

The background of the entire page is a photograph of a snowy winter landscape. In the center, a dark-colored house with a red brick chimney is visible, its roof and windows partially obscured by falling snow. The surrounding trees are heavily laden with snow, their branches hanging low. The overall atmosphere is cold and serene.

**Scottish Families Affected
By Alcohol and Drugs**

**Winter 2018
Newsletter**

Winter

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A note from Justina

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Fundraising Officer

Katie is a new member of the team and came into post in November 2018.



What does 'family' mean to you? - I think not only of my immediate family but also my closest friends. We don't see each other as often as we'd like because we all lead busy lives, but we are a constant source of support for each other even if it's by text or phone.

What's it like working for Scottish Families? - I have been in post for three weeks and am enjoying the job very much! The team is great. They are amazing in the scope of work they do. The charity covers the whole of Scotland which is no mean feat with a small team of people. We have a big voice!

What would you like the public to know about Scottish Families? - That we are here to support anyone who has a loved one using drugs or alcohol. There are a number of services we provide which anyone can access. Use us. We are here to help.

What are you most looking forward to doing working with Scottish Families? - Raising as much money as possible to help families in Scotland living with a loved one's drug or alcohol use.

If there was one piece of advice you would give to a family member supporting recovery, what would that be and why?
- It's ok to ask for help. It can be an isolated journey for family members supporting recovery but Scottish Families can help the whole way.

What are your Christmas plans? - To spend time at home with my family and see friends. Looking forward to a ceilidh on Hogmanay too!

Gill Harmon



Virtual Family Support Practitioner

Gill is a new member of the team and came into post in November 2018.

What does 'family' mean to you? - Family means being there through the good times and the not so good times. Family means love and support and not judging each other.

What's it like working for Scottish Families? - No two days are the same and through the Helpline and Telehealth calls it is amazing to hear how glad family members are that there is support for them as individuals. I love learning about all of the strands of the organisation and what influences the work we do with families.

What would you like the public to know about Scottish Families? - If you are affected by a loved one's alcohol and/or drug use please get in touch. Whether it is lifting the phone or sending an email you will be heard. Scottish Families recognise the importance of relatives who are affected by alcohol and drug use.

What are you most looking forward to doing working with Scottish Families? - For families to have hope that not only can their situation change but their situation can improve. I have quickly learned, through providing support over the phone, that family members are often looking for someone to tell them that it's OK to think of their own needs and to take a step back from a situation.

If there was one piece of advice you would give to a family member supporting recovery, what would that be and why?

- Be kind. Be kind to yourself and to your loved one who is in recovery, regardless of how long they have been on their journey. Take time for yourself and remember that you can't be everything to another person and not look after yourself. Scottish Families recognise you, so recognise yourself and allow yourself to be included.

What are your Christmas plans? - This year I will be spending Christmas with my husband and two kids. My husband has a skewed reality of a peaceful day as he has worked the last four years on Christmas day. I'm looking forward to sharing the reality of the good times as well as the arguments over the toys from the Christmas crackers and the fall out after too much chocolate for breakfast.

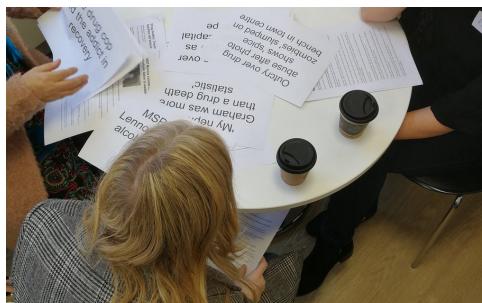


From Where I Stand

We felt so many emotions after our AGM on the 10th of November. Excited, impressed (by how many of you amazing people turned up!), grateful, happy, and so much more. Our plans for the AGM were more than ambitious than our usual standard. But we managed to pull through, organise, have a home-baking contest between us, and deliver From Where I Stand.

The day saw groups of people move between three workshops – The Power of the Creative Arts, Family Voices and the Media and Storytelling.

We have collected the pieces of paper, post-its, flip-charts, and anything with writing on it, and have put together a little summary.



The Power of the Creative Arts

The workshop explored the creative and varied ways in which family members and others affected by addiction can share their experiences. We looked at photography, film, handmade crafts, a Lightbox installation and creative writing and spoken word.

Shattered Childhood by Amanda Barr

This piece explores the idea of alcohol and drug addiction, and the affect it has on children growing up with parents who use substances.

We asked people what they thought of when they looked at this piece of art:

'Finding beauty and hope from darkness and hurt'

'Broken pieces can come together to form a thing of beauty'

'Reminds me that alcohol in my childhood has shaped and coloured my life.'

Stigma to Respect Film



People were able to watch the film (which you can too here - <https://www.youtube.com/watch?v=txEZXLEX9VYk&t=127s>). Stigma to Respect was made by the Partnership for Action on Drugs in Scotland (PADS) Communities group as part of the 'Recovering Connections: Changing Stigma to Respect' exhibition.

We asked viewers to reflect on what they watched:

'Wonderful recovery voices'

'Stigma to respect is worthy'

'By working together you can beat anything'

Other pieces of art shown at the exhibition included SARN's Photovoice exhibition, a mini collection of 'Let Us Not Forget' flowers (<https://www.scottishrecoveryconsortium.org>) and a poem delivered by a family member.

Family Voices and the Media

There has been a lot of discussion around how families and people who use alcohol and drugs in general are portrayed in the media. The workshop explored the ways in which the media reports on drugs, alcohol, addiction and recovery, including family stories.

