

# Scottish Families

*Supporting anyone affected by alcohol and drugs across Scotland*

## SUMMER

July 2019  
info@sfad.org.uk  
www.sfad.org.uk

Helpline:  
08080 10 10 11  
helpline@sfad.org.uk



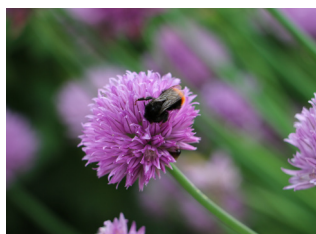
### Behind the Numbers

News about the 2018 drug-related death statistics and our new campaign where families share their experiences **p.4-6**



### Our Impact 2018/19

2018/19 was a very busy action-packed year for us and through family voices, we share what we achieved **p.10-11**



### Family Recovery College

The college was launched on July 2nd. Read about the course, hear from course advisor Mel, and how to get involved **p12-14**

### Alcohol Families Alliance

On Wednesday 12th June, as part of the Alcohol Families Alliance #Fair4families, 14 member organisations from around the UK set-up in Parliament.

Organisations included Scottish Families, Mentor UK, Addaction, Adfam, Change Grow Live, Nacoa, and much more.

The organisations spoke with MPs about their work and what they do to support families affected by alcohol. Together, organisations made the case for the Alcohol Families Alliances' two campaign priorities.

**Continues p.8-9**

# Summer

A lovely midsummer round-up of all the happenings at Scottish Families!

We can start off by saying we have a lovely new member of #TeamSFAD - Carly! Carly is our Aberdeenshire Family Support Development Officer and will be running support groups and connecting with families in Aberdeenshire (hear more from Carly below).

We have been very busy launching our new campaign #BehindTheNumbers where families share their experiences of services and their role in looking after their loved ones. We were saddened by the latest drug-death statistics and our hearts go out to the lives lost and the 1,187 families who have lost a loved one. We hope our campaign will highlight and champion the roles of family in support and recovery and we are looking for more families to get involved.

We also recently launched our Family Recovery College's first course on July 2nd and have had amazing feedback from all of the students - read more on p12!



## Welcome, Carly!

Aberdeenshire Family Support Development Officer

Hi, I'm Carly Patterson. I graduated from the University of Aberdeen with an MA in Psychology and a Master's in Public Health. In my new role I will be responsible for developing, maintaining and delivering a range of family support services across Aberdeenshire. This may include one-to-one support, advocacy work and involvement with family support groups.

For me, a family member does not have to be someone who is bound by blood or marriage. Family members are those who love each other unconditionally and who will support one another, even when it is not easy to do so.

I have always been passionate about encouraging people to live healthier and happier lives. I am looking forward to working with family members and empowering them to make changes that will allow them to effectively support their loved ones.

## Contents

3. A word from Justina

4-5. Our response to the drug-related death statistics

6-7. #BehindTheNumbers

8-9. Alcohol Families Alliance at Westminster: an overview

10-11. Our Impact through Family Voices 2018/19

12. School is in for summer

13-14. An interview with Mel

15. Dundee Hope Festival

16-17. Young Person's Project

18. One-off grants for family support groups

19. Wellbeing and Kinship Care Study

20-21. Events

22-23. Get involved with #TeamSFAD



## Mailing List



Want to stay up to date with all the latest news from us? Sign-up to our mailing list and we'll send you our monthly bulletin and other updates. Sign-up here: <http://eepurl.com/c9oCYb>

# A word from Justina

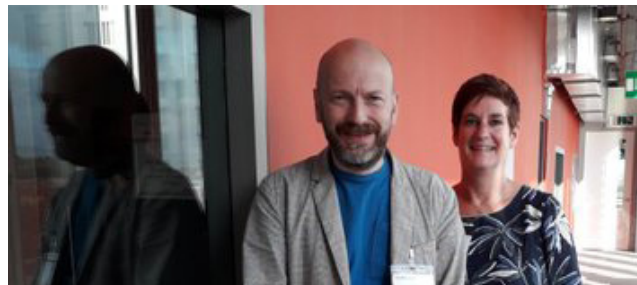
Our neighbours in our Edward House office include the lovely team at Staf (the Scottish Throughcare and Aftercare Forum). Their Values are proudly displayed outside their office door – We listen, We care. We love. When I first saw this, I thought about how rarely we use the word ‘Love’ in terms of policy and practice, and how refreshing it was to see an organisation so confidently and clearly champion this vital element in our lives.

