



Spring Newsletter

April 2018



Spring

We still can't quite believe that it's the end of March and we're only just seeing the start of Spring (are we though? It's still quite cold...) These past snowy months have seen us organise an Easter roller-skating event, work closely with Dumfries and Galloway ADP, promote our bereavement service, and start recruitment for the Kiltwalk 2018! We're looking forward to the year ahead and can't wait to work with family members in Scotland through our services. If you are worried about someone's alcohol or drug use, please phone our helpline 08080 10 10 11. If you would like to get involved with and/or support our work - from volunteering to sharing your stories to making a donation - contact info@sfad.org.uk or 0141 465 7523.

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A note from Justina

CEO of Scottish Families

Well Spring is Spring-ing now and the daffodils are blooming, so I asked my youngest if she'd seen any lambs yet. "Yes, I saw them on the bus" came the reply. Eh? I thought, wondering if Stagecoach had developed a whole new customer base I wasn't aware of, before (of course) she clarified she saw them from the bus. A-ha. This is one of many interesting conversations I've had recently – you know the kind of conversations which make you think, which sometimes head in an unexpected direction, and which don't always have a right answer or an obvious resolution. For example...

I've had conversations with our Positive Practice Partnership colleagues in the North East of England, who deliver our two-day Community Reinforcement and Family Training (CRAFT) courses, about how we can build on the momentum of 25 new Scottish CRAFT graduates since last November – as well as a squad of graduates from previous years. We have talked about growing a new active community of practice to keep practitioners and family members trained in CRAFT connected, supported and skilled, and to jointly champion this empowering and transformational programme for families.

I've been having interesting conversations with my Scottish Families team, and with funders and commissioners, about our achievements and challenges over the past year, and the new opportunities and developments which lie ahead. This is all in the context of tight resources, ambitious plans, various national policy, and our knowledge that there are so many families out there who have not yet felt able to come forward due to the secrecy, shame

and stigma that shapes addiction in the family; the lack of family-inclusive practice by many alcohol and drug services; and the patchy provision of locally-based family support across the country.

I've been having interesting international conversations with AFINET colleagues (Addiction and the Family International Network - <http://www.afinetwork.info>), and Scottish families and practitioners about a new cross-border study we are participating in called 'Reaching family members in large numbers'. While it is comforting to some degree to know we are not alone in this challenge of reaching the many, many family members who are currently unsupported, it is also somewhat depressing to realise this is a global challenge and no-one has yet 'cracked it'.

And finally I have been having some very interesting conversations with myself, about why – when I am supposed to be training hard for the first of two 'Big Stroll' Kiltwalks I am doing this year for Scottish Families (and it is now less than a month away) – why did I go for a coffee (and a scone!) the other Saturday instead of doing my training walk, on the excuse that the weather was just too cold and miserable. (Of course it is not too late to sponsor me) – and yes, I am clearly taking total advantage of my position as author of 'A word from the CEO'.

These, my friends, are the interesting conversations of our times. What do you think? Drop me a line at ceo@sfad.org.uk and let's keep this conversation going!

- Justina

Sponsor Justina! - www.justgiving.com/fundraising/justina-murray

Martha Rae

Senior Virtual Family Support Practitioner



What does 'family' mean to you? – Family to me can mean lots of things. I instantly think of my own immediate family, but having worked with families for so long I feel that family can mean anyone who you care about. I would consider some of my friends more like family.

What's it like working for Scottish Families? – Scottish Families is a great place to work. I get to work closely with families and hopefully help them to make even slight improvements in their lives. It can be frustrating as such a small organisation with such a wide reach, people still haven't heard of us. I wish more people knew about us so that they could get the support they often so desperately need.

What would you like the public to know about Scottish Families? – That we are here! All of our services evaluate really well, so we know that families benefit from our services. I would love to see more families contacting us and recognising their own need for support. We really are very nice!

What are the things you love most about your work

with Scottish Families? – As I mentioned before I really enjoy the fact that I work so closely with family members. I love that feeling when something clicks with a family member and they begin to make positive changes in their own lives. I am guilty of needing a bit of validation in my work and there is no greater validation than a family member telling you that you have helped them in some way. I'm a sucker for a success story!