Groups worked together to look at the positives and negatives about media coverage; explored the language used; and were asked what they would like to see in the media in terms of family issues.

'I found it quite shocking how addicts are portrayed in such a negative light, and even when it's positive it still feels that there is a negative element to it'

A group looked at the headline from The Courier '*Dundee takes over from Glasgow as the drug-death capital*' and delivered incredible and thought-provoking feedback:

'So many statistics – very dry and impersonal.'

'No family perspective – lots of conflicting opinions from politicians – no recovery voices or family members.'

'Just numbers, just figures – nothing personal to read – wouldn't be a true reflection.'

'No support. No one is working together – trying to solve a problem after it's happened rather than make real preventative changes. It's reducing people to statistics.'

We also spent a bit of time discussing the possibilities of Scottish Families developing Media Guidelines to share with journalists to encourage responsible reporting on families affected by alcohol and drugs. People made some com-

ments and suggestions:

'Use ordinary family angle.'

'Support families to tell story / challenge perceptions.'

'To counteract negative coverage and stigma.'

Storytelling

Last but certainly not least, the storytelling workshop focused on 'Living Stories: using the medium of storytelling and lived experience to positively influence change in others'. The workshop was delivered by the lovely and charismatic George Charlton who has worked in the field of addiction for eighteen years. He was accompanied by his lovely young daughter Maddison.

George spoke about his own experiences of addiction and how it was the strength, support and love of his parents that supported him into his recovery.

George shared helpful advice and tips on sharing your story. Including:

'It will help to reduce and change negative attitudes, stigma and stereotypes held by others.'

'It will encourage others to seek help and open up about their own or a loved one's problems.'

In 2019 we are going to work actively with family members in our media volunteer programme to encourage family members to share their stories - not just with the media but with other families to give each other the courage, strength and space to support each other. Full information on our media programme can be found on our website - <https://www.sfad.org.uk/get-involved/volunteer-with-us>

'Please can you send on our very grateful thanks to yourself and all at SFAD for a wonderful two days and for making us so welcome. Fantastic workshops and the chance to meet so many wonderful people. Hope to see you all again soon. Thanks for giving up your time to help all of us affected by addiction.'
– Caroline Butler

8th European Alcohol Policy Conference

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Rights, Respect, Recovery

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Alcohol Prevention Framework 2018

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Helpline Volunteering

Want to give back this Christmas or start a new year resolution as a volunteer? 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



Support over Christmas

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addaction

Webchat festive opening hours

December - January

Monday 24th: 11am - 4pm

Tuesday 25th: Closed

Wednesday 26th - Sunday 6th Jan: 11am - 4pm



Digital Families

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DATE INTEREST



DIGITAL FAMILIES

Support Group Practitioner Social Media Training

Monday 25th February 2019

10am - 1pm

**Edward House, 199 Sauchiehall Street
Glasgow, G2 3EX**



Contact rebecca@sfad.org.uk for more information and booking
Scottish Families Affected by Alcohol and Drugs
w: www.sfad.org.uk t: 0141 465 7523 e: info@sfad.org.uk
charity: SC034737

Sudden and Unexplained Deaths

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#Thisismyfamily

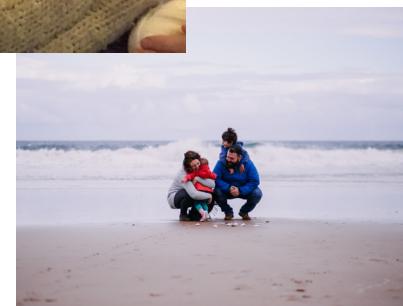
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Connecting Families

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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 Eisenstaedt, 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

Families First

An evidence-based approach to protecting UK families from alcohol-related harm



alcohol
& families
alliance

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.



Bereavement through alcohol

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Family Recovery Initiative Fund

Other News

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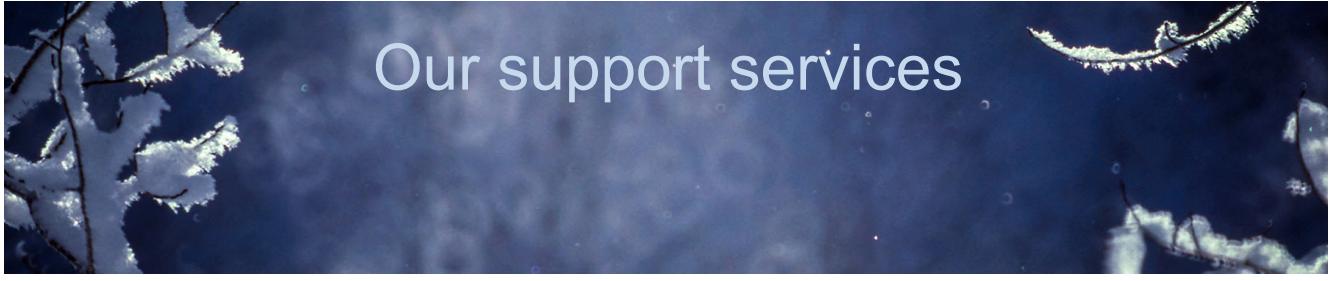
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Our support services

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

Voice-mails 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 Tele-health, 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 is bereaved through alcohol and/or drugs. The service gives listening support and advice and also offers the opportunity to speak to a professional counsellor in your local area. This service is free and available across Scotland.

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.

**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

Twitter icon @ScotFamADrugs

Facebook icon @ScottishFamiliesAffectedByDrugs



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www.sfad.org.uk





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@ScotFamADrugs

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Recognised Scottish Charity (SC034737)