

Scottish Families Affected
By Alcohol and Drugs

Autumn 2018

Newsletter

Autumn

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A note from Justina



Travelling to work this morning, I was rewarded with a big red sky which can only mean that autumn is here (and that I was up at stupid o'clock). If you follow us on social media – and why wouldn't you? – you'll know we've had a busy few months over the summer.

My own personal highlights have book-ended this time, starting with our **Families Naloxone Training** event on 3 July. This was supported by the legendary Jason Wallace from the Scottish Drugs Forum, and his great peer naloxone trainers. The event built families confidence, knowledge and skills around overdose prevention and response, and best of all everyone left with their own personal supply of naloxone to help grow Scotland's community of potential lifesavers.

At the other end of the summer (but the sun was still shining), on 6 September we supported the **#LetUsNotForget** event in George Square in Glasgow, kicking off a "rebellion of compassionate communities" which we are delighted to be part of. This event highlighted the 2,849 deaths through alcohol, drugs and suicide in 2017 – a shocking figure in itself but particularly given it marks just a twelve month period. The sight of 2,849 beautifully hand decorated wooden forget-me-nots planted in the grass and glinting in the Glasgow sunshine was striking. The individuality of each flower, and the care with which these had been made by recovery communities (including families) all across Scotland was so powerful. I attended with a mum who lost her son earlier this year, still so recent and so raw. But she took real comfort from taking a beautiful, carefully chosen flower home in remembrance of him. We know that what matters is kindness and connection, and these were everywhere to see and feel on that day.

A couple of weeks later an even larger get-to-

gether – **Recovery Walk Scotland** – took over the streets of Glasgow to celebrate recovery and remember those we've lost. As ever we had a great squad of families and friends walking behind our Scottish Families and **'Love Makes You Family'** banners. The walkers all got an amazing welcome from the independence rally in George Square, who formed a human archway of waving saltires, and clapped, cheered and hugged us as we walked past. Yes there is still shame, secrecy and stigma about addiction, but at moments like that there is just compassion, respect and hope. These are the positive emotions which will bring real change to the lives of families and communities, and which continue to drive all of our work.

We live and breathe all things family – as you might have guessed – but we know that this is not the focus for everyone's work. While we are an optimistic bunch, we have been left feeling nothing but despair looking at the latest draft of the new national alcohol and drugs strategy – **All Together Now**. The Scottish Government's engagement with families on this started very positively at our national conference nearly a year ago, including a lively workshop session and a Q&A with the Minister for Public Health, then Aileen Campbell. But months of conversation, events, meetings and written submissions have somehow resulted in just 2 out of 64 actions in this draft having a family focus, with another couple of actions around police and prison developments focusing on 'individuals and families'. Not a single chapter heading or section heading includes the word family. We will be responding – robustly I think is the polite word – to this latest consultation which closes on 5 October. We would love you to do likewise!

Go to <https://www.gov.scot/Topics/Health/Services/Alcohol/Strategy> to see the draft and the consultation questions.

Development Officer for Families and Communities



family member supporting recovery, would that

What does 'family' mean to you? Family is one of the most important things to me in life as I probably wouldn't be doing what I do today without my family. I consider myself lucky enough to have a great network of brilliant friends too who are an extension of my family-family if that makes sense! My family are the ones at my side during my best times and there for me in my worst moments to pick me up, give me a talking to (with brutal honesty), a confidence-boost or a hug when I'm feeling like things are a bit overwhelming and vice-versa... It's a mutual, two-way thing.

What's it like working for Scottish Families? It's busy, fun and really challenging (in a positive way). I feel I'm learning and growing every day and that's important to me. I've been here for 4 years now and I can honestly say I really love my job, I love the people I work with – every day is different and every day I am reminded of how amazing people are.

What would you like the public to know about Scottish Families? I want the public to know how much Scottish Families really appreciates and needs their continued support to make sure those that haven't found us yet know we're here. We do have certain limits (we're a small team with big aims). The growing public understanding of what we do is how we make up for that. So, I guess what I'm saying is, I'd like

the public to know that Scottish Families says thanks and keep doing what you're doing!

What are the things you love most about your work with Scottish Families? I love that my work keeps me on my toes, I'm always learning and meeting amazing people every day; in communities, at events and through other services we work with. I'm always amazed that some chance interactions can lead to really amazing opportunities for families to feel more connected to what's happening with us and in their own community. Every day is an opportunity – I love that!