What are the biggest challenges you have met and overcome in your work with Scottish Families? – I don't think you could work in the third sector and not recognise the challenge of funding cuts and fixed term contracts. I try not to worry too much about these, but I don't think I would be human not to worry a bit. In my actual work I think the biggest challenge can be working with families who are 'stuck'. It can be heart-breaking to witness a family member carrying on behaviours that they know won't help their loved one but cannot see another way to help. I believe it is often the families that care and protect too much that have the most challenges.

If there was one piece of advice you would give to a family member supporting recovery, what would that be and why? – You are important in this too. It is not selfish, but tactical to look after yourself and make sure you are not taking on too much responsibility for someone else's happiness. Taking some time for yourself can give you the energy to carry on supporting your loved one. Your love and support is essential but should not be to your own detriment. It is okay to take a day/week/month off. I am giving you the permission.

What has been your favourite moment at Scottish Families? – I don't think I could write this without mentioning the family conference we held in November. Was so wonderful to see so many families together, supporting one another and learning. But honestly, I think my favourite moments are ongoing, families making little changes to improve their own lives, hopefully with a little guidance from me. It is a great feeling to know that you have had a bit of a positive impact in someone's life. Even if it is only tiny, I will take that!

**Did you know that Scottish Families
has to fundraise in order to keep
providing our services?**

**Around 20% of our core funding comes
from Scottish Government, the rest we
must raise ourselves.**

**Donate
justgiving.com/sfad**

**Every donation makes a difference.
Please consider supporting our work –
with your help we can reach more
families who need our support.**

The Family Recovery Initiative Fund

‘Recovery is not just about the person, recovery can’t happen without family recovery as well.’

‘I’ve got two families – my family at home and the group family.’

Family Members talking with Scottish Families staff in 2017

The Family Recovery Initiative Fund offers one-off grants of up to £1,500 and is open to groups (family support groups, carers groups) or people thinking of setting up a group which aims to support families who are affected by alcohol or drugs.

‘Families play an integral role in making recovery a reality for people affected by alcohol or drug use and it is important to ensure that family members are also well supported. This new fund is an excellent opportunity to help build support networks and local groups that will help family members affected by substance use to access the help they need to support their own wellbeing’

- Aileen Campbell, Minister for Public Health and Sport, March 2018.

The Fund has been supplied by the Scottish Government Substance Misuse Unit and will be administered by Corra Foundation with support from Scottish Families Affected by Alcohol and Drugs.

If you are involved in supporting families who are affected by someone else’s alcohol or drug addiction in a group setting or you are thinking about starting a new group in your area, the Family Recovery Initiative Fund wants to hear from you.

We hope that this fund will help existing family support groups to grow and develop, that it will provide the basics needed for new groups to start and that it will help families affected by alcohol and drugs across Scotland to know that they stand alongside others who know how they feel, listen to what they have to say and who will share both their stories of struggle and their stories of hope.

Since the launch of the fund on Wednesday 7th March 2018, Scottish Families has spoken with over 50 people (family members and practitioners) in 20 different places in Scotland (from 17 different ADP areas). From Aberdeenshire to Angus, North Lanarkshire to East Dunbartonshire, and Mid and East Lothian to Argyll and Bute; families are speaking with us about the fund and their ideas for how it will make a change for their families and the families they know.

The fund is open for applications until Friday 29th June 2018. To find out more and apply for the fund contact Scottish Families by:

Tel: 0141 465 7523
Email: info@sfad.org.uk
Online:

<http://www.sfad.org.uk/recovery-stories/family-recovery-initiative-fund>



**One-off grants up to
£1,500 for family
support groups**

The Family Recovery Initiative Fund

Contact us
info@sfad.org.uk
www.sfad.org.uk



FAQS

Q: Where can I find more information about the fund?

A: All information can be found on our website here -

<http://www.sfad.org.uk/recovery-stories/family-recovery-initiative-fund>

Q: Where can I get an application form?

A: You can download an application form from the above link to our website. The form link is on the bottom of the page.

Q: Does my group qualify?

A: Information about groups can be found on our website but if you are unsure you can contact Susie McClue from Scottish Families on susie@sfad.org.uk or 0141 465 7523 - Susie's working week is Monday to Wednesday.