Love is one of the most powerful themes in our new #BehindTheNumbers campaign, launched with two striking short films at the start of July. In these films, two mums – Sandra and Karen – talk about their own experiences of supporting their own children through many years of addiction and recovery. Their love for their children (now both adults) shines through these stories, just as it would for any family member talking about their loved ones.

Yet this depth of love and compassion, pride in their children’s achievements, and hopes and dreams for their futures have not always been echoed – even in the smallest way – by those services who are supposed to be there to help. Instead there has been judgement, exclusion and contempt.

Sandra talks about the way in which her local services have now been completely transformed, in no small part thanks to her tireless lobbying and demands for a better response and a partnership approach with families. In Karen’s case, change has been slower, but as she says herself ‘change will come’ when services begin to listen to families and involve them as true partners in care.

Our launch was held just two weeks before the devastating – but not unexpected news – that Scotland’s drug deaths had reached an unprecedented 1,187 people in 2018. A new Drug Deaths Taskforce has been established by Joe Fitzpatrick, Minister for Public Health, Sport and Wellbeing, with a strong commitment to following the evidence and involving families and others with lived experience. In my view, the evidence base is well known



and well understood in Scotland. And families and others with lived experience have been sharing fairly consistent messages for many years – that services must offer choice, consistency, quality and respect. This is not new and it is not unknown.

Sandra and Karen are just two family members, but their stories reflect many, many other families’ experiences, right across Scotland. We knew this before we launched #BehindTheNumbers, but this has been reinforced by the amazing response we have had to the campaign. More family members have come forward asking to tell their stories (watch this space for further film releases). And these stories strongly echo the written and oral evidence we submitted – along with family members – to Westminster’s Scottish Affairs Committee inquiry into drug use in Scotland earlier this year.

The challenge for Scotland’s new Taskforce is to effect local change on the ground. This may mean being considerably more directive about what must happen in local services, not just outlining what might be nice to do if services feel like it. Funding for local services should be contingent on delivering this, not just handed out irrespective of outcomes and without question or challenge. (After all that is the way third sector services have to perform all of the time).

So at the risk of completely overstepping (not for the first time, to be fair), here is a suggested recommendation for the Taskforce – that services must learn to Judge a Little Less, and Love a Little More.



# News

The latest news from Scottish Families including new projects, opinion pieces, information we want to share with our readers and anything that we think would be worth a read!



## Our response to the drug-related death statistics

The latest rise in drug-related deaths in Scotland was widely predicted, but it is always upsetting to hear about this number of deaths which could have been prevented. Behind these numbers are families. Whole families who continue to be devastated, left heartbroken, frustrated and angry that they first lost their loved ones to addiction, and then ultimately to death.

The number of deaths we are hearing about today is shocking, but there is an even larger group of people in Scotland who remain at high risk of serious harm and death. Many people within this group are still alive thanks to the tireless, unrecognised and unsupported efforts of their families. From meeting their basic needs for food and shelter to helping them engage with an inflexible treatment system which judges and excludes, and offering them enduring love, connection and hope for the future. Families are playing a central role in saving and preserving life.

To mark the publication of the statistics, we launched #BehindTheNumbers at the start of July. #BehindTheNumbers is a campaign which highlights and champions the hidden and unrecognised contribution by families in saving and preserving life.

The campaign has published its first two short films where family members share examples of service and system failure, leaving them holding and managing risks which should be shared with services. Family members tell powerful stories of how supporting and involving families in treatment can improve outcomes for both individuals and services, and that change is possible when families gain their voice and services begin to listen.

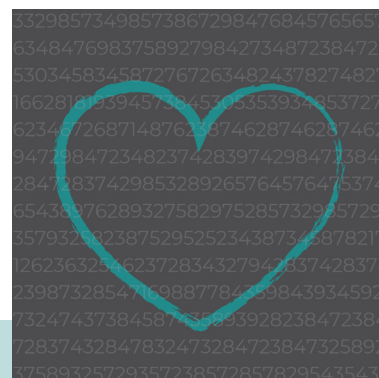
Justina Murray, CEO, said:

“Our thoughts today are of course with the 1,187 families who lost a loved one last year. But we know they don’t need to wait for these statistics to be published to feel bereft, let down and angry. This may be a day where the

media and the policy-makers briefly shift their focus onto drug-related deaths, but families affected by drug addiction continue to face significant levels of pressure, harm and risk every day. They want to see real change, including recognition and support for their caring role, better access to high quality treatment and care for their loved ones, and the opportunity to work in partnership with services to reduce harm and promote recovery. Our #BehindTheNumbers films show we have a long way to go in achieving this, but change must come.”

