

# Did you know there is no safe time or amount of alcohol to drink in pregnancy?

Join us to explore how as friends, families, neighbours and communities we can raise awareness of this fact (and learn some crafting skills on the way)

## Book your place at our craftivism workshop on 30th June 10am-12noon

### The facts

- A study in The Lancet (2017) estimated 41% of pregnant women in UK drank alcohol while pregnant.
- The UK has the 4th highest rate of drinking alcohol during pregnancy in the world.
- At least 6,000–7,000 babies are born with Foetal Alcohol Syndrome Disorder (FASD) each year in the UK. Foetal Alcohol Syndrome (FAS) is the most clinically recognisable form of FASD.
- Up to 17% of children could have symptoms of FASD (The Independent)
- Those affected by FASD are more likely to have trouble in school, legal problems, participate in high-risk behaviours, and have trouble with alcohol or other drugs.

[Find out more](#) about the work going on across Greater Manchester to prevent alcohol exposed pregnancies.

### What is this all about?

Collaborate Out Loud are working with Bury Council and the GM Alcohol Exposed Pregnancies Programme Team to work with communities to raise awareness of the dangers of drinking whilst pregnant and facilitate this through the development of a community led craftivist project.

Activism through craft, or craftivism, uses gentle, compassionate, respectful, quiet protest to get communities to stop, think and act on the issues that matter to them. Simply, craft is used to spread a message or idea.

[Find out about crativism here.](#)

## What are we going to do?

We want to bring together a mixed group of people from across Bury who want to develop a craftivism project to raise awareness of the dangers of drinking in pregnancy. This could be anyone with an interest in this topic from pregnant women, people who are thinking of having children, partners, professionals, parents of children with FASD, community groups and literally anyone who wants to help to spread the word about this important message.

## We are going to do four main things:

- Run an online workshop on the 30th June 2021 from 10:00am –12:00noon to start to develop a craft-based project to raise awareness of the dangers of drinking in pregnancy. (Hosted by Claire Haigh from Collaborate Out Loud and Karen Vine a community artist from Bury).
- Turn the idea developed by the community into a resource pack that can be used by individuals and groups across Bury.
- Run a series of open and targeted workshops to help people start to use the pack and spread the word.
- Work with individuals and groups to identify other community led ideas that have emerged from this work and support them to make them a reality.

## How you can get involved:

- Come along on the 30th June 2021 and help us shape our craftivism project.

[Book your place](#)

- Talk to us about your community ideas to raise awareness around the dangers of drinking in pregnancy.
- Register your interest in using the resource pack once it has been developed.

## At the two hour workshop we will:

- Give an introduction to the dangers of drinking in pregnancy and current awareness raising activities.
- Introduce the idea of craftivism and share examples of past projects.
- Work as a group with a community artist to design an activity/craft project to help raise awareness of the dangers of drinking in pregnancy.

In the spirit of craftivism, we would love you to join in with a short practical making activity. Please provide the following equipment and have this ready from the start of the workshop;

- 1 x cardboard tube i.e. from a toilet roll/ kitchen towel
- Sharp pointed scissors
- Ruler
- Scrap wool (any assortment, colour or combination) cut into approx. 30cm lengths x 30-45 pieces.
- an empty bottle.

After the workshop, the group's craftivism-inspired ideas will be turned into a resource pack. Individuals will then be asked to feedback on a prototype before the group comes together to look at how the resource could be cascaded across Bury. Finally, the artist will create an instructional video showing how to use the resource as well as facilitate a number of practical craft workshops using the resource.

## Get in touch

Whether you want to find out more or talk to us about an idea, then please email [hello@collaborateoutloud.org](mailto:hello@collaborateoutloud.org)