



Scottish Families Affected by Alcohol and Drugs

Feb/March 2017 Newsletter

In this Issue

Welcome to our newsletter - this year is going by fast! Much has been going on this year for us already. The Kiltwalk in Glasgow draws nearer, our family members in support groups are training for the Kiltwalk and earning certificates in Reiki and Indian Head Massage, we receive more calls and support more individuals on our helpline each month and we make viable connections with stakeholders across Scotland. In this issue we will be looking at each of our services, talking with our staff, showing our work at support groups and in communities, and we are calling for more volunteers to join us in supporting individuals across Scotland affected by substance misuse.

2 - Contents

3 - A word from the chair

4 & 5 - Meet Sooze!

6 & 7 - Policy: A rights-based approach

8 & 9 - Kiltwalk 2017

10 - Reiki in East Dunbartonshire

11 - Kiltwalk training in Forth Valley

12 - Forth Valley Support Groups

13 - East Dun Support Groups

14 & 15 - Why do we work with communities?

16 & 17 - Community in Inverclyde

18 - Helpline Volunteering

19 - Meet our new volunteer

20 & 21 - Support Groups

22 & 23 - FASS Support Groups

24 & 27 - Other News

28 - Events

29 - Bereavement service



A word from the chair

Isabel McNab



The year has started busily. The resignation of Christine Duncan, CEO, has caused some additional work and I am proud of the way that the staff team have responded. This is an exciting time as we seek to strengthen our family representation on the Board and focus on the roots of our organisation.

The work being done within family support groups and the other services we offer are making a real difference to families. Our challenge is to extend our reach to those who might benefit from our services but who have not had the chance to engage with us.

I look forward to leading the Board of Scottish Families, working with Board members and the staff team as well as our family members to take our organisation even further forward.

Meet Sooze!

Suzanne (she prefers Sooze or Susie), is our Helpline Development Officer. When she is in the office and not out and about all over Scotland promoting our services and getting everyone involved with what we do, she makes sure our helpline is running smoothly and that our volunteers are supported and available. She also takes helpline calls and makes sure each family member is fully supported and gets the help and advice they need. There's many a time Sooze is even in her own house at night, learning crochet from YouTube and taking helpline calls just to make sure our family members are getting their call-backs and support!



What does 'family' mean to you? – Family to me means someone who I care for and who I know will be there for me when I need them. Families can be a great source of comfort but they can also be hard work. I don't use the term as a reference to my own immediate blood related family. I consider my best friends and their extended family to be my family. Everybody has an "auntie" or "uncle" who isn't really their auntie or uncle...well I've got loads of family like that!

What's it like working for Scottish Families? – Working for Scottish Families is different every day. You never get 2 days that are the same. One day I could be supporting family members via the helpline, next day delivering volunteering training and the next day I am at a strategic meeting looking at partnership working. I can be a bit manic at times. You have to be good at keeping the plates spinning by being flexible, organised and forward thinking. Thankfully so far I haven't broken the crockery!

What would you like the public to know about Scottish Families? – I would like people to know that they shouldn't be frightened to

contact us. Our helpline is a great way for anybody who is concerned about someone else's substance use to come and get whatever is worrying them off their chest. Even if you only have a suspicion that someone is using alcohol or drugs, give us a call. Our helpline advisors are my volunteering angels and they have a real commitment to getting the best support possible for individuals who contact us. Whether you are impacted by someone else's substance use or not, contact us if you have anything you would like to ask. We have a very responsive Facebook page and Twitter. If you have a question, why not let us know? Our bereavement support service is second to none in my opinion. A free service where you can access bereavement counselling within weeks of contacting us, no waiting lists and no hassles.

What are the things you love most about your work with Scottish Families? - I love the fact that our services are tailored to the needs of family members and not that family members need to fit certain

criteria to access our services. My work "family" are amazing. The skills my peers have as a team are second to none and if I need a hand with anything they are always there to support me. We are a very creative bunch and when we need to come up with a plan it's good to get everybody together. From Rebecca keeping me up to date on social media, Sarah putting the fun in fundraising, Billy supporting me when my brain is going to burst (he is my unpaid therapist) and John and Nicola ensuring that when they are out undertaking their communities development work they keep me updated with services. I love it when the gang bring me back a leaflet about a service (I'm easily pleased). Right down to the family support team out on the ground keeping me updated with all new developments. We work great together.

