growing consensus that meaningful progress will require coordinated action across government, health services and communities, supported by strong political leadership and a sustained focus on prevention.

 **Read more**



National directory for drug and alcohol services relaunched

The Scottish Drugs Forum has relaunched the national directory for drug and alcohol services in Scotland. This free and publicly accessible tool helps people find local support quickly and when they need it – whether for themselves or someone they care about.

For services, this is an important opportunity to ensure your organisation's information is accurate and up to date so people can be connected to the right support as quickly as possible.

If your service is listed, please take a moment to review your entry. And if your service isn't listed, contact SDF so they can add it.

 **Visit the directory**



World Cup alcohol marketing campaign raises concerns about youth exposure

A new article from Big Alcohol Exposed – a project of Movendi International - highlights concerns about the scale of alcohol marketing planned around the 2026 FIFA World Cup, arguing that major alcohol companies are using the tournament to drive consumption at a time when younger generations are drinking less than previous cohorts.

The article points to marketing campaigns by global alcohol producers, including sponsorship deals, branded fan zones, athlete endorsements and extensive promotional activity linked to the tournament across North and South America.

The article argues that the World Cup is being positioned as a key commercial opportunity for alcohol companies seeking to reverse declining alcohol consumption among younger adults. It highlights industry reports and investor communications suggesting that major sporting events are increasingly viewed as important drivers of alcohol sales and brand engagement, particularly among younger consumers.

Of particular concern is the potential exposure of children and young people to alcohol marketing. The article notes that previous World Cup tournaments generated billions of alcohol brand impressions globally, including substantial

exposure among under-18s. It also cites evidence linking alcohol marketing in sport with increased alcohol use among young people and the normalisation of drinking within social and family settings.

Scottish Health Action on Alcohol Problems (SHAAP) and Alcohol Focus Scotland have been leading calls for stronger regulation of alcohol marketing in sport in Scotland. As preparations for the 2026 World Cup continue, we need policies that protect children and young people from exposure to alcohol promotion and reduce the influence of marketing on drinking attitudes and behaviours.

Alcohol Focus Scotland has continued to raise the issue of alcohol in sport – including **pushing back strongly** against attempts to bring alcohol back to football terraces.

 [Read more](#)

UPDATE

New guide highlights the importance of language in tackling stigma

The Anti-Stigma Network has published a new **Anti-Stigma Language Guide**, aimed at helping organisations communicate about alcohol and drug use in ways that **reduce stigma and support inclusion**. The guide is designed for a wide range of sectors, recognising that the language used in healthcare, media, workplaces and public services can shape attitudes towards people affected by alcohol and other drug use.

The guide emphasises that language plays an important role in influencing how people are perceived and treated, highlighting the potential harms of terminology that can shame, blame or define individuals by their alcohol or drug use. It advocates for more person-centred language that recognises people as individuals

first, rather than reducing them to labels or stereotypes.

Importantly, the guide stresses that its purpose is not to “police” language, but to encourage reflection on how words can either reinforce or challenge stigma. It acknowledges that language continues to evolve and that discussions about terminology should support, rather than hinder, open conversations about alcohol and drug-related harm.

The guide reinforces the growing recognition that reducing stigma is an important part of improving health outcomes. By promoting respectful and inclusive communication, it aims to help create environments where people feel able to seek support and engage with services without fear of judgement or discrimination.

 **Read more**



IAS Blog: New study suggests alcohol causes more cancers than previously estimated

In a new blog for the Institute of Alcohol Studies, Dr Peter Sarich, Senior Research Fellow at the Cancer Elimination Collaboration at the University of Sydney, discusses new research suggesting that alcohol is responsible for more cancers in Australia than previously thought. Drawing on data from more than 225,000 participants, the study estimated that 7,804 cancer cases in 2024—around 4.6% of all cancers diagnosed—were attributable to alcohol use, exceeding previous estimates.

The research found that alcohol contributed to a range of cancers, including colorectal, breast, upper aerodigestive tract and liver cancers. Risk increased with consumption, with every additional 10 drinks per week associated with a 19%

increase in the risk of an alcohol-related cancer. The study also estimated that if everyone adhered to Australia's low-risk drinking guidelines of no more than 10 standard drinks per week, more than 3,700 alcohol-related cancer cases could be prevented each year.

Dr Sarich notes that awareness of the link between alcohol and cancer remains low, despite alcohol being a known cause of at least seven types of cancer. The findings add to a growing body of evidence highlighting alcohol as an important and modifiable cancer risk factor and underline the potential for population-level measures to reduce alcohol consumption and prevent avoidable cancers.

The blog reinforces the importance of improving public understanding of alcohol-related cancer risks and implementing evidence-based policies that support lower alcohol consumption. As alcohol-related cancers remain largely preventable, the findings highlight a significant opportunity to improve population health through effective prevention strategies.

 [Read the blog](#)

UPDATE

New Canadian guideline calls for routine alcohol screening in healthcare

A new **clinical practice guideline** published in the *Canadian Medical Association Journal* recommends that healthcare professionals routinely ask all adult patients about their alcohol consumption, reflecting growing evidence that alcohol-related health risks occur at lower levels of drinking than previously recognised. The guideline aims to simplify alcohol screening by embedding brief conversations about alcohol into routine healthcare, alongside the provision of information, support and referral where

appropriate.

The recommendations closely mirror the direction set out in the recent **Public Health Scotland ABI review**, which called for a renewed focus on making conversations about alcohol a routine part of health and social care. The review recommended moving beyond a narrow focus on screening targets towards a more flexible, evidence-informed approach that normalises discussions about alcohol across a range of settings, including primary care, pharmacies and dentistry.

Both the Canadian guideline and the Scottish review recognise that alcohol conversations are most effective when they are simple, person-centred and integrated into everyday practice. They also highlight the importance of equipping health and social care professionals with the training, resources and confidence needed to raise the issue of alcohol, while reducing barriers such as limited time and concerns about stigma. In Scotland, the ABI review further emphasised the need to improve public understanding of alcohol-related harm and ensure that conversations about alcohol form part of a wider prevention strategy to reduce health inequalities.

Taken together, these developments point to a growing international consensus that routine conversations about alcohol have an important role to play in prevention and early intervention. By normalising discussions about alcohol and identifying risk earlier, healthcare systems can support healthier choices, reduce alcohol-related harm and improve population health outcomes.



IAS Small Grants Scheme

The Institute of Alcohol Studies (IAS) opened applications for its 2026 Small Grants Scheme in the week commencing 20 April. The scheme provides funding to support research that can contribute to alcohol policy debates,

with awards ranging from £500 to £15,000. Applicants will have eight weeks from the opening date to submit outline proposals.

Proposals will be assessed against a set of key criteria, including their potential to inform alcohol policy, alignment with the IAS long-term vision, the track record of applicants, and the feasibility and value for money of the proposed research.

The scheme is open to applicants based at UK universities, who would normally be expected to hold a PhD or equivalent professional qualification. IAS particularly encourages applications from early career researchers, defined as those within seven years (full-time equivalent) of completing their PhD.

Apply



Money, Power, Health Podcast: Commercial Power, Conflicts of Interest and health policy with Elena Whitham

In a recent episode of the *Money Power Health* podcast, former Scottish Government Minister for Drugs and Alcohol Policy Elena Whitham shares her experiences of developing health policy in areas where public health goals can come into conflict with commercial interests. Drawing on her journey from local government to national politics, she reflects on the challenges of addressing alcohol and drug-related harm in Scotland.

The discussion explores what commercial influence on policymaking can look like in practice, particularly in areas where strong evidence exists for interventions that may affect industry profits. Whitham describes how policymaking often involves

balancing competing interests and highlights the importance of maintaining a focus on reducing harm and improving health outcomes, particularly for communities most affected by inequality.

A key theme of the conversation is the role of evidence, advocacy and collaboration. Whitham highlights the contribution of academics, public health organisations and wider civil society in supporting evidence-informed policymaking and ensuring that the voices of affected communities are heard.

