

Scottish Families

Our latest news and updates

SUMMER

August 2020
info@sfad.org.uk
www.sfad.org.uk

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



‘Change Will Come’

Our new Strategy (2020-23) identifies 12 Key Changes which we want to see in the next 3 years.

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Virtual Kiltwalk Weekend

In 2020 the Kiltwalk is going virtual! But what is a virtual event and why should you take part?

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#KindnessIsNotCancelled

In 2020, our support, advice and kindness for families has not been cancelled.

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New Support Service: All In The Family

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The service will empower family members (age 16+) across South Lanarkshire to access one-to-one support, group support, learning and development including Community Reinforcement and Family Training (CRAFT), and events for the whole family. Individuals using the service can tailor their support to suit their needs.

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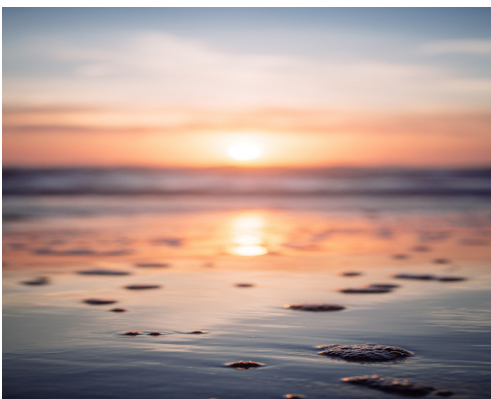
Summer

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To keep up to date with all of our latest news make sure to follow our social media channels:

Twitter [@ScotFamADrugs](#),
Facebook [@ScottishFamiliesAffectedByDrugs](#)
Instagram [@ScotFamADrugs](#)

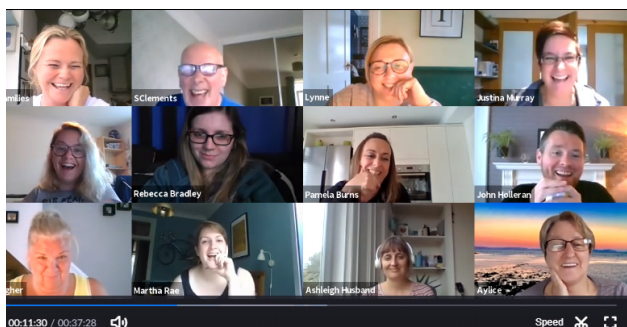


Mailing List

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 Our CEO



In this strange world where most of us have forgotten whether it is January or June (I know, it's neither – I just checked the calendar), the issuing of our quarterly newsletter is acting as another sign we are moving forward a season. As Scotland has begun to slowly open up and move forward from the first stages of lockdown, it has been great to see people face to face again, get out and about, and even go out for a coffee – small things which we have really come to appreciate.

Our team have had more get-togethers on Zoom since March than we have ever had in person, and we are still enjoying our virtual tea breaks (as pictured – although I have to say trying to get a decent screenshot is just like trying to get the perfect group picture at a wedding, someone is always looking away or has their eyes shut!) But it is also lovely to see the start of some face to face work, be that outdoor activities with our Routes young people, local family walk and talk groups, or small distanced support groups. We were also delighted (well OK, I was delighted) to have a date in the diary at last for the planned re-opening of our national office in Glasgow. This 14 September date is in line with the guidance on the re-opening of 'non-essential offices', a brutal term for someone who thinks her job is really important!!

Through this whole period, we know things have continued to be extremely challenging for families. Our Helpline has never been busier (with demand doubling in a year), and our local and national support services have continued to support families through a wide range of distressing and volatile situations. It is clear that the COVID lockdown has put significant pressure on families where people already realised there was a problem with their loved one's drinking or drug use. Everyone has been stuck in the house together; substance use has often increased or people have relapsed; and all of the usual releases and supports have not been

available. That might be an escape to your place of work or learning, attending groups or support services, taking part in sport and leisure, or spending time with friends and wider family.

But there is another group of families – a large group – who are only now realising the severity of their family situation. As someone said recently, lockdown has made people realise they didn't know their families at all. In these cases it is very likely that substance use has been going on for some time, but the harm to families was not felt or evident. Family members were perhaps completely unaware of the substance use, or its level, or its nature, as everyone was just getting on with their lives – perhaps their loved one or the family member was working away, or spending a lot of time out of the house. We are already seeing more families in this group reaching out for support – which is to be encouraged.

As I write, I am carrying out some local research interviews with family members for an Alcohol and Drug Partnership who want family voices and experiences to inform their future developments. These conversations reflect the evidence which shaped 'Change Will Come', our new strategy for 2020-23 (more on this later in this newsletter). Most families remain hidden from view. Families continue to reach support late on, often in crisis, and often through chance rather than design. The main substances of concern are alcohol and cocaine, with cannabis also significant (so quite different than the main focus of treatment services and investment). Many of their loved ones have had little engagement over the years with treatment or support. And where they have, families have not always been involved. They continue to feel stigmatised and ashamed about their experiences. But where they have reached good quality, evidence-based family support, this has been life-changing. They have learned new strategies, tips and techniques for managing their situation and looking after themselves. They have learned about boundaries, positive communication and that they can't magically 'rescue' their loved one from their addiction. They have met new friends for life. They are looking ahead with positivity and hope for the future, just as Scottish Families does now as we continue to move forward through the strangest of years.