What are the biggest challenges you have met and overcome in your work with Scottish Families? - One of the biggest challenges is recruitment of volunteers. When I first joined the organisation we had very few volunteers. I spent a lot of time exploring how other organisations recruit volunteers and we now seem to have a model that fits us well. We have seen a 250% increase since 2014! That said I would always

Meet our Staff

welcome new volunteers to join us. We have space for many more, particularly volunteers who can spare 3 hours during the usual business hours as this is our busiest times. Please get in touch.

If there was one piece of advice you would give to a family member supporting recovery, what would that be and why? - Get a support network for yourself. Many family members think that their own family and friends are the best support network they need but get external support to help you talk through the difficult times. They are

experienced in the difficulties you are experiencing and can give you a different perspective of things. Meeting other family members going through the same challenges as yourself is a great way to learn how to cope. People think family support groups sound scary but it's amazing. The buzz that you feel when you go to a group. They truly do have the best interests of one another at heart and that is always a good thing to have in your corner. They even get up to fun stuff and you can learn new skills.

What has been your favourite moment at Scottish Families?

- This is a tough one, there have been loads. I love it when the team get to work together on something. Its nice to have the team all together as we don't get to see one another regularly as we really have national posts and can be anywhere. Would it be bad to say one of my favourite days was when Daisy the retired Guide Dog came to the office? Ok I've said it now... Daisy wins, you've got to love a thera-pet!



Scottish Families
Affected by Alcohol & Drugs

HELPLINE

Are you concerned about someone's alcohol / drug use?

Contact us. We are here to help!

Confidential Helpline: 08080 10 10 11

Free from landlines and mobiles

Email: helpline@sfad.org.uk

Webchat available online

www.sfad.org.uk



A rights-based approach for Scottish Families

In the opening ceremony of SCVO's The Gathering 2017 event at the SEC in Glasgow, we heard a very encouraging and reassuring opening address from Scotland's First Minister (FM). Nicola Sturgeon congratulated the third sector on their strong support to human rights-based approaches, championing how organisations continue to hold government to account for the services they deliver.



The FM also highlighted how the Scottish Government were keen to 'build on and not in any way draw back from' this vital approach. In addition to social care, where the third sector plays a crucial role, the overall approach to government and public policy will remain a human rights approach in which people should be free from fear and discrimination.

Acknowledgement was given to how social and economic disadvantage can harm health and well-being, and has a significant impact on educational opportunities. This is something we at Scottish Families are only too well aware of through our

own work across Scotland. We aim to support change and maximise opportunities for families and communities to have the right to learn, work, socialise and relax without the fear and discrimination which is often attributed to social stigma and their association and support for a loved one using substances.

The specific human rights principles that were outlined by the First Minister in her speech included dignity, equality, empowerment and partnership. All four of these principles underpin our work here at Scottish Families Affected by Alcohol and Drugs.



As an organisation that seeks to support whole family interventions, the UNCRC is a strong driver for our work

So what rights and how?

*‘Our ambition is for Scotland to become **the best place in the world for a child to grow up**. Recognising, respecting and promoting rights is essential if we are to make that vision a reality.’*

The above statement and vision, underpinned in Scotland through the Children and Young Persons (2014) Act, is shared by Scottish Families Affected by Alcohol and Drugs as a way forward in improving life chances and creating opportunities. We believe that the United Nations Convention on the Rights of the Child (UNCRC) rights should be respected and upheld at all times. The best way for these rights to be universal is for people to be aware of what they are and how these should be applied to our day-to-day work, even when this may not include directly working with children and young people.

As an organisation that seeks to support

whole family interventions, the UNCRC is a strong driver for our work. Whether this is through Article 9, *'you should be able to stay with your parents, unless they can't look after you properly'* or Article 13, *'being able to express yourself freely while respecting other people's rights.'* As part of our commitment as a rights-bearing organisation committed to building rights respecting communities, we will feature articles from the UNCRC in the coming months to highlight areas of our work and how this serves to bring UNCRC to life in what we at Scottish Families do.