The film clips and further information about #BehindTheNumbers can be viewed on the Scottish Families’ website:

<https://www.sfad.org.uk/behind-the-numbers>



## 2018 drug-related deaths in Scotland = 1,187

### % increase/decrease per health board area:

	2017	2018	
Scotland (overall)	934	1,187	+ 27.0%
Ayrshire & Arran	61	82	+ 34.4%
Borders	13	22	+ 69.2%
Dumfries & Galloway	22	20	-9.0%
Fife	66	64	-3.0%
Forth Valley	36	72	+ 100.0%
Grampian	85	92	+ 8.2%
Greater Glasgow & Clyde	280	394	+ 40.7%
Highland	32	45	+ 40.6%
Lanarkshire	102	130	+ 27.5%
Lothian	137	152	+ 10.9%
Orkney	1	3	+ 200.0%
Shetland	2	0	-100.0%
Tayside	94	109	+ 15.9%
Western Isles	3	2	-33.0%



# Getting involved with #BehindTheNumbers


#BehindTheNumbers highlights and champions the hidden and unrecognised contribution of families in saving and preserving the lives of those harmed through alcohol or drugs.

Two incredible women, Karen and Sandra, shared their stories with us because they are determined to have their voices heard and to campaign for change, for recognition of families, and for services to work collaboratively with families for better outcomes.

Although both Karen and Sandra's stories are incredibly powerful and moving, we need many more voices to start making a change. Two voices are not enough.


If you feel moved by our campaign and are determined to make a change then we encourage you to support us and share your story. Filming takes just under a few hours and two members of the team are there - one to interview and one to film. We will listen to you, give you the amount of time you need, make you feel comfortable, and together we will create an incredible, powerful and moving film.

**If you want to talk things over or are maybe interested in a film contact Rebecca Bradley [rebecca@sfad.org.uk](mailto:rebecca@sfad.org.uk) / 0141 465 7523.**



'I was happy to do the #BehindTheNumbers film to hopefully let the wider public and professionals see what lived experience is really like. What families live with daily when addiction is in the family. The services letting us down constantly.

The publicity has brought positive attitude from the 99% of people who have watched it, who got in touch by phone, email and text. It brought media and press attention as well, wanting to highlight our plight with a positive outcome.' - **Sandra**



'The reason I did #BehindTheNumbers was to highlight the fact that people are not numbers, they are our loved ones, and it has encouraged me to keep fighting for change in services. It has been a fab experience, so much so that the positive feedback has been amazing from family, friends, newspapers, TV and radio. The campaign has highlighted that we are families are the forgotten people doing everything in our power to keep our loved ones alive. I would say to any family member that wishes to join the campaign, please do it. It reiterates the need for change, especially in services. The more families who speak out then services, politicians and the government can no longer stand to ignore us, and will start to make the changes needed to start saving lives. Never be afraid to stand up for what you believe in when it involves your loved ones. Together we can be the change. Let's do this.' – **Karen**



## #BehindTheNumbers

A campaign which highlights and champions the hidden and unrecognised contribution of families in saving and preserving the lives of those harmed through alcohol or drugs

Get involved by sharing  
#BehindTheNumbers stories or  
sharing your own story

<https://www.sfad.org.uk/behind-the-numbers>

Contact us:  
[info@sfad.org.uk](mailto:info@sfad.org.uk)  
0141 465 7523

# Alcohol Families Alliance at Westminster: an overview

On Wednesday 12th June, as part of the Alcohol Families Alliance (AFA) #Fair4families, 14 member organisations from around the UK set-up in Parliament. Organisations included Scottish Families, Mentor UK, Addaction, Adfam, Change Grow Live, Nacoa, and much more.

The organisations spoke with MPs about their work and what they do to support families affected by alcohol. Together, organisations made the case for the Alcohol Families Alliances' two campaign priorities:

1. To secure better support for the carers of problematic drinkers, or the children of problematic drinkers
2. To protect children from alcohol advertising

At the event, several family members shared their experiences of the harm caused to families by alcohol including Shadow Secretary of State for Health, Jonathan Ashworth MP, George Freeman MP and Liam Byrne MP.

We have included what two of the speakers discussed:

## Speaker 1: Margaret

Margaret has links with AFA and Adfam. She spoke about her own experience of alcohol in the family from an early age. She shared a memory of writing a story in school about her weekend and asking her teacher how to spell the word alcohol. The teacher asked her to explain more about her story because she thought Margaret meant something else and not alcohol. However, it was alcohol she

was describing, and went on with her spelling to write her story about her weekend with alcohol issues in the family. Margaret highlighted that even though she wrote about the issues, her teachers never asked her what was going on and if she was okay. Margaret finished by sharing her message that families and children need to share their experiences, amplify our voices and let them be heard collectively.

