



**Scottish
Families**

Affected by Alcohol & Drugs

Summer Newsletter

June 2018



Summer

Last time we wrote the introduction to our newsletter we were surrounded by snow which seemed like it was never going to stop back in April! We're now sitting in a heatwave only a few months later - that's why we love Scotland. This issue of our newsletter is jam-packed with volunteering, loads of event opportunities for you to get involved in, a talk through events we have attended including Scottish Youth Parliament, Glasgow Caledonian University's Substance Misuse Unit discussion and our trip to the River Garden Auchincruive. We hope you enjoy this sunny issue, if you want to get in touch with us to have a chat or to get some things off your chest our helpline is available 08080 10 10 11, helpline@sfad.org.uk or you can chat with us over on our website www.sfad.org.uk. Enjoy the summer!

Contents

- 2.** Contents **3.** Note from Justina **4.** Meet Susie **5.** Helpline **6-7.** Volunteering
- 8.** Why I volunteer with Scottish Families **9-10.** Supporting each other online
- 11.** Event: Changing Stigma to Respect Launch **12.** Join #TeamSFAD
- 13.** Minimum unit pricing **14.** Event: Great Scottish Run
- 15.** Dundee Kiltwalk **16-18.** Scottish Youth Parliament Sitting #66
- 19-20.** Women, Men & Alcohol: Exploding the Myths
- 21-22.** River Garden Auchincruive
- 23.** New Bereavement Pilot Service
- 24.** Our services



A note from Justina

CEO of Scottish Families

I'm writing this in the midst of a heatwave – which is not often a phrase you get to type in Scotland – and here at Scottish Families we're looking ahead to a long, hot summer full of ideas, plans and projects. You can catch up on just some of what we've been up to recently in this edition of our newsletter – and remember to follow our social media channels to keep in the loop with new developments.

A recent highlight for me was our Scottish Youth Parliament workshop in Stranraer in June, marking part of our Year of Young People #YOYP2018 programme with a workshop on the real cost of alcohol in Scotland. On (another) hot sunny day with an after-lunch slot, we might have anticipated energy levels plummeting, but we were blown away by the lively enthusiasm and 'can do' attitudes of the MSYPs, totally switched onto the issues and to how to make things better for young people affected by addiction in the family.

It was also lovely to celebrate 15 years of Scottish Families back in May, joined by friends old and new. Of course there was cake (thanks to our mega-multi-talented team member Martha) but also photos, speeches and reflections aplenty as we marked this important point in our journey and celebrated the strength, power and contribution of families.

Looking forwards, and on a less positive note, the 3rd of July is going to be a difficult day for many with the anticipated publication of the latest drug-related death statistics for Scotland. This is going to make for painful reading for anyone whose lives touch the world of addiction and recovery – friends, families, practitioners, commissioners, policy-makers and politicians – with a predicted escalation in the previous upward trend in these completely preventable deaths. Through our work and our own networks, we are all too aware of the human faces and real stories which lie



- Justina tacking the weeds at the River Garden!

behind these statistics, and the devastated family and community networks left behind.

We are marking this day with a call to action, including a naloxone training event for families which recognises and responds to their vital (and often overlooked) role as potential lifesavers. We are also calling for a complete reframing of our approach to drug deaths from the current deficit-based, pharmacological and medical model focused on substances, treatment services and demographics to develop a new preventative, asset-based model which places people firmly in a strengths-based context of family, community and connections.

The summer will also bring the publication of the new drug and alcohol strategy from the Scottish Government, ten years on from the publication of The Road to Recovery in 2008. We are anticipating a stronger and more visible place for families in this important document, recognising that families affected by alcohol and drugs not only includes children affected by parental substance misuse, but a whole 'constellation' of other family age groups and relationships. This is a real opportunity to increase expectations, investment and delivery around the families agenda right across Scotland, from seeing family support and family-inclusive practice as 'nice to have' or an optional extra to a 'must have' and essential part of Scotland's approach to recovery.

Bring it on!

Susie McClue

Connecting Families Development Officer



What does 'family' mean to you? Family has taught me some of the most profound things I know. Family means a group of people who love each other, are faithful, generous, are quick to say sorry and willing to forgive, are kind, practice gratitude, cheer each other on and celebrate each other every opportunity they get.

What's it like working for Scottish Families? It's a team sport. It's busy. They are a pretty talented bunch so I am always learning. And the banter is high. Not many days go past without a good bit of laughter thrown in!

What would you like the public to know about Scottish Families? Scottish Families is for everyone. Everyone is welcome. If you need to talk to someone, if you've been bereaved by a drug or alcohol related death or if you have questions or worries and concerns about someone else's alcohol or drug use, you can call us. And everyone can play their part. You can volunteer with us – listening, fundraising, speaking, campaigning, leading family support or community development in your area or coming to national events with us to hear the latest developments and discussions

so you can have your say and share your story. Bottom line is – you are welcome at our table!

What are the things you love most about your work with Scottish Families? It's the diversity of what I get to do. Meeting new families all the time is a privilege and doing my part to connect families to be a movement for change is exciting. I have been working on the Family Recovery Initiative Fund offering small one-off grants and open to family groups everywhere in Scotland. This has been a great project to return to (following maternity leave) and a great opportunity to get out and meet families and support positive opportunities for increasing the wellbeing of families through all sorts of wonderful ideas led by families themselves.

What are the biggest challenges you have met and overcome in your work with Scottish Families? I think one of the early challenges of the Family Recovery Initiative Fund was communicating how far-reaching and inclusive the fund is. All sorts of groups and initiatives qualify so it was about finding ways to ensure that small independent groups and small charitable organisations

would consider themselves eligible and apply. I overcame this through a programme of social media engagement and relying on my brilliant team and their networks to spread the word far and wide as well as meeting as many people in person as I could.