As part of our commitment to a rights-based approach, John from Scottish Families has recently undertaken Train the Trainer input from Education Scotland and Youthlink Scotland. In the coming month, we will be looking to offer this opportunity alongside our wider communities work. If you would like to find out more or access training opportunities linked to recognising and realising children's rights, please contact John@sfad.org.uk

To watch the First Minister's speech at The Gathering 2017, [click here](https://youtu.be/e6OTc-GDDpA), or <https://youtu.be/e6OTc-GDDpA>

Images sourced from SCVO

Join Us for the Kiltwalk 2017!



On Sunday 30 April 2017, a team of families, friends, staff, board members and supporters will be taking part in the Kiltwalk for Scottish Families. So far 12 amazing people have signed up to be part of this event and fundraise, helping to support thousands of families across Scotland. This is the first time that Scottish Families will have a team taking part in the iconic Kiltwalk, with just two months to go until the Glasgow walk, excitement in the office is high.

Many of our walkers have chosen the 23-mile 'Mighty Stride' route which takes a scenic route along the Clyde, past top tourist attraction the Riverside Museum, through Clydebank and finishing in Balloch. We spoke to two members of the team who are taking mighty strides for Scottish Families to find what motivated them to become part of #TeamSFAD.

Paul McGinnity signed up because he thought the Kiltwalk would be a good day out and a great opportunity to get outdoors and train after the long winter. He said; "23 miles will by far be the furthest I've walked in one go, so I'm worried about the pains the next day, and it's Scotland so there's always a chance there will be rain!"

Fundraising

"I think Scottish Families does some great work, it's good to see carers and families being supported."

Paul will be walking alongside his friend Linsay Park (both pictured right). She said; "Working in a pharmacy I interact with people affected by drugs and alcohol on a daily basis. To me Scottish Families provides an outreach for families, giving them support and an ear to listen to them."

"I am looking forward to the journey. A chance to see parts of Glasgow you wouldn't normally see in the car or on a bike. And of course the celebrations at the end!"



You can sponsor Paul and Linsay on their Virgin Money Giving page <http://bit.ly/2ISFzpp>

The Glasgow Kiltwalk takes place on Sunday 30 April, starting at Glasgow Green and finishing at the beautiful Moss O'Balloch park. You can find out more about the Kiltwalk at their website <http://www.thekiltwalk.co.uk/>

Calling supporters in Aberdeen, Dundee and Edinburgh! Did you know that the Kiltwalk will be coming to your town in 2017? Will you take mighty strides and support Scottish Families in your town? For each route you have the chance to walk 26, 13 or 6 miles – every step makes a big difference to families in Scotland. It is easy to register – simply go to <http://www.thekiltwalk.co.uk/> and select which route and which distance you would like to walk and select Scottish Families Affected by Alcohol and Drugs as your chosen charity. Any questions get in touch with Fundraising Manager, Sarah: sarah@sfad.org.uk

Our families take on Reiki & Indian Head Massage in East Dunbartonshire

Thanks to East Dunbartonshire's Empowered Partnership, several family members have been lucky enough to learn Reiki and Indian Head Massage.

Claire (our Family Support Worker in East Dun), asked the group members last year if any of them wished they could learn a new skill and, if so, what. Little did Claire know there were so many budding Reiki masters and Indian Head Masseurs in the group! Eighteen ladies came to the classes which were led by the brilliant Sabrina Allison (Reiki) and the inspirational Ankhra Lann-Ra (Indian Head Massage). They were all rewarded for their efforts with a Certificate in Level One for Reiki and a Friends and Family Certificate in Indian Head Massage.

After the great success of the classes, many of the ladies were keen to develop their skills further. Claire submitted another proposal to Empowered and was delighted to be awarded funding for Level Two in Reiki and Indian Head Massage. All our ladies passed with flying colours.