## Speaker 2: George Freeman (@GeorgeFreemanMP)

George shared his experiences of how his life has been shaped by alcohol as both his parents had issues with drinking. He spoke about his experiences of having to steer the car for his mother who was driving under the influence, where people regularly asked how he was when they visited his home when he was a child, etc. He spoke about how his responsibility is in the form of public duty – to channel his experience into something useful.

George spoke about how alcohol use and harm is not a single party issue – it is very much a cross-party issue. He finished by saying that people need to be able to give a message of hope and support which acknowledges that difficult times can be a strength.





To close the event, Vivienne Evans from Adfam shared that children and families need to recover too. Families are still often forgotten about, especially in the role of kinship carers. Vivienne also mentioned that Adfam and AHA are establishing an expert by experience group and want to have people having a stronger voice for change as it is important to listen to lived experience to see what they need/want working together.

Stuart McDonald MP (@Stuart\_McDonald) was also in attendance at the event. He was the only MP there from Scotland.



John Holleran with Stuart McDonald MP



# Our Impact through Family Voices 2018/19



2018/19 was a big year for us at Scottish Families! Referrals to our support services and calls to our helpline had a massive rise and we supported a large number of families over the year. We also had a fantastic year of fundraising and have secured a number of funds for new projects including our new Young Person's Project.

We decided this year that rather than just putting numbers on a page, we would ask the people we support (and who support us) to write a short story on their experiences with Scottish Families.

The report is sectioned into our five main outcomes:

**Families are supported**

**Families are included**

**Families are recognised**

**Families are connected to communities**

**Families are a movement for change**

Under each outcome, we have shared a family story. What better way to show our impact than hearing it from the incredible people we work with and support?

[Read our full report on our website here](#)

## In 2018/19 we had...

**951** Helpline contacts  
**139** Telehealth referrals  
**126** Bereavement referrals  
**105** new referrals in Forth Valley  
**58** new referrals in East Dunbartonshire  
**1,193** workforce trained  
**96,062** website views  
**402** mailing list subscribers  
**740** Community contacts  
**296** at Connecting Families events  
**99** Family Recovery Initiative Fund enquiries  
**£182,071** raised through fundraising



‘I contacted your helpline in October last year when I was at my wits end with worry about my daughter’s heroin use and my son’s Valium use. I had already lost a son to suicide who wasn’t using drugs and could see my other children going the same way. From the minute I spoke to you I knew I was in the right place to get the help I needed. You gave me information on so many local places where I could go, and I had no idea they were here.

Since I first spoke with you, I have spoken with you on the phone another 3 times and via your webchat (this is a great support when I’m hysterically crying and couldn’t speak to anybody!) You talked me through the tough times.

I regularly come back to your website and look through the self-help guides. It’s so easy to navigate my way through. I now know I can pop into the local recovery events. I think the fact that I am calmer has had a positive influence on my kids and they are doing a lot better. I popped online today to have a look around as it feels like home and thought I would send you a thank you for all that you have done for me and I am sure what you do for families across Scotland.

Although things are not perfect, I am happier and less anxious and that is a true blessing. Thank you.’ – Michelle (name change)



## THE FAMILY RECOVERY COLLEGE



# School is in for summer!

We were in talks about it for many months but we are very excited to say that our Family Recovery College started its first course on July 2nd! For the next 10 weeks, 10 students from a range of backgrounds and experiences will be learning 'understanding substance use and holding onto hope – a course for family and friends'.

Mel, one of the course advisers, presented in the first week. She shared her experiences and told the students about her involvement in the development stages of the college with six other advisers. Students were moved by Mel's experiences and had a lot of positive feedback to share.

In the second week we had a fantastic panel discussion on 'Understanding Substance Use' with Derek Watt from the Scottish Recovery Consortium, Adelle Still from the Scottish Drugs Forum and Dr Sharon Greenwood from the University of Glasgow. The students submitted lots of questions to the panel and were very keen to hear from each of them.

Upcoming sessions include approaches to family support (with a closer look at CRAFT), Drug and Alcohol First Aid Training, Naloxone Training, and a self-care field trip for the students. And to end on a brilliant high-note, in mid-September the college will be going away for the night to celebrate the achievements of all the incredible students!