The podcast offers a valuable insight into the realities of health policymaking and the challenges of advancing measures to reduce alcohol-related harm. It reinforces the importance of transparency, independent evidence and sustained engagement across sectors in creating a healthier and more equitable Scotland.

 **Listen to the Podcast**



Alcohol Awareness Week 2026 invites people to reflect on their relationship with alcohol

This year's Alcohol Awareness Week, coordinated by Alcohol Change UK, will take place from 6–12 July 2026 on the theme "Alcohol and me". The

campaign aims to encourage people to consider the role alcohol plays in their lives and explore how it may be affecting their health, wellbeing, relationships and everyday experiences.

The campaign comes against a backdrop of widespread alcohol-related harm and a culture in which alcohol is often presented as a normal part of social occasions and daily life. Through stories, practical tools and advice, Alcohol Awareness Week will encourage people to take a moment to reflect on their drinking, understand their level of risk, and consider whether any changes could benefit their health and wellbeing.

Throughout the week, Alcohol Change UK will share resources to help people learn more about alcohol's impact, including information on cutting down and personal stories of change. The campaign emphasises that there is no one-size-fits-all approach, encouraging open conversations about alcohol and its effects on individuals, families and communities.

Alcohol Awareness Week provides an opportunity to increase understanding of alcohol-related harm and promote healthier choices. By encouraging people to reflect on their relationship with alcohol, the campaign aims to support positive change and contribute to wider efforts to improve public health.

 **Find out more about Alcohol Awareness Week**



End the delivery trap

Alcohol Change UK has launched its “End the Delivery Trap” campaign, highlighting growing concerns about the rapid rise of on-demand alcohol delivery services and the risks they pose to public health. With alcohol now available at the tap of an app and delivered within minutes, the campaign warns that regulation has failed to keep pace with technological change, leaving significant gaps in existing licensing systems.

The campaign sets out how this increased convenience is reshaping drinking behaviours, making it easier for people to continue drinking for longer, order more alcohol in the moment, and access alcohol without robust safeguards such as age or intoxication checks. Around one in five adults are now using rapid delivery services to order alcohol weekly, with higher use among those already at greater risk of harm.

Crucially, the campaign emphasises that this is not about individual responsibility, but about the wider systems that shape behaviour. Rapid delivery services can make it harder for people to cut back and can exacerbate harm for those already struggling, including people in recovery. Evidence also suggests that existing protections are inconsistently applied, with weaknesses in age verification and delivery practices.

Alcohol Change UK is calling for urgent updates to the Licensing Act in England and Wales and stronger safeguards, including robust age and intoxication checks, limits on delivery hours, and options for individuals to block their own access to alcohol delivery. Together, these measures aim to ensure that digital convenience does not come at the cost of increased alcohol harm, and that the systems around us better support healthier choices.

Join the Campaign!



People with alcohol dependence express nuanced views on alcohol pricing policies

A new briefing note from researchers at the University of Stirling and the Sheffield Addictions Research Group explores what people with current or recent experience of alcohol dependence think about alcohol pricing policies, including Scotland's minimum unit pricing (MUP). Based on interviews with 22 people experiencing alcohol dependence and financial hardship, the study found that views on pricing policies were often complex and shaped by personal experiences of addiction and poverty.

Many participants felt that increasing the price of alcohol had limited impact on people with entrenched alcohol dependence, as the cost of alcohol was often not a deciding factor in their drinking. Some described reducing spending on essentials, borrowing money or switching to cheaper products to afford alcohol. However, many also recognised that pricing policies could help prevent harmful drinking in the wider population and reflected that they may have benefited from such measures before becoming dependent themselves.

The research also found support for a range of complementary alcohol policies. Participants highlighted alcohol advertising, home delivery services and the prominent display of alcohol in shops as factors that could trigger cravings and make recovery more difficult. Many also called for greater public awareness of alcohol-related harms and improved access to treatment and recovery services, with some suggesting that revenue generated through alcohol pricing policies should be reinvested into support services.

Overall, the findings suggest that while alcohol pricing policies alone may not address the needs of people with established alcohol dependence, they are viewed as part of a broader package of measures to reduce alcohol-related harm.

The authors argue that pricing policies should be accompanied by investment in treatment and recovery services, alongside stronger action on alcohol marketing, availability and public awareness.

 **Read the briefing**

Evaluation of Alcohol Duty Reforms

The UK Government is evaluating the impacts of the alcohol duty reforms introduced on 1 August 2023, three years on from their implementation.

The reforms moved the alcohol duty system to a strength-based structure and introduced two new targeted reliefs: **Draught Relief (DR)** and **Small Producer Relief (SPR)**.

HMRC subsequently simplified and digitised the administrative processes for domestic production and duty payment, including launching the Manage your Alcohol Duty service in early 2025.

The evaluation will consider how successful these reforms have been in meeting their intended objectives, specifically:

1. Greater consumer choice, particularly of low-strength products.
 2. Reduced alcohol related harm.
 3. Support for on-trade business via DR, which was designed to reduce the tax burden on draught alcoholic products under 8.5% ABV sold in on-trade venues, such as pubs.
 4. Support for small producers via SPR, which extended the duty relief previously only available to small brewers to all small producers of alcoholic
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products under 8.5% ABV and addressed barriers to growth by smoothing the withdrawal of relief as production increases.

5. Reduced administrative burden and a simplified process for users.

[Submit a response](#)



How often we see alcohol in movies: A Systematic review and Meta-analysis

A new systematic review and meta-analysis has found that alcohol is portrayed in the vast majority of movies, highlighting the extent to which audiences are routinely exposed to alcohol imagery on screen. Bringing together evidence from 20 studies, the review found that 84% of films featured alcohol at least once, while almost one in four five-minute movie segments (24%) contained an alcohol reference.

The study also found that alcohol appeared frequently within films, with an average of 21 alcohol-related scenes per movie. Across the films analysed, alcohol was visible on screen for an average of 263 seconds—more than four minutes per film. Most of the studies included in the review were conducted in the United States and examined the presence and frequency of alcohol portrayals through content analysis.

These findings are particularly important given the well-established association between exposure to alcohol imagery and increased alcohol use, particularly among young people. The authors note that media consumption has expanded significantly in recent years through streaming services and digital platforms, potentially increasing exposure to alcohol content.

The review highlights the widespread normalisation of alcohol in popular media and adds to calls for stronger regulation of alcohol portrayals in films. The authors

suggest measures such as incorporating alcohol content into age classification systems and restricting alcohol product placement to help reduce exposure and its potential influence on drinking behaviours.

Read the study

RESEARCH

Study sheds light on how the brain adapts during recovery from alcohol dependence

A new study from researchers at the University of Manchester has explored how the brains of people recovering from alcohol dependence respond to rewards and feedback. Using brain activity recordings (EEG), the researchers compared 20 people who had been abstinent from alcohol for an average of 20 months with a group of people without a history of alcohol dependence.

The study found that people in recovery performed just as well as the comparison group on tasks involving learning and decision-making. However, their brains processed rewards and feedback differently, suggesting that some of the effects of alcohol dependence on the brain can persist even after long periods without drinking.

Importantly, the researchers found signs that these differences may change over time. Some of the altered brain activity was most evident among those in the earlier stages of abstinence, while longer periods without alcohol were associated with patterns that may reflect ongoing recovery and adaptation in the brain. The study also identified potential brain-based markers that could help researchers better understand and monitor recovery in the future.

Overall, the findings suggest that while many cognitive functions can recover following alcohol dependence, underlying changes in how the brain processes

rewards may persist for some time. The authors argue that a better understanding of these changes could support the development of more effective treatments and recovery support in the future.

 **Read the study**

TRAINING

Workbook for staff of licensed premises

The Alcohol Focus Scotland Workbook for Staff of Licensed Premises is an ideal tool for personal licence holders to provide the 2 hours minimum training to all their staff as required by the Licensing (Scotland) Act 2005.

The workbook has been specifically created to be a valuable guide for staff members, providing essential knowledge to enhance their role within the licensing framework.

Buy Now

EVENT

What are the prospects for applying MAT Standards to Alcohol in Scotland?