If there was one piece of advice you would give to a family member supporting recovery, what would that be and why? Supporting the recovery of someone you love is a powerful and hopeful action rooted and grounded in love and care and a relentless courage. Know what that means for you and fight just as hard for your own wellbeing. Make time for rest and the things you love to do because you are important, unique and precious too!

What has been your favourite moment at Scottish Families? River Garden team day out! I just loved having a day gardening with colleagues and meeting a bunch of inspirational people with ambition for a recovery community with unlimited potential. It was such a hope-filled day. Nothing better than being out in beautiful surroundings and getting to make a little gift of time and energy to such an awesome place.



**Are you worried about
someone's substance use?**

**Contact our helpline for
information and support**

08080 10 10 11

helpline@sfad.org.uk

webchat online www.sfad.org.uk

 **@ScotFamADrugs**

 **@ScottishFamiliesAffectedByDrugs**

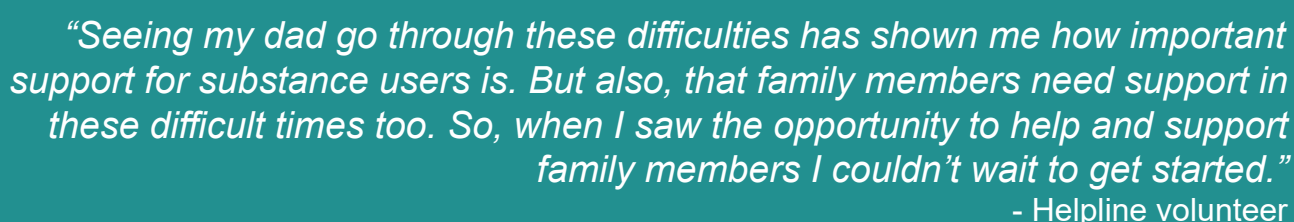
Head Office - Edward House 199 Sauchiehall
Street Glasgow G2 3EX
General enquiries - 0141 465 7523
info@sfad.org.uk | www.sfad.org.uk
Recognised Scottish Charity SC034737



We wouldn't be able to do half the work we do without our volunteers

Our volunteers give their time, energy and skills in support of our fantastic cause. They answer our helpline calls and emails, help at events and speak at events. Over the past year volunteers have answered our helpline calls, supported our roller skating event with Rollerbeats, cheered on our walkers at the finish line of the Kiltwalk, hosted their own fundraising committee and the list goes on!

Volunteering is a great way to help change people's lives. If you're thinking about volunteering, read about our current volunteer roles below. We are very protective of our volunteer family - we'll always be there to support you no matter what.



"Seeing my dad go through these difficulties has shown me how important support for substance users is. But also, that family members need support in these difficult times too. So, when I saw the opportunity to help and support family members I couldn't wait to get started."

- Helpline volunteer

Helpline Volunteering

Our helpline is a vital service to family members and friends in Scotland. Our helpline volunteers answer calls, online webchats and speak to people in our online community chat room and message boards. Our helpline runs from 9am-11pm Monday to Friday and we run a call-back service over the weekend. There is flexibility in the hours you can volunteer depending on the demands of our service and your own time. Our requirements are:

- Either PC or laptop access at home (tablets are not suitable)
- Internet access at home
- Landline or mobile to receive calls on
- Email account
- Advanced digital skills ability to engage in online interactions, use Microsoft office and have access to an email account
- Excellent English both written and verbal
- 2 years substance free (if previously been a person who has experienced problems using substances or has had a family member who has experienced problems using substances)
- Drug and alcohol knowledge
- Experience of studying/training/volunteering/working in health and social care/trauma/support services or organisations
- Understanding of data protection
- Able to attend a training session in Glasgow City Centre (half day at your own expense)

Officer Suzie Gallagher suzanne@sfad.org.uk who will send you an information/application pack.

Fundraising Volunteers

If you are interested in any of the roles below, please contact our Fundraising Manager Sarah Campbell sarah@sfad.org.uk or 0141 465 7523. Further information on the roles can be found on our website www.sfad.org.uk.



Committee Chair

Do you love events? Love getting together with friends? We are seeking social, confident people who love making money to form their own committees and host events for Scottish Families. If you are a host or a hostess with the mostess, we want to hear from you!

Christmas Helper

Calling all Christmas lovers (yes, we're really doing this in June). Can you help spread festive cheer and help us make the most of every festive opportunity? Christmas is a busy time for fundraising at Scottish Families and we need some festive helpers. If you can spare some time to collect donations with a bucket, help man a festive stall or help in the office we would love to hear from you. Every penny raised at Christmas helps us continue our work supporting families in need.

Can Collector

Look after the pennies and the pounds look after themselves! Each of our collecting cans has the potential to raise up to £100 a year, amazing how spare change soon adds up. We need help finding our collecting cans a home. If you can spare a couple of hours a month to place and empty collecting cans in your local area, please get in touch.

Local Champion

Would you like to help promote the work of Scottish Families in your local area? We are a national charity and can help anyone affected by someone else's drug or alcohol use from John O'Groats to Greta Green, but sadly many people still don't know enough about our services. We need you to be a local champion, to help share our leaflets, posters, collecting cans, and to look out for ways to boost fundraising in your community.

If you are interested in any of these roles, please make sure to contact us – we would love to hear from you.

Why I volunteer with Scottish Families

My name is Debbie Craig and I'm one of the helpline advisers with Scottish Families. I always wanted to be involved in work that was helping people, so the first point of that was getting involved as a volunteer. I was making a big life change coming out of an old career into a new one and a huge part of that transition for me was getting involved with volunteering. Part of what I'm doing actually has a strong interest in addictions and those with substance use of any kind, so working with Scottish Families is an absolute perfect fit for me.