We'd love to run the college course again later in the year. Let us know if you are interested in attending by using the contact details below.

0141 465 7523

Susie McClue – [susie@sfad.org.uk](mailto:susie@sfad.org.uk)

Ash Husband – [ashleigh@sfad.org.uk](mailto:ashleigh@sfad.org.uk)





# An interview with Mel

My name is Melanie McPherson and I have been married for 17 years with two fabulous kids and I work for the NHS as a domestic part time. My passion lies with being pro active in helping people whose lives have been affected by alcohol and drugs. All through my childhood and into my late teens the most part of my immediate family had issues with substance misuse, and the loss of my brother in 2000 had a profound effect on me. It took me a long time to accept my circumstances and piece myself back together. I couldn't have done this without the love and support of my mother-in-law and my husband.



For the first time in my life someone had shown me love and support. They help me get back on my feet as I was lost and had isolated myself away from reality. All trust for people and life had almost vanished from me. They re-lighted hope back into me and showed me that things can get better. It took me a long time but I eventually got there.

I came to Scottish Families Affected by Alcohol and Drugs on the 6th January 2019 seeking some voluntary work as I was studying Psychology with the Open University. Susie McClue told me about The Family Recovery Initiative Fund and that this would be to help with set up costs to start a support group. So it was just a call to Shona MacDonald to help run the group, and My Support Day was born!

Since January it has been all go. In early spring, I seen the advert for the course advisor position for the Family Recovery College and for the first time in my life I had the qualifications in abundance to fit the criteria of a job that I would be so passionate for. It was a no brainer for me and I applied for it. I was over the moon when I was accepted. So the last 7 months have been so busy for me but I love every minute of it.

The Family Recovery College is going really

well at the moment. How do I know this? Because people are attending and engaging in the course. From the very start of the course, we as course advisors along with Susie and Ash from Scottish Families all went through everything with a fine tooth comb. From what are our values, how do we achieve breaking down any barriers that may stop people from attending the course, and what do we want the main themes, course content, skills and knowledge to be included in the college. I attended the first day of the college and was so pleased with the engagement that all the students made within the course. I feel absolutely honoured to be a course advisor on the course. So far I feel that there has been such positive feedback.

I hope students on the course will learn that there is hope, and to keep holding onto hope. If you have lost hope then hopefully the Recovery College will help you to find it again.

Imagine the students have been given an empty tool belt and to earn a new tool to help build a better environment for themselves, they have to learn new skills. By coming every time to the course they gain new skills and understanding, and by doing this they gain a new tool to put in their tool belt. So week one, they took the first steps to preparing for the

course, so have earned a ruler because they are measuring up how the next few weeks are going to be. Before the students know it, the tool belt is becoming fuller with all the new knowledge and skills that they are learning. So when things arise in their life, they will be better equipped to deal with it and hopefully have the tools they need to build a brighter future for themselves.

It's important for people to be connected to community because isolation is the silent form of extinction for people who are affected by drugs and alcohol.

If you stand on your own, you stand with only one voice being heard. Over time it becomes drowned out by deaf ears, but if you connect with other people then you can start to transform things. Have a louder voice.

It is a basic human need to be connected to others. For change to happen then its best done through being connected to a community. Individuals can change yes, but for sustainability, being connected to a community creates support and acceptance.

The college will help with stigma, it has and is creating a community of its own. It is connecting people with other people again.

We are breaking the silence, the isolation, the discrimination, the labels, the judgement, the loneliness because we are talking. By talking, educating, communicating and showing willingness to learn new ways of breaking old habits and behaviours, we are fighting back against the stigma.

For a long time it's been a very much taboo subject to talk about because of the shame and guilt attached to it, but how do we change if we don't talk and educate?

The college is already empowering change. We are here and we are going to give new knowledge and understanding to the students which will help empower them.

I love being part of the full process of the Family Recovery College and working with the other course advisors, Susie and Ash. It's been such a privilege for me to work beside such passionate people.

We have discussed, created, brain stormed and laughed over the last few months so well together, I'll miss it when it's complete.

I have got to say though without a shadow of a doubt that I loved meeting everyone who turned up for the open day, but mostly our students. I'm so proud of them all in taking the steps to seek change, knowledge and support. All the students should be proud of themselves in the step they have taken to change. I'm honoured to be working along beside them, they are all so loving, kind and inspirational, this is something that no amount of experience or money can buy.

For other families affected by someone else's alcohol or drug use - someone in my life showed me support and love. A basic human need - just love and a little support. It changed me and my life forever, it gave me hope for a future.