Our letter to a bereaved family

Dear bereaved family,

Have you lost a loved one as a result of a drug-related death? How are you? How do you feel? Bereavement is always challenging. There is a range of emotions you may be feeling - you may not be feeling anything at all. Grief, loss, sadness, emptiness, shock, confusion, shame, anger, guilt, numbness and even relief are some of the feelings people tell us about. Remember, whatever you feel is okay; there is no 'right' way to respond to grief.

When drugs are involved in the death of a loved one it can have extra complications in the grieving process. The death was almost always preventable and premature; there is often police and the wider justice system involved; you may not have known that they used drugs; you may have feelings of guilt that you could have done more to stop it happening; you may have had a challenging relationship with them before their death; and you may have been met with stigmatising responses when you have spoken to people about your loss. It is natural to go over what happened and blame yourself for not having done more, but it is very likely that there was nothing more you could have done.

Stigma is something that you may have experienced. You may feel less able to talk to people about your loss due to the stigma around drug use. People you know may place blame on your loved one for their drug use, this can make it harder to speak about. Whatever their behaviour was like before they died, you still loved them and knew them without drugs. Unfortunately, some people find it difficult to see the person behind the drug use. It is important that you find support from friends, family members or services where you can speak openly about your loss and how you feel without judgement. If you don't your grief

may feel unacknowledged.

Major bereavement is not something you 'get over.' You can, however, learn how to live with it and rebuild your life. The feelings you may have about your loss may be revisited over the years but the strength of feeling and frequency should lessen. Small things can help to start the healing process when you are ready. Keep up your daily routines - small tasks like taking the dog for a walk or making your bed can help to feel 'normal' and in control. Feeling sad and being emotional can be tiring. Try to sleep when you can. A well-balanced diet can help with mood. Avoid things that 'numb the pain.' Alcohol and other substances will make you feel worse when their effects wear off.

If you have a supportive friend or family member who you feel comfortable talking to, tell them how you are feeling. Try to be honest about how you feel. If you don't feel comfortable talking to friends and family a support service, bereavement group or counsellor may be better. Contact our free, confidential helpline on: 08080 10 10 11 (select option 2) and our dedicated bereavement advisor Martha will listen to you and can advise you on support available to you, including up to 6 free sessions with a qualified, accredited bereavement counsellor.

If you feel you are not coping it can really help to access support. Maybe you are struggling to sleep or your intense feelings are not going away. If you are struggling to get back into a 'normal' routine or have symptoms of depression or anxiety. You can speak with your GP or contact our service and we can find support that is suitable for your needs.

**Yours sincerely,
Scottish Families.**

Our new bereavement information booklet

We have recently created a bereavement information booklet which contains information for family members who have been bereaved and for people who are supporting family members through their bereavement. You can read this booklet at -

<http://ow.ly/TqTR30jcx4h> - we will have printed copies of these booklets available, contact us info@sfad.org.uk if you would like to receive a copy.

Sharing your story

We are gathering stories about how drug related death can impact us. Telling your story can help both yourself and the people who read it to understand and to find comfort if they are going through a similar thing. We will use your story to raise awareness through our social media platforms. To share your story online please visit:

<https://www.surveymonkey.co.uk/r/578XM2B>. If you would prefer to email please send your story to bereavement@sfad.org.uk or contact us 0141 465 7523 for more information.

‘I had tried for so long to come to terms with the loss of my husband. He was clean and sober and doing really well. It was such a shock to the whole family when he was found dead and my world fell apart. I was apprehensive of getting counselling as I didn’t like to talk about it but I knew something had to change.

From the first call to Scottish Families everything seemed so easy and within a week I had my first counselling appointment booked. Since then I’ve never looked back. It’s been 13 months since I had my counselling and my life is back on track.’

- Family member

Contact our helpline:
08080 10 10 11
helpline@sfad.org.uk



Easter Eggstravaganza!



On Sunday 25 March we held a special family event at the Peak in Stirling supported by our good friends from Rollerbeats.