New Support Service: All In The Family



The Beacons in South Lanarkshire welcomes a new service, **All In The Family!** A partnership between Scottish Affected by Alcohol and Drugs and My Support Day.

The service will empower family members (age 16+) across South Lanarkshire to access one-to-one support, group support, learning and development including Community Reinforcement and Family Training (CRAFT), and events for the whole family. Individuals using the service can tailor their support to suit their needs.

To refer to the service, access our secure referral form via our website: <https://www.sfad.org.uk/professionals/referral>

As All In The Family is in partnership with Scottish Families, individuals can make use of the Scottish Families helpline which is accessible Monday – Friday from 9am-11pm, and a call-back service at the weekend.

Phone: 08080 10 10 11
Email: helpline@sfad.org.uk
Webchat: www.sfad.org.uk

Due to Covid-19, All In The Family is currently working with a blended model of limited

appointment-based face-to-face support, as well as continuing to use telephone and online support.

The service is funded by the Corra Foundation Challenge Fund, and takes a whole-family approach to support anyone affected by someone else's alcohol/drug use. We use the term family inclusively. When we say family, we mean who you see as your family. It could be your spouse, parent, sibling, partner, friends, your friend's family, colleagues, neighbours, and anyone we may have missed.

For the most up-to-date information, follow All In The Family on social media.

Twitter [@FamilySouthLan](https://twitter.com/FamilySouthLan)
Facebook [@FamilySouthLan](https://www.facebook.com/FamilySouthLan)

Contact details:

Laurie Lee Whitton, Scottish Families:
laurielee@sfad.org.uk

Mel McPherson, My Support Day:
melmcpherson@thebeacons.org.uk

Lisa Kerr, My Support Day:
lisakerr@thebeacons.org.uk

Our Helpline During Lockdown



‘The support you have given me is outstanding. I feel every door I have tried is closed in my face and Covid is given as the reason, but your support today has allowed that door to open and for me to access the support I need for treatment. It means the world to me. You may have saved my life.’

All of our support services have continued throughout lockdown in line with government guidance. Compared to last year, contacts to our helpline have increased by **96%**.

We wanted to share our latest helpline report which looks at the period of 18th March – 31st July 2020 (compared to the previous year).

- **96%** overall increase in contacts to our helpline
- **317%** increase in contacts from people who use alcohol and/or drugs (91 contacts to 380)
- **38%** increase in contacts from family members, friends, etc.
- **146%** increase in contacts concerned about alcohol
- **200%** increase in contacts concerned about benzodiazepines (mainly street Valium/Diazepam)

- **63%** increase in contacts concerned about cocaine
- **64%** increase in contacts concerned about prescription medications
- **1000%** increase in people looking for mental health support (5 contacts to 55)
- **3050%** increase in people who require foodbank support (4 contacts to 126)

We have also issued 86 Naloxone kits across 22 Alcohol and Drug Partnership areas, 42 service workers, 9 people at risk of overdose and 35 family and friends.

Our helpline continues to be very busy and our advisors are here to listen if anyone needs help. If you have any questions about our helpline reporting, please contact suzanne@sfad.org.uk

‘Thanks for allowing me to have a [Naloxone] kit from your service. I’ve just moved in to student accommodation and last year one of my roommates took an overdose. I never want to experience that again and want to be prepared should it ever be needed. Thanks for the training session and additional information it’s very much appreciated.’

‘Change Will Come’ Our Strategy 2020-2023



“My message for other families would be never give up, keep going. Don’t be feart to voice your opinion. Contact Scottish Families who are a great support. Join a group, a family group that’s experiencing the same stuff as yourself, join in with them because we’re all in the same boat. And families, if we all stick together and get our message out then hopefully, change will come.” (Karen, family member)

One in three adults say they have been negatively affected by the alcohol or drug use of someone they know. In Scotland it has been estimated that up to **60,000** children are affected by parental drug use, and up to **51,000** children are affected by parental alcohol use.

Yet most families who are harmed by someone else’s substance use remain hidden from sight. Even those closest to them – friends, work colleagues and other family members – can be unaware of what is going on. This is due to the secrecy, shame and stigma of addiction in the family, as well as a lack of visible and high quality local support, feelings of isolation and loneliness, and a sense of powerlessness and disconnection.

Our ‘**Change Will Come**’ Strategy (2020-23) identifies 12 Key Changes which we want to see in the next 3 years. As well as these Key Changes, we will continue to develop and improve all of our existing services and activities. We will know we have succeeded when we have no more hidden families.

The early development of this Strategy started before the COVID-19 pandemic. We know that coronavirus will continue to impact on how we work, and the issues families are facing, for some time to come. We have taken this into account as far as possible in this Strategy and in our delivery plans.

Thank you to all the family members and partner organisations who helped us develop this Strategy during the COVID-19 lockdown in Spring 2020. We were unable to meet in person, so we held a series of online, face-to-face engagement conversations. Over half (55%) of participants were family members with personal experience of someone else’s alcohol or drug use.