What are the biggest challenges you have met and overcome in your work with Scottish Families? I would have to say the biggest challenge I've had to overcome in my work is understanding the limits of what I can do (sadly) and be okay with that too. There is a tendency to want to be everything to everyone and to do more when sadly you're no use to anyone if you're burned out or trying to take on too much too soon. We often encourage family members to keep safe, and set boundaries and limits so as not to become overwhelmed yet (I think) sometimes we can easily forget to do that ourselves. I've found that a challenge in the past and feel I have found a good balance.

If there was one piece of advice you would give to a

what be and why? I guess that goes back to the last question - sometimes supporting recovery means knowing when to take a step back and the time to keep yourself safe and not to forget to be meeting your own needs. I used to find this difficult to understand (and do). I always felt like it was fully my responsibility to fix my family member no matter what but sometimes (not always) taking the time to understand what you need is just as valid and as important as the needs of the people you are concerned about.

What has been your favourite moment at Scottish Families? Oh.... Where to start, there have been so many favourite moments and to name just one is a cruel challenge. It's not really one moment but more of a favourite thing and it has to be building the community's portfolio at Scottish Families - from our ABCD Masterclass with Cormac Russel a few years back to developing the ALEC toolkit and delivering the power of communities' workshop at our family gathering in November 2017. The whole process in getting to this point; recognising families and communities as assets for recovery and having this influence the national dialogue around recovery through PADS has been really amazing!

Let Us Not Forget

© SRC

On Thursday 6th September, 2,849 beautiful hand-made 'Forget Me Not' flowers were planted in George Square, each flower representing a life lost to alcohol, drugs, or suicide in Scotland during 2017:

934 people died of drug-related causes

1,235 people died of alcohol-related causes

680 people died of suicide

Scottish Recovery Consortium (SRC) declared their 'Let Us Not Forget' proclamation on the day. They describe the proclamation as their heart felt plea to Scotland to step up the compassion because despite collective best efforts, drug-related deaths, alcohol-related deaths and suicide are still high and continue to rise each year. SRC are asking for a much bigger perspective to be taken when looking at treatment, support services and community action in preventing these deaths.

We went down to George Square together as a team along with family members that we invited to come with us to see each flower unveiled. An incredible amount of people were there, some who were invited, some who heard about the event, and some who were on their lunch breaks or who were in the city centre at the time. We heard from incredible people in recovery, people who have lost a loved one, and people who are ready to step up their support and compassion.



Scottish Recovery Consortium Proclamation:

We are losing friends, family members and colleagues to addictions and suicide. In 2017, 934 people died from drug use related causes, 1,235 people died from alcohol related causes and 680 people died from suicide in Scotland. This is not acceptable. While these deaths represent only the tip of the iceberg of our collective distress, so many more people are living lives of quiet desperation and mental distress, society and services are struggling to respond...

We have joined together as addiction recovery and mental health communities in order to draw the public attention to the number of people we are losing. We want people to make a direct and feeling connection with the scale of loss. We also want to equip the public to challenge the stigma attached to addiction and mental health problems that directly contributes to these deaths.

The full proclamation can be read at www.scottishrecoveryconsortium.org



2,849 flowers. Each represents a life lost to alcohol, drugs, or suicide in 2017.



Recovery Walk 2018

This year the Recovery Walk Council decided that it was the year to collaborate with our friends within the mental health recovery networks. The reason for this being that substance use is not a separate issue but a manifestation of mental distress and we are losing far too many friends and family to mental distress. This initially was a challenge to identify the communities of mental health champions that are out there, but with the help of our partner agencies See Me and Scottish Recovery Network, the planning began.

In the month of July, we held five “Connect 4 Recovery” warm-up events to bring the addiction recovery community and mental health recovery community together. The events were in Inverness, Aberdeen, Fife, Glasgow and the Borders. At each of these events, we created the memorial flowers that were part of the “Let Us Not Forget” event in George Square on 6th September. These warm up events were an integral part of the Recovery Walk planning as they allowed us to listen and learn from our peers, and it shaped and developed the day itself.

September arrived and we were ready for the walk, all we had to do was book some dry weather and Glasgow was ready to FLOURISH!

For Scottish Families it was an early morning start to get to the site for the Recovery Walk as not only did we play a part in the organising of the event, but we had our own marquee to entertain the families so there was a lot of unpacking and setting up to do. The team met at the Roses Ceremony where the speakers welcomed us all and shared their experiences of losing their loved ones. You could hear a pin drop on the banks of the river. Everyone collectively remembering those we have lost and respecting the emotions of our friends around us. We made our way towards the water, kissed our roses, and placed them in the river watching them slowly and silently fade into the distance. In the distance, we could hear the choir signing their final songs and then the rhythmic sound of the samba band. Our party was ready to roll!