We wanted to host an event that was fun, for all ages and promoted a family space free from alcohol – with the help of our event partners and supporters we have an amazing day and raised a massive **£1173!**



The Easter Eggstravaganza featured a glow in the dark party, a chance to meet some of your favourite mascots, including Poppy from the Trolls film, lots of stalls selling Easter treats for mums and dads and finished with a massive UV roller disco.

We welcomed 120 people, including kids, mums and dads (some of whom even had a go at the roller skating!)

Choices for Life, a Police Scotland initiative aimed at raising awareness amongst young people aged 11-18, about the dangers of smoking, alcohol and drugs as well as online safety and advice on how to deal with negative peer pressure, sponsored the event and their staff were there on the day helping raise awareness of these critical issues for young people. We were lucky to have the support of many local businesses who took stalls or donated prizes to the raffle and tombola.

Thank you to everyone who came along and supported the event. We hope this will be the first of many family events, please contact sarah@sfad.org.uk if you have an idea for an event you'd like to see us hold.





#WalkForChange Be part of the Kiltwalk

What is it?

The Kiltwalk is a unique event in Scotland bringing together thousands of people who want to walk and raise money for their favourite charity. In 2017, for the first time Scottish Families were one of the charities to benefit and together we raised over £12,000! This year we want to get 100 people to #walkforchange, we are well on the way to this target with 40 people already signed up for the challenge.

You can help us reach our goal and help us continue our work across Scotland!

When and where is it?

Glasgow - April 29th
Aberdeen - June 3rd
Dundee - August 19th
Edinburgh - September 16th

At each location you can choose to walk 6, 13 or 26 miles.

Why should I do it?

The Kiltwalk is a fantastic, fun event and with three routes (6, 13 or 26 miles) to choose from there is a route to suit you whether you are an experienced walker or finding your feet.

There are three key reasons why we think

you should take part in the Kiltwalk and support Scottish Families

1) By walking you are helping to support families all over Scotland that benefit from our services. We have to fundraise to keep our organisation going and every penny you raise will help us provide our vital services.

2) The Hunter Foundation support the Kiltwalk and offer a massive 40% boost to the sponsorship you raise – so if you raise £100, we as a charity get £140! A completely unique fundraising opportunity.

3) WALK FOR FREE! It normally costs £36 to register for an adult place, but if you walk for Scottish Families we will give a completely free place to say thank you. All we ask is that you try and raise £100 sponsorship.

How do I register?

Simply drop an email to Fundraising Manager Sarah Campbell, sarah@sfad.org.uk, letting her know which city (Glasgow, Aberdeen, Dundee or Edinburgh) and which distance (6, 13 or 26 miles) you want to walk – Sarah will send you full details on how to get your free place.



The Kiltwalk 2018

#WalkForChange with #TeamSFAD



Glasgow 29 April
Aberdeen 3 June
Dundee 19 August
Edinburgh 16 September

**All #TeamSFAD walkers get
a free place - contact us for
more information**

Walk 6, 13 or 26 miles for families affected by someone's alcohol or drug use

Call **0141 465 7523**, email info@sfad.org.uk or visit www.sfad.org.uk for more information on how to get your free Kiltwalk place with Scottish Families

Scottish Families Affected by Alcohol and Drugs is a company limited by guarantee company no: 345289) and a recognised Scottish Charity (SCO034737) - Scottish Families, Edward House, 199 Sauchiehall Street Glasgow G2 3EX



Scottish Families
Affected by Alcohol & Drugs

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  

Reaching and Engaging Families in Dumfries and Galloway

For the past three months we have been frequent flyers (well, drivers and passengers) to the beautiful region of Dumfries and Galloway, where we have been commissioned by the local Alcohol and Drug Partnership (ADP) for a short piece of work around how best to reach and engage families across the region. This built on our experience of running a pilot family support service in Dumfries and Galloway previously.

We have completed an online workforce survey of those working in and alongside local alcohol and drugs services; an online family and community survey; in-depth one-to-one interviews with partner organisations working with families in other services (i.e. outwith alcohol and drugs services); workforce training on family-inclusive practice; a facilitated workshop with third sector health and social care partners; as well as dropping in to the lovely TLC recovery café in Castle Douglas, participating in the recent ADP Conference, and joining the Co-Production Working Group which is seeking to involve service users and families in re-shaping community-based recovery services.