A day in the life of a volunteer is quite mixed. I can do it from home so I can log-on from there which is really straight forward. You get a mixture of interactions – a webchat, an email or a telephone call; it can be a variety of different reasons why people are calling in. Sometimes they want some information on how to help their loved one, sometimes it's just them wanting a breather and for someone to talk to. Sometimes we get asked to do a call-back to those people who have phoned in and no one has been available at the time. It can be a real mixture. Sometimes it's busier than others but most shifts there are interactions of some kind.

It's quite hard to narrow down what I like most about volunteering because there are so many things that I find valuable in it. I find it very rewarding, particularly at the end of a call when you know that you've really helped someone and they're very grateful for that support, it gives you a nice warm fuzzy feeling inside. Some people you speak to think they've got absolutely nowhere to turn and no one to talk to and once you explain what Scottish Families offers with the service and the different places we can signpost to including just chatting to ourselves, they get a real sense of relief, they're so much more relaxed and

very grateful for the support. It's nice to always remind family members that we're always here regardless, so even if they just need that wee bit of a time out to talk, then that's what we're here for and I find that incredibly rewarding.

I think volunteering full stop is something that everyone should consider in a lifetime. It is so rewarding, particularly Scottish Families, I would say do it. It's such an amazing organisation, it's a great charity to work for, the people are fantastic and something I personally feel, which is different to a lot of other organisations and charities, is because it's such a small charity you feel part of a family. So when Scottish Families is changing and developing and growing, you're actually a huge part of that and it's nice to know you're actually making a bit of a difference. You on a personal level are achieving something as well as supporting the family members who call into the service. I would say absolutely volunteer because you can fit it around your life.

One of my favourite memories was an elderly gentleman called and he was having difficulties with his elderly wife who had unfortunately gotten into the habit of drinking quite excessively. Unfortunately she just found herself in this situation and her husband was really struggling with it. He had been to the doctors and asked for help quite some time ago but that fell by the way side and he felt he had nowhere to turn. He was relieved to hear that Scottish Families had a one-to-one over the phone service. He left that helpline call feeling so much better, he really thanked me for the support and I reminded him that if he ever just needed a wee blether about how he was feeling he could always phone the helpline and he'd get someone like me at the end of the phone just to talk to.

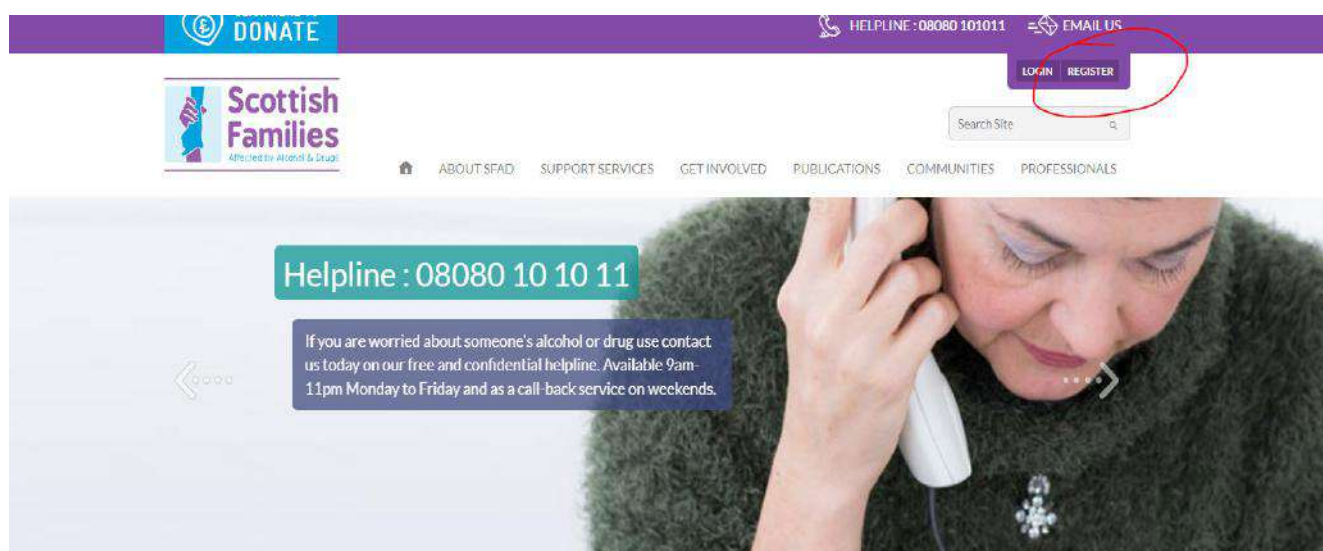
Supporting each other online

There are many families in Scotland who have nowhere to go for support, no one to turn to, no local support services – some local areas in Scotland have no family support at all – and many families live in fear and isolation and are alone. **We want to change that.**

By going online, families can access information and support for themselves and the person they care for sooner.

Our website has a support forum for family members to go and ask or answer questions, make friends and to support each other. You can go to the support forum when you don't feel like talking over the phone, need a breather from everything or if you have some time during your day. All you have to do is sign-up on our website and you're ready to go!

When you get to our site www.sfad.org.uk click the register button at the top right-hand corner.



All you have to do is enter a few of your details such as your name and email address (your real name will not appear in the forum, we ask you to make up a username and password for the forum).