[Download and read ‘Change Will Come’ here.](#)



Key Changes We Want To See In 2020-2023

Families are Supported

Ensure there is **VISIBLE FAMILY SUPPORT** in every local area, through developing and promoting an evidence base and business case for family support across all ages, and inclusive of anyone affected by someone else's substance use.

Champion and support the role of **FAMILIES AS LIFESAVERS**, to reduce the risk of alcohol and drug-related harm and deaths.

Embed **CONFLICT RESOLUTION AND FAMILY MEDIATION** skills in our work with families, to help families in recovery reconnect and re-build damaged relationships.

Families are Included

Highlight the impact on families of the gap between **MENTAL HEALTH AND SUBSTANCE USE** care and treatment, and seek to close this gap.

Share the learning from our **ROUTES YOUNG PERSONS' PROJECT**, including developing a strengths-based alternative to the Adverse Childhood Experiences (ACEs) model, and enhancing support and understanding in schools.

Grow and support a robust and sustainable **VOLUNTEER BASE** for Scottish Families, including families with lived experience.

Families are Recognised

Shine a light on the impact on families of **CRIME, CRIMINALITY AND THE JUSTICE SYSTEM** linked to alcohol and drug use.

Develop our **MY FAMILY, MY RIGHTS** programme to ensure the commitments in the national 'Rights, Respect and Recovery' alcohol and drugs strategy look and feel real for families on the ground.

Families are Connected to Communities

Facilitate structured **COMMUNITY CONVERSATIONS AROUND ALCOHOL AND DRUGS**, including workplaces, to increase awareness and understanding, and address judgement and stigma through education and social contact.

Increase insight into **SCOTLAND'S RELATIONSHIP WITH ALCOHOL**, including the influences on our everyday culture around alcohol, and how these can be challenged and changed to reduce harm for families.

Families are a Movement for Change

Launch our **'LOVE MAKES YOU FAMILY'** campaign, to clearly and positively communicate that Scottish Families supports anyone affected by someone else's substance use, and to increase our engagement with diverse families.

Find new and creative ways to **CONNECT, LEARN AND SHARE** with families, including through a book club, film club and expressive arts.

Insert Standard Stigmatising Headline & Image Here

Insert Standard Stigmatising Headline & Image Here: Rewriting the Media's Portrayal of Addiction and Recovery is a research project and programme from Scottish Families Affected by Alcohol and Drugs and the Scottish Recovery Consortium. Both charities shared concerns around the stigma towards people with addictions, and the lack of lived experience highlighted in the media.

‘The media need to not report what they think people want to hear but what they need to hear (funnily enough it may be a more positive message). There needs to be a cultural shift that media has a part in influencing’ – Person in Recovery

Scottish Families supports anyone affected by someone else's alcohol or drug use, which includes family members, friends, colleagues, and anyone you say is your family. The Scottish Recovery Consortium supports, represents and connects recovery across Scotland by working with recovery in all its forms, including the Recoverists network and a large community of people in recovery. With these large communities of people in recovery and family members, we were able to consult with them through an online survey and a face-to-face workshop to gather their views and opinions on the media's portrayal of addiction and recovery. We also completed a thematic analysis of media articles and reports from late-2017 to mid-2019 to thoroughly analyse different tones and themes from the media.

With all of our findings, we were able to create an in-depth report and to write and provide six recommendations to journalists and editors on best practice for reporting on addiction and recovery going forward.

Key Recommendations

Based on our findings from Rewriting the Media's

Portrayal of Addiction and Recovery, we have six recommendations for journalists and editors.

We can work together to create a safe space for people in recovery and people impacted by someone else's substance use. We can all share positive messages and give the space and opportunity for people to share their stories and to highlight support services and recovery communities across Scotland.

1. Use positive imagery

Images of drugs, broken bottles, paraphernalia and people in vulnerable conditions are negative and stigmatising and should be avoided. This reflects the general stock images of alcohol and drugs that are used in most media articles.



Michaela Jones, who was helped by the Scottish Recovery Consortium, has been in recovery for 11 years after 22 years of alcohol problems. She kindly paid me off... I should have been sacked

Michaela Jones (left) discusses her experiences here but the imagery focuses on her happy in recovery with her rescue chickens that are an important part of her recovery journey.

Make the images more human, positive and responsible. Use photos of the people who are interviewed, support services, or the community you are talking about.

To the right is an image from the campaign My Recovery Gave Me. A selection of images was launched in 2013 by the Scottish Recovery Consortium where positive images of recovery were created to combat the negative pictures of



addiction that are commonly used.

2. Adopt People-First language

Stigmatising language such as ‘user’ and ‘addict’ are seen time and time again in news articles. We see ‘drug abuse’, ‘drug user’, and many variants. People who are interviewed are titled ‘ex-addict’ or ‘former drug abuser’. All of this terminology is judgemental and causes harm. Journalists and editors should use People-First language when reporting on addiction and recovery.

A brilliant resource is ‘Language Matters’ which was developed by the Network of Alcohol and Other Drugs Agencies (NADA) in Australia and is used regularly by the Scottish charities, organisations and services when talking about addiction.

For example, instead of saying ‘abuse’, you can say ‘substance use’. Or rather than saying ‘drug user’ you can say ‘person who uses drugs’.