We will be sharing our findings with the ADP through both a written report and a future partners' learning event. Through this work we have of course identified many challenges, from limited dedicated resources and a lack of current support for families, to the remote and expansive rural geography, but we have also identified an incredible range of individual, family and community strengths, assets and opportunities which could be used to build a sustainable and strong model of family support to suit the area. Watch this space!

Volunteer with Scottish Families

Scottish Families are looking to recruit some new volunteers into Team SFAD. We have many different roles for people to get their teeth into including attending our events and helping with fundraising in your local community.

If you are interested or just want to hear more about some of the roles we can offer, contact our Fundraising Manager Sarah Campbell on sarah@sfad.org.uk or phone the main office 0141 465 7523.

The Carers (Scotland) Act 2016

The Carers (Scotland) Act, 2016 came into effect April 1st 2018. Here is a snapshot of the key changes and rights that apply under the legislation. It is important that families are aware of the care/treatment processes and have access to the right information if they are recognised as carers (Young/Adult/Kinship).

The Carers (Scotland) Act 2016 became law on the 1st April 2018.

The Act extends and enhances the rights of carers in Scotland to help improve their health and wellbeing, so that they can continue to care, if they so wish, and have a life alongside caring.

The responsible local authority must provide support to any carer who has identified needs (which meet local eligibility criteria) that cannot be met through support provided to the person being cared for, or through general local services.

The Act requires local authorities to have a local information and advice service for carers.

Adults: They (local authority) must prepare an adult carer support plan for anyone who meets the definition of a carer if that person requests one.

Young people: The responsible authority must offer a young carer statement to any-

one they identify as a young carer.

Services must provide information and advice about a number of things relevant to carers, including the carers' rights.

The definition of a carer and associated rights are set out in the Carers Charter & some of these include:

- The right to be involved in services
- The responsible local authority must offer a care support plan to anyone who identifies as carer.
- The right to be involved in the hospital discharge process – either planned or unscheduled admission.

Involvement in the hospital discharge must happen whether or not the person moves from hospital to their normal home, including further treatment or rehab.

'Each health board must ensure that, before a cared-for person is discharged from hospital, it involves you in the discharge of the cared-for person.'

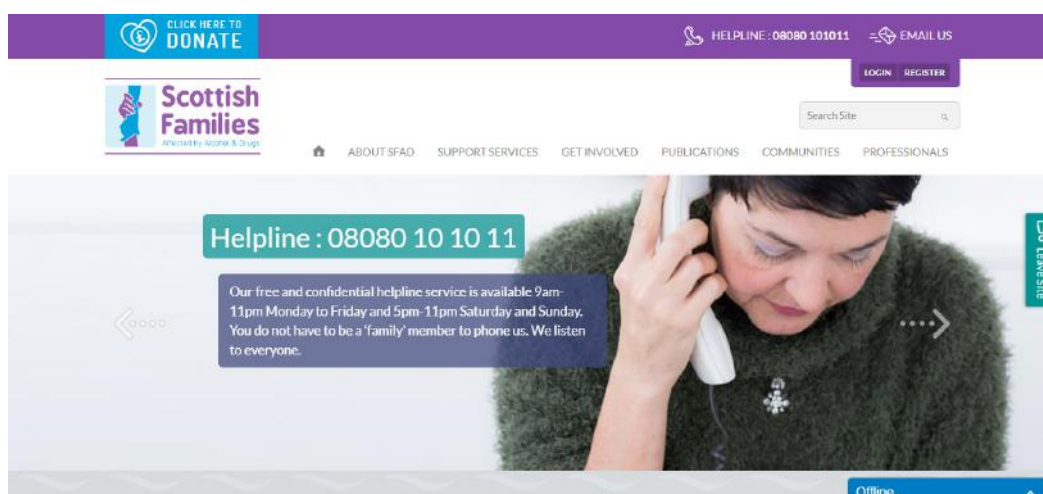
All local authorities and health boards have a responsibility to listen to the views of carers in the strategic planning of carer services. Carer representatives and carer organisations may do this on your behalf.