The classes were held in the Kirkintilloch Health and Care Centre. Many of the passing addiction staff had commented on how lovely and relaxing it looked, so when we needed volunteers for casework, it made sense to ask the addiction team.

Although it was nerve wracking for the ladies to practice on 'real' people rather than each other, it was hugely satisfying - especially when they wrote lovely comments on the feedback forms, such as :

'Thank you so much, I feel so much more relaxed.'

'Please can we have this every week!'

'What a relaxing way to spend a lunch hour!'

This has been an amazing opportunity for family members to learn a new skill and increase their confidence.



Say hello to the Grangemouth Group who are taking on the Kiltwalk!

Our family members from our Grangemouth group in Forth Valley have been out training for the Kiltwalk - we couldn't be happier to have them walking with us!

Family members that attend our Grangemouth support group have signed up to take part in this year's Glasgow Kiltwalk to raise money for us in #TeamSFAD! One of the ladies is taking on the 6-mile walk, whilst the other ladies have signed-up for the massive 23-mile walk.

In preparation for the walk, the group have been donning their walking boots and taking to the paths of Zetland Park in Grangemouth to train themselves up. With the park having a route of 1.5 miles, the group are planning to take on bigger and better training sessions which are to take place in the normal hours of the support group on a Monday morning. What better way to start the week than with a Walk and Talk!

The Grangemouth group meets every Monday morning from 10am to noon in the Grangemouth Education Unit on Abbotts Road. You can help support the ladies on their way by sponsoring them, visit - <http://bit.ly/2msWHoy>



All of our groups in East Dunbartonshire and Forth Valley can be found on the next few pages. Our groups are open to everyone for support and advice.

Forth Valley Groups

Our Family Support Development Officers are CRAFT trained and use these practices in their groups.



Grangemouth

Every Monday from 10am-noon.

Grangemouth Education Unit (next to
Grangemouth Sports Complex),

Abbots Road,

Grangemouth

FK3 8JB

Stirling

Fortnightly on a Thursday starting 2nd
March 2017. From 6pm-8pm.

Raploch Community Campus,

Forth Valley College,

Drip Road,

Stirling

FK81RD

Falkirk

Every Thursday from 5pm-7pm

& Fortnightly on a Saturday starting
11th March 2017 - contact us for times.

ASC,

32 Vicar Street,

Falkirk,

FK1 1JB

Alva

Every Tuesday from 1:30pm-3:30pm.

Alva Community Access Point,

135 West Stirling Street,

Alva

FK12 5EL

East Dunbartonshire Groups

Kirkintilloch

Fortnightly on Thursdays starting 16th March 2017. From 10am-noon.

Kirkintilloch Baptist Church,
52 Townhead
Kirkintilloch
G66 1NL

Bishopbriggs

Fortnightly on a Tuesday starting 7th March 2017. From 1pm - 3pm.

Woodhill Evangelical Church,
30 Wester Cleddens Road,
Bishopbriggs,
Glasgow,
G64 2NH

Milngavie

Fortnightly on Thursdays starting 9th March 2017. From 6:30pm - 8:30pm.

Milngavie Community Library &
Education Centre,
Allander Road,
Bearsden,
G62 8PN


Lennoxtown

Every Wednesday from 2pm-4pm.


Lennoxtown HUB,
46 Main Street,
Lennoxtown,
Glasgow,
G66 7JJ



Our website directory contains details for support groups, alcohol or drug treatment services, bereavement services, young persons treatment services and carers services across Scotland. If you run a group or service or know of one that isn't on our directory, email info@sfad.org.uk with the details.



The background image shows a group of people of various ages holding hands in a circle on a grassy field. The scene is backlit by a bright sun, creating a warm, golden glow. In the background, some buildings and trees are visible under a clear sky.

 **Scottish Families**
Affected by Alcohol & Drugs

COMMUNITY



Community

ALEC Toolkit

Adult Learning & Empowering
Communities [ALEC] Toolkit:

A best practice guide to working with
communities using an asset-based approach.

If you are interested in testing our ALEC
toolkit or want further information
contact John: john@sfad.org.uk

www.sfad.org.uk  

To find out more about ALEC, read Nicola's update on the next page. To access the ALEC toolkit, contact John Holleran: John@sfad.org.uk

Why do we work with communities?