We recommend that People-First language is used as a standard for anyone reporting on addiction. [The one-page resource can be found here.](#)

3. Use your article as an opportunity to educate

Lived experience stories will be more educational (and may be more interesting for readers) than political quotes and statistics. By including honest accounts of addiction and recovery, you can promote the message that people can and do recover from addiction.

People usually remember a story more vividly if there is a personal story included. By including personal accounts, people can relate or empathise more with the people involved, thus educating society about addiction.

4. Always include support service information

Support information should always be included at the end of any article that is reporting on addiction. We have included some organisations below that you can include in your reporting:

Scottish Families Affected by Alcohol and Drugs

A national charity that supports anyone affected by someone’s alcohol or drug use
Helpline: 08080 10 10 11

Helpline email: helpline@sfad.org.uk
Website: www.sfad.org.uk

Scottish Recovery Consortium

Supports, represents and connects recovery across Scotland
Phone: 0141 552 1355
Website: www.scottishrecoveryconsortium.org

Scottish Drugs Forum

Scotland’s national resource of expertise on drugs and related issues
Phone: (Glasgow) 0141 221 1175
(Edinburgh) 0131 221 9300
Website: www.sdf.org.uk

Alcohol Focus Scotland

A national charity working to reduce alcohol harm
Phone: 0141 572 6700
Email: enquiries@alcohol-focus-scotland.org.uk
Website: www.alcohol-focus-scotland.org.uk

Crew 2000

A harm reduction and outreach charity based in Scotland
Phone: 0131 220 3404
Email: admin@crew2000.org.uk
Website: www.crew.scot

SHAAP (Scottish Health Action on Alcohol Problems)

SHAAP aims to provide an authoritative medical voice on the impact of alcohol on the health of the people of Scotland and to campaign for action to reduce this harm
Phone: 0131 247 3667
Email: shaap@rcpe.ac.uk
Website: <https://www.shaap.org.uk>

Know the Score

Information and facts about drugs
Website: <https://knowthescore.info>

5. Learn about lived experience and the impact of stigma

There are many support groups and recovery communities across Scotland who are happy and willing to speak to journalists.

Both Scottish Families and the Scottish Recovery Consortium are keen to work with journalism and media students to address this issue from the outset and help encourage positive reporting of this topic for future workforce.

There are also regular events such as Recovery Walk Scotland which journalists can attend to learn more about recovery.

We recommend that journalists and editors reach out to groups and communities to learn more about their work.

Scottish Families [service directory](#) is full of support groups, treatment services and community groups across Scotland you may wish to contact.

6. Include more positive stories reflecting recovery, support, and lived/living experiences

There are many people in Scotland who are happy to share their story, as they want to be able to help other people get into support and recovery. We want journalists and editors to move beyond the urgent ask of 'do you have a case study we can speak to today?' towards spending time to get to know people and learn more about their experiences.

People deserve to be treated as humans rather than labelled as a 'case study'. A person's story can be ignored because it is not 'interesting

enough', but every single person's story is worth telling, and their experience will help someone else.

Podcasts

Alongside our report, we have interviewed several people to share their experiences of the media. We have interviewed a family member, a person in recovery and two journalists. Their experiences include positive coverage, showing dignity and respect, and connecting with communities.

All of our podcasts can be found on SoundCloud. Click the links below to listen to each one.

- [Positive Media Coverage with Sandra Holmes](#)
- [Media's Portrayal of Addiction and Recovery with Donna](#)
- [Dignity and Respect as a Journalist with Karin](#)
- [Connecting with Communities with Sharon](#)

[Read Full Report of 'Insert Standard Stigmatising Headline and Image Here'](#)



Scottish Families Take-Home Naloxone

You may or may not already know, but we launched our Take-Home Naloxone Click & Deliver service a few months ago with the support of Scottish Drugs



Forum. We are now able to provide this service to anyone living in Scotland who is over the age of 16. With International Overdose Awareness Day on 31st August, we want to highlight this service again in case anyone needs it.

[Order a naloxone kit here.](#)

If you are interested in finding out more information on preventing overdose and how to give naloxone, Scottish Drugs Forum has created a short e-learning courses on opiate overdose prevention, intervention and naloxone. We recommend to anybody who would like a naloxone kit to complete this free online training. [Access training here.](#)

What is naloxone?

Naloxone is a drug that can reverse the effects of opioid drugs like heroin, methadone, opium, codeine, morphine and buprenorphine. It is only effective for opioid overdoses and won't work with any other drug. Naloxone kits can come as either Prenoxad, which is a pre-filled syringe which you can [find out how to use here](#). Or as Nyxoid, which is a nasal spray. We will be supplying Prenoxad injecting kits.

Naloxone will begin to work in 2-5 minutes, and the effects of naloxone will last between 20-40 minutes. After that time, the effects will wear off and the person will go back into overdose. Medical help is crucial for the person during this time. You have to phone 999 and ask for an ambulance after giving naloxone.

Overdose information:

If someone has had an opioid overdose, naloxone will only reverse the effects for a limited time. After 20-40 minutes the effects of the naloxone will wear

off and the person will go back into overdose. It is crucial that you know the signs of overdose and how to respond.

If you cannot get a response from someone, do not assume they are asleep. Unusual or deep snoring is a common sign of overdose. Acting as soon as possible can save a life.