In an orderly fashion (which is quite an achievement considering there was 3000 people there), we made our way to start the walk with whistles blowing, chants, cheering, children's laughter and drumming. For the second year, Scottish Families had the privilege being supported on the walk by Police Scotland Safer Communities Harm Reduction team. We now consider them a natural extension of #Team SFAD (it is always good to have some muscle on the end of a banner pole.) Everybody was in great spirits and the excitement was building. The glitter cannons exploded and we were off to the sounds of loud cheers.

The walk made its way through the city and when we arrived at George Square, the atmosphere exploded. We were met by the Hope over Fear rally being held. They stopped what they were doing, lined the streets, cheered and clapped as we passed through. Their compassionate and kind recognition of every person on this walk was something else!

The walk made its way back towards Glasgow Green and we arrived to the sound of the Proclaimers 500 miles. This has become a welcome home anthem for the Recovery Walk. We arrived into the green to the smell of a delicious BBQ provided by the Rapid Relief Team who fed, watered and entertained us with great chat and hospitality. The support they offered to the Recovery Walk all free of charge was amazing. This really was community engagement at its finest.

The speakers took to the stage, which included the amazing Darren Loki McGarvey, Jardine Simpson, Suzie Baines and the legendary Kuladharini. The bands this year were amazing and the dancing was non-stop (some classic "dad dancing" was on show but 10 out of 10 for effort!). Around the Recovery Village, there was face painting, tattoos, children bouncing on inflatables, mocktails, and many arts and crafts. Scottish Families marquee as usual was buzzing with children and families creating amazing memories to take home. This year we had our fabulous photo booth and arts and crafts. We had 550 amazing photos taken in our booth and in around 150 cards made for loved ones, 95 kids masks decorated and too many sweets consumed to count. #TeamSFAD rocked on the day and we are glad to have hugged, laughed and celebrated with so many families. It was an amazing day and we can't wait 'til next year when we head off to Inverness!

Have an autumn or winter birthday?



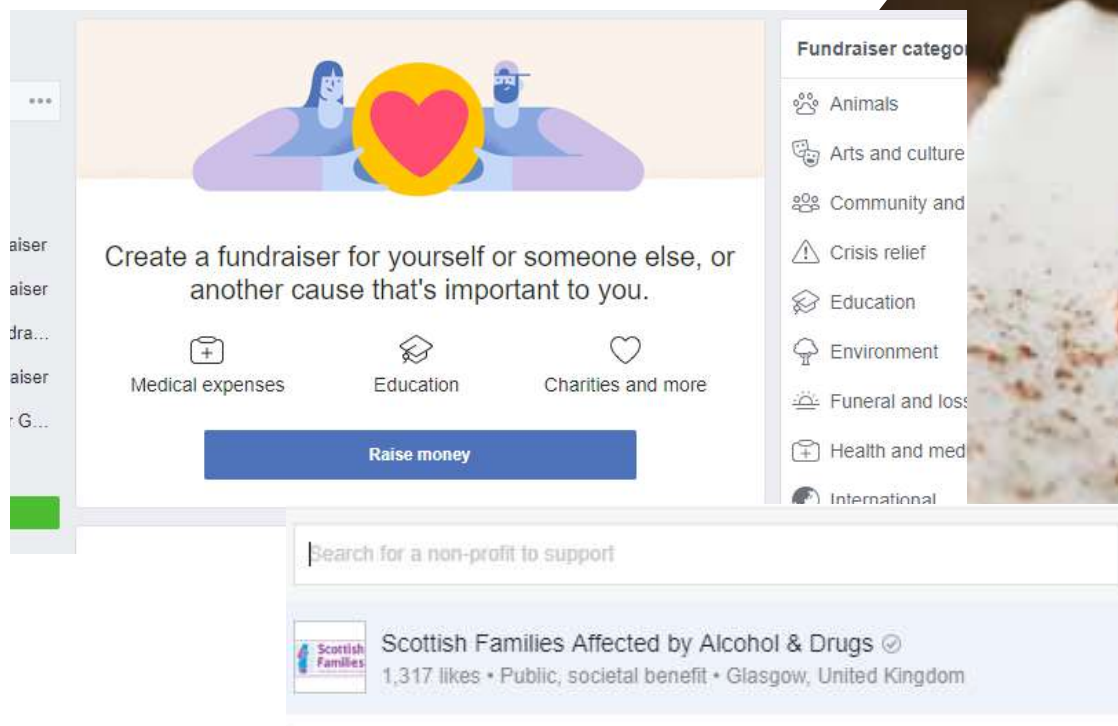
Did you know that you could fundraise for us on your birthday on Facebook? We didn't either until earlier this year and we've been blown away with how many people have set-up birthday fundraisers with us as their chosen charity.