People often make an assumption or question how possible it is to encourage a family member who uses substances to go towards recovery. For a long time, problematic substance use has been perceived by many, including families, professionals and the media, as something that can't be fixed by services, practitioners and strategic policies alone. In reality, peer-support and social connections are invaluable when we consider who has the most influence in supporting those in recovery alongside the professional and the whole-population policy context.

Through our work with family members that are key players within the community and know what it is like to live there, we have developed an understanding of the barriers that can prevent or limit recovery progression. However, we also know that families can often be unrealised assets to supporting communities to find solutions and support the development of recovery-orientated ways of working.

More often than not, individual recovery takes place within a family context or within the community. This is rarely achieved or sustained in isolation; we know this through

the work we have carried out with family members across Scotland.

What matters to communities?

Scottish Families Affected by Alcohol and Drugs work alongside whole communities using ALEC – our Asset Based Community Development (ABCD) toolkit – to mobilise members of the community to identify, map and activate the skills, knowledge, qualities and lived experience of those living there to support change. When we are involved with whole communities, we are able to identify what matters to them most and encourage them to explore positive ways of working and to challenge the negative perceptions, reduce the impact of substance misuse and challenge the stigma that is often a barrier to many accessing the support they need.

'Families often don't want to fixate on the substance use they live with, they actually want to explore opportunities to reach their full potential and do things that they really like to do. They don't want the substance use in their family to define them. It's not about services 'fixing' people, but about how they access what they need, when they need it'.





larkfield
housing



**Scottish
Families**
Affected by Alcohol & Drugs

COMMUNITY

Community Conversation Cafe

Do you **live or work** in Larkfield ? Are you interested in:

- Helping to build a stronger community?
- Bringing people together to make a change?
- Action to support recovery & reduce stigma?
- Sharing ideas with like minded people?

To find out more and be part of our conversation café in March please contact Nicola for more information:
nicola@sfad.org.uk 0141 221 0544

www.sfad.org.uk



For more information and/or to express your interest in attendance please contact Nicola Harten on 0141 221 0544 or email Nicola@sfad.org.uk.

Conversation Café in Association with Larkfield Housing Association

Nicola Harten will be hosting two Conversation Cafés within the Larkfield area of Inverclyde in March/April 2017. The first Café (March) seeks to engage local stakeholders and providers of services in Larkfield. The second Café (April) seeks to engage with local business owners and residents. The overall aims of the events are to open a dialogue about ways in which we can collectively reduce substance related harm, challenge stigma and create recovery friendly communities. The pop-up events are co-hosted in partnership with Larkfield Housing Association.

Working with Your Voice



As part of the ALEC programme currently being piloted in the Inverclyde area, Nicola is working alongside eight local citizens who are passionate about Inverclyde and community life. The group have come together to explore and learn to use asset-based community development techniques. So far a mini conversation café (pictured) has generated much discussion about the needs and strengths of the local community; past and present, as well as the impact of substance misuse on the wider community of Inverclyde. Currently the group are identifying their personal and local assets to uncover their collective power and underused resources which they hope to use in the future for the benefit of the wider community.

If you live in the Inverclyde area and are interested in joining us contact Nicola on 0141 221 0544 or at Nicola@sfad.org.uk. The group meets each Tuesday 10am – noon at Your Voice, 12 Clyde Square, Greenock.

Helpline



Are you interested in home-based volunteering?

We need your help to run our confidential helpline!

Can you volunteer for a minimum of 3 hours per week answering calls and webchats in your own home?

You will need a telephone line, computer, internet connection and excellent spoken and written English.

Full training is given

Please email for more information

helpline@sfad.org.uk

www.sfad.org.uk



Meet our new Volunteer, John

My name is John and I volunteer for SFAD. I have had a very personal experience with how the effects of alcohol and drug abuse can affect a family. My mother and father are both drug addicts, my father was right up until his death in 2001 at the hands of drug abuse. I have spent a lot of time in my life wondering how growing up with these experiences affected me, I struggled somewhat when I was younger. However in recent years I have come to terms with this and with the support of my family and my partner, I understand that I am who I am because of this. When I heard about SFAD I was determined to get involved. I wish that I knew that these sorts of services existed when I was younger. I am very humbled and honoured to be able to support those who need our support, to be part of an organisation doing good within our community.