Support and love gives you hope and where there is hope there is a future, and the cost of that is priceless.

- Mel McPherson



# Get Involved

Volunteering, events, fundraising, there's so much to get involved with #TeamSFAD and we appreciate all your support.



## Planning is underway for our next Connecting Families event – Dundee Hope Festival!

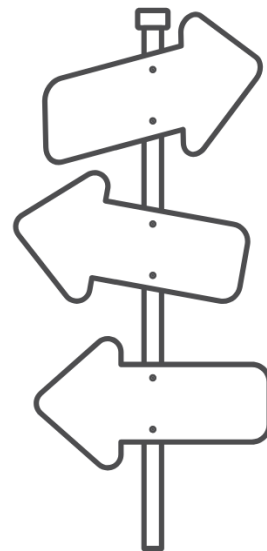
In collaboration with local partners and services, we will be jointly hosting the first Dundee Hope Festival! The event will be a chance for the whole community to come together, have fun, and spread a message of hope that Dundee people, families and communities can recover from the effects of alcohol and drug use.

With a provisional date set for Saturday afternoon the 26th of October, please save the date and watch our social media channels for more information soon.

**Interested in being involved? Please get in touch with Ash at [ashleigh@sfad.org.uk](mailto:ashleigh@sfad.org.uk)**



# New name for our Young Person's Project - Routes!



Our new Young Person's Service finally has a name! After much brainstorming (or is it 'blue-sky thinking?!') the young people decided on '**Routes**'. There was quite an inspiring 'route' (see what we did there?) to reach this decision.

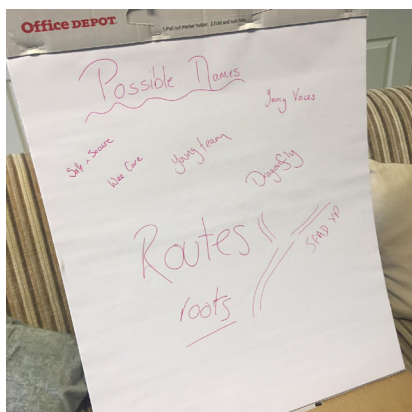
The common thread throughout the discussions was the importance of being in charge of your own destiny. The young people felt that their early years and upbringing (roots) are important but it doesn't need to define them. There are many different 'routes' people can choose in life, even if people take the wrong one. And it's never too late to get back on track, particularly if you have support.

They felt that the route your life takes can be influenced by many factors but ultimately you are in charge of your own future and this service can help it be a positive one.



A unique feature of this project is that it is co-created by the young people it supports and so they have a say in the 'route' it takes. By this point we were just making up things to tie in with our brilliant new name!

We hope you agree it's a great name (please agree, we can't bear to go back to being 'the Young Person's National Demonstration Pilot Project'!)



To find out drop-in times, activities and the latest news from Routes, make sure to follow and like our Facebook page:

**@youngpersonsscottishfamilies**



# An interview with Amy

Amy is 15 and lives in West Dunbartonshire. She has been a member of the Young Person's Project since it began at the start of this year.

## Do you think a project like this is needed?

Yes, I really do because it helps to be able to talk about it to someone who isn't too close to you. I don't like upsetting my mum so we don't really talk about my dad much. This is the first time I've really spoken about him to anyone.

## Why do you think you found it so hard to talk to anyone about your dad?

When I was younger I would hide it from friends because I didn't want people to know. I thought they would judge me and say, 'Oh her dad's this or that'. The project has helped me accept and understand things more. I now realise there is nothing for me to be ashamed of.

## What do you like about Routes?

Mostly, I like knowing that we are all there for the same reason. We don't need to talk about it but we can if we like and it's good to know that everyone understands.

I get nervous meeting new people but this has really helped my confidence. It's good as well that there are some young adults who come along. It gives me hope that if they can get through it and make something of their lives, so can I.

I like knowing that I can speak to Pam or Claire at the Drop-In if I've got something on my mind.

## What has been your favourite activity so far?



I love the all trips we go on. I really enjoyed going to River Garden (*a residential training and social enterprise development centre for people in the early stages of recovery from drug and/or alcohol addiction*). It was really interesting speaking to the guys who live there. They struggled at school a bit like I am just now and it was good hearing about their experiences and things they would have done differently. It really inspired me to try and stay on at school. It also gave me hope for my dad.

## How important is it that you have a say in how the new young person's service is run?

It's good that we get a say. Sometimes places just push you into something that you really don't want to do because the adults think you'll enjoy it but here they really listen to you (that's why we're going back to River Garden next month!)