Home » Register

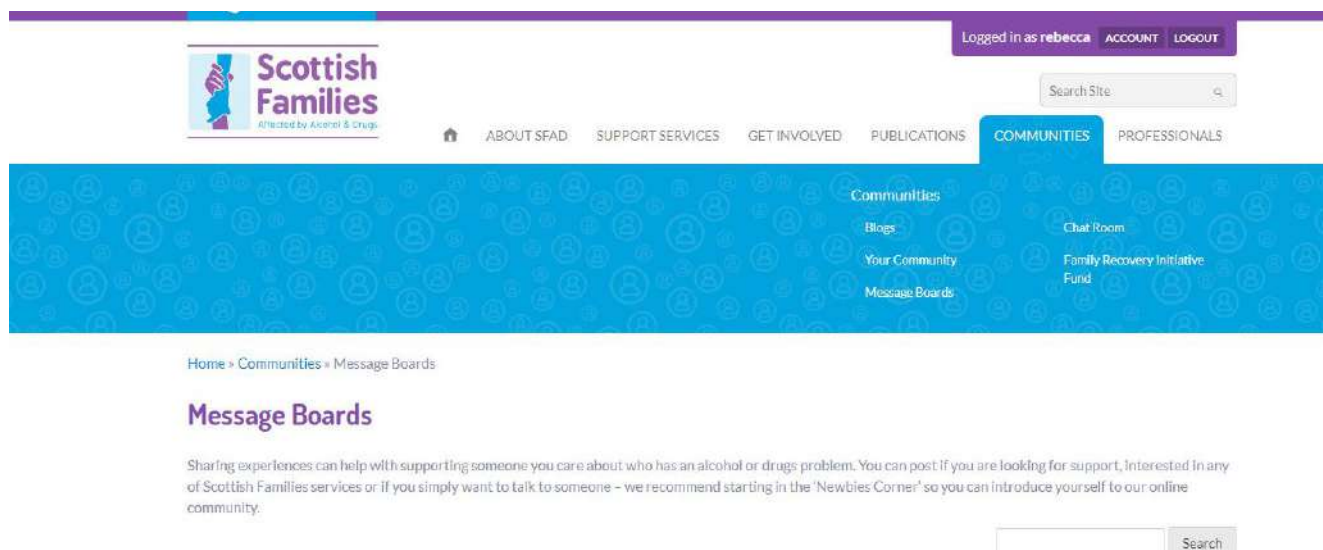
Register with SFAD

To use the full range of SFAD's services, including TeleHealth and the forums - please register using the form below.
Please read our full [Terms & Conditions](#) prior to doing so and be sure to pick a username that no one will recognise.

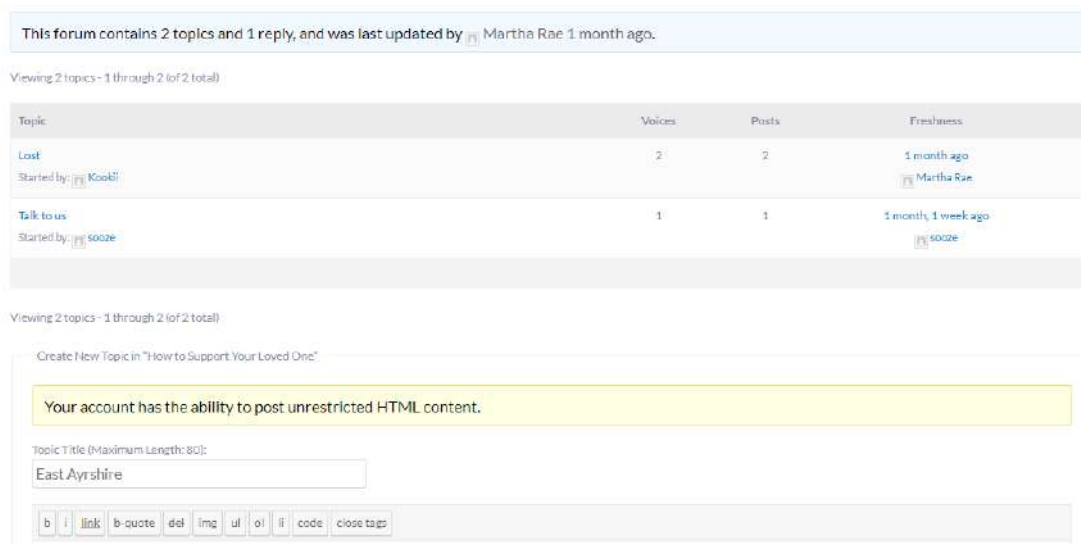
First Name *	<input type="text"/>
Last Name *	<input type="text"/>
Email *	<input type="text"/>
Username *	<input type="text"/>
Password *	<input type="password"/>

Then all you have to do is to confirm your account to the email we send to your email address and then log-in using the login button at the top right-hand corner of our site!

Once your logged in, click the communities tab in the bar and then click message boards:



You can choose one of the forum topics such as bereavement, supporting your loved one, etc. and then post your question or respond to a post already there. Example below is in the 'support your loved one' forum



Our message boards are moderated by our volunteers and members of staff, so someone will always be there to respond to you if you are looking for help. We are encouraging family members to use this section of our site to support each other – someone may be going through the same experiences you've been through and you may have answers and help for them – **why not try our forum today?**

www.sfad.org.uk

Recovering Connections: Changing Stigma to Respect Exhibition Launch



Through our membership of the PADS Communities Group and Stigma sub-group, we played an active role in the planning and delivery of the national Stigma2Respect Summit at The Tramway on 1 September 2017. This brought together 350 people from communities across Scotland to explore stigma and develop the evidence base required to tell policy makers and service commissioners what needs to change to help make services better.

PADs Communities Group are now inviting everyone along to the **Stigma to Respect Exhibition**. This will feature images, captions and video content showcasing key highlights from September 1st that demonstrate the power of recovery and the potential in community.

The exhibition is free, and we encourage everyone to come along as it runs over 3 days. If you would like to attend the launch on July 2nd (2pm-4pm), you must get a ticket from [Eventbrite](#).

The exhibition will then run from 2nd July – 4th July (10am – 4pm) on a drop-in basis at Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX.