‘When I heard about SFAD, I was determined to get involved.’

We are looking for home based helpline operators to volunteer with us.

What does that actually mean? You would be answering our helpline calls and web-chats from your own home and signposting the callers to suitable support organisations.

What experience do I need? None. We would like you to have an awareness of alcohol and drugs. You will be providing listening and emotional support to individuals who are affected by someone else's substance use.

What equipment would I need? You will need access to a phone (either landline or mobile) with a quiet space to answer calls (no kids running around or dogs barking etc), internet access at home, a laptop or computer and an email address.

Will I receive training? We provide training on call handling, alcohol & drugs awareness and also information on support services available.

Contact Suzanne – Suzanne@sfad.org.uk to find out more about how to volunteer with us

Launch of local support group to help family members and close friends affected by a loved one's alcohol and/or drug misuse

Early on in my role as substance misuse worker for Relationships Scotland Orkney, I recognised the need for support for family members affected by a loved ones drug and/or alcohol misuse. Often family members reported feeling like they had no where to turn for help and felt hopeless with their efforts to get their loved ones into treatment. Understandably this often impacted on their own mental and physical wellbeing.

After speaking with Scottish Families Affected by Drugs (SFAD) about setting up a support group for family members, we identified that we needed to offer something educational and structured to local people and they strongly recommended a programme called CRAFT (Community Reinforcement and Family Training).

Craft is a therapeutic intervention for Concerned Significant Others (CSOs) developed by American Professor Robert J. Meyers, to better support someone with a drug and or alcohol misuse problem where they are resistant to getting help. The programme has proven to help CSOs cope better with their loved one, help get them into treatment but most significantly it helps them feel better, improving confidence, self esteem and reducing feelings of anxiety and depression.

CRAFT has three major goals:

- 1. To encourage your loved one to get help**
- 2. To decrease your loved one's substance use**
- 3. To increase your own happiness and wellbeing independent of whether your loved one enters treatment**



For more information please contact Hannah Stanger on 01856 877750 or Email hannah@rsorkney.org.uk

Relationships Scotland Orkney has recently been granted funding from The Robertson Trust and the Small Test of Change fund directly from the Scottish Government, supported by Orkney's Alcohol and Drug Partnership to deliver CRAFT here in Orkney. Sessions can also be delivered in groups or on a one to one basis.

Support Groups



**The Power to Support a Loved One Get Help
With Their Substance Use Is in Your Hands.
Moving On Inverclyde offer support for anyone
concerned about a loved ones substance use.**

**To find out more about CRAFT training
Contact Us:**

Phone: 01475 735200

Text: 07767167388

www.movingoninverclyde.co.uk

Support Groups

ADVICE



SUPPORT

Family Support Service

Have you been affected by a loved one's drug or alcohol problems? OR

Are you a Kinship Carer?

Your nearest support is available from 9 a.m. – 4 p.m.
excluding bank holidays at:

Every Wednesday

Bridgeton Health Centre
201 Abercromby Street, G40 2DA

Every Friday Morning

GEAAP, 51 Trondra Place, G34 9AX

Every Friday Afternoon

Easterhouse Health Centre
9 Auchinlea Road, G34 9HQ

Every Monday, Tuesday & Thursday

Family Addiction Support Service
123 West Street, Glasgow, G5 8BA

For an appointment please call

Carrie-Ann on 07597162675

or 0141 420 2050

Family Addiction Support Service (FASS)

123 West Street, Glasgow, G5 8BA

Tel: 0141 4202050 Email: info@fassglasgow.org Web: www.fassglasgow.org

A Registered Charity Registered in Scotland No: SC016107



Support Groups



Family Support Service

Have you been affected by a loved one's drug or alcohol problems?

Would you benefit from support and advice?