## Anything else you want to add about the service?

It's amazing!



# One-off grants for family support groups

The Family Recovery Initiative Fund (FRIF) offers one-off grants of up to £1500 to groups that support families affected by alcohol and drugs across Scotland. The fund is designed to support independent groups that are led by family and community members and is keen to encourage applications from people looking to set up a new group. The fund also accepts applications from existing support groups.

The aim of FRIF is to improve the wellbeing of family members affected by someone else's alcohol or drug use. Wellbeing is improved by social inclusion because people connect with others, can participate in group activities, and can access support.

## What can funding support?



### Set-up costs

To cover the set-up costs for a new family support group



### Running costs

To assist with group running costs such as room hire, heating and lighting



### Training

To pay for training relevant to setting up and running a support group (e.g. CRAFT)



### Events

To meet the cost of organising family support events

### Marketing

Costs for printing posters, leaflets, etc. support with social media, advertising on social media, etc.



### Travel

To let group members travel to events locally or nationally



### Activities

To fund activity costs such as paying people to run group sessions, guest speakers, beauty therapy sessions, art classes, lunches, etc.



### Networking

To link with other groups and share ideas locally and nationally



## The next two deadlines for FRIF are:

**16th August**

**13th September**

To get an application form head to our website: <https://www.sfad.org.uk/communities/fund-for-families>

FRIF is funded by the Scottish Government Substance Misuse Unit. It is administered by the Corra Foundation with support from Scottish Families.

**If you'd like to talk to us about your application or have any questions feel free to call for Susie or Ash on 0141 465 7523 or [susie@sfad.org.uk](mailto:susie@sfad.org.uk) / [ashleigh@sfad.org.uk](mailto:ashleigh@sfad.org.uk)**

# Wellbeing and Kinship Care Study

My name is Sarah Jamieson and I am a PhD Student with the University of Edinburgh.

I have worked as an Educational Psychologist for more than 10 years and, during this time, I have supported many kinship families. This experience has made me passionate about the need to improve support for kinship carers, and the children and young people living in their care.

Research suggests that a third of children in kinship care have emotional and behavioural problems and that 95% of children living in kinship care do so informally, which means many families do not access support. Very little is known about kinship care and the support carers and children in Scotland need.

My research is about kinship carer and child wellbeing. I have been making links with and visiting different kinship care

support groups across Scotland, and plan to visit more soon to meet with carers and talk about the research project. Some groups have already taken part in the study.

I am keen to involve as many kinship carers from across Scotland as possible to help raise the profile of kinship carer and child wellbeing. It is important that kinship care families' needs are understood to help develop and improve support services.

If you would like to find out more or take part in the study, please get in touch with me using the contact details below.

I look forward to hearing from you!

Thank you and best wishes,  
Sarah

**Sarah Jamieson (PhD student / Lead Researcher)**  
**Email: [sarah.jamieson@ed.ac.uk](mailto:sarah.jamieson@ed.ac.uk)**  
**Telephone: 07557 489 196**