Major things to avoid in a suspected overdose from any drug:

- Do not walk the person around
- Do not give the person anything to eat or drink to try and make them sick
- Do not put them in a cold bath
- Do not give them any more drugs or alcohol
- Do not leave them alone

If you cannot get a response or if the person is unconscious, always remember to put them into the recovery position.

Even if the person wakes up from a suspected overdose, always make sure an ambulance has been called.

Opioid Overdose (heroin, methadone, etc.):

- No response to talking, shaking, or noises
- Shallow breathing or not breathing at all
- The person will not wake up
- Unusual snoring and/or gurgling noises
- Blue/grey lips and/or fingertips
- Floppy arms and legs

How to respond to an opioid overdose:

- Call an ambulance and tell the operator your location and stay on the line
- Take care of yourself and watch out for needles around you
- Try to get a response from the person
- If there is no response, put them in the recovery position
- Give CPR if the person isn't breathing
- Use naloxone if you have it
- Tell the paramedics as much information as possible such as what drug was taken, when it was taken and how much was taken if you know.

Let's Talk About Grief - TEAR Model

Grief is a subject which usually makes people feel a bit odd, maybe a bit sad, and most of the time it can be quite uncomfortable to talk about. In our line of work, we speak to a lot of people who have lost someone they loved and cared about so we're very open and able to talk about death and grief.

Losing someone is one of the hardest things we go through in life, and everyone experiences it.

We spoke to a family member who recently came to our bereavement support service. They said that because they were at home all the time, they missed their son more and more. Because they weren't leaving the house and focusing on other things, their grief was more prominent and they reached out to us for help.

On the 31st August it is Overdose Awareness Day. A day that happens every year to raise awareness of overdose and reduce the stigma of drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose. We want to use the space to talk about grief and to offer some supportive information.

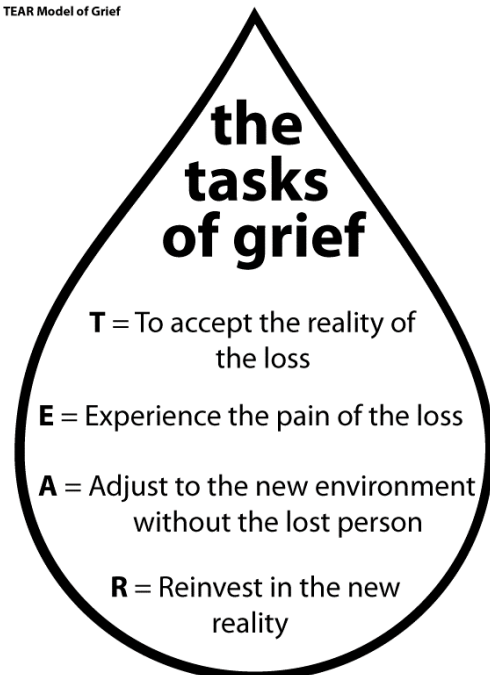
Grief affects everyone differently and it can happen at any time. It may be a few months after your loved one has died, or it could even be years later. There is no set time for how long you grieve. After some time, you adjust yourself to the new reality. You'll smile when you remember good times, something will happen that will make you think of them, birthdays and Christmases pass and you'll feel love and sadness. It's okay to miss someone who is not with us anymore.

'Just because you have lost someone you love does not mean that you should forget about them or change how you feel about them.'

Martha Rae who is our Senior Virtual Support Practitioner regularly talks about the TEAR Model of Grief (Worden 1991) when working with family members. The model says there are four tasks of grief which we need to do to carry on with our lives after our loss.

Every bereaved person is an individual and everyone will grieve differently. This is just some information that may help you or may help someone you know.

TEAR Model of Grief



Based upon Worden's (1991) tasks of mourning. Worden, J. W. (1991). *Grief Counseling and grief therapy: A handbook for the mental health practitioner* (2nd edition). London: Springer. © 2019 Psychology Tools. <http://psychologytools.com>

T = to accept the reality of the loss

To accept the reality of the loss involves coming to terms with the end of the person's life. It is normal to feel denial, shock and disbelief when we are told someone we love has died. Your mind may try to deny what has happened to avoid the pain of the loss. You may imagine you see them coming through the front door or hear them talking. Once we have accepted that the person is no longer here with us, we are ready to start carrying on with our lives.

E = experience the pain of the loss

There is no way to avoid grief. It will naturally bring with it many emotions such as sadness, longing, emptiness, loneliness, anger, numbness, anxiety, confusion, and the list could go on. We should always experience these emotions we have, rather than trying to stop them. It's a natural part of grieving. All of these emotions make you exhausted and may make you not feel like eating,

sleeping or doing your normal routine. During this time, we should focus on looking after ourselves and spending time with people we feel comfortable with.

A = adjust to the new environment without the person

At some point, we do start getting back into our old routines. Children will go back to school, adults may return to work, and we may start going out again with friends and socialising. There is no set period for how long this takes and everyone is different. Take your time when it comes to this. Some people may be ready after only a few weeks, some people may take a few months. We are all different.