Your nearest support is available from 9.30am – 3.30pm
excluding bank holidays at:

Every Wednesday

Possilpark Health Centre

99 Saracen Street, Glasgow, G22 5AP

Every Thursday

Family Addiction Support Service

123 West Street Glasgow, G5 8BA

Every Friday

3D Drumchapel, The Opengate

44 Hecla Square Glasgow, G15 8NH

For more information please call

Dot on 0787 1060 026 or 0141 420 2050



Family Addiction Support Service (FASS)

123 West Street, Glasgow, G5 8BA

Tel: 0141 4202050 Email: info@fassglasgow.org

Web: www.fassglasgow.org

A Registered Charity Registered in Scotland No: SC016107

The Kinship Care Guide

Mentor Scotland is delighted to announce the publication of the third edition of its Kinship Care Guide. The Guide was first published in 2009 and has since become a vital resource for both kinship carers and professionals, providing a definitive account of responsibilities, legal rights, financial rights and support for kinship carers in Scotland.

The new edition has information on all the changes from the Children and Young People (Scotland) Act 2014, as well as updated case studies and details of support groups, and a pull-out comic book with stories from children and young people who live in kinship care across Scotland.

Mentor will soon be launching a new website dedicated to kinship care, which will include a web version of the Guide, news and events, and a database of support for kinship families. The website will go live in March at www.kinship.scot – keep an eye out on Twitter for updates! But until then, if you would like to receive a free copy (or copies!) of the Kinship Care Guide, please get in touch.



0131 334 8512 |
adminsotland@mentoruk.org
@MentorScotland |
www.mentoruk.org.uk/scotland

Research Project - Families Outside Need You!

Are you a young person with experience of a parent in the justice system? We need your help! Families Outside is a partner in two research projects on the experience of children and young people with a parent in prison, and we're looking for young people willing to take part. Greater Glasgow & Clyde NHS is funding our partnership with the University of Salford in the **Constructive Connection** research project.

The project researchers will be speaking with children and young people up to age 18 from Glasgow City with a parent at any stage of the justice system (arrest/pre-sentence; community sentence; prison sentence; or post-sentence). To help or for more information, You can contact our helpline 0800 254 0088 or Briege Nugent at briegenugentresearch@gmail.com

Frequently Asked Questions answered on Glasgow's proposed Safer Drug Consumption Facility and heroin-assisted treatment

Glasgow City Health and Social Care Partnership (HSPC) have produced a very helpful document answering '[frequently asked questions](#)' about the proposed safer drug consumption facility and heroin assisted treatment in Glasgow. The document explores what exactly is being considered for Glasgow city centre, the proposed definition of safer drug consumption facilities and heroin-assisted treatment, what the aims of these services would be and who would be the target groups for using them. Fur-

ther questions are answered on why exactly these services are being proposed for Glasgow city centre. This takes into account the current issue of public injecting, the potentially high risk of drug-related deaths and infection this incurs, and treatment-resistant individuals. The document goes on to explain the expected benefits of having such services, addresses concerns as to whether the services will increase drug use, drug dealing and crime in the local area, the legal status of the site and affordability.

[Click to read document](#) or visit <http://bit.ly/2m725gt>

Parenting Across Scotland (PAS) Survey

PAS is evaluating the impact of its information services on practitioners and families. If you have used PAS services such as the website, attended events, or read and seen any publications, they would like to hear from you. Your answers and opinions to the survey will be used in the future planning of services and all comments will be treated anonymously.

Take the survey at <http://www.smartsurvey.co.uk/s/OER3O/>

FASS Support Groups

FASS are delighted to be able to offer Family Support to families affected by a loved one's drug or alcohol problems in the local community. We now have family support workers based in Govanhill on Mondays, Pollok on Tuesdays, Possilpark & Bridgeton on Wednesdays and Drumchapel & Easterhouse on Fridays. Support will also be available at FASS Monday to Friday. If you would like any more information on accessing any of our supports please contact FASS on 0141 4202050 or info@fassglasgow.org Find out more information on pages 22 and 23.



Bereavement Support Volunteer

FASS are offering Peer Bereavement Support to adult family members who have lost a loved one due to drug or alcohol problems.