A report that details how stigma is experienced by individuals and families affected by alcohol and drugs problems has been published. The report contains the key findings from the Stigma2Respect Summit. The report can be read on our website: <https://www.sfad.org.uk/stigma-to-respect-campaign-launch>

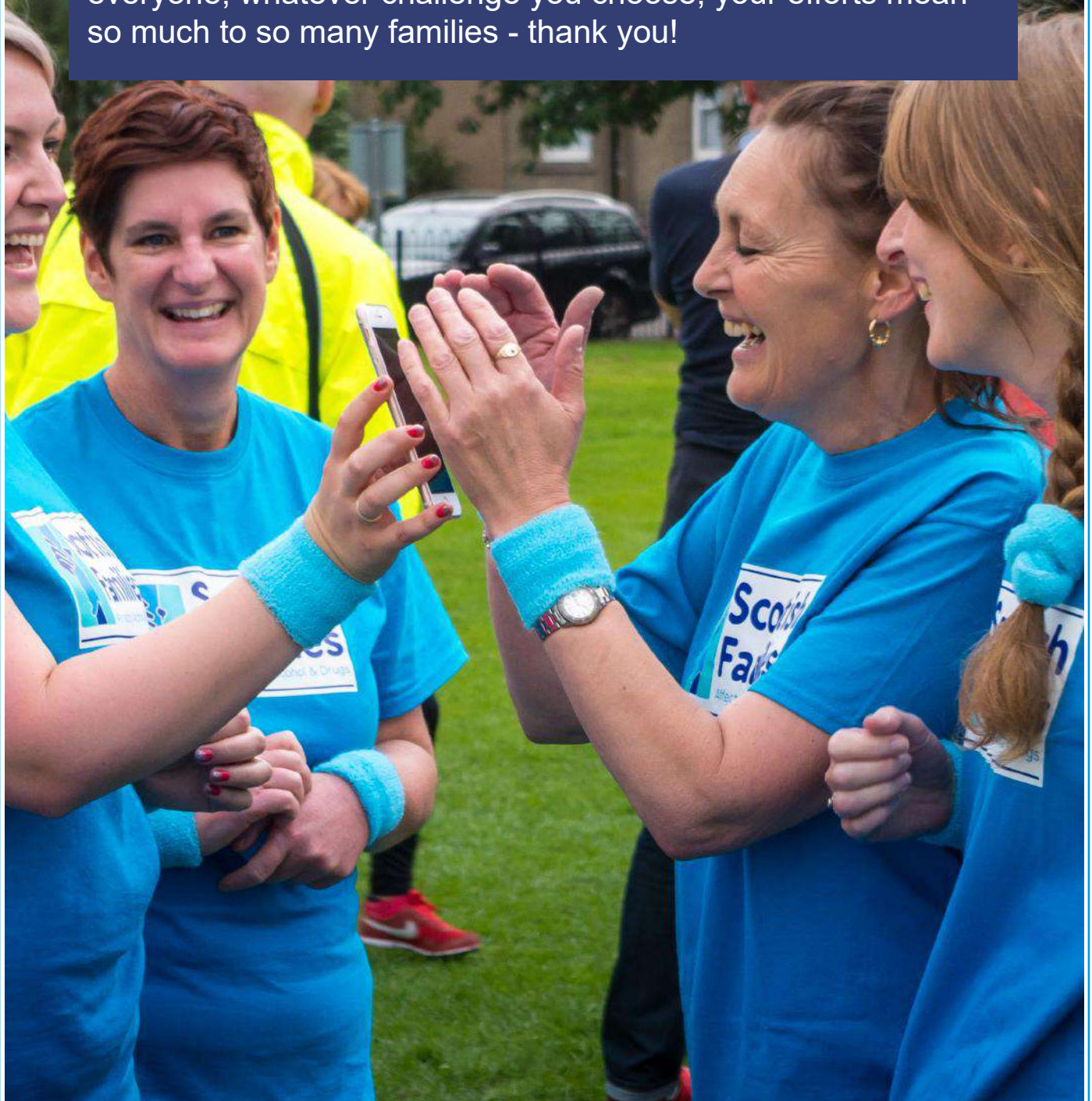
"I invite everyone to look at this report and make their own contributions to ending stigma in Scotland. We need to show help and support for this often marginalised group- it is vital that recovery communities throughout Scotland continue to thrive"

- Aileen Campbell, Minister for Public Health and Sport and Chair of the PADS Executive Committee

Join TeamSFAD!



You are a vital part of the fundraising that helps us support families across Scotland who are affected by someone else's alcohol or drug use. We have fundraising opportunities for everyone, whatever challenge you choose, your efforts mean so much to so many families - thank you!



Minimum Unit Pricing

We hope minimum unit pricing will
help families and individuals come
forward for support

#mupsaveslives



Minimum unit pricing may have begun on 1st May 2018 but that doesn't mean we just dust it under the carpet and forget about it. It will take a bit of time to get used to the new measure and we will continue to offer information and support families who may be worried about minimum unit pricing and someone else's alcohol use.

We believe minimum unit pricing is a step in the right direction in changing Scotland's relationship with alcohol. The evidence behind the policy tells us that minimum unit pricing will reduce the disproportionately high levels of alcohol-related harm that impacts individuals, families and whole communities on a daily basis.

Scotland is the first country in the world to introduce a proposed 50p minimum unit price (MUP) on alcohol, we believe this brave measure is the most effective way of curbing some of the 24 preventable alcohol-related deaths we see each week in Scotland.

In 2016, 59% of those who contacted our helpline said their loved one was not engaged in any form of treatment often resulting in many families taking on the role of providing support to limit the impact of excessive alcohol consumption. We know that minimum unit pricing is not a quick fix for all alcohol-related problems in Scotland, but it is a step in the right direction and is one of a variety of whole-population measures being called for in the refresh of Scotland's alcohol strategy.

If you would like to speak to someone about minimum unit pricing or someone else's alcohol use, our helpline is always available **08080 10 10 11** / helpline@sfad.org.uk – if you email you may get a quicker response.