R = reinvest in the new reality


You will find a comfortable balance between remembering the person who has died and continuing with your life. This may be through new hobbies or relationships. It is about living our lives with purpose and meaning, and not forgetting about

the person who has died. This can take a long time and may have a few re-dos which are completely normal. People often feel guilty or like they are betraying the person when they move on – this is completely natural. People can choose to stay sad as this often gives them a closer connection to their loved one, but when you are ready you can choose to begin living again – whatever that may look like for you.

‘Working from home and being alone in the house all day made me realise how much I missed my son and had not dealt with his death. I threw myself into work after he passed away and this situation has made me realise that I really need support to deal with the loss.’

If you have lost someone and feel you are struggling, our team are here to listen to you. You can contact our bereavement support service on our free helpline 08080 10 10 11 by email helpline@sfad.org.uk or you can chat to us on webchat www.sfad.org.uk.



If you are bereaved through alcohol or drugs
we are here to listen 

08080 10 10 11

helpline@sfad.org.uk
www.sfad.org.uk

Virtual Kiltwalk Weekend

- New Event for 2020!



In 2020 the Kiltwalk is going virtual! But what is a virtual event and why should you take part?

Who?

The Kiltwalk is the biggest fundraising event in

Scotland taking part in Glasgow, Aberdeen, Dundee and Edinburgh. Every year, tens of thousands of people take part and raise for a cause close to their hearts. The Covid-19 pandemic sadly means that the events cannot go ahead as planned in 2020, but nothing stops the Kiltwalk! The Kiltwalk will now go virtual on 11-13th September.

What?

A virtual Kiltwalk is a Kiltwalk completed individually in your own local area in keeping with government guidance. You can choose to walk (any distance you wish) or you can do something completely different – run, cycle, or hop!

Where?

You can choose to have your walk, run or cycle local to you. You can explore the local countryside, cycle local streets, or even in your own back garden.

You must keep within government guidance and it is best to stay local, but that doesn't mean your walk can't also be fun!

You could plan a route that takes in some of the cultural landmarks in your city. For example, [Glasgow's famous mural trail](#), [Edinburgh's scenic Water of Leith canal walk](#), or [Aberdeen's historic sculpture trails](#).

We are blessed in Scotland to have lots of beautiful scenery on our doorstep, get inspiration on new local routes you may have missed at [Walk Highlands](#).

You could plan a walk with pit stops visiting local family and friends, take a water break at a safe distance, and get a boost of moral support! We would love to hear about your own route or any suggestions you may have for our walkers. Tell us over on our Twitter or Facebook page!

When?

You can have your event anytime on the 11th, 12th or 13th of September. All fundraising has to be submitted to the Kiltwalk by the 21st September.

Why?

'Working from home and being alone in the house all day made me realise how much I missed by son and had not dealt with his death. I threw myself into work after her passed away and this situation has made me realise that I really need support to deal with the loss.'

Our work has not stopped during Covid-19, in fact, we are supporting more families than ever. During this year we have seen all fundraising events cancelled or postponed, which has had a huge impact on how much we can raise to keep our services going.

Whether you raise £5, £10 or £50, we would be delighted to get your support.

Best of all, anything you raise will get a 50% boost from the Hunter Foundation. If you raise £50, we get £75!

Where do I sign up?

[You can sign-up on the Kiltwalk's official website here.](#)

Remember to select Scottish Families Affected by Alcohol and Drugs as your chosen charity!

If you have any questions, please contact our Fundraising Manager Sarah Campbell sarah@sfad.org.uk

Our Support Service Updates

As we move further into phase three of lockdown, things have changed slightly in some of our support services. Our helpline, bereavement support and telehealth support all continue to be available by phone and online. Our Routes young person's group have been able to start meeting outdoors socially distanced, and our support groups are still online but are hoping to start meeting for socially distanced activities.

Routes updates

- **717** wellbeing packs (one every fortnight) have been delivered to the young people we support in East and West Dunbartonshire and their siblings
- **57** digital devices (tablets, mobile phone and top-ups) have been delivered to young people
- **331** food parcels have been given to families
- **95** takeaways have been delivered to families!
- And there have been **51** Zoom groups (including TikTok classes, cooking, relaxation, mindfulness and make-up classes



Since phase three began, Routes has had weekly groups in both East and West Dunbartonshire where they play football, rounders, board games and do arts and crafts. The surprising warm sunny weather has been great to let

everyone meet. We're hoping in the next few months that community centres will open up again. When they do we will be able to book activities (so we're not so weather dependent). We're hoping to do cooking, make-up lessons, a trip to Laser Quest, and hopefully a driving experience.

We continue to see young people for one-to-one support, we go walking with them or find somewhere quiet to sit outside. We need to stay in touch with our young people because so many of them have become anxious and isolated during lockdown, and going back to school is filling a lot of them with dread. But we're continuing to support and look out for them.

Forth Valley Support Service

Our Forth Valley Support Service continues to offer one-to-one support and take in new referrals. Face-to-face groups are sadly not possible yet, but we have an online alternative through WhatsApp, Zoom Family Support Meetings, one-to-one support, and hopefully will meet for some socially distant walks.

Additional wellbeing activities such as Guided Meditation and Distance Reiki can be accessed through our amazing Virtual Project Balance, facilitated by [Miss H Yoga](#).

Forth Valley - Story from Family Member

We'd like to thank the family member who shared their story with us to include in this newsletter.