This support is provided by one of our volunteers who is COSCA Certified and has completed CRUSE Bereavement Training, she has experienced personal bereavement of losing a child due to drug problems.

This support is ideal for those who would like to speak to someone on a one to one basis who has an understanding of the many complex issues that affect a family following a bereavement through substance use.

For more information or to access this service please contact FASS on 0141 4202050 or info@fassglasgow.org

University of Life in Recovery Workshops

The University of Life is a series of learning workshops. All of the tutors are people in recovery. There are a selection of workshops for all. Registration is essential and there are limited places available. Book now.

www.scottishrecoveryconsortium.org

Police Scotland 2026 Strategy Consultation

Police Scotland have released their 2026 strategy. This is however a draft copy and they are looking for views and input to help shape the final publication.

<https://consult.scotland.police.uk/consultation/2026/>



Fundraising Committee Chair

We are looking for a volunteer to chair our first ever Fundraising Committee, a very exciting opportunity. If you are organised, enthusiastic and have lots of ideas for fundraising this role is perfect for you!

You will bring together a committee of volunteers, this will involve recruiting members from your own networks as well as welcoming new volunteers on board.

This is an important and exciting leadership role, you will plan events much as fêtes, quiz nights, afternoon teas and raffles with the goal of raising much needed funds for Scottish Families Affected by Alcohol and Drugs.

The role is flexible, we ask that you commit to one meeting per month and hosting at least one event in 2017.

**For more information or to apply please contact
Fundraising Manager Sarah Nottingham on
0141 221 0544 or sarah@sfad.org.uk**

Third Sector Forum Community Empowerment Event

There are many questions in Glasgow's third sector about what the **Community Empowerment Act** means for us, and how we can use it. This short event aims to answer some initial questions, and identify what else it is we need to know as a sector to make the best use of this important new legislation. The event will be of interest to senior managers, policy officers, development staff looking to create new projects and services and anyone with a general interest.


Tuesday 14 March 2017 | 10:00 – 12:00 | The Albany Centre, 44 Ashley Street
Glasgow, G3 6DS | [Book tickets here](#)

Want to share your news with us?

If you have any support groups, events, or any news that you would like to share on our newsletter, please do not hesitate to get in touch with us.

info@sfad.org.uk | 0141 221 0544 | @ScotFamADrugs

Bereavement

The poster features a background image of a sunset over a field with the silhouettes of an adult and a child standing together. At the top, there is a logo for 'Scottish Families' with a map of Scotland and the text 'Affected by Alcohol & Drugs'. Below this is a blue button with the word 'BEREAVEMENT'. The main text asks 'Have you lost a loved one due to a drug-related death?'. Below that, it says 'Scottish Families Bereavement Service' and 'If you are impacted by a drug-related death call us today to receive:'. A list of services follows: Guidance and Information, Counselling Sessions, Telephone Support, and Peer Support. At the bottom, it provides the 'Free Confidential Helpline Tel: 08080 10 10 11', the email 'E:helpline@sfad.org.uk', and 'Webchat available online'. The website 'www.sfad.org.uk' and social media icons for Twitter and Facebook are also included.

Scottish Families
Affected by Alcohol & Drugs

BEREAVEMENT

Have you lost a loved one due to a drug-related death?

Scottish Families Bereavement Service
If you are impacted by a drug-related death call us today to receive:

- Guidance and Information
- Counselling Sessions
- Telephone Support
- Peer Support

Free Confidential Helpline Tel: 08080 10 10 11
E:helpline@sfad.org.uk Webchat available online

www.sfad.org.uk



Scottish Families

Affected by Alcohol & Drugs



@ScotFamADrugs



/ScottishFamiliesAffectedByAlcoholAndDrugs



/ScotFamADrugs

Stirling House, 226 St. Vincent Street,
Glasgow, G2 5RQ

Email: info@sfad.org.uk

Phone: 0141 221 0544

Helpline: 08080 10 10 11

Scottish Families Affected by Alcohol and Drugs is a company limited by guarantee
(company no. 345289) and a recognised Scottish Charity (SCO034737)