



Our Impact

2019-2020



Scottish Families Affected by Alcohol and Drugs is a national charity which supports anyone concerned about someone else's alcohol or drug use in Scotland. We give information and advice to many people and help them with confidence, communication, general wellbeing, and we link them into local support.

We also help people recognise and understand the importance of looking after themselves.

“I can't thank you enough for the time you gave me on Christmas day. You were a great source of comfort and information which supported me at a time when I thought I was losing my mind” – Family Member, Helpline

Our 2019-2020 Highlights:



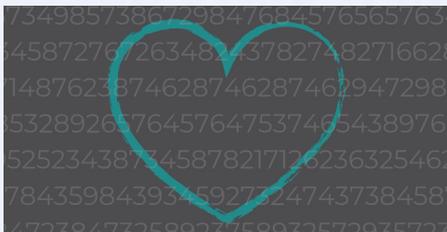
We launched our young person's national demonstration project **'Routes'** in East and West Dunbartonshire.



We launched our new **Aberdeenshire Family Support Service** offering one-to-one support and group support.



10 students completed our first **Family Recovery College** course called **'Understanding Substance Use and Holding Onto Hope'**.



We launched our campaign **#BehindTheNumbers** as a response to the increasing number of drug-related deaths in Scotland, where family members shared their experiences of services.



We co-hosted the **Dundee Hope Festival** with many partners and volunteers. 600 people attended and helped out on the day.



We launched our new podcast **The Scottish Recovery Show** in collaboration with the Scottish Recovery Consortium. We released 10 episodes in 2019-2020 which received 595 plays.



We launched our **#MyFamilyMyRights** programme of work which included events in Glasgow, the Scottish Highlands and Fife. The programme raises awareness of the new rights outlined in the Scottish Government's Alcohol and Drug Strategy **'Rights, Respect and Recovery'**.

We supported **1,927** family members across our support services in 2019-2020 and reached family members from all **32** council areas of Scotland



Support Services:

1,422 helpline contacts
(49% increase)
19% calls, 81% online contacts



101 new Forth Valley Support Service Referrals



108 bereavement contacts
(15% decrease)
73% drug-related,
27% alcohol-related



52 new East Dunbartonshire Support Service Referrals



162 telehealth contacts
(17% increase)



32 new Aberdeenshire Support Service Referrals
(launched July 2019)



50 new Routes Young Persons' Project Referrals



'I never would have contacted your organisation if the little speech bubble hadn't popped up on the website. From that minute I knew I was understood. I can't thank you for the time you have given me this evening to listen to me, reassure me and also give me ongoing support. I think I may actually sleep a little better tonight. You have certainly calmed my anxiety.'

- Family Member (Webchat)

Our other work:

Learning & Development

863 workforce trained



Communications

165,757 website views (73% increase)

665 mailing list subscribers

3,495 Twitter Followers

2,162 Facebook Followers

583 Instagram Followers



Fundraising

£63,212 Trusts

£15,518 Events

£11,324 Donations

£110,271 Funding towards new projects



We are grateful to have received support from many grant-making bodies including: Souter Charitable Trust, People's Postcode Trust, JTH Charitable Trust, Kintore Trust, Saints and Sinners Charitable Trust, Dunlossit and Islay Community Trust, Scottish Government Challenge Fund, Corra Foundation Partnership Drugs Initiative, Volant Trust, West Dunbartonshire HSCP, East Dunbartonshire HSCP, Hope Trust, Blackrock (Tides Foundation), Big Lottery - 25 Community Fund, Robertson Trust, East Dunbartonshire Community Grants Scheme.

Thank you to all the people in the community who have supported us, including EE, Scottish Baptist Women's Fellowship, Spiritualist's Union, Breakfast Buzz, all our Facebook fundraisers, everyone who took part in an event and all our supporters.



'I agreed to take part in the campaign because I thought it was important to let services and the public know how important it is for families to be involved in their loved one's care should they wish it. My experience doing it has been very positive, a feeling of belonging with likeminded people striving to better the health and wellbeing of ourselves and our loved ones.'

– Caroline, #BehindTheNumbers

Communities:

We engaged with **2,101** individuals across our Community work in 2019-2020



611 people engaged with our Communities programme

1,490 people engaged with our Connecting Families programme (including **942** attending Connecting Families events)

20 awards made from the Family Recovery Initiative Fund, valued at **£28,432**



*'This is absolutely blowing my mind.
I have never thought about anything like this before.
They all [the panellists] have so much knowledge.'*
– Family Recovery College Student

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