<http://www.gov.scot/Resource/0053/00533199.pdf>

Have you seen our website's new look?

Our website has had a Spring makeover and has a brand new look. We've updated our information with details on our services, training, our staff team and loads more. We also have message boards where family members can post questions or stories and other family members can answer. There is a chat room for family members to easily talk and support each other- for both our chat rooms and message boards you will need to make an account on our site and it takes two minutes!

Make sure to visit our website www.sfad.org.uk and let us know what you think about the new look!



Minimum Unit Pricing - What's your role?

Minimum Unit Pricing (MUP) is coming into place on 1st May this year. Scottish Families support the move by the Scottish Government to help reduce the level of alcohol consumed in Scotland and reduce the levels of harm that affects individuals, families & communities. We know this may affect some families supporting someone who drinks and want to make sure families have the right support they need. We believe change will happen when everyone plays a role; we want to know what this change will mean for you and how this will influence your role. Do you work in a service that can identify and help families who need support from Scottish Families? We want to hear from you, we would like you to send us a 30 second vlog or statement for our social media/website.

Who we are keen to hear from:

ADP's Foodbank worker, housing support, advocacy services, addictions services, social work, childcare providers, teaching staff, welfare rights workers, credit union staff, faith-based organisations, health partnerships or support organisations, police, LGBT support groups, equality groups, youth workers, or trade unions. Contact us info@sfad.org.uk to get involved.



Claire's Parliament Visit

Claire – 'I was lucky enough to be invited to the Parliamentary Reception for the opening of the River Garden Auchincruive community on Tuesday 6th March.

'I knew a little bit about this new project before I went along but I hadn't realised quite how ground-breaking it was until I heard the inspirational team from IFDAS speaking.'

'River Garden Auchincruive will run an asset-based programme usually for people who have struggled with drug and/or alcohol use for some time.

'It is quite different from more traditional rehab centres in many ways, not least because participants often stay for up to three years. They receive training and support in a wide range of community inspired activities such as baking, gardening and bee-keeping which all help to create a unique visitor destination open to the public.

'Colin Crosbie, the Vice-Chair, spoke about his plans to restore the gardens at Auchincruive back to their former glory and after hearing him speak, I can't imagine a more qualified or passionate candidate for the role...he almost made me want to pick up a shovel and tackle my own excuse for a garden!

'Like Colin, everyone who is involved at River Garden believes that the principles of abstinence, trust, firm boundaries, mutual support, social enterprise, respect for life and responsibility all help to achieve long term recovery. After being lucky enough to spend an evening in their company, I can't help agree.'

**Are you
concerned
about
someone's
alcohol or
drug use?**



**Freephone helpline
08080 10 10 11**

**helpline@sfad.org.uk
webchat
www.sfad.org.uk**



**Follow us on social
media**

 **@ScotFamADrugs**

 **@ScottishFamiliesAff-
fectedByDrugs**



**08080 10 10 11
helpline@sfad.org.uk
webchat - www.sfad.org.uk**



Impact Arts Parent-Child Art Therapy Sessions

Impact Arts are seeking referrals across Glasgow for parent-child art therapy sessions. This work is for primary school-aged children who are affected by alcohol use in the family network.

Parent-child art therapy can make a massive difference. It can help improve children's health and wellbeing, build self-esteem and develop long-term coping strategies. More information and a flyer about parent-child art therapy can be found on Impact Art's website <https://www.impactarts.co.uk/content/our-work-children-art/>

If you are interested in making a referral to parent-child art therapy, please contact Impact Arts' Art Therapist Alison Peebles on 0141 575 3001 or email alison.peebles@impactarts.co.uk.

Supporting Families Conference

26 April 2018

West Park Conference Centre, Dundee

Many families in Scotland are struggling because of austerity. Finances, housing and health are all under pressure. For families to thrive, parenting or family support alone are not enough: parents need sufficient income, adequate housing and good health care.

This major conference run by Parenting across Scotland will discuss effective approaches and policies, using the United Nations Convention on the Rights of the Child (UNCRC) as a framework to look at supporting families.