We created a short video on minimum unit pricing - it's impact, the statistics and figures, and really the big question, what actually is minimum unit pricing and what will it do?

The clip can be watched on our Facebook page. /ScottishFamiliesAffectedByDrugs

Great Scottish Run

Did you know anyone from age 2-100 can get involved with the Great Scottish Run? With runs to suit all levels and abilities, it is one of the most inclusive races in Scotland. We would love you to take part in the iconic event and raise money for Scottish Families. Get in touch to find out how to get your place! Contact sarah@sfad.org.uk or phone 0141 465 7523



Great Scottish Run 2018

September 29: Super Saturday - races for the whole family

September 30: 10k or half marathon

All races in Glasgow City Centre

Run to fundraise and support families in Scotland who are affected by someone else's alcohol or drug use

For information on how to get your free place & fundraising pack
contact us 0141 465 7523
info@sfad.org.uk

 @scotfamadrugs

 @ScottishFamiliesAffectedByDrugs

 @scotfamadrugs

Scottish Families Affected by Alcohol and Drugs is a company limited by guarantee company no. 345289 and a recognised Scottish Charity SC034757

Dundee Kiltwalk

It's not long now until the Dundee Kiltwalk – Sunday August 19th. We want to give something back to the people who choose to walk for us so this year we are offering our walkers a free place!

Our walkers at the Glasgow Kiltwalk this year collectively raised £10,000 – help us walk the Dundee Kiltwalk and double this total! Contact sarah@sfad.org.uk or call 0141 465 7523 for more information.



The Kiltwalk 2018

#WalkForChange with #TeamSFAD

Scottish Families
Affected by Alcohol & Drugs

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 Youth Parliament Sitting #66 - What is the real cost of alcohol in Scotland?



2018 is the Year of Young People and we have been totally captivated by the levels of commitment, enthusiasm and energy shown by young people in Scotland taking the lead and stepping up to influence change in all aspects of our society and across communities. It is fantastic to see so many opportunities popping up every month led for and by young people to get active including; volunteering, campaigning and activism raising awareness of many of the issues that impact on young people's lives every day. From our own work we know that many young people living with problematic substance use still don't have a voice and often feel ashamed, embarrassed and stigmatised by someone else's substance use. We want to change that and recently we engaged with the Scottish Youth Parliament (SYP) to consult and find out how we can work with more young people to make that change a reality and offer the right support where it is needed most.

At the 66th sitting of the SYP we were fortunate enough to be endorsed by Chloe Robertson, MSYP for Cunninghame South, to host a consultative workshop 'What's the real cost of alcohol in Scotland?' in Stranraer. Delegates spent the weekend discussing health, learning, transport and social security and a range of topics that matter most to young people living in Scotland. With the introduction of Minimum Unit Pricing

(MUP), we took this opportunity to ask 20 MSYPs from across Scotland their views on the legislation and explored what they felt was needed next to make sure young people affected by alcohol are recognised and fully supported. We also had the opportunity to feature some questions in the #whatsyourtake survey – open to all young people in Scotland.

We asked participants what they felt were the main barriers to young people in their area accessing support, what services for young people should look like and what MYPs will take back to their communities to help influence change and tackle alcohol-related harms. We intend to use the feedback from the workshop to shape our services and share with our partners to ensure young people have access the right support and can influence what support is offered locally.

Here's some of the highlights, questions and comments from the day:

[Has MUP made a difference since being introduced?](#) It's difficult to tell at this stage with MUP only coming into effect on May 1st 2018. There are ongoing studies monitoring the impact and influence MUP is having - evidence collection starting from from 1st May. We are hopeful this will show us if and how MUP is making a difference.



If drinks such as Buckfast and some cheap wines are not affected by MUP is the policy going to work? At the time when the MUP legislation was passed in parliament (2012) the 50p minimum unit price was deemed appropriate to target the highest strength, lowest cost alcohol that causes the most damage in Scotland's communities. Unfortunately, due to challenges in the courts by the alcohol industry to prevent MUP being introduced the policy and price measures were held back for 6 years and only introduced in May 2018. The question for us now is – is 50p MUP enough or do we need to increase this? Alcohol is far more accessible and much cheaper than it was 30 years ago – is 50p per unit as a minimum unit price enough or do we need to rethink an increase for the impact to be greater?

Do we have enough places in treatment for people with alcohol problems and are families allowed to be part of this? Access to treatment remains inconsistent. In some areas, individual experience of treatment is fantastic and recovery is far more likely however the common feedback we get is that this just isn't happening enough. Families tell us that treatment needs to be as accessible as possible for people when they really need it. What we have been told by many families and people who have accessed treatment in the past is the level of support that is required isn't there. Treatment options and access is inadequate due to limited resources and spaces. Many people are being assessed within the 3 week government target and then not seen again for another six months in some areas of Scotland.

In terms of family involvement, this should always be an option where the person in treatment is happy for this to happen.

Unfortunately, the availability of family inclusive treatment is inconsistent across Scotland. Some families are encouraged to be involved in supporting treatment (like they would with any other health issue) yet in some areas we know family involvement is not even explored or offered as an option for a variety of reasons. In practice, family involvement should always be explored but is often neglected.

How will we know if MUP is making/makes a difference? We don't at this stage, the case for MUP was designed on modelling studies carried out by Sheffield University and other variations of MUP in other states including some states in Canada - this is the first time MUP has been applied as a whole population measure across a whole country anywhere in the world. We will only know if MUP has made a difference once we analyse the evidence that is being collected.

Alcohol issues and addictions are routed in poverty and inequality - do we need to tackle these issues to reduce the levels of alcohol related harm? Many people may use substances like alcohol and or drugs to cope with feeling isolated, marginalised or unable to participate in society as a result of social inequalities which can often lead to addiction. There are strong links there and we do need to do more to tackle the levels of poverty and inequality we have in society. Problematic alcohol use is not limited to low income areas or poverty however these can and do contribute to a lot of the addiction problems and alcohol issues we see today. When we recognise alcohol use and addiction as a health concern and make the links between poverty, inequality and substance use we can work closer together to tackle inequalities and help reduce substance related harm.

