Fetal Alcohol Spectrum Disorder (FASD)

FASD Collaborator Role

The Fetal Alcohol Advisory and Support Team (FAAST) are a national Scottish Government funded team who are hosted by Women and Children’s Services, NHS Ayrshire & Arran. In order to support the work of the team we are looking for FASD Collaborators to help raise awareness the no alcohol, no risk message and start discussions with others about FASD.

Fetal Alcohol Spectrum Disorder is a lifelong condition that results from a baby being exposed to alcohol in the womb before they are born. The Chief Medical Officers across the UK have published the following guidelines:

- If you are pregnant or think you could become pregnant, the safest approach is not to drink alcohol at all, to keep risks to your baby to a minimum
- Drinking in pregnancy can lead to long-term harm to the baby, with the more you drink the greater the risk.

Overview of the FASD Collaborator Role

This is an awareness raising role where you can use opportunities to discuss FASD and prevention messages with people you come into contact with. For example:

- Raise awareness of the no alcohol, no risk during pregnancy message
- Raise awareness of FASD at a basic level and signpost people to where they can find out more information, for example the Ayrshire and Arran website
- Take part in campaign activities by displaying materials, sharing messages via websites/social media and carrying out other activities for FASD Awareness Day on 9th September each year
- Follow relevant social media accounts and share information with your networks.

Collaborator – skills and knowledge

As this is an awareness raising role we don’t expect Collaborators to have specific FASD experience and skills, however, in signing up to be a Collaborator we ask that you consider the following:

1. You may wish to take part in FASD training or elearning (in development).
2. Take the time to become familiar with the Ayrshire and Arran FASD website as a place you can signpost people to.
3. Maintain an up-to-date knowledge on FASD information and developments through social media and the FASD website to allow you to share relevant and up-to-date information.
4. You may also wish to consider becoming a trainer once the FAAST Train the Trainer programme is available.

Author: Lindsey Murphy
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Collaborator agreement

As a Collaborator we will hold a record of your contact details to allow us to stay in touch with you and keep you updated.

Please delete as appropriate:
I am/I am not happy for my details to be stored and used to maintain contact with me.

Signed: ................................................................. (FASD Collaborator)

Job Title: .................................................................

Organisation: ............................................................

Email: .................................................................

Telephone: .............................................................

Please complete and return this page to sign up as an FASD Collaborator:

Fetal Alcohol Advisory and Support Team
Rainbow House, Ayrshire Central Hospital
Kilwinning Road
IRVINE
KA12 8SS

Email: aa-uhb.fasdadvisoryteam@nhs.net
Information to support Collaborators

NHS Ayrshire and Arran website which has links to information resources, FASD Awareness Day briefing and training opportunities:

https://www.nhsaaa.net/services-a-to-z/fetal-alcohol-spectrum-disorder-fasd/

FASD podcast: https://www.acamh.org/blog/fasd-podcast/

Chief Medical Officer Alcohol Guidelines:


FASD Hub Scotland provides a support service for parents and carers of children and young people who are affected by FASD, you can access their flyer here:

https://www.nhsaaa.net/media/7552/fasd-hub-flyer-final-pdf.pdf

Twitter accounts you can follow:

@FASDAvisoryAAA
@FASDHubScotland
@FASDScotland
@NOFASUK
@Drymester
@CanFASD
@NOFASDAustralia

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