

Scottish Families

The latest news and updates from the team

WINTER

February 2021
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The Virtual Kiltwalk 2021

It is that time of year when we start to think about KILT WALK! Find out more on how to sign-up and walk for #TeamSFAD - **Page 6**



Our First Ever Book Group

We hosted our first ever book group in February. The first book we read was 'Shuggie Bain'. Find out how families reviewed it - **Page 7**



Monthly CRAFT Training

We are running CRAFT Practitioner training once a month over Zoom for the rest of the year! Find out more on signing up to a session - **Page 9**

Holding On Project Is Now Open For Referrals

The Scottish Families Holding On project aims to support family members who are deeply concerned about their loved one's drug use.

The family member's loved one may have had a non-fatal overdose in the past, is living in unstable accommodation, suffers from poor mental health, or a number of other factors that makes them vulnerable and places them at risk of a drug-related overdose.

To refer to our service you can do this directly through the Scottish Families website or any initial enquires can be made to holdingon@sfad.org.uk

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Winter

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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](https://twitter.com/ScotFamADrugs),

Facebook [@ScottishFamiliesAffectedByDrugs](https://www.facebook.com/ScottishFamiliesAffectedByDrugs)

Instagram [@scottishfamilies](https://www.instagram.com/scottishfamilies)



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 December last year, we launched our COVID Insights report. This resulted in lots of media coverage, and a first TV news appearance for me (not my comfort zone, I have to confess). This photo shows me in full flow being interviewed by Rebecca



Curran on BBC Scotland's 'The Nine'. It is a screen grab from a wee video taken by my daughter Orla in her student flat, as all her pals sat down to watch my 'performance', and she shouted, 'That's my Mum!' in the background. Not an everyday event in the Murray household, clearly.

When we wrote our COVID report towards the end of 2020, it felt like the long tunnel of lockdown and ongoing restrictions was coming to an end, and this report would stand as a legacy document as we moved ahead into different times. I even commented that I hoped it wasn't going to be a Volume 1 in a series (but I was definitely joking at the time). As you all know, that is not what happened at all, and 2021 has had the hardest of starts for so many.

Since March 2020, our Helpline has continued to be busier than ever before. Our latest statistics show a 75% increase in contacts from mid-March 2020 to 31 January 2021, compared to the same period the previous year. This includes a 33% increase in contact from concerned family and friends, and a 207% increase in contact from people concerned about their own use. As has been the case since March 2020, this continues to include a significant number of contacts from people who cannot reach statutory treatment services in their own community. Within this are those who are already in treatment, and those reaching out for the first time. This continues to cause us huge frustration, as we can't see how these services are still struggling to put contingency arrangements in place, one year on. So never a better time for our latest recruit, Eve, to join our team as Helpline Support Assistant to add capacity to our existing staff and volunteers!

We are so conscious that for many families following the 'Stay at Home' advice does not feel like a way to 'Stay Safe' at all, but instead it means increased levels of stress, anxiety, risk, conflict and exhaustion. This is exacerbated by extremely limited access to those things which keep us all well (access to work,

learning, friends, exercise, activities etc). I am also very aware that my amazing team also continue to be largely stuck at home, continuing to give their all (and more) to supporting families whilst juggling work with childcare, home-schooling and other responsibilities. We will shortly reach (without fanfare) the 1st anniversary of the opening of our 'home offices', and we are in agreement that we are very much 'over' all of this, and are longing for change. It brings hope at least to hear of vaccine roll-outs and the gradual re-opening of schools.

As you will be aware, in December 2020 there were significant political and funding announcements in relation to drugs policy, with the creation of a new Minister for Drugs Policy, Angela Constance, and the announcement of an immediate £5 million followed by £250 million of new money over five years to support drugs policy developments. We are keen to see some of this resource reach families in their own right, not just as vehicles to improve their loved one's treatment access or treatment outcomes.

In our next edition we will talk about our national Ask the Family project, carried out to engage with families about their views and experiences of Whole Family Approaches and Family Inclusive Practice. There are some stark findings which suggest a significant number of people are harmed through each individual's drug or alcohol use; they are harmed over many years; and only a tiny minority are able to reach help when they need it.