Will it not just make things worse for families with no money? That is a common concern that is raised about MUP. The answer is clear and it is no. It is people in our poorest communities who already suffer the effects of cheap, high strength alcohol the most, so they have the most to gain from minimum unit pricing. This takes us back to the last question, it is the poorest communities that are currently suffering huge health inequalities from alcohol: evidence tells us that people from the most deprived communities are 6 times more likely to die and 8 times more likely to be hospitalised due to alcohol than people in our most affluent communities.

Similarly, we are hopeful that families who feel the squeeze with MUP; having an impact on household spending, will be supported with our help to start the conversations that are required to help their loved one's access treatment, reduce consumption and seek out help sooner rather than later.

Do you think the money made from MUP should be used to help with some of the problems/should the alcohol industry pay to help services? We think this is a fair point

and hope this might be something that comes from MUP moving ahead given that all proceeds from cost increases from MUP will go directly to the industry and not to the government. There have been discussions in the past around a social responsibility levy where alcohol would be taxed in a way that would allow any income generated to be put back into communities/treatment or frontline services to counter the impact of alcohol and alcohol related harms. At the time this considered it wasn't seen as the most appropriate response at targeting the highest strength low cost alcohol that causes the most harm as it would be a blanket levy for all drinks. We would welcome further discussion around a social responsibility fund from the industry now that MUP is in place.

We would like to thank MYSPs and everyone involved at the Scottish Youth Parliament for giving us the opportunity to consult on this important issue. If you work with young people and would like access to the slides, notes and discussion points to replicate this workshop please get in touch with john@sfad.org.uk



Women, Men and Alcohol: Exploding the Myths



Scottish Families and Glasgow Caledonian University's Substance Use Research Group hosted a joint event on 18 June as part of GCU's Research Week 2018. This was planned and co-presented by Dr Carol Emslie (Leader of the Substance Use Research Group) and our own CEO Dr Justina Murray (who only occasionally dusts off her academic credentials).

This was a fantastic opportunity to engage with established and emerging researchers, policy-makers, practitioners, people with lived experience and members of the public and to explore why gender is important in understanding drinking, alcohol-related harm, recovery and family support.

Carol opened the event by presenting a new set of infographics on gender and alcohol (available to view and download at www.genderandalcohol.co.uk). These visually present research findings on women, men and alcohol in relation to society, the media and the alcohol industry, and also include recommendations for policy-makers, researchers, and service providers and commissioners.

Justina then chaired a panel discussion on gender and family support, with Rosie and Colin Hutcheon and Chris Thomson, who set up and run peer-led family support groups in West Lothian. This conversation explored

how gender impacts on the experience of addiction in the family; seeking support from others; others' responses (from friends and family to employers and services); and gendered experiences of family support and family recovery. It felt like a very quick 15 minutes but provided a powerful insight into the commonalities of family experience as well as gender differences, and the value of having both male and female group facilitators to encourage both male and female family members to engage.

Following time for group discussion and reflection, Carol then presented on her research findings about young women, alcohol and social media, including evidence of the ways in which young women 'curate' their social media identity. There was also very interesting insight into class-based differences, such as the stigmatisation of working class young women who face harsher judgement for drink-related behaviour than middle class young women.

Sharon Graham from North West Recovery Communities spoke about her own experience of alcohol addiction and recovery as a woman in an inspiring session. She spoke of her own use of make-up as a mask to hide her addiction, the loneliness associated with drinking secretly at home, and the different attitudes towards mums and dads who drink which influences to women's fear of losing

their children if they come forward for help. She shared her experience of supporting other women to engage with local recovery communities through talking openly about her own experience, “How are other women going to know it’s OK to speak out, if I don’t speak out?”

Gemma Crompton from Alcohol Focus Scotland finished the formal presentations with an input on gender, alcohol and marketing, with some of the billboard adverts shown drawing gasps from participants with their blatant disregard for alcohol marketing regulations, not to mention questionable portrayals of women. She emphasised the recent shift to

social media-based digital marketing, which has introduced more interactive, user-generated brand content – so free advertising for the industry and outwith regulatory controls. If you missed this event, catch up on Twitter [#genderalcohol](https://twitter.com/genderalcohol).

At Scottish Families we are keen to develop our academic links and to create more opportunities to bring together academic evidence with the voices of lived experience. Many thanks to Carol Emslie and GCU for inviting us to be part of this Research Week event, and to Rosie, Colin, Chris and Sharon for agreeing to share their experiences with those attending.



More information & a print-friendly version of this infographic can be found at www.genderandalcohol.co.uk/

SHAAP
SCOTTISH HEALTH ACTION ON ALCOHOL PROBLEMS
www.shaap.org.uk

GCU
Glasgow Caledonian University

UNIVERSITY OF STIRLING

HEALTH

Glasgow Centre for Population Health

<https://www.genderandalcohol.co.uk/>

River Garden Auchincruive



River Garden is a residential training and social enterprise development centre for people in early stages of recovery from drug and/or alcohol addiction. It is modelled on the three most successful and transformative self help organisations for people in recovery San Patrignano (Italy), Basta (Sweden) and Delancey Street (USA) which have been producing successful results helping people into long term recovery, reintegrating into employment and mainstream society (70-80%).

From inspiration of these successes a recovery community has been set up in Scotland that supports people to live a drug and alcohol free life. Independence From Drugs and Alcohol Scotland (IFDAS) secured the purchase of a 48.5 acre site located on a south facing slope on the banks of the River Ayr, 3 miles from the outskirts of Ayr in South West Scotland. Formerly, the Walled Garden at Auchincruive was part of the teaching and training facilities of the Scottish Rural Agricultural College.