Online Event

Monday 8th June, 12.45pm – 2pm

The second seminar of the SHAAP 2026 Alcohol Occasionals will be delivered by Dr Ayotunde Isiaka (Alcohol and Drugs Action, University of Aberdeen) and John Mooney (University of Aberdeen, Public Health Scotland).

The seminar will focus on research titled **"The Feasibility and Prospects for Adapting Medication-Assisted Treatment (MAT) Standards for Alcohol in Scotland"** which explored the applicability of MAT standards to alcohol treatment specialist services, using peer-reviewed publications as well as grey literature and direct observation of MAT standards implementation processes.

 **Book your place**

EVENT

FASD Hub Upcoming Events

FASD: Insights & Strategies for Professionals

Online Event

Thursday 18th June, 9.30am – 12.30pm

This course is suitable for professionals working in the Third Sector, education or working with adoptive, fostering or kinship families. It is not suitable for medical/clinical practitioners.

Written and delivered by the FASD Hub Team, this 3 hour course covers topics including:

- Alcohol and its impact on society
- How alcohol affects the developing fetus
- FASD, prevalence and common challenges
- Strategies for working with young people who have FASD
- Signposting to further information

All attendees will receive a digital handbook after the session.

 **Book your place**

FASD: Next Steps for Caregivers

Online Event

Wednesday 24th June, 10am – 2.30pm

This practical training focuses on real-life strategies you can use at home, school, and in daily routines to support children and young people with FASD or prenatal alcohol exposure. It is designed for parents/caregivers who already have a solid understanding of FASD (ideally having attended *What is FASD?* or *FASD Unlocked*).

In this course you will learn practical tools for:

- Using the neurobehavioral approach to reframe thinking
- Identifying your child's stress response triggers
- Supporting emotional regulation
- Facilitating positive transitions
- Talking to your child about FASD
- And more!

 **Book your place**

EVENT

Alcohol Change UK: Food and Belonging

An Alcohol Change UK online learning event

Thursday 2nd July

10.00am to 12.35pm

£70 including VAT and booking fee

Alcohol issues are rarely just about alcohol. Harmful alcohol use often goes hand-

in-hand with social disconnection and disordered eating. People who are alcohol-dependent are often underfed, underweight and undernourished, and this can increase the harm that alcohol causes in their lives.

Supporting people with severe alcohol problems to eat well is one clear route to reducing alcohol harm. Cooking and eating with others boosts physical and mental health and helps build the friendships and community that are the foundations of recovery.

Join Alcohol Change UK on 2 July to find out why food and nutrition should be an integral part of drug and alcohol treatment, and what you can do to make that happen.

 **Book your place**

EVENT

Alcohol Research 2026: New Thinking New Directions

6th-7th October 2026

University of Stirling

Researchers, policymakers, practitioners, and stakeholders are invited to join Alcohol Research 2026: New Thinking, New Directions, a new conference dedicated to advancing innovative, interdisciplinary perspectives on alcohol research, policy, and practice.

Organised by the University of Stirling in collaboration with the New Directions in the Study of Alcohol Group, the conference aims to foster fresh ideas, highlight emerging evidence, and facilitate critical dialogue in addressing complex and evolving challenges in alcohol-related harm, prevention, treatment, and policy. The conference is also supported by the Scottish Alcohol Research Network.

 [Find out more](#)



Support our Work

Do you share our passion for reducing the harm caused by alcohol in Scotland?

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Dragona, Anastasia

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Subject: Alcohol Focus Scotland latest - June 2026



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June 2026



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- Study suggests alcohol may amplify the impact of unhealthy diets on obesity
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- Workbook for staff of licensed premises
- SHAAP Alcohol Occasionals
- ACUK Food and belonging
- Alcohol Research 2026
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One in five alcohol products keep consumers in the dark on health information, new study finds

One in five alcohol products sold in the UK fail to meet minimum voluntary labelling guidelines set by the alcohol industry regulator, the Portman Group, according to **new analysis** of over 530 alcohol product labels – the biggest study of its kind to date.

The research from Alcohol Focus Scotland and the Alcohol Health Alliance UK found that basic nutrition and health information, such as units of alcohol, ingredients, and health and pregnancy warnings, was inconsistent or wholly absent from labels, leaving consumers without important information about what is in their drinks and the associated health risks.

The study found:

- One in four products do not include units per serving, limiting consumer ability to track intake
- 8% of products do not include units per container, a minimum requirement
- Only 6.7% of products include any health warning
- Just 1.3% of products include warnings relating to cancer or liver disease
- Full nutritional information appears on only 13.4% of products.

Meanwhile industry-funded messaging (such as ‘drink responsibly’) appears on nearly 90% of products. Researchers also found that legal and health information was often displayed in very small text or pictograms, with some measuring as little as 2.5mm in diameter.

Public support for clearer labelling is strong, with 74% of Scottish adults backing health warning labels. Currently, alcohol labels are only required to show ABV, volume, and allergens — unlike other food and drink products.

With alcohol linked to more than 200 health conditions, including cancer, campaigners argue that voluntary labelling has failed. Alcohol Focus Scotland and the Alcohol Health Alliance are calling for mandatory UK-wide standards, including health warnings, nutritional information, and clear unit labelling, to help consumers make informed choices.

Carolyn Lochhead, chief executive of Alcohol Focus Scotland, said: “Consumers are being kept in the dark about the potential health harms of alcohol products. It is ludicrous that a pint of milk is required to carry more information than alcohol products.

“With more than 50 people a week dying of preventable alcohol-related causes in

Scotland, this situation cannot continue. Consumers have the right to know what they are drinking so that they can make genuinely informed choices about their health.

“Self-regulation has clearly failed. It’s time for the governments to act and introduce mandatory health warning labels on alcohol products.”

Gillian Brown of Our Circle for Alcohol Free Mums, a coaching programme and online community for mums who want to become and stay alcohol free said: “I feel I have the right to know the correct information about what I am consuming to understand the risks and make informed choices. I make choices about so many other things I eat and drink based on their labels –why should alcohol be any different?

“I am classed as high risk for breast cancer, and I have been receiving screening since my early 30s. Yet I had no idea about the direct links between alcohol and breast cancer.

“The industry asks us to “drink responsibly” but how can we be “responsible” without the full picture?”

 **Read more**





AFS Vacancy: Business Development Manager

£44,290 per annum – 34.5 hours per week.

Flexible and hybrid working.

Alcohol kills fifty people every week in Scotland and drains up to £10 billion from our economy each year.

As Scotland's national alcohol charity, we've been tackling alcohol harm for over half a century. We are now looking for a creative, energetic and experienced Business Development Manager to help us achieve even more. In this newly created role, you'll work directly with the CEO and Board to create and implement an income generation strategy, identifying and pursuing charitable and commercial opportunities for growth. You'll lead our highly capable operations team, and work as part of a supportive Senior Management Team.

This is an exceptional opportunity to help shape the future of a well-established national charity and have a real impact on Scotland's health and wellbeing.



Find out more and apply



In Focus: CEO Blog June 2026

In the second of a new series of CEO blogs, Carolyn Lochhead, chief executive of Alcohol Focus Scotland, reflects on Scotland's football fans abroad and our reputation as big drinkers.

I'm writing this the week after Scotland beat Haiti: and what a week it is. We're at the top of our group, and there's a few days before our next game to enjoy the antics of the Tartan Army as they baffle Boston with their kilts, traffic cones and bagpipes.

It's funny how football, more than any other sport, gets so tied up with how we see ourselves as a nation. I recall a conversation some years ago with an independence-supporting former MSP, who believed firmly that the one change which could tip a majority of people in Scotland into voting Yes was if FIFA ruled that we had to play as part of a UK-wide team.

I don't know if that's true. But the way in which international football brings so many of us together in shared hope, joy and despair does give us a chance to see how we collectively show up as a country. And there's so much to love. Scotland fans are stoic. Good-natured. Adaptable. Goodness knows we've had to be all those things, over the years. We turn up wherever Scotland are playing, ready to have a good time, even when we lose. It's a truly admirable approach.