'When my son left home it was one of the worst times of my life, I didn't know where he was or even if he was still alive. My mental health really suffered and I found it hard to get through the day.

'He came back to live at home in 2018, and although I was relieved to know where he was, his cocaine use had gotten so out of control that I was still living with the fear that he would die. I was so scared that I spent every waking moment worrying about him and doing anything I could to support him, all my other relationships suffered but at that time I didn't care.

'All I could think about was him and I'd have done anything to get him better. My family was in pieces and I couldn't see how that would ever be repaired.

'I started to speak to Lynne at [Scottish Families] and she tried to help me look after myself a bit more, explaining to me that any changes my son made had to come from him and that if I could get better at looking at myself, I would be in a better position to support my son longer term. I really struggled to take that on board and I stayed available to my son 24/7.

'I had some very low points where I felt that I couldn't go on anymore, but with continued support from [Scottish Families] and my CPN, I made some changes and I started to put my own health first. The relationship with my son broke down completely and I was heartbroken, but I had started to realise that it didn't matter what I did for him, he had to want to make the changes for himself.

'We found a way to stay in touch but it wasn't the same, and although I still wanted to support him, I concentrated on learning how to look after myself and he started to engage with supports of his own.

'On 10th August 2020, we celebrated as a family, as my son was 365 days alcohol and drug free. I'm so proud of him, I never thought this day would ever happen. My son is becoming a handsome, kind and caring human being. I love him to the moon and back. Words can't really express the feelings of joy I have.

'Finally, I feel my family is together again. I never thought I would ever have that again.

'Thank you Lynne. I couldn't have got through this without your kindness and support. The support group was my saviour, to sit with people who really understood what you are going through. Thank you to you all.'

Aberdeenshire

Our Aberdeenshire Support Service continues to offer one-to-one support and taking new referrals. Face-to-face groups are not possible yet, but Carly has been arranging Zoom meetings for one-to-one support and group meetings.

East Dunbartonshire

The East Dunbartonshire Support Service continues to offer one-to-one support and currently has two family support meetings online via Zoom. These meetings take place on a Thursday. Colin continues to provide one-to-one support over the phone or by Zoom calls.

Over the last few months, the East Dunbartonshire group has had online make-up and beauty treatments facilitated by Gemma from Lipstick n Lashes. There's also going to be fitness classes very soon!

Since lockdown, ten family members from the East Dunbartonshire group have taken-up and completed (got the certificate to prove it) two MOOC (Massive Open Online Courses) through Monash University in Australia and Reading University in England. The first course was 'Understanding Mindfulness, Wellbeing and Peak Performance' the second 'Understanding Anxiety, Depression and CBT.'

Apart from the achievement of completing the courses and getting the certificate, the knowledge and understanding gained from the courses is used in our day to day lives but provide more knowledgeable peer support within the support groups.

We hope to take on further courses from universities around the world in the not too distant future!

We are still open

If you are concerned about someone else's alcohol or drug use contact us on 08080 10 10 11, helpline@sfad.org.uk or use our webchat www.sfad.org.uk

#KindnessIsNotCancelled

- Support Our Work

“Thanks so much for everything you have done for us over the past week. (My daughter) said you are the best and if anyone is going to help us it would be you.”



‘[Scottish Families] was absolutely lovely I couldn’t have asked for someone so caring and helpful made me feel so much better after our chat.... I have felt like I am slowly going mad being in lockdown the pressure of living and watching my daughter’s drug use escalate is eating me alive. I wish I had spoken to [you] earlier.’

This is a time of stress, uncertainty and financial hardship for many families across Scotland. But for those concerned about a loved one’s alcohol/drug use, Covid-19 is putting an even greater pressure on family life.

Calls to our helpline have DOUBLED as more families than ever need our help.

We are here when they need us; helping them deal with the problems they face and supporting them and their families to move on with their lives.

All our services have continued (in line with government guidance) throughout lockdown. But at the same time, ways we as a charity can raise money have dramatically been reduced with all fundraising events being cancelled in 2020.

In 2020, our support, advice and kindness for families has not been cancelled.

Can you help us reach more families in need of support and kindness?

A donation of **£10** could pay for a wellbeing pack for an isolating family

£20 could cover staff support on our helpline for an hour

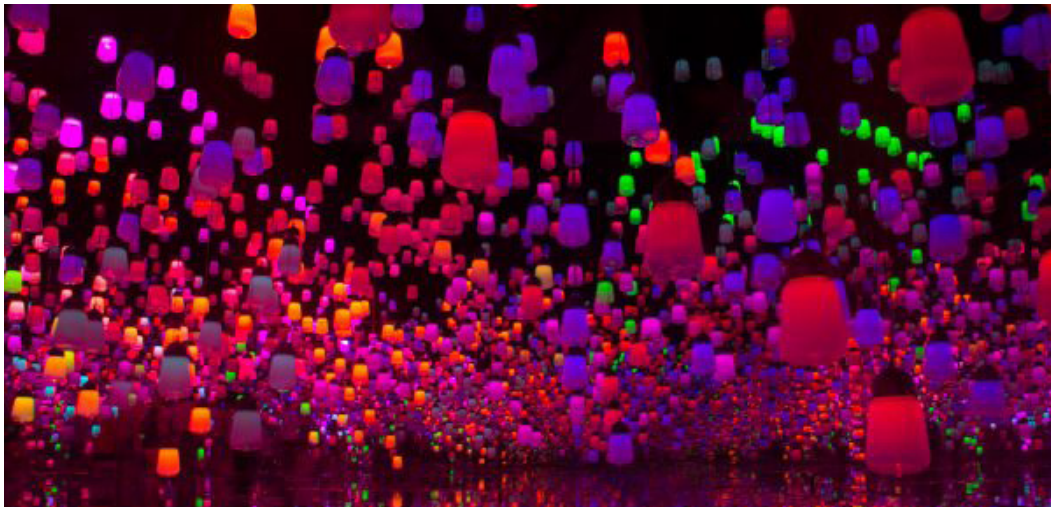
£40 could pay for a session of bereavement counselling