We are increasingly conscious that families seems to be included only in the '*... and families*' space (e.g. '*individuals and families*'), as if they are just an accessory or add-on to the person using substances. We recognise that so many families are hidden due to the stigma, shame and secrecy of substance use in their family, as well as the lack of visible family support services. But this '*... and families*' tendency also suggests they don't have an identity in their own right, they share all the views and preferences of their loved ones, and their lives are simply there to be slotted around the primary needs of those using alcohol or drugs. None of this is true, and now more than ever we must keep families front and centre of our local and national efforts to reduce harm and deliver everyone's right to health and a life free from the harms of alcohol and drugs.

Holding On Project is Taking Referrals



Holding On

Scottish Families Affected by
Alcohol and Drugs

The Scottish Families Holding On project aims to support family members who are deeply concerned about their loved one's drug use. The family member's loved one may have had a non-fatal overdose in the past, is living in unstable accommodation, suffers from poor mental health, or a number of other factors that makes them vulnerable and places them at risk of a drug-related overdose.

At Scottish Families we recognise the role of family members as a protective factor in reducing the risk of harm and death. The project aims to support families through what we know is a really difficult and challenging time. Families can access one to one support, group work as well as attend training opportunities. Due to the project being new, it aims to be flexible in its approach and the service will adapt and evolve to the needs of the individual family members, to ensure person-centre practice

is at the heart of what we do at Holding On. This project is for anyone who believes their loved one is at risk of a drug-related death and they are deeply concerned about their loved one's drug use and their risk-taking behaviours.

At Holding On we believe family members are often the strength and the protective factor for their loved one, but we also acknowledge how stressful this is and the impact it has on every aspect of their life too. Lean on us at the Holding On project and let us help you in the best way we can.

To refer to our service you can do this directly through the [Scottish Families website](https://www.scottishfamilies.org.uk) or any initial enquires can be made to holdingon@sfad.org.uk.

The Holding On project is funded by the [Scottish Drug Deaths Taskforce](https://www.scottishdrugdeaths.org.uk).

Our Helpline During Lockdown



Since March 2020 our Helpline has continued to be busier than ever before. Our latest statistics show a 75% increase in contacts from mid-March 2020 to 31 January 2021, compared to the same period the previous year.

Key points (comparing statistics from mid-March to 31 January 2021 to the same period the previous year)

- Increase in contacts from people who use alcohol and/or drugs = **207%** (236 contacts to 725) this continues to include a significant number of contacts from people who cannot reach statutory treatment services in their own community.
- Increase in contacts from people affected by someone else's alcohol and/or drug use = **33%** (642 contacts to 854)
- Increase in use of alcohol = **111%** (403 contacts to 853)
- Increase in use of benzodiazepines = **106%** (145 contacts to 300) – this statistic only includes street Valium/Diazepam and does not include other benzos
- Increase in use of cocaine = **27%** (305 contacts to 389)
- Increase in people looking for mental health support not related to drug and/or alcohol use (8 contacts to 119)
- Increase in people who have no money/food and require foodbank support (8 contacts to 173)

Emerging info:

- Treatment provider issues (221 instances). There continues to be issues of people not getting a hold of the person they wish to speak to in a service, it either going to answer machine or ringing out. The majority of the people coming through our webchat is because they don't have credit to phone their service. We are acting as a bridge to get the service to call the person back.
- Domestic violence (69 instances). This continues to be a concern highlighted on our helpline. It's not something that normally comes up in conversation in a helpline call.
- Prescription issues (59 instances). Mostly individuals having concerns about their Opioid Replacement Therapy (ORT).
- Withdrawals (110 instances). Individuals are experiencing withdrawals and are now looking for urgent support. A high number of these instances relate to alcohol and the family/individual not having enough money to buy alcohol.

We have also issued **212** Naloxone kits across all Alcohol and Drug Partnership areas except Angus. These kits include 114 service workers, 31 people at risk and 78 family members and friends.

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

Challenge yourself and raise money for Scottish Families by taking on a Virtual Kiltwalk in 2021!



It is that time of year when we start to think about KILT WALK! At Scottish Families we love the Kiltwalk. It is an amazing event open to all, suitable for all ages and all abilities, and it is a lot of fun!

There are two Kiltwalk events planned for this year - a virtual event in April and a 'live' event in August. As we shuffle through 2021 it is becoming clear that uncertainty is going to be with us for a long time to come, so for the moment there are no updates on the event in August.

BUT we are putting our best foot forward for the virtual event – **can you be part of our biggest ever virtual team?**

The Virtual Kiltwalk is happening on 23rd-25th April 2021 and will be a mass, virtual event. So even though you will be completing your challenge following social distancing restrictions, there will be people all over Scotland taking part at the same time! It is fair to say that this year has gotten off to a rocky start. Most of us are still at home, restricted with how we spend our time and waiting for better times to come.