Speakers include:

- Maree Todd, Minister for Childcare and Early Years
- Bruce Adamson, Commissioner for Children and Young People Scotland
- Dr Morag Treanor, University of Stirling
- Professor Kate Morris, University of Sheffield
- Dr Anne Mullin, GPs at the Deep End
- Alison Watson, Deputy Director, Shelter Scotland

Futher information and booking - <http://www.parentingacrossscotland.org/news-events/posts/supporting-families-conference/>

ABI Skills Development - One Day Course

Monday 30th April - 9:30am-4:30pm

GCA Head Office, 14 North Claremont Street, Glasgow G3 7L

For further information or to book a space contact: Jim McSorley on jim.mcsorley@glasgowcouncilonlcohol.org or call 0141 556 6631

Free (funded by Glasgow City HSCP, this training if sourced privately would cost approx £300) Lunch is NOT provided.



BIGG

BUILDING INCLUSION IN GOVANHILL GROUP

A space for women to come together.

The women of Govanhill have told us they are keen to meet new women and learn about each other's lives, cultures and experiences. Join us every Thursday for some lunch, a chat and fun activities. Crèche provided. Look forward to seeing you there!

Louise and Elaine

louised@cyca.org.uk 07708428615

elainef@cyca.org.uk 07856502260



Dixon Community

**Every Thursday
12.30 – 2.30pm
at the Dixon
Community**

**Dixon Halls
656 Cathcart Road
G42 8AA**

**(Enter through side
entrance)**

Celebrate Diversity

Share Your Stories

Bring your Ideas

Support for those with liver conditions



The British Liver Trust is a national charity aiming to reduce the impact of liver disease and help everyone affected by a liver condition through the provision of information, support and research.

We have a network of support groups across the UK that offer:

Support: meet with others who understand how it feels to be affected by a liver condition

Advice: hear from health professionals regarding various aspects of living with a liver condition or life after a liver transplant

Information: British Liver Trust patient guides are available to anyone affected by or interested in a liver condition

Events: share information about the latest liver news and treatments and hear about the activities of the Trust and the wider liver community

Your local support group:

**Tuesday the 10th of April
4-6pm
Dundee Carers Centre,
Seagate House,
132-134 Seagate,
Dundee,
DD1 2HB**



Love Your Liver is a British Liver Trust campaign

Registered charity England and Wales 298858 Scotland SC042140 British Liver Trust: 6 Dean Park Crescent, Bournemouth BH1 1HL

For more information or to find other support groups across the UK visit
www.britishlivertrust.org.uk/groups

Helpline

Through contacting our national helpline we will identify appropriate local support groups and organisations to meet the needs of your family.

08080 10 10 11 / helpline@sfad.org.uk webchat available on www.sfad.org.uk.

Monday - Friday - 9am to 11pm

Saturday - Sunday - 5pm to 11pm

Voicemails can be left out of hours and one of our advisers will call you back

Telehealth

Telehealth is a one-to-one support service for anyone who is concerned about someone's alcohol or drug use. The service is designed to support families across Scotland, no matter where you live. Telehealth can help you if you live in rural or remote locations, can't travel far, have difficulty getting childcare, or do not live near a support group or service. We also offer Telehealth sessions if you are uncomfortable attending a support group. With Telehealth, you can be supported by one of our practitioners over the phone, with face-to-face video calls or through web chat.

Bereavement

Our bereavement service is for anyone who has lost someone where drugs may have been a reason for their death. This doesn't mean that drugs need to be the main cause of death – if the person was a drug user and has died, our bereavement service can offer support.

We can refer you to the service if you contact our helpline 08080 10 10 11 or use the web chat on our website. The helpline adviser will ask how they can help and will recommend the service. If you would like to use the service, the adviser will take your name, location, and phone number to pass it onto our team.

Family Support Groups

For many family members, stigma and the fear of being judged can lead to loneliness, isolation and depression. Having somewhere to go where you can talk openly, learn new skills, receive and give support, is invaluable.

We currently run three groups across East Dunbartonshire and four in Forth Valley. If you do not live in these areas, we can help find a group that is closer to you. There are many groups that run across Scotland and our services directory has their contact details. If you would like to hear more about our Forth Valley or East Dunbartonshire groups, contact us 08080 10 10 11 / helpline@sfad.org.uk.



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