But as well as our boundless optimism, we're also known as serious boozers.

 [Read the blog](#)



Drugs Uncut Podcast: AFS CEO discusses Scotland's alcohol policy challenges and priorities for change

In a recent episode of the *Drugs Uncut* podcast from the Scottish Drugs Forum, hosts Kirsten Horsburgh and Jason Wallace speak with Alcohol Focus Scotland's chief executive Carolyn Lochhead about Scotland's relationship with alcohol, the challenges facing alcohol policy, and the changes needed to reduce alcohol-related harm. The conversation explores Alcohol Focus Scotland's priorities and the organisation's vision for creating a healthier Scotland.

Throughout the discussion, Carolyn highlights the scale of alcohol harm in Scotland and the need for a stronger focus on prevention. She argues that while Scotland has been a global leader in some areas, including the introduction of minimum unit pricing, progress has stalled in recent years despite alcohol deaths remaining near record levels. Carolyn reflects on the extent to which alcohol has become normalised in Scottish society and discusses the difficulties of advancing evidence-based policies in a context where alcohol is widely available, heavily

marketed and culturally embedded. The podcast also explores broader questions about the integration of alcohol and drugs policy, gaps in current support systems and what meaningful change could look like over the coming years.

 [Listen to the podcast](#)



New podcast explores how healthcare professionals can have better conversations about alcohol

In the latest episode of SHAAP and RCGP Scotland's *Conversations about Alcohol* podcast series, host Dr Rachel Phillips is joined by Katriona Paterson, Clinical Nurse Manager with a special interest in mental health and substance use. The episode focuses on the evidence behind different consultation styles and explores how healthcare professionals can engage patients in meaningful conversations about alcohol.

The discussion examines approaches that move beyond simply advising people to drink less, instead focusing on building trust, understanding individual circumstances and supporting people to reflect on their own alcohol use. Katriona highlights the importance of person-centred, non-judgemental conversations that recognise the complexity of alcohol-related problems and help reduce stigma.

 [Listen to the podcast](#)



New IAS blog explores who is choosing alcohol-free and low-alcohol drinks – and why

In a new blog for the Institute of Alcohol Studies, Lucy Burke examines how people's reasons for drinking alcohol may help explain who is most likely to consume alcohol-free and low-alcohol (NoLo) drinks. Drawing on recent research, the blog explores whether NoLo products are helping people reduce their alcohol consumption and who is most likely to benefit from their growing availability.

The research found that NoLo drinks are more commonly consumed by heavier drinkers and people from more socially advantaged backgrounds. However, drinking motives appear to play an important role. People who drink alcohol to cope with stress, anxiety or low mood were less likely to consume NoLo products, while those whose drinking is driven by social or enhancement motives were more likely to try them as alternatives to alcoholic drinks.

While NoLo products may help some people substitute alcohol with lower-strength alternatives, the benefits may not be shared equally across the population. Lucy points out that understanding *why* people drink is essential when assessing the potential effectiveness of any NoLo policy.

 [Read the blog](#)



IAS podcast explores how social media is reshaping alcohol marketing

In the latest episode of the Institute of Alcohol Studies' *Alcohol Alert Podcast*, Professor Nicholas Carah discusses the rapidly evolving world of digital alcohol marketing and its implications for public health. The episode, *Hooked by Design: How Social Media Fuels Alcohol Harm*, examines how social media platforms have transformed alcohol advertising from traditional mass marketing into highly personalised and data-driven promotion.

Professor Carah explains how social media platforms collect vast amounts of user data, allowing alcohol companies to target their marketing with unprecedented precision. Rather than simply showing the same advert to everyone, digital platforms can identify and engage people who are most likely to respond to alcohol marketing, creating a feedback loop that continually refines and amplifies promotional content. These systems are particularly concerning for products such as alcohol, where increased consumption can lead to significant health harms.

The discussion also explores the challenges this poses for regulation. While many alcohol marketing rules were developed for traditional media, social media platforms blur the boundaries between advertising, entertainment and user-generated content.

 [Listen to the podcast](#)



Alcohol Awareness Week 2026 encourages people to reflect on “Alcohol and me”

This year's Alcohol Awareness Week 2026 will take place from 6–12 July and is centred on the theme “Alcohol and me”. Coordinated by Alcohol Change UK, the campaign aims to encourage people to take a step back and consider the role alcohol plays in their own lives, health and wellbeing.

This year's theme recognises that alcohol is often presented as a normal and expected part of everyday life, from celebrations and social occasions to relaxing at home. Alcohol Change UK is inviting people to explore how alcohol may be affecting them personally, whether through sleep, energy levels, mental wellbeing, relationships or longer-term health risks. The campaign encourages individuals to spend a few minutes reflecting on their drinking, learning more about their level of risk, and considering whether any changes could improve their health and wellbeing.

Throughout the week, Alcohol Change UK will share practical resources, including tools to help people understand their drinking patterns, advice on cutting down, and stories from people who have experienced alcohol harm and made positive changes.

 **Find out more**



Cancer Prevention Action Week underlines the need for clear alcohol product labelling

This year's Cancer Prevention Action Week (15–21 June), led by the World Cancer Research Fund, focused on the theme “Science Not Fiction – Evidence Saves Lives.” The campaign encouraged people to look beyond headlines, trends and misinformation and instead rely on trusted, evidence-

based information when making decisions about their health. Clear and accurate information is essential to helping people understand cancer risk and take effective action to reduce it.

Alcohol was one of the key topics highlighted during Cancer Prevention Action Week, with the World Cancer Research Fund emphasising that alcohol increases the risk of seven types of cancer and that there is no safe level of drinking when it comes to cancer risk. The campaign sought to help people distinguish between evidence-based health advice and misinformation, reinforcing the importance of clear communication about established cancer risk factors.

The theme resonated strongly with findings from the **recent report** by Alcohol Focus Scotland and the Alcohol Health Alliance UK, which found that many alcohol products fail to provide consumers with basic health information. Together, the campaign and Alcohol Focus Scotland's labelling research highlighted a common message: people have a right to clear, accurate and evidence-based information about the products they consume fuelling calls for mandatory health warning labels on alcohol products.

 **Read more about this year's Cancer Prevention Action Week**

RESEARCH

New study finds no protective effect of low-level alcohol consumption on mortality

A new study published in the *Journal of Studies on Alcohol and Drugs* challenges the long-held belief that low levels of alcohol consumption may be beneficial for health. Drawing on data from the Alcohol Intake and Health Study, researchers found no evidence that drinking small amounts of alcohol protects against death from any cause. Instead, the risk of mortality increased progressively as alcohol consumption rose.

The study found that alcohol consumption, including at what may be perceived as “moderate” levels, is associated with increased mortality and morbidity risks. For

men drinking 6.5 drinks a week had life-time alcohol-attributable mortality risks of around 1 in 1,000, while for men consuming around 14 drinks per week, the risk of an alcohol-related death rises to approximately 1 in 25. The findings identified increased risks across a range of health outcomes, including cancer, cardiovascular disease and injury, reinforcing evidence that alcohol-related harm occurs at lower levels of consumption than was previously thought.

The authors argue that the findings should inform future drinking guidelines and help individuals make more informed decisions about their alcohol use.

 **Read more**

RESEARCH

Study suggests alcohol may amplify the impact of unhealthy diets on obesity

A new study published in *Obesity Reviews* has explored how alcohol interacts with diet to influence energy intake and weight gain. Researchers from the University of Sydney developed a model to better understand why previous studies have produced mixed findings on the relationship between alcohol and obesity, despite alcohol being high in calories.

The researchers suggest that alcohol may increase people's preference for savoury foods after drinking. In diets based largely on minimally processed foods, this may lead people towards protein-rich foods that help them feel full. However, in modern food environments dominated by ultra-processed foods, many savoury products contain relatively little protein despite tasting savoury. This can lead people to consume more calories overall while still not satisfying their nutritional needs.

Using population dietary data, the study found evidence that alcohol may exacerbate the effects of ultra-processed diets by encouraging greater consumption of energy-dense foods and contributing to higher overall calorie intake. The authors argue that alcohol's impact on weight gain cannot be

understood in isolation and is influenced by the wider food environment in which people live.