THE UNIVERSITY of EDINBURGH





# RECOVERY WALK SCOTLAND



SATURDAY 21ST SEPTEMBER 2019, 11AM - 4PM

## I N V E R N E S S

FEATURING: ROSES CEREMONY, LIVE BANDS, CHILDREN'S ACTIVITIES, RECOVERY VILLAGE

#CompassionateCommunitiesCreate

For more information please follow our social media pages

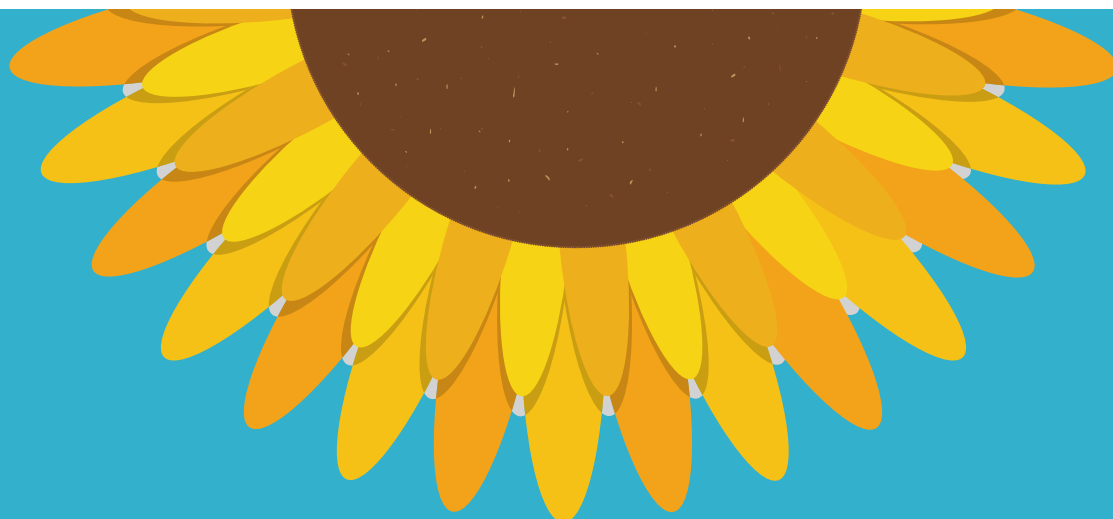
Recovery Walk Scotland



**SRC** SCOTTISH  
RECOVERY  
CONSORTIUM  
Charity No: SC041181

[www.scottishrecoveryconsortium.org](http://www.scottishrecoveryconsortium.org)





# *freedom to change*

- ◆ local stories
- ◆ making plans for change
- ◆ stigma to respect exhibition
- ◆ building recovery communities
- ◆ conversations to improve access to support

Lunch provided

**OCTOBER 8TH 2019 • 12:00-4:00 PM**

Focus Community Centre, Livingston Place  
Galashiels TD1 1DG

☎ 0141 465 7523  
✉ [info@sfad.org.uk](mailto:info@sfad.org.uk)  
🐦 @ScotFamADrugs  
Registered charity  
SC034737



# Ways to donate to Scottish Families



## Facebook Fundraising

Did you know that you can easily raise money from your Facebook page? Facebook has set up a few tools to help with fundraising including birthday fundraiser reminders and the ability to create your own fundraising page for any events or fundraising you are taking part in. Last year over £6,000 was raised for family members through Facebook fundraising and this year we'd love to double that! We're incredibly grateful of the generosity of the people and their friends who donate to our work. The funds go to keeping our support services running including our helpline, bereavement support and our one-to-one sessions.



## Other ways to donate

Family members and friends try and do all they can to support someone with an alcohol or drug problem. There are many who are doing this on their own and in silence – they shouldn't have to. Your donations help us to continue supporting families and friends across Scotland. Thank you.

**To donate online** visit [www.justgiving.com/sfad](http://www.justgiving.com/sfad)

## To donate by post/cheque:

You can send a cheque directly to us made payable to Scottish Families Affected by Alcohol and Drugs to the address:

Scottish Families  
Edward House  
199 Sauchiehall Street  
Glasgow  
G2 3EX



# Volunteer with us

As we are a small team we are always looking for support and volunteering is what supports us best. We couldn't do much without our volunteers and would love to have you on our little team. If you want to know a bit more about the roles click below or contact us **0141 465 7523** or [info@sfad.org.uk](mailto:info@sfad.org.uk).



## Helpline Adviser

Our helpline is a vital service to family members and friends in Scotland. We will train volunteers in call-handling skills and alcohol and drug awareness. Our helpline volunteers answer calls and online webchats. 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.



## Fundraising/Events

Will you help maximise fundraising opportunities for Scottish Families?

We are seeking enthusiastic and committed individuals who can represent the charity locally and act as an ambassador for our work. You will learn or develop your skills in grassroots fundraising, turning pennies into pounds and making a vital contribution to our annual fundraising targets.



## Storyteller

Our storyteller volunteers speak to journalists about their experiences of being a family member or friend who is impacted by someone else's alcohol or drug use. Experiences may include alcohol, drugs, mental health, stigma, recovery, and bereavement. Speaking to the media is an opportunity to raise awareness of the issues family and friends face when someone they care about is using alcohol or drugs.





**Scottish Families Affected by Alcohol and Drugs**

**Main Office:** Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

**Helpline:** 08080 10 10 11

helpline@sfad.org.uk

webchat available at: [www.sfad.org.uk](http://www.sfad.org.uk)

**Twitter:** @ScotFamADrugs

**Facebook:** @ScottishFamiliesAffectedByDrugs

**Instagram:** @ScotFamADrugs

**General enquiries:** 0141 465 7523

**email:** [info@sfad.org.uk](mailto:info@sfad.org.uk)

**website:** [www.sfad.org.uk](http://www.sfad.org.uk)



**Scottish  
Families**

Affected by Alcohol & Drugs

Registered Scottish charity: SC034737