The aim of River Garden Auchincruive will serve as a prototype which will be a transformational model for improved outcomes for people with drug and/or alcohol addictions. It is radical and different from any other type of service currently available to this group of people in the UK. They aim to demonstrate that there is a different approach with good outcomes for individuals who complete their programmes,

their families, communities and ultimately the wider society.

Auchincruive is based on the principles of abstinence, trust, boundaries, mutual support, social enterprise, respect for life and responsibility. Participants receive training and social support in a range of social enterprise activities to create a visitor destination using the existing refurbished gardens and will be establishing a café, bakery, garden, nursery and fresh food for sale and processing, alongside other craft industries on site. They will eventually expand their business activities to the wider community.

Who is River Garden Auchincruive for?

River Garden Auchincruive is for people who are not able to sustain long term recovery from drug and/or alcohol addiction in the wider community and without more structure and support while they go through the early stages of recovery. Access to a place at River Garden Auchincruive is free to those who are motivated to turn their lives around, this removes a substantial barrier for those who have achieved short term abstinence to get into long term recovery.

How will people be selected for River Garden Auchincruive?

Access is through a self-referral pathway only however the opportunity can be promoted

throughout treatment and recovery services in the public, private and third sector across Scotland and beyond. Although abstinence is a requirement for entry, they will work with applicants and their treatment providers to begin the admissions process while they are reducing any substitute prescribing so that there is a seamless transition from treatment to River Garden, minimising the chances of relapse between completion of treatment and becoming a volunteer trainee.

When did River Garden open?

The purchase of the location was completed in October 2017 and the first residents arrived in early Spring 2018.

What has happened since it opened?

Amazing work has taken place and the poly tunnels are bursting with fresh produce growing. The grounds are changing every week with the development work that the team have undertaken assisted by trusted volunteers. It was decided that Team SFAD would go and lend a hand to help the River Garden team to move their development on a little further. When we arrived we were shown around the area and talked through the amazing plans that they have. We couldn't help but be inspired by the enthusiastic nature of the participants and staff. We were set 2 weeding tasks, one a little easier than the other! We set about tackling the killer thistles (who knew they could grow that tall!) Cue a trusty gardening tip from our Sooze, if you ever need to weed out giant thistles, to avoid their deadly jaggy stems grab them right at the bottom just above the soil as this is only furry and it doesn't shred your hands.

Pity we never figured this out before 3pm when we looked like we had been dragged through the thistles.....we had literally!

We had some top class banter, lovely lunch and a real sense of team achievement as we watched our areas change as our work continued through the day. The gardens are fully open to the public and they regularly come walking through with their dogs, running and cycling. The locals are so pleased to see the building and grounds being restored and are excited to hear how the participants are doing. We felt very welcomed by all.

They need your help!

The team at River Garden still have a long way to go and need your help! Could you, your family or your work place donate some time to help them in the work they have to do? Every little bit helps and makes a huge difference to the participants. **They are running two volunteering days Wednesday 15th July and Saturday 21st July.**

Contact info@rivergarden.scot for an application form.

They also have a fundraising challenge to get their social enterprises up and running to generate an income stream. If you could help please contact Mark Bitel, Director of Development on 07973 266438 or email mark@ifdas.net or visit www.ifdas.net.

You can follow River Gardens progress on Twitter [@RiverGardenAyr](https://twitter.com/RiverGardenAyr) or Facebook <https://www.facebook.com/RiverGardenAyr/>



Alcohol-related bereavement pilot

Have you or someone you know lost someone as a result of an alcohol related-death? Scottish Families has now opened up our bereavement service to include alcohol-related deaths.

Support and counselling is available to anyone living in Scotland who feels they may benefit from bereavement support. This service will be available initially to 30 people and will be on a 'first come, first serve' basis. Please contact our free, national helpline on 08080 10 10 11 for more information.

Bereavement Support Service

Have you lost a loved one
who used alcohol?

Contact our helpline to
access free bereavement
support across Scotland

08080 10 10 11

helpline@sfad.org.uk

webchat online www.sfad.org.uk

 @ScotFamADrugs

 @ScottishFamiliesAffectedByDrugs

Head Office - Edward House 199 Sauchiehall
Street Glasgow G2 3EX
General enquiries - 0141 465 7523
info@sfad.org.uk | www.sfad.org.uk
Recognised Scottish Charity SC034737





Our support services

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

We run an out-of-hours call-back service on a weekend

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 of other causes, our bereavement service can offer support.

We can refer you to the service if you contact our helpline 08080 10 10 11 helpline@sfad.org.uk 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.



Warm-up Events Dates

Inverness – 12th July - <https://bit.ly/2JQqNhT>

Aberdeen – 24th July - <https://bit.ly/2tp2SLu>

Fife – 25th July - <https://bit.ly/2M75IMX>

Glasgow – 1st August - <https://bit.ly/2ysjOq9>

Borders – 9th August - <https://bit.ly/2M4J8Vq>

Recovery Walk Scotland – 15th September

Please follow and engage with the
Recovery Walk Scotland social media channels!

Facebook: www.facebook.com/RecWalkScot/

Twitter: www.twitter.com/RecWalkScot

Instagram: www.instagram.com/recwalkscot

**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
www.sfad.org.uk





Scottish Families

Affected by Alcohol & Drugs

Follow us on social media



@ScotFamADrugs



@ScottishFamiliesAffectedByDrugs



@ScotFamADrugs

Head Office

Edward House, 199 Sauchiehall Street Glasgow G2 3EX

General Enquiries

0141 465 7523

info@sfad.org.uk

Website

www.sfad.org.uk

Helpline

08080 10 10 11

helpline@sfad.org.uk

Recognised Scottish Charity (SC034737)