 [Read more](#)

RESEARCH

Childhood adversity linked to greater risk of multiple addictive behaviours

A new study published in *Addictive Behaviors* has found that people who experience multiple adverse events during childhood are more likely to develop a range of addictive behaviours later in life. Researchers surveyed more than 800 adults in Italy and examined links between childhood adversity and behaviours including alcohol use, smoking, drug use, gambling, overeating, gaming and compulsive shopping.

The study found that people who had experienced multiple adverse childhood experiences reported higher levels of several addictive behaviours, particularly tobacco use, overeating and compulsive sexual behaviour. Importantly, the researchers found that these behaviours were also more likely to occur together, suggesting that childhood adversity may increase vulnerability to a broader pattern of addiction rather than a single harmful behaviour.

Alcohol along with tobacco played a central role within these interconnected patterns. Among people who had experienced multiple adverse childhood events, alcohol use was strongly linked with other substance-related behaviours, including tobacco, cannabis and cocaine use. The authors suggest that addictive behaviours may sometimes develop as coping mechanisms for dealing with the lasting emotional impact of difficult childhood experiences.

The authors argue that identifying and responding to cumulative adverse childhood experiences early could help reduce the risk of a range of addictive behaviours developing later in life.

 [Read more](#)



Workbook for staff of licensed premises

The Alcohol Focus Scotland Workbook for Staff of Licensed Premises is an ideal tool for personal licence holders to provide the 2 hours minimum training to all their staff as required by the Licensing (Scotland) Act 2005.

The workbook has been specifically created to be a valuable guide for staff members, providing essential knowledge to enhance their role within the licensing framework.

[Buy Now](#)



SHAAP Alcohol Occasionals

Navigating the promise and risks of industry-funded partnership

Online Event

Monday 7 September, 12.45pm – 2pm

The third seminar of the 2026 Alcohol Occasionals will be delivered by Abbie Irving (University of Edinburgh). The seminar is titled "Navigating the promise and risks of industry-funded partnership: local public and third sector organisations' experiences of Community Alcohol Partnerships (CAP)" and will focus on research

conducted during Abbie's PhD which examined local CAP partners' participation in CAP and their views on the significance of its alcohol industry funding.

 Book your place

The impact of extended alcohol trading hours in Glasgow and Aberdeen

Online Event

Monday 5 October, 12.45pm – 2pm

The fourth and final seminar of the 2026 Alcohol Occasionals will be delivered by Professor Niamh Fitzgerald (University of Stirling). The seminar, titled "Understanding the impact of recent extensions to late-night alcohol trading hours in Glasgow and Aberdeen: findings from the ELEPHANT study", will explore research which aimed to understand and evaluate the introduction, operation and impact of the later trading hours introduced in the two cities.

 Book your place



ACUK Food and belonging

An Alcohol Change UK online learning event

Thursday 2 July

10.00am to 12.35pm

£70 including VAT and booking fee

Alcohol issues are rarely just about alcohol. Harmful alcohol use often goes hand-in-hand with social disconnection and disordered eating. People who are alcohol-dependent are often underfed, underweight and undernourished, and this can increase the harm that alcohol causes in their lives.

Supporting people with severe alcohol problems to eat well is one clear route to reducing alcohol harm. Cooking and eating with others boosts physical and mental

health and helps build the friendships and community that are the foundations of recovery.

Join Alcohol Change UK on 2 July to find out why food and nutrition should be an integral part of drug and alcohol treatment, and what you can do to make that happen.

 **Book your place**



Alcohol Research 2026

6-7 October 2026

University of Stirling

Researchers, policymakers, practitioners, and stakeholders are invited to join Alcohol Research 2026: New Thinking, New Directions, a new conference dedicated to advancing innovative, interdisciplinary perspectives on alcohol research, policy, and practice.

Organised by the University of Stirling in collaboration with the New Directions in the Study of Alcohol Group, the conference aims to foster fresh ideas, highlight emerging evidence, and facilitate critical dialogue in addressing complex and evolving challenges in alcohol-related harm, prevention, treatment, and policy. The conference is also supported by the Scottish Alcohol Research Network.

 **Find out more**



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Dragona, Anastasia

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Sent: 30 July 2026 13:48
To: Dragona, Anastasia
Subject: Alcohol Focus Scotland latest - July 2026



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July 2026



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- **Embracing complexity: An Alcohol Change UK Online Learning Event**
- **Donate to AFS**



Alcohol Action Network Launched

Alcohol Focus Scotland is delighted to announce the launch of a new project aiming to further cement the voices of lived and living experience across the work we do to reduce the unacceptable levels of alcohol harm in Scotland.

The Alcohol Action Network will build on Alcohol Focus Scotland's current involvement work where we routinely seek views from people with lived and living experience. By formalising the support we offer and expanding opportunities for involvement we hope people will be able to contribute to our work in even more meaningful ways.

The network will bring together people from across Scotland who have experience of alcohol harm, whether through their own drinking or through the drinking of someone close to them. Members will receive training in media, communications, advocacy and alcohol policy, helping them to share their experiences safely, confidently and effectively.

Alcohol Focus Scotland will create opportunities for members to engage with decision-makers, contribute to media stories and help shape our policy and campaigning work. Their expertise will help ensure that Scotland's response to alcohol harm is informed by the people most affected by it.

We want to bring together a diverse network of advocates from communities across the country, to amplify lived experience, challenge stigma and build more effective policies for the future.

We'd love to hear from people from all walks of life and every part of Scotland who want to use their experience to help create positive change.

If that sounds like you and you want to find out more or apply, you can download our recruitment pack or submit an expression of interest.

Alcohol Action Network Recruitment Pack

Expression of Interest Form



Alcohol Action Network



UPDATE

Scottish Alcohol Sales Decrease in 2025

A **new update from Public Health Scotland** has shown that in 2025 the volume of alcohol sold has continued to fall, representing a 15% decrease since 2017.

Throughout the period from 2017 to 2025 the volume of pure alcohol sold per adult drinker per year in Scotland has fallen steadily from 12.7 litres in 2017 to 10.7 litres in 2025. The 2025 figure is equivalent to 20.7 units per week – more than the Chief

Medical Officers' low-risk guidelines of 14 units and remains higher than the alcohol consumption of our neighbours in England and Wales.

At the same time, more people than ever before identify as a non-drinker. This number has risen to 20% in 2024, up from 12% in 2008.

The majority (76%) of alcohol sold in 2025 in Scotland continues to be sold in supermarkets and shops.

In response to the figures, Sophie Bridger, policy manager at Alcohol Focus Scotland, said, "While it is encouraging that alcohol consumption in Scotland has fallen by 15% since 2017, too many people are still drinking at levels that harm their health.

"Minimum unit pricing has helped reduce consumption, but alcohol-related harm remains unacceptably high. The new Scottish Government must take decisive action to cut alcohol consumption further by tackling relentless alcohol marketing and reforming the licensing system."



Children and young people have a right to a childhood free from alcohol marketing

In a new blog for Children in Scotland, Amy Smith, Senior Policy Coordinator at Alcohol Focus Scotland, sets out why restricting alcohol marketing is essential to protecting children's rights, arguing that exposure to alcohol advertising drives earlier and heavier youth drinking and conflicts with Scotland's obligations under the UNCRC.

She highlights Alcohol Focus Scotland's joint Alcohol-Free Childhood campaign and calls on the new Scottish Government to bring forward comprehensive

marketing restrictions without further delay.

 [Read the blog](#)



Study reveals young people's concerns over alcohol sponsorship in sport

New research from the University of Stirling, funded by Scottish Health Action on Alcohol Problems (SHAAP), has found that young people in Scotland see a clear contradiction between sport's healthy image and its widespread sponsorship by alcohol brands. Researchers led by Dr Richard Purves of the Institute for Social Marketing and Health held ten online focus groups with 44 young people aged 11 to 17, exploring their views on alcohol sponsorship of sports teams, competitions and events.