No matter how big or small, your kind donation means a lot. Thank you.

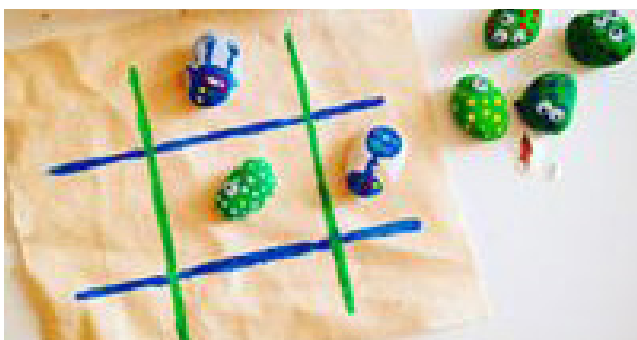
[CLICK HERE TO DONATE TO SCOTTISH FAMILIES](#)



Connect, Communicate, Learn, and Thrive Festival



Summer 2020 has been like no other summer we've experienced at Scottish Families, we had the joy of launching [Connect, Communicate, Learn and Thrive #CCLT2020](#)! We recognise that community is a protective factor for those who live with substance use in the family and some of the challenges this can often present. However, with lockdown, these opportunities were greatly reduced or not there in the community at all. We wanted to change that by offering a range of opportunities for people to socialise, relax, learn and take time out – we know this can make all the difference when it comes to keeping well.



With support from the Wellbeing Fund, we offered 11 activities for families across Scotland throughout July. It was an ideal opportunity for us to stay connected to our community of supporters, and reach new families not currently known to us through our day-to-day work and those not currently known to services.

At the very beginning of the festival, we sent out

a survey asking people what they wanted to see from us. So many people stepped up to help shape our festival and the activities we offered in the end. It is important to us that we offer what people need and want and we're grateful so many people got involved in this process.

CCLT2020 was only possible because we worked closely with a range of partners to bring something different and include the whole family. The 'Kids Tent' activities included crafting sessions with Make Do and Grow and JustB storytelling sessions. For each of these activities, we sent packs to those who signed up to take part at home - some of this content has been recorded and can still be accessed via our social media channels.

'Just wanted to say a heartfelt thank you for your fantastic story-time and the activities you do during this time I'm loving it. I absolutely love the books you very kindly sent me to use with my children.'

'That was fab, we now have lanterns and badges, and a very sticky table! Lots of fun, can't wait till Saturday, thank you!'

CCLT2020 saw us introduce new ways for people to relax through our Bach flower remedies and Stress Less workshops.

'Thanks, I am really loving this workshop - it's

fascinating and I'm learning so much (also learning more about me which is an eye opener!)

'I joined these sessions with Rosemary and found them very informative, with some great insight / links to resources provided by Rosemary – thanks for arranging. The other ladies present were also very complimentary about the sessions, and we all enjoyed them and thought that rather than only two sessions in a block, four would have been good. That's not meant to sound negative, feedback was all positive, so much so, that we were all sorry that it was over, so maybe something to consider for the future.'

It was important for us to have as many opportunities as possible for people all over Scotland to connect and be creative and we were able to do this through [#VoicesTogether our virtual choir](#), Audio writing and Introduction to podcasting sessions.

"Every Wednesday Sarah welcomes us into her magical world of audio writing. She has structured the sessions and provided comprehensive notes to accompany each week. Her passion and creativity for the subject is inspirational. She has encouraged us, despite our lack of knowledge, and is always enthusiastic about our efforts. She is empathic

and sensitive to our situations and the experience has connected me with others on a level that I would never have imagined. It has been an absolute joy...'

"I have been shielding from home while working and found this opportunity a boost. Giving me something away from work to concentrate on." Participant in [#VoicesTogether](#)

In total, over 30 workshops were delivered throughout the festival reaching over 150 people. We are looking forward to sharing our learning and additional content from the festival over the coming weeks and months via the [#CCLT2020](#) page. We'd love to say a huge thank you to everyone who took part, promoted our events and shared their ideas to help us make this work and connect more families this summer.

[If you took part in CCLT2020 and want to tell us how we did please fill out this survey.](#)





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

Twitter: @ScotFamADrugs
Facebook: @ScottishFamiliesAffectedByDrugs
Instagram: @ScotFamADrugs

General enquiries: 0141 465 7523
email: info@sfad.org.uk
website: www.sfad.org.uk



**Scottish
Families**
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