If you are an autumn or winter baby and would like to support our work, why not make a birthday fundraiser for us? We really love birthdays and will be sure to send you a birthday card and even a few balloons if you'd like!

It's easy to start fundraising on Facebook. After you have logged into your Facebook account click 'Fundraisers' in the left menu of your news feed. After you get there, click 'raise money', 'get started', then 'non-profit' and either search or select Scottish Families Affected by Alcohol and Drugs.

Enter your personal fundraising goal and your end date for your fundraiser (the day of your birthday maybe). You just need to give your fundraiser a title and a summary about why you think your friends should donate to us. You then just need to pick a cover photo and click to start your fundraiser, easy!

It's such a nice feeling to see a new fundraiser set-up on our page and to see our message being shared. If you are thinking about making a birthday fundraiser for us, thank you! (and we hope you have a great birthday too).



Helpline Volunteering

Our helpline advisers listen to anyone who calls or webchats who may be going through a difficult time, looking for information, or who might be struggling to cope. People contact us about all kinds of problems. It could be alcohol or drug use, grief, depression, loneliness, stressful situations, domestic abuse, money worries, relationship issues and many other things. As a helpline adviser, we ask you to listen, give the person the chance to get things out in the open and talk things through with them. You will be helping people at difficult times and will make a difference to their day. Most of our calls end with the person being signposted to a group or service, or being referred to a Scottish Families support service.

Could you be a helpline volunteer? You need to be:

- Supportive and friendly
- Open minded and understanding of someone else's opinion even if different to yours
- Empathetic to the person's feelings
- Non-judgemental of the person's life, views, choices and family
- Honest in telling the truth even if it is difficult to say

Is this role for you? A checklist of points to consider:

- ☐ I have a phone, PC/laptop and internet access so that I can answer calls from my home
- ☐ I have good online skills including finding information online, filling in forms and sending emails
- ☐ I have my own email account, or I am happy to set one up
- ☐ I have good English communication and writing skills
- ☐ I have some knowledge of alcohol and drugs (training will be given)
- ☐ I have experience studying/training/volunteering/working in health and social care, mental health, addiction or trauma support services/organisations
- ☐ I understand the importance of data protection, confidentiality and protecting people's personal details
- ☐ I am in Scotland and can attend a training session in Glasgow at my own expense

For your safety, we ask for you to be two years alcohol or drug free if you have previously experienced problems with alcohol or drugs. If you have a family member who has experienced problems with alcohol or drugs, they must also be two years alcohol or drug free for your safety and wellbeing.

We ask for you to do one three-hour shift a week. You can book your shift at the start of the week for when it suits you. Shifts can be during the day, the evening or at the weekend. If doing a shift during the day, you can work from our office in Glasgow by arrangement. You can also support us with other work such as social media and fundraising when in the office.

If you are interested in the role please contact us for an application form suzanne@sfad.org.uk. We will then contact you to find out a bit more about you and tell you about the role. We ask for two references to be completed before you can start volunteering for our organisation. We urgently need helpline volunteers, so if you can offer a bit of your time, please consider joining our volunteer team.

'It is extremely rewarding to speak to people looking for support and feel that you have helped them move a step in the right direction'
- Scottish Families Helpline Volunteer

See you next Fall!!

It's not every day that you get to say that a small team have two members of staff expecting! The lovely Martha Rae and Sarah Campbell will be off on maternity leave starting this autumn and there will be two little ones joining #TeamSFAD (or #Baby SFAD as we've taken to calling them). Together we wish Sarah and Martha good luck and that we will really miss them!



Connect with Digital

Over the next year, we will be running 'Connecting Families through Digital', a project focusing on gathering evidence of the digital skills of family members, support group facilitators, carers and young people in Scotland who are impacted by someone else's alcohol or drug use.

Our project is necessary as 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.

By going online, families can access information and support for themselves and the person they care for sooner. Our project will help us gather

supportive evidence from families and will help us design our digital services to allow families to reach out for support and connect with other families online.

We are currently looking for participants for focus group sessions with proposed dates for groups between January and March 2019, to talk about their digital skills and how going online can help with accessing and receiving support. If you are interested in participating in a focus group or want to know more about the project, contact us info@sfad.org.uk or 0141 465 7523.