Participants demonstrated a sophisticated understanding of sponsorship as a marketing tactic, with many describing exposure to alcohol branding as a daily occurrence, particularly through televised football and rugby. While young people were often critical — one participant called it "a bit ironic" for a health-linked activity like sport to be partnered with alcohol — many also said this constant exposure had made the association feel normal, even to those who questioned it. Most participants supported action to reduce their exposure, including restricting when alcohol sponsorship can appear during broadcasts and limiting branding at sporting venues.

SHAAP Chair Dr Alastair MacGilchrist said the findings give policymakers clear evidence, in young people's own words, that restricting alcohol sponsorship in sport is a "sensible, proportionate step to protect children from marketing they neither chose nor benefit from."

This research speaks directly to the concerns at the heart of the **Alcohol-Free Childhood campaign**, which calls for children to be able to grow up free from exposure to alcohol marketing. The study offers powerful, first-hand evidence that young people themselves recognise the harm in normalising alcohol through sport, reinforcing AFS's call on the Scottish Government to bring forward comprehensive restrictions on alcohol marketing without further delay.

 [Read the study](#)



AFS at Recovery Connects

Alcohol Focus Scotland was privileged to attend the 2026 Recovery Connects Festival at Queens Park this month. The festival is one of the highlights of the Scottish Recovery Community calendar and represents a great opportunity to celebrate recovery, enjoy music and entertainment in an alcohol and drug free space and connect with likeminded individuals and organisations.

We were out in force on the day talking to people about how we can prevent and reduce alcohol harm in Scotland, including promoting our new lived and living experience project – the **Alcohol Action Network**.



Digital Intoxication: Alcohol Marketing explained – a new IAS documentary

The Institute for Alcohol Studies (IAS) has published a new documentary, **Digital Intoxication: Alcohol Marketing Explained**.

The film unpacks how alcohol companies exploit the same "addictive by design" platforms now facing landmark lawsuits over child safety, with insight from Professors Antonia Lyons, University of Auckland and Nic Carah, University of Queensland, with testimony from Karen, a Balance North East spokesperson.

The film covers:

- How AI-driven "lookalike" targeting finds heavy drinkers and pushes marketing to people just like them
- How celebrities and influencers promote their own alcohol brands without disclosing them as ads
- The rise of alcohol marketing in e-sports, gaming and the metaverse - reaching audiences that skew heavily under-18
- Why regulation has failed to keep pace, and what a WHO-style ladder of measures could look like

With governments from Australia to the UK now moving to restrict children's access to social media altogether, it feels like a timely moment to make the case for tackling alcohol marketing the same way.





Taking bold action to improve health: lessons from Scotland

In a new blog for The King's Fund, Paul Johnston, Chief Executive of Public Health Scotland, reflects on lessons from Scotland's Minimum Unit Pricing (MUP) journey following a recent conference on health inequalities.

He notes that MUP, introduced in 2018 after a five-year industry legal challenge, was estimated to have prevented around 150 deaths and 400 hospital admissions within less than three years, with the greatest impact seen in the most deprived communities, while a Public Health Scotland evaluation found little evidence of the negative economic or social effects predicted by industry critics.

Johnston is candid that MUP alone is not enough — alcohol harms remain high, with alcohol-specific deaths and hospital admissions almost six and seven times higher respectively in Scotland's most deprived areas compared to the least deprived. He argues policymakers should be willing to act on strong evidence even without absolute certainty, to properly evaluate and strengthen policies that work (as happened when MUP rose from 50p to 65p per unit in 2024), and to adopt proven approaches more quickly across the UK — citing Wales's adoption of MUP as a positive example and calling for equivalent action in England and Northern Ireland, alongside UK-wide progress on alcohol advertising and labelling. He warns that industry voices must not be allowed to disproportionately influence or delay these decisions.

[Read the blog](#)



Alcohol Brief Interventions – next steps for Scotland

Scottish Health Action on Alcohol Problems (SHAAP) has published a report from a conference it held at the Royal College of Physicians of Edinburgh in May 2026, bringing together researchers, policymakers and clinicians to consider the future of Scotland's Alcohol Brief Interventions (ABI) programme at a point when the Scottish Government is considering how to reinvigorate it. The event drew on the latest research, including findings from a recent Public Health Scotland review of the programme.

The report sets out six recommendations for refreshing ABIs in Scotland: relaunching the programme to reflect the changed health and social care landscape and make better use of digital tools; broadening it into a more holistic, non-stigmatising and trauma-informed "family of conversations" about alcohol; expanding delivery into more settings with outcome-focused targets; simplifying the approach through screening and stratifying people into "no problem," "small problem" and "big problem" categories; investing in training, education and capacity, including at undergraduate level; and strengthening leadership and accountability at national, local and service level.

 [Read the report](#)



Detoxification and other support available in

residential rehabilitation settings

The Scottish Government has published new findings from a survey of all 28 known residential rehabilitation facilities in Scotland, exploring the availability of detoxification services and the wider pre-, through- and after-care support offered to people in residential rehabilitation.

The survey, conducted between September and October 2025 as part of the work of the Future of Residential Rehabilitation Working Group, found that only half of facilities (14 of 28) offer detoxification on-site, most commonly for opiates (92%), prescription-only painkillers (85%), and alcohol and benzodiazepines (both 77%). Where detoxification is provided, all facilities operate within a recognised regulatory framework, most commonly registration with the Care Inspectorate (71%), and all have written policies for managing early discharge.

The report also highlights that most facilities offer a broad range of wraparound support: 79% provide some form of pre-care ahead of admission, 86% offer additional support during a client's stay (most commonly family and mental health support), and 96% provide after-care, with peer support (82%), housing support (68%) and employability support (57%) the most commonly offered. Notably, only 15% of facilities involve service users in the design or review of the service they provide, and only 12% involve psychologists in mental health or cognitive assessments, despite these being reported by 61% of facilities.

These findings reinforce concerns Alcohol Focus Scotland has consistently raised about the residential rehabilitation landscape in Scotland. While it is encouraging that after-care and family support are now widely embedded, the fact that only half of facilities can offer detoxification on-site points to a continuing gap in the treatment pathway — one that risks leaving people waiting longer, or facing additional barriers, before they can even begin residential treatment.

 [Read the report](#)

New Lancet Commission highlights the vital role of primary care in tackling liver disease

A major new Lancet Gastroenterology & Hepatology Commission, published in July 2026, has set out the crucial role primary care must play in preventing, detecting and managing liver disease. Liver UK (the new name for the British Liver Trust and Children's Liver Disease Foundation) contributed to the Commission, which was led by Dr Helen Jarvis, a GP in the Northeast of England.

Liver disease causes around 2 million deaths worldwide each year and is increasingly driven by alcohol-related liver disease and metabolic dysfunction-associated steatotic liver disease (MASLD), with the burden falling disproportionately on people in more deprived communities.

The Commission argues that GPs and primary care teams are uniquely placed to prevent liver disease, identify risk factors, diagnose disease earlier and coordinate long-term care, and calls for liver health to be built into wider strategies for managing long-term conditions and tackling health inequalities. It also highlights the damaging effect of stigma, noting that it discourages people from seeking help and can worsen outcomes once they do, and calls for greater awareness, education and person-centred care. Liver UK's own "Make Early Diagnosis of Liver Disease Routine" campaign is cited within the report as an example of successful advocacy already helping to change how liver disease is diagnosed and managed within primary care.

This international recognition of the central role primary care must play in catching liver disease early lends significant weight to AFS's own long-standing calls for action here in Scotland. As we have previously highlighted, chronic liver disease in Scotland is projected to increase by 54% by 2044, with the majority of cases caused by alcohol, and three-quarters of cirrhosis patients still only diagnosed in

emergency departments when it is too late for effective treatment.

 [Read more on the Commission](#)



The beautiful game versus our favourite drug

In a new opinion piece for The BMJ, William Gilmore, Senior Research Fellow at Curtin University's National Drug Research Institute, and Sir Ian Gilmore, Chair of the Alcohol Health Alliance, warn that growing political and industry pressure to relax alcohol bans at football stadiums risks fuelling further alcohol-related harm.

The authors highlight the strong evidence linking football matches to spikes in domestic violence, particularly when a supported team loses, and note that alcohol producers continue to sponsor clubs at every level, deepening the normalisation of drinking within sport despite well-established health harms.

With Scotland's stadium alcohol ban already facing pressure from trial exemptions, and English politicians openly questioning current restrictions, the authors argue that the case for loosening rather than tightening the law is weak, and caution that the alcohol industry stands ready to frame resulting harms as a matter of individual behaviour rather than its products.

 [Read the article](#)



Helping people through alcohol withdrawal: your views wanted on proposed AToM2 study

NHS Greater Glasgow and Clyde is inviting people with personal experience of alcohol withdrawal or recovery — including those who have supported someone through it — to help shape a proposed new study, AToM2, before it goes forward for funding.

Led by Professor Donogh Maguire, the study would investigate whether giving magnesium and thiamine (Vitamin B1) during a hospital admission for alcohol withdrawal could help people recover more effectively and continue that support once they return home.

The need is stark: previous research at Glasgow Royal Infirmary found that up to one in six people admitted to hospital with alcohol withdrawal did not survive the following year, with more than 60% of those patients found to have low magnesium levels — yet most do not currently receive ongoing supplementation after discharge. AToM2 would test this simple, safe and inexpensive intervention across three phases, following people through their hospital stay and for up to a year afterwards, with the aim of reducing the severity of withdrawal and improving survival for one of Scotland's most vulnerable patient groups.

NHSGGC wants your input to make sure the study is designed to be as safe and accessible as possible. There's a short video (around 6 minutes) explaining the project, followed by an anonymous survey that takes just 3–5 minutes to complete.

 **Watch the video and complete the survey**

Or contact the team directly at **ggc.public.involvement@nhs.scot**

AFS Policy Team Updates

One of the most crucial tools in addressing alcohol-related harm is availability. As such, the licensing landscape is an important area of our work at AFS. We are currently working on reports which will revisit work last conducted in 2018: looking at local licensing boards' policies and their annual reports. This is a complex system, with complex issues – and one which we know needs reform. These reports will show us where change is most needed.

Since the election in May, we've been engaging with MSPs across the parliament to build support for the asks in our manifesto. We need this parliament to act urgently to reduce harm caused by alcohol. We'll be working with the government to make sure their upcoming alcohol harm prevention plan addresses availability, affordability, and acceptability of alcohol. We'll ensure that it includes what we hear from across our communities, and responds effectively to their needs.

Despite alcohol being a leading cause of cancer, public awareness of this risk is alarmingly low. Our new joint report with Alcohol Health Alliance, **A Clear Way Forward**, highlights how little information is provided on alcohol labels and calls for new mandatory labelling requirements. The public have a right to know what's in their drink.

A return on investment analysis for the 2017 increase in alcohol excise taxation in Lithuania

This study, published in *Addiction*, examines the economic and health impact of Lithuania's substantial 2017 alcohol excise tax increase — 112% for beer, 111% for wine and 23% for spirits — which sharply reduced alcohol affordability. Researchers led by Jürgen Rehm and Mindaugas Štelemėkas assessed costs and benefits from a societal perspective, comparing healthcare, childcare, legal and productivity costs in the 12 months before and after the policy came into force.

The results are striking. Tax revenue rose by 20% (over €100 million) in the first year, while alcohol-attributable productivity losses fell by around €35.3 million. Overall, the policy generated a net societal benefit of over €136 million, and for every €1 the Lithuanian government spent implementing the tax rise, it saw a return of €420 — a figure that held up (ranging from 292:1 to 530:1) across multiple sensitivity analyses. The study concludes that the tax increase delivered both a large financial return and reductions in alcohol-attributable mortality and hospitalisations.

This is a powerful illustration of how tax and pricing policy can simultaneously improve public health and strengthen public finances, reinforcing the evidence base AFS draws on in calling for robust, well-structured alcohol taxation as one of the most cost-effective tools available to reduce alcohol harm.

these findings strengthen the case for the UK Government to use excise duty more assertively as a public health lever and add further weight to AFS's long-standing call for the Scottish Government to introduce automatic, inflation-linked uprating of Minimum Unit Pricing — ensuring Scotland's own pricing policy doesn't lose potency over time in the way an unprotected duty regime can.

 [Read the study](#)



ASH, AHA and OHA respond to Ethics and Integrity Commission review on lobbying transparency

Action on Smoking and Health (ASH), the Alcohol Health Alliance (AHA) — of which Alcohol Focus Scotland is a member — and the Obesity Health Alliance have welcomed the Ethics and Integrity Commission's recommendations following its review into lobbying, disclosure and access to government.

Speaking on behalf of all three alliances, Caroline Cerny highlighted the extensive evidence that industries profiting from harmful products, including tobacco, alcohol and unhealthy food, have long lobbied to delay or weaken public health measures, often without transparency.

The response calls the EIC's recommendations a vital step towards ensuring policy decisions are open and accountable and reiterates the public's right to know who is seeking to influence decisions affecting their health, particularly where those doing the influencing have a direct financial stake in the outcome.

 [Read the press release](#)

RESEARCH

On the Label: Implementation of Health Warnings on Alcohol Products in 13 European Countries

A new study, published in *Drug and Alcohol Review*, provides fresh evidence on how alcohol health warning labels are actually implemented across Europe. Researchers conducted store audits across 32 stores in 23 cities in 13 European countries, assessing 1,636 products for the presence, content and format of health warnings.

They found that 69.7% of products displayed some form of health warning, but the

overwhelming majority related to pregnancy (68%), drink-driving (21.4%) or age restrictions (16.6%). Responsible drinking messages appeared on just 6.9% of products, while warnings about the actual health harms of alcohol use — such as cancer or liver disease — appeared on a mere 0.3%. The predominant format was pictogram-only, which the authors note aligns with industry preference for minimal, vague warnings rather than clear, evidence-based communication. They conclude that comprehensive, evidence-based regulatory frameworks are needed, moving beyond the current narrow focus on specific subgroups to ensure all consumers are informed about serious health consequences, particularly cancer risk.

These findings echo — and reinforce — AFS's own recent report with the Alcohol Health Alliance, ***A Clear Way Forward: The Case for Better Alcohol Labelling***, which audited over 530 UK products and found an almost identical pattern: near-universal pregnancy pictograms, but specific cancer warnings on just 1.3% of products, and industry responsible drinking messaging appearing more than ten times as often as any genuine health warning.

 [Read the study](#)

RESEARCH

Modelling study: alcohol control policies could prevent thousands of cancer cases across the EU

A new modelling study, published in *The Lancet Regional Health – Europe*, has for the first time estimated just how many cancer cases could be prevented across the EU if governments took stronger action on alcohol.

Alcohol is a proven cause of seven types of cancer, and researchers looked at what would happen if countries introduced measures such as higher alcohol taxes, a Sunday sales ban, a ban on alcohol marketing, or a combined package of policies similar to reforms already introduced in Lithuania.

The findings are striking. In 2022, an estimated 146,000 cancer cases across the EU — around 1 in 6 cases of the relevant cancer types — were caused by alcohol.

Every policy option modelled would reduce this toll, but combining several measures together, as Lithuania has done, had by far the biggest impact, preventing an estimated 9,220 cancer cases. Raising alcohol taxes alone would prevent over 8,000 cases, a marketing ban over 6,000, and a ban on Sunday alcohol sales around 5,500. Breast cancer and oesophageal cancer saw the largest reductions across the board.

The researchers conclude that alcohol policy remains a hugely underused tool for preventing cancer and should be built into EU and national cancer strategies.

 [Read the study](#)

RESEARCH

Models of care for alcohol use disorder in general hospital settings: a scoping review

This scoping review examined how hospitals identify and manage alcohol use disorder (AUD) among general hospital inpatients — a setting that offers a valuable opportunity for early intervention, but where current approaches remain poorly defined and difficult to evaluate.

Researchers reviewed peer-reviewed studies published between 1990 and 2025, including only those describing at least two components of care, such as screening, brief interventions, medically assisted withdrawal, relapse prevention, psychosocial support, transition to community services, or staff training.

From 51 included studies, the researchers identified four distinct models of care: consultation liaison, screening/brief intervention/referral to treatment, protocol implementation, and supported diversion. These varied substantially in purpose, target population and focus, reflecting a fragmented picture of how hospitals approach AUD.

Consultation liaison models offered the most comprehensive care — with specialist teams providing clinical leadership, evidence-based interventions, links to

community services and workforce training — but rarely incorporated systematic screening to identify patients with AUD in the first place. Across every model examined, the researchers identified a consistent and critical gap: limited integration with mental health care.

 [Read the study](#)

RESEARCH

Seeing the similarities: applying a coherent lens to harmful products as drivers of suicide

This essay, published in PLOS Global Public Health, examines why some products linked to fatal self-harm are tightly regulated while others — including alcohol, gambling products, opioids, firearms and pesticides — are widely promoted and framed as safe when used "appropriately."

The authors, from the University of Edinburgh, Bristol and Cambridge, argue that this inconsistency shifts responsibility for harm onto individuals rather than onto the products themselves and the industries producing them, even where the evidence linking a product to self-harm is well established.

On alcohol specifically, the paper notes that the World Health Organization estimates 22% of all fatal self-harm can be attributed to alcohol use, and recommends restrictions on alcohol availability, marketing and pricing as important suicide prevention measures. The authors cite evidence that alcohol restrictions have been followed by reductions in self-harm deaths, including after Russia's 2006 alcohol policy and South Africa's Covid-19 alcohol restrictions.

They highlight that, despite this evidence, alcohol remains widely available around the clock in many contexts and is marketed using sophisticated strategies that glamourise its use, while the industry-funded framing of "responsible drinking" shifts blame onto individual consumers rather than the product itself.

The paper draws parallels with gambling, opioids, firearms and pesticides, arguing

that in each case, industry-favourable narratives obscure the role of product design, marketing and availability in driving preventable deaths, and calls for a consistent public health approach that treats all of these products through the same evidence-based lens.

 [Read the paper](#)

RESEARCH

Genetic risk for alcohol use disorder and suicide attempt

This large Swedish cohort study explored how genetic risk for alcohol use disorder (AUD) and genetic risk for suicide attempt relate to a range of other life outcomes.

Researchers followed over half a million people born between 1965 and 1985 through to the end of 2018, using genetic risk scores to group individuals according to whether they had high or low genetic liability to AUD, to suicide attempt, or to both.

The findings show that these two genetic risks are not simply interchangeable. People with high genetic risk for both AUD and suicide attempt together had the strongest links to negative outcomes, such as drug use disorder.

However, people with high genetic risk for suicide attempt but low genetic risk for AUD stood out as a distinct group: they were the least likely of all groups studied to experience negative outcomes and were actually more likely to have positive educational outcomes than average. This suggests that a lower genetic vulnerability to alcohol problems may offer some protective effect, even for people who carry elevated genetic risk for suicide attempt.

The authors say these findings highlight the importance of unpicking the different genetic and social threads that connect alcohol problems and suicide risk, rather than treating them as one and the same.

 Read the study

RESEARCH

Structural discrimination and alcohol consumption: a systematic review

This systematic review examined the relationship between macro-level structural discrimination — racism, sexism and heterosexism embedded in social systems and institutions, rather than individual acts of discrimination — and alcohol consumption or related harm.

Researchers searched four databases and grey literature, identifying 25 eligible studies, the large majority US-based, covering structural racism (11 studies), sexism (7), heterosexism (4) and intersectional discrimination (3).

Findings varied considerably by type of discrimination and how it was measured. Most structural racism studies used racial segregation as their exposure measure, but results were inconsistent even within the same outcome categories; more consistent emerging evidence linked greater race-based poverty and incarceration gaps to higher alcohol consumption and harm, particularly among Black and Hispanic populations.

For structural sexism, evidence suggested a complex picture: greater gender equality was associated with a higher likelihood of women drinking at all, while greater structural sexism itself was linked to higher rates of risky drinking and alcohol-related deaths.

Structural heterosexism showed a positive association with high-intensity drinking and alcohol use disorders among sexual minority populations, though evidence here remains limited.

The authors note that no studies examined the combined impact of multiple, overlapping forms of structural discrimination, and call for greater consistency in

how structural discrimination is measured, alongside more intersectional and longitudinal research designs.

 [Read the study](#)



Important Notice on Alcohol Focus Scotland Licensing Board Members and Standards Officer Training

As of 1 July, Alcohol Focus Scotland has officially ceased to deliver qualification training courses for Licensing Board Members and Licensing Standards Officers. This is now being carried out by REHIS.

We have updated our [web page](#) to reflect this change including information on how to access these courses via REHIS.



Workbook for staff of licensed premises

The Alcohol Focus Scotland Workbook for Staff of Licensed Premises is an ideal tool for personal licence holders to provide the 2 hours minimum training to all their staff as required by the Licensing (Scotland) Act 2005.

The workbook has been specifically created to be a valuable guide for staff members, providing essential knowledge to enhance their role within the licensing

framework.

[Buy Now](#)



SHAAP Alcohol Occasionals

Navigating the promise and risks of industry-funded partnership

Online Event

Monday 7 September, 12.45pm – 2pm

The third seminar of the 2026 Alcohol Occasionals will be delivered by Abbie Irving (University of Edinburgh). The seminar is titled "Navigating the promise and risks of industry-funded partnership: local public and third sector organisations' experiences of Community Alcohol Partnerships (CAP)" and will focus on research conducted during Abbie's PhD which examined local CAP partners' participation in CAP and their views on the significance of its alcohol industry funding.

 **Book your place**

The impact of extended alcohol trading hours in Glasgow and Aberdeen

Online Event

Monday 5 October, 12.45pm – 2pm

The fourth and final seminar of the 2026 Alcohol Occasionals will be delivered by Professor Niamh Fitzgerald (University of Stirling). The seminar, titled "Understanding the impact of recent extensions to late-night alcohol trading hours in Glasgow and Aberdeen: findings from the ELEPHANT study", will explore research which aimed to understand and evaluate the introduction, operation and impact of the later trading hours introduced in the two cities.

 **Book your place**



Alcohol Research 2026

6-7 October 2026

University of Stirling

Researchers, policymakers, practitioners, and stakeholders are invited to join Alcohol Research 2026: New Thinking, New Directions, a new conference dedicated to advancing innovative, interdisciplinary perspectives on alcohol research, policy, and practice.

Organised by the University of Stirling in collaboration with the New Directions in the Study of Alcohol Group, the conference aims to foster fresh ideas, highlight emerging evidence, and facilitate critical dialogue in addressing complex and evolving challenges in alcohol-related harm, prevention, treatment, and policy. The conference is also supported by the Scottish Alcohol Research Network.

 [Find out more](#)



Embracing complexity: An Alcohol Change UK Online Learning Event

Wednesday 14 October and Thursday 15 October 2026

Two Half Days

Online

People are different, and so are their alcohol issues. Join us online on 14 and 15 October for our 2026 annual conference, where we'll be exploring the complexity of people's lives, the role alcohol plays in that, and how we can offer support that's relevant, accessible and effective.

Confirmed speakers include:

- Charlotte Hazell-Caldwell, on what services need to know about alcohol and domestic violence
- Tess Falzon, on how her team have implemented smoking cessation support for people in treatment for alcohol and other drugs
- Chris Dunbar, on how to make support open and accessible for LGBTQ+ people
- Vanessa Townsend, on supporting recovery from alcohol-related brain damage (ARBD)
- Mushtaq Dakri, on engaging with ethnic and religious diversity.
- Plus, most importantly, we'll be hearing voices of lived experience, including an interview with Aaron Davies on his recovery from an alcohol-related stroke.

 **Book your place**



Donate to AFS

Do you share our passion for reducing the harm caused by alcohol in Scotland?

To fundraise for AFS, or if you would rather support us with either a one off or regular donation, visit our [JustGiving page](#).

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