It is tempting to hibernate for the rest of lockdown. But we are hoping the Virtual Kiltwalk will inspire you to set yourself a new challenge. Taking even a short walk every day can make a difference to your health and wellbeing. And having a goal to work towards is a great way to motivate yourself!

Virtual Kiltwalk – what you need to know

- The Virtual Kiltwalk will take place on 23rd-25th April 2021 and will be a mass virtual event.

- We get a 50% top up on all donations from the Hunter Foundation – so for every £10 you raise we get £15.
- You can do whatever you like; walk, run, skip, cycle – and choose a distance that suits you.
- You can take part with your household, those in your bubble or socially distant with a friend.

To welcome you to #TeamSFAD we are offering a 50% off code for walkers supporting Scottish Families (so you pay £6 instead of £12 for an adult place or £3 instead of £6 for a child's place plus 80p registration fee)

There is NO MINIMUM SPONSORSHIP – anything anyone can raise taking part is gratefully received - £5, £25, £100 – every bit makes a big difference and is much appreciated.

By joining #TeamSFAD you will get:

- An exclusive 50% off code for registrations
- A Scottish Families t-shirt – perfect for training and for wearing on the big day
- Access to our #TeamSFAD Facebook walking group, with a chance to share tips and motivation with other virtual walkers
- Kiltwalk medal sent out by post after the event

[Register your interest online here](#) and our Fundraising Manager Sarah will be in touch to tell you more.

Testing Out Our First Ever Book Group



We are always looking for new ways to bring families together, especially as we continue in lockdown. When it was suggested that we try out a book group we were ready to give it a go!

2020 Booker Prize winner Shuggie Bain was a clear choice for our first book - set in 1980s Glasgow amid a backdrop of failing industry, poverty and addiction. Shuggie Bain tells the story of precocious Hugh 'Shuggie' Bain and his relationship with his mother Agnes who is glamorous, proud and addicted to alcohol.

We ran two pilot groups. Families who attended told us that the groups were a great way to have a relaxed chat;

'I've never been to a book group before and I really enjoyed it. It was a fun experiment.'

'A book group is a great excuse to get together and talk about something.'

'It might be easier talking about a fictional person, not your loved one. It could be easier than talking about day to day life. The themes are the same but you are removed.'

We are hoping to hold more events in the future!

Shuggie Bain - Reviews

'I just loved this book. It is really important to me and I can see that it could be really important to lots of people. I feel it is a universal story and the connection to Scottish Families is really clear. There is just so much in it.' Beverly

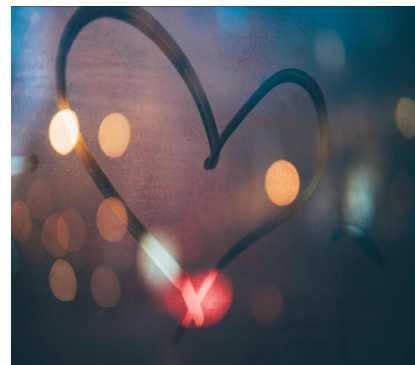
'If you happen to get your hands on this book – get it and read it. It's absolutely worth spending the time to read it. Comments on the book cover are more than true.'

'It's the story of a boy who's growing up with the alcohol addiction of his mum in the 80s and 90s in Glasgow. It's all in one: fascinating, sad, funny, hopeful and an inside into family life or what's left with an addicted person. It's the description of a life with all the ups and downs and trivial things of everyday life.'

'You might be set back into your life with all the problems occurring in connection with the addiction of a loved one but it also offers you hope that things can change to the better – even if it may not be for long.' Renate

What You May Have Missed...

We marked the release of the 2019 drug-related death statistics on Tuesday 15 December with a week of activities running 14-18 December, highlighting that living with the impact of substance use is ongoing for families – it is not restricted to a single day. We launched a programme for the whole week, starting with Letters from Lockdown. The letters reflect on family members' own experiences over the last year and illustrate the extreme pressures on families during the pandemic. We then launched new research, a podcast and many other things. [Full info here.](#)



We launched our [COVID Insights Report](#) 'Lockdown and Beyond' in December. The report includes:

- Open letters from family members and staff, reflecting on their experiences;
- Our national Helpline trends, including an 80% increase in contacts;
- Insights into the impact on families of having to Stay at Home;
- Ways to reach families using digital and virtual support;
- Steps we have taken to ensure families have stayed supported and connected.