We will also be delivering social media awareness and digital sessions to support group facilitators who want to learn new ways of inviting people to their groups online and how to use social media and digital to engage with and reach more family members. Contact us info@sfad.org.uk or 0141 465 7523 if this is also of interest.



Dundee Drugs Commission

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Written by
Justina
Murray

Earlier this year, I received an invitation to join a newly forming partnership, the Dundee Drugs Commission, established by local leaders calling for a new response to the city's rising drug deaths (described as the highest in Europe) and new approaches to tackling drug-related harm.

I was asked to bring expertise and a families' perspective to the table, alongside two local family members. I spend a lot of time lobbying (aka ranting) about the exclusion of families and the family agenda, and the need to bring lived experience into our everyday working, so this early invitation – right at the start of the Commission's establishment – was a refreshing change and a good sign for the future.

The Commission's stated objectives are to:

1. Consider the context, nature, extent and impact of drug use and drug deaths in Dundee.
2. Identify and investigate the key causes and consequences of drug use and drug deaths for individuals and their families along with policy and practical measures to address these.
3. Seek the views and involvement of all relevant local stakeholders including individuals with lived experience of accessing substance use services, partner organisations providing support &/or treatment, and public-sector service managers and frontline service providers.
4. Assess the effectiveness of the strategic planning and delivery of services co-ordinated by the Dundee Alcohol and Drug Partnership and more broadly across community planning partners as relevant.
5. Consider evidence of what has worked elsewhere to combat drug use and drug deaths including approaches to achieve prevention and recovery.
6. Prepare a report for the Dundee ADP and its partners including Dundee City Council, NHS Tayside and the Health and Social Care Partnership with evidence-based recommendations on



priorities for practical and achievable action to tackle and reduce drug use and drug deaths in the city. Recommendations should also be offered at national and global levels as well as local.

So not much to get through then! By the end of this month we will have had our fourth meeting, and we are intending to produce an initial Consensus Statement soon after, summarising our early recommendations.

I feel humbled to be part of this work, particularly sitting alongside two mums who continue to deal with – often unsupported – their adult children's addiction on a daily basis.

Their experience reflects that of many family members across the country who find themselves responding to service failure or service absence by multi-tasking as their loved one's advocates, case managers, risk managers, carers, welfare rights advisers etc etc, not to mention often taking on child care and kinship care responsibilities too.

I am full of hope and ambition for the Commission – as are the other members – but it is fair to say not everyone has welcomed our arrival with open arms. As always happens when you begin to ask the difficult questions (and I say this from someone who has made a career out of it) some have greeted us with suspicion, cynicism and hostility. But thankfully most have welcomed the opportunity for a fresh look at Dundee's long-standing relationship with drugs, and are happy to share their own lived experience as residents, workers, managers, service users, family members and people in (and not in) recovery.

It is my firm belief that the skills, knowledge and experience around the table and across the city, and our determination to make a difference (by sheer force of personality if all else fails), are powerful forces for change and improvement.

I am continuing to emphasise the need for an asset-based approach to this work, as in my experience it is never helpful to start by asking what is broken, what is damaged, what needs fixed? Let's start by capturing and building on the amazing strengths and assets across Dundee, so well demonstrated with the opening this month of the brand new, sparkling V&A museum on the waterfront. This stunning development took vision, ambition, determination, inspiration, investment, courage and the commitment to aim high and just go for it. If we can channel just a wee bit of that creative spirit, change is going to come.

Dundee Drugs Commission website:
<http://www.figure8consultancy.co.uk/latest-news/dundee-drugs-commission/>

Connecting Families

Have you heard about our Connecting Families – Let's get started! events? Scottish Families are co-hosting 10 free regional community events across Scotland. Each event will be shaped by and delivered by local partners, families affected and community members. It's all about fun, friendship and connecting to community. Everyone is welcome to come along!

We asked families what matters to them and what we could do together about it:

"Many people are just completely disconnected."

"People in addiction – including families – their voice is very, very small."

"[We need] more community spirit being created and more connections between people."

"Linking different communities is important, we are the only family support group in the area."

Families talked to us about the positive impact of social contact and connections with others in the same situation. So, we began to think about the how. We thought about how big Scotland is and how parts are either incredibly busy or incredibly quiet and either way sometimes you just don't get noticed.

Connection is about being known and knowing others, whether it is building lasting relationships or engaging and giving back to our communities. We are using both the planning and the setting up of the event as well as the event itself to achieve that. We have reached out to families, organisations and volunteers in ten re-

gions of Scotland and invited them to take part. There will be free refreshments and activities at every event and a warm welcome from the local hosts!

We contacted the Big Lottery and spoke to them about some of our ideas around how we might increase connection across Scotland and they wrote back and (much to our excitement) agreed to contribute towards the funds we need to explore our idea.

We hope that we will meet 500 people over ten events across Scotland – including families, local community members and local organisations. We are keen to host this event to engage with families who have lived-experience of addiction and those supporting recovery as well as other members of the local community. We will also build links with key representatives from organisations that are active in the area.

These events will begin to shape a new movement for change. Families, individuals and organisations together can be pioneers who think big, embrace uncertainty and will relentlessly hustle to give families the opportunity to recover. Families will be included and supported and recognised for the unseen support they give each other, and the strength found in each one. Wider and stronger networks amongst families and in community will help build new connections; create opportunities in conversation to share experiences, learning and ideas; and create social change.

How do you find out more?

Find us on Facebook or
www.sfad.org.uk/communities/connecting-families

Families First Launch

Families First, an evidence-based approach to protecting UK families from alcohol related harm was launched at Westminster on 3rd July. The event was sponsored by Caroline Flint MP and supported by the All Parliamentary Group on Alcohol Harm and on Children of Alcoholics. This marked an opportunity for everyone in the UK to join an honest discussion about the true levels of harm experienced in many homes and communities across the UK whilst exploring opportunities to reduce the levels of alcohol-related harms in our society.

The report, introduced by Steve Brine, Parliamentary Under Secretary of State for Public Health and Primary Care, set out the robust evidence-base demonstrating the levels of alcohol-related harm experienced by families across the UK, highlighting so much more that needs to be done and puts the needs of the family at the heart policy moving forward. He added:

'children and families need more support'

emphasising 'money needs to be getting to the right places', marking this as the starting point for change acknowledging more needs to be done to keep the momentum going. Mr Brine also made a personal commitment to issuing a formal response to the report.

The event and report received cross-party support with personal accounts put forward by Caroline Flint and Liam Byrne MP, who both told of their own struggle with their family member's alcohol use calling on those present to think about the role everyone must play in taking the fight forward. All elected representatives at the launch called on those present to take steps locally to encourage more people talk to their own MPs so that they know this manifesto exists. Fiona Bruce, MP highlighted the need for better understanding in workplaces of alcohol related issues. She shared it had only come to light in recent months that two members of her own team had lost family members to alcohol, yet she knew nothing of their

lives or struggles at home. She asked,

'why do we live in a culture where alcohol is so present, yet no one talks?'

In the past few years there has been a notably positive shift in social attitudes towards those living with addiction and their families with a welcome call for support in the form of a collective response and strategy that can help reduce the levels of alcohol-related harms being experienced daily. The very real accounts in the public domain and mainstream media from high profile individuals who have lived with problem alcohol use have been helpful in this movement. We have heard from many prominent figures and role models speaking about their own lived-experience of problematic alcohol use in the family with detailed accounts of individual roles played in either supporting their loved ones drinking or working hard to hide the reality from wider social networks at some kind of personal cost.

There is also an acknowledgement in this shift that alcohol consumption has become a problem within our society we cannot ignore. With this shift there is widespread recognition that the needs, and role, of families in dealing with problematic alcohol use have remained, largely, unmet in the form of government support and resources despite repeated calls to policy makers from families and supporting organisations.

It was this movement and the establishment of the Alcohol Families Alliance (AFA), chaired by Naomi Eisenstaadt, Senior Research Fellow at the University of Oxford that led to the report. The AFA is a forum set up by Adfam and Alcohol Concern (partly funded by the Institute of Alcohol Studies) and supported by Scottish Families and several other UK organisations including Alcohol Focus Scotland, Alcohol Action Ireland, Nacoa and Addaction. Throughout the process Scottish Families offered several recommendations

into this report to help bolster support for families drawing from our learning, successes and challenges faced in working for families in Scotland. We welcome this collective and collaborative call to meet any unmet needs (if any) from the Scottish Strategy refresh once this has been concluded.

What can you do? Firstly, read the report and share your thoughts with us. Access the report here: <https://www.alcoholandfamiliesalliance.org/our-work.html>

Secondly, Scottish MPs were only notable by their absence at this event (despite many being signed up) so, as a starting point it could be a good idea to remind your own MP that this report exists. Better still, why not ask what your

MP/MSP can do to help more families?

Find out who your MP is and tell them about the report: <https://www.theyworkforyou.com/>

Thirdly, get involved with us and help us help others.

Get involved with us: <https://www.sfad.org.uk/get-involved>

Fourthly, if you know someone who comes to mind when reading this please let them know they are not alone and that support is available – to find out where to access get in touch via our helpline 08080 10 10 11 or online at www.sfad.org.uk



Recovery Week

The terrible weather didn't dampen the spirits of all the participants on the Fifth Annual East Dunbartonshire Recovery Week. Seven teams valiantly competed for the much coveted trophy at the opening football tournament. The Scottish Families team, which included the only two female players, put up a brave fight but sadly didn't make it to the final.



Much as it pains me to say it, the Prison Officers from the local Low Moss Prison were worthy winners. Despite being soaked from the continual heavy rain, everyone was in great spirits and it was a brilliant evening. Many thanks to EDVA and Tesco for donating fruit and water and to Street Soccer for providing the excellent referees.

The rest of the week comprised of a variety of events including yoga, Bach Remedies, Herbal workshop and arts & crafts. All the local drug & alcohol services work in partnership to create a full and varied timetable of free events for local residents. This gives people a chance to find out more about what's available in their local area and reduces isolation and stigma.

The week always cumulates in the inspiring and brilliant Recovery Walk which this year was in Glasgow Green. A bus full of eager (and not so eager!) walkers headed off from Kirkintilloch at 9.30am and returned home, happy but tired, later that afternoon.



For more information on how to apply
please see our website

www.sfad.org.uk/about-us/vacancies

VIRTUAL FAMILY SUPPORT PRACTITIONER (TEMPORARY)

0.6 FTE/ 21 hours per week

Temporary post to 31.03.19 with immediate start

(Pending extension for a further 6 months to 30.09.19; will be confirmed by 1 March 2019)

£27,852 per annum pro rata

Plus 3% employer pension contribution

Based at Scottish Families, Edward House, Glasgow

We are looking for a Virtual Family Support Practitioner (Temporary) to provide part-time maternity cover over the next 6-12 months. The role is primarily focused on delivering one-to-one Telehealth support to family members, but will also include some support for our Helpline and Bereavement Service. We are seeking applicants with a relevant professional qualification or significant experience in Counselling, who also have experience of delivering effective interventions with families and working with complex needs. You must have an understanding of issues for families affected by substance use, a high level of organisational skills, and the ability to support others.

Closing date: 12 noon, Monday 15 October 2018

(Applicants being invited to interview will be advised by 12 noon on Tuesday 16 October)

Interviews will be held at Edward House, Glasgow on Monday 22 October 2018

FUNDRAISING OFFICER (TEMPORARY)

0.6 FTE/ 21 hours per week

Temporary post to 31.03.19 with immediate start

(Pending extension for a further 6 months to 30.09.19; will be confirmed by 1 March 2019)

£25,000 per annum pro rata

Plus 3% employer pension contribution

Based at Scottish Families, Edward House, Glasgow

We are looking for a Fundraising Officer (Temporary) to provide part-time maternity cover over the next 6-12 months. The role is primarily focused on delivering Scottish Families' Fundraising Strategy, recruiting participants for events, developing and maintaining relationships with supporters and funders, answering all fundraising-related queries and maximising fundraising opportunities for the organisation. We are seeking applicants who are educated to degree level or similar, with experience in fundraising, working to targets and delivering successful events. You must have an understanding of fundraising techniques and regulations, and a proven ability to generate new ideas and approaches.

Closing date: 12 noon, Friday 12th October 2018

(Applicants being invited to interview will be advised by 12 noon on Monday 15th October)

Interviews will be held at Edward House, Glasgow on Wednesday 24th October 2018

Behavioural Couples Therapy (BCT) for the treatment of drug dependence: Can children & families benefit?



Lunchtime Seminar & Workshop

Date: Monday 19th November 2018

Time: 1.15pm-2.30pm

Venue: Training suite, Waverley Court, Courtyard Level, 4 East Market Street, Edinburgh, EH8 8BG

Presenter: Dr Anne Whittaker, NMAHP Research Unit, University of Stirling

Behavioural Couples Therapy (BCT) is recommended by NICE (2008) and the Department of Health (2017) for the treatment of alcohol and drug-related problems. Developed in the USA, the intervention can improve outcomes for substance users, their partners, and children living in the home. However, BCT has been poorly implemented in practice and no evaluation of BCT has been conducted in the UK.

This seminar and workshop will present findings from the first study of BCT in the UK, funded by the Chief Scientist Office, which explored the feasibility of implementing BCT with parents on opioid substitution therapy with children aged 0-16yrs. The aim of the workshop is to explore solutions to improving implementation.

Practitioners, service managers, policy makers, researchers, service users and affected family members are all welcome to attend.

Places are limited – please email Anne to book a place: Anne.Whittaker@stir.ac.uk



This event is supported by Edinburgh Alcohol and Drug Partnership (ADP) and the Drugs Research Network for Scotland.

Families Naloxone Event

On the 3rd of July, the day the drug-related death statistics of 2017 were released, we held our Families Naloxone Event, a free family event for hands-on learning, what you need to know about overdose signs and symptoms, and the steps you can take to save a life. Over 30 family members attended, each taking home a naloxone kit. Again, thank you to Jason Wallace and the Peer Educators from Scottish Drugs Forum for delivering the training.

This year's sharp rise in drug-related deaths was widely predicted but no less shocking. These are not just numbers, they are people, and they are people who have left behind a devastated family and community.

We marked the 3rd of July with a call to action. It is time to declare a public health emergency which will allow additional powers and resources to be focused on addressing the issue. Scotland should have a target of zero drug-related deaths and work actively towards this. A fundamental part of this involves properly recognising the role of families, including them in care and treatment, and supporting them in their own right. Families are already saving lives every single day by keeping their loved ones connected.

Our bereavement support service is free and is available to anyone in Scotland who has lost someone to a drug-related death. If you are interested in support or would like to chat with us contact 08080101011/helpline@sfad.org.uk.

Let us know if you think we should carry out similar naloxone training in the future @ScotFamADrugs.



Family Peer Research Work

Are you a family member of someone who uses alcohol or drugs? Are you interested in research? Would you like to develop your research skills? Do you want to be part of the first peer research network for families and substance use in Scotland?

Scottish Families is working with academic research networks in Scotland and further afield to ensure that all drug and alcohol research is meaningful and relevant to those it is designed to help. Rather than simply sending out surveys and inviting you to focus groups, we would also like to involve you in the design and implementation of research projects from their very beginning.

This exciting new research partnership will focus on the experiences and needs of families living with or affected by problematic substance use. We're looking to recruit people from across Scotland who have lived experience of supporting a loved one with problem alcohol or drug use, to work with us as peer researchers and co-produce this piece of work. Full training and supervision support will be provided. If you are interested in more information please email info@sfad.org.uk or contact us on 0141 465 7523 to have a chat about this opportunity.

Maximising the Impact of Scottish Drugs Research

The Drugs Research Network Scotland (DRNS) is hosting their first annual conference titled "Maximising the impact of Scottish drugs research" on the 28th November in Glasgow. This one-day event has been designed to support the development of Scottish drugs researchers including: Masters and PhD students, Academic and Peer Researchers.

By attending the event, delegates will learn to be more effective and impactful drugs researchers by taking part in a series of presentations, workshops, and poster sessions. Speakers include Professor Alex Stevens (University of Kent), Professor Tracy Finch (Northumbria University), Professor Betsy Thom (Middlesex University), and Professor Harry Sumnall (Liverpool John Moores University) <https://drns.ac.uk/conference/>

The ME-WE Project

The "ME-WE" project is an ambitious research and innovation project funded by the European Union under the Horizon 2020 programme, featuring the involvement of a European consortium of prominent universities, research institutes and civil society organisations. Over the next 39 months, the ME-WE project aims to strengthen the resilience of adolescent young carers, in order to positively impact their mental health and wellbeing.

Their first activity is a short online survey for young carers aged 15-17 years old, designed to learn more about their mental health experiences and preferences for support. The survey should only take 10 minutes to complete and can be accessed on a computer, tablet, or mobile phone. The survey can be accessed at <https://www.1ka.si/a/174991>.



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

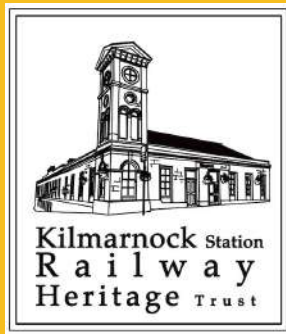
Our bereavement service is for anyone who has lost someone where drugs may have been a reason for their death. This doesn't mean that drugs need to be the main cause of death – if the person was a drug user and has died of other causes, our bereavement service can offer support.

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.



FAMILY SUPPORT

**Community Reinforcement and Family Training (CRAFT)
is available to anyone affected by a loved one's
addiction.**

- **Meet other families going through the same as you**
 - **Talk about worries and fears**
- **Learn how to put boundaries down and what enabling is**
- **Get support to motivate your loved one into treatment.**

YOU ARE NOT ALONE

**Contact Lauren on 01563 573966 to find out
more.**

Or email lcooke@ksrht.org

**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
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