Family support is an area of increasing interest yet much of the evidence around families, their support experience and what this offers for families in their own right is often limited.

'Constantly just holding it up and together' by John Holleran, Families and Communities Manager for Scottish Families, seeks to address some of the gaps in our understanding by exploring the experiences of families in their own words.

[The full report can be read over on our website.](#)



Have you seen the festive edition of our virtual choir #VoicesTogether? Singing 'I've Got My Love To Keep You Warm' by Ella Fitzgerald!

Thank you to everyone who took part, this video is amazing and we couldn't have done it without you all.

Also a huge thank you to [Emilie Boyd](#) for the musical arrangement, audio and visuals.

[Click here to watch our choir video.](#)

New Monthly Online CRAFT Practitioner Training



Since the success of our January 2021 online CRAFT training, we are running CRAFT Practitioner training once a month for the rest of the year!

We decided to move our regular CRAFT training online in January because of the ongoing pandemic. We were so pleased with the feedback that we are now running sessions each month and are currently taking bookings for March and April. You can also book ahead for other months too.

The training will remain the same as face-to-face but will be over Zoom. You will still work with our colleague George Charlton who will deliver exactly the same level and quality of certificated training!

‘George is an exceptional trainer, his passion and enthusiasm for CRAFT is contagious. Due to COVID restrictions we were unable to meet in person and George managed to convey all of this over Zoom which is no easy feat, I loved every second of the training.’

CRAFT (Community Reinforcement and Family Training) is an evidence-based, non-judgemental

programme for family members and carers affected by someone else’s alcohol or drug use. CRAFT helps family members to:

- Communicate positively with their loved one
- Reduce their feelings of stress
- Improve feelings of self-worth
- Encourage their loved one to enter treatment

George is one of the leading voices across the UK who promotes and trains individuals, practitioners and companies in CRAFT, and he takes great pride in being one of only two accredited trainers and supervisors delivering UK-wide CRAFT practitioner training and supervision.

The training will take place over Zoom across three half days (you must attend all days).

Due to online delivery, the course is being offered at a reduced rate of £250 per person.

To book a place or make any enquiries, please contact Aylice Millar, Business Support Assistant at aylice@sfad.org.uk

Families and Recognised and Included

The Highland's Alcohol and Drug Partnership (HADP) are working with Scottish Families. They have asked us to help them get a better understanding of what life is like for families affected by alcohol and other drugs.

The project 'Families Are Recognised and Included' began in November 2020. We're keen to talk to as many families as possible. We want to know what might help make things better for those who are struggling alone.

We want to know what matters most to families in the Highlands. We want to get a better understanding of the barriers that stop people from reaching out for help. We know how worrying it can be for families to reach out for support. Many feel ashamed and embarrassed because of stigma. We want to change that by speaking to as many families and the services already in contact with families. This will help us reach those who need help sooner.

The project is open to any families living in the Highlands affected by someone else's alcohol or other drug use. If you or someone you know would like to speak to us or join the group leading this work please get in touch.

We launched a whole-community survey and it is open to anyone living in the region. It asks some questions about life in the Highlands. The responses will help us understand how people who use substances and their families are viewed. We also want to speak with families to get an idea of how well people are coping and where they are getting support (if at all). We also want an idea of what they would like to see moving forward to improve things.

This is an opportunity for families to shape the design and delivery of services. They will have a say in what would make it easier for people to get the help they need.



We want to reach as many people as possible with our work. We would be grateful to anyone who reads this if you share our work with your friends, family and colleagues.

If you would like to discuss the project or would like to take part email john@sfad.org.uk or call 07444 413866.

Take the survey here -

<https://www.surveymonkey.co.uk/r/SFADHighland>

Effecting Real Change in Renfrewshire – The Report of Renfrewshire Alcohol and Drug Commission

Renfrewshire Alcohol and Drugs Commission



Final Report 2020

Amidst a flurry of other news stories and developments in December last year came the release of the final report by [Renfrewshire Alcohol and Drug Commission](#). I was privileged to be invited to join the Commission when it was set up in Spring 2019. In February 2020 we were nearing the end of our work, and then of course along came COVID-19, temporarily de-railing our timetable. So it was late 2020 when we re-grouped and finalised our report for publication.

The Commission was established by Renfrewshire Community Planning Partnership “*to establish a true picture of drug and alcohol use*” in the area, and to make recommendations as to what we could do together to support those affected and to improve life outcomes. As we started a busy schedule of meetings in 2019, this search for ‘a true picture’ was trickier than we imagined. As is often the temptation with this kind of work, we started by inviting a range of senior managers to come and tell us what they were doing, what was working well, and areas for improvement. The picture they painted was of a system in transition

– they knew what needed to improve and how this was going to be done (thank you very much).

Those of us linked to individuals, families and communities on the ground felt that these recovery-oriented ambitions were very laudable, but also that we were only seeing part of (or a certain perspective on) the ‘true picture’ we had been tasked with uncovering. Despite lots of powerpoints about service improvements and things which were already supposed to be in place, it didn’t look and feel like this for those trying to access support, whether they were individuals concerned about their own use or concerned family members.

So the Commission embarked on a very powerful community engagement programme, where members met with a whole range of individuals and community-based groups and services to talk about their real experiences. This identified some really excellent provision (particularly but not universally in the third and community sectors), which illustrated strong relationship-based and evidence-based practice. However this was hampered by limited and short-term funding, and frustrations at attempts to access statutory services (across substance use and other key services). Pathways to support were patchy and unclear, and many people described being left unsupported, including at points of crisis. Some seemingly good models of practice (such as a statutory dual diagnosis service for those with both mental health and substance use issues) looked good on paper, but in reality they were hard to access and those in most need did not even know about their existence.

The Commission described the impact of alcohol and drugs on families and relationships as “*stark*”, and recognised “*this is true at all stages of life*”, from children and young people affected by parental substance use, to siblings, partners, parents of adult children and other family members. Families giving evidence to the Commission described how they were often left “*feeling like they had nowhere to turn*”, including in potentially life-threatening situations (p7).

The Commission concluded there were concerning levels of harm in Renfrewshire, that people needed better support for complex needs, there were particular gaps around mental health support, significant harm was hidden within families outwith services, and alcohol and drugs were extremely easy to access including for children and young people. However we also concluded that there is incredible strength in local communities to support recovery and to create real change.

The Commission made 27 recommendations in total, covering the risk of harm, mental health, prevention and early intervention, young people and families, recovery, relationships and connections. Support for families affected by other's substance use was identified as a key area for improvement within the 27 recommendations. Recommendation 20 reads:

“Recognising the at times distressing evidence that the Commission heard on the impact of alcohol and drug use for families, partners should undertake a review of existing family support provision.

Particular focus must be on the support that is available to children and young people who are impacted by parental drug or alcohol use. In addition, as Renfrewshire considers its response to the Independent Care Review it should explore how the family support model developed reflects fully the principles of The Promise.”(p76)

The intention is to inform and shape a new family support model for Renfrewshire which will reach those most at risk of harm, and ensure that support wraps around families. Scottish Families is working alongside local partners to help implement this and the wider recommendations. You can find out more about the Commission's work, and read the final report, at <http://www.renfrewshire.gov.uk/Alcohol-Drugs-Commission>.

Photo below taken from @RenCouncil Twitter



An Update on our Local Support Services



Even though we have seen lockdowns and restrictions remain firmly in place over winter, our support services continue to offer support online and by phone. Our local support services are creating timetables of activities for families and our team are going above and beyond to support anyone who needs it.

All of our local support services can be accessed through our Helpline by phone 08080 10 10 11 by email helpline@sfad.org.uk or by webchat www.sfad.org.uk

Forth Valley Support Service

Our service currently offers one-to-one support and are taking in new referrals from anyone in the local area. There are online groups using WhatsApp and Zoom and one-to-one support over the phone.

Lynne, Gill and Lena from the team have put together a timetable of activities for the online group.

What's Your Story?

Suitable for newcomers and existing family members to share their personal experiences of alcohol and drugs.

First Tuesday of the month (next starting March 2nd) 6.30pm – 8.00pm

Connect, Learn & Share

Suitable for anyone who is interested in discussing alcohol and drugs in a wider context, bringing in current events, speakers and videos.

Second Tuesday of the month (next starting March 9th) 6.30pm – 8.00pm

A Place to Share

A chance to share day to day worries.

Third Tuesday of the month (next starting March 16th) 6.30pm – 8.00pm

CRAFT (Community Reinforcement and Family Training)

Suitable for families who wish to use this technique to support their loved ones. Learn the CRAFT techniques and discuss how to put them into practice.

Fourth Tuesday of the month (next group march 23rd) 6.30pm – 8.00pm

Aberdeenshire Support Service

Our Aberdeenshire Family Support Service continues to offer one-to-one and group support to family members. Most of the support is carried out over Zoom or by telephone calls.

The virtual family support group is open to family members from across Aberdeenshire. It is held every 2 weeks on zoom, alternating between Thursday evenings and Friday afternoons to try and accommodate everyone.

Carly has put together lots of different activities coming up over the next few months. We have a Victoria sponge bake-along with Hannah Gault on Thursday 11th March. There will be an Indian Cooking session on Friday 23rd April with Pushp Vaid. And we will be decorating plant pots and

planting bulbs on Thursday 8th April.

For more details or to book a place on our activities contact Carly at carly@sfad.org.uk – spaces are limited!

East Dunbartonshire Support Service

The East Dunbartonshire Family 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.

The family members of the group had discussions on the intensity they felt often when using Zoom for the groups. It was decided that the group will have suggested topics and themes for one of the regular meetings. Topics have ranged from Mindfulness Meditation to What is Addiction onto how to control an overactive mind.

There is now a 'Chair Yoga' session three mornings a week! There are plans in place for a writing group and our first session will have published author Frank from Ringwood Publishers as the guest speaker

South Lanarkshire Support Service

All In The Family are currently offering one-to-one sessions online and over the phone. There is also three online group sessions per week. The group has been busy delivering different sessions including Changing Stigma, Naloxone training, and drug awareness training. Through February, Emma from SAMH Let's Talk Project delivered excellent mental health sessions. The Let's Talk project offers free workshops on a range of topics that are designed around 5 Ways to Wellbeing for adults.

In March they will be offering Alcohol and Drug Workshops online through Zoom delivered by Landed Peer Education Service.

All In The Family also offer a free meditation session every Friday at 9am on Zoom and are looking to deliver other sessions when the need arises. Follow on Twitter and Facebook @FamilySouthLan for all updates!

Inverclyde Support Service

The Inverclyde Family Support service has been up and running since November and has supported 19 people through 1:1 and Group support over Zoom, WhatsApp and phone calls.

Daryl was featured in the Greenock Telegraph in December, which caught the attention of a few families in need. We've started our weekly Wednesday Zoom group, which has become a space to share any difficulties you're experiencing and brainstorm some solutions.

"... thank you for taking the time to listen to my mum last night, it's made a difference and I'm so glad she's finally spoke to someone I feel like last night she achieved something thanks very much."

Follow on Facebook: @InverclydeFSS

Routes - Young Person's Group

Routes have been busy during lockdown learning how to cook some pretty amazing meals for their families. Each week our Routes Team shop for and deliver everything needed from utensils to ingredients in preparation for a Zoom cook along with Amanda from FS Training.

Amanda shares a step-by-step guide on how to cook a meal, allowing the young people to cook it again without her. Feedback from family members has been fantastic, they are enjoying having a meal cooked for them each week.

"The cooking on Mondays is amazing. I get my money on a Wednesday so we're always skint by Monday so it's lovely to know we'll all get a big lunch not cooked by me for once. The soup was lovely (even the little ones ate it) and the apple crumble was the best I've ever had. He was so proud of himself for making it all."

FROM MY KITCHEN TO YOURS

Join Hannah Gault a young baker and many others on a online meet!

Together we will be baking a classic Victoria sponge cake.

Yum!

On a live step by step tutorial.

Approx. 1 hour 10 minutes

What you will need

Ingredients:

175g unsalted butter (room temperature) – 175g caster sugar – 3 eggs
- 175g Plain flour – jam - 200ml double cream – icing sugar (optional)

Equipment:

2 identical cake pans – parchment paper - scales – Small bowl – large bowl – wooden spoon – sift - butter knife – spoon – whisk – spatula – wire racks – serving plate

Date and Time:

11 of March at 7:30 pm

Reflections on our First Online Family Recovery College



Sometimes you just have to roll your sleeves up, take a deep breath and try something new!

Back in 2019 we worked with six family members with lived experience of someone else's substance use to design and deliver a course for The Family Recovery College (FRC). They called the course 'Understanding Substance Use and Holding on to Hope'. You can read all about how it went for those 10 students who signed up [on our website](#).

Following this successful pilot, we had plans to run this course again in spring 2020. But circumstances changed and later on in 2020 we decided we would take the FRC online. The course began on Tuesday 17th November and finished on the 9th of February.

We asked the 2020/21 students **why they decided to come on the FRC -**

"I decided to do the recovery college because I wanted more knowledge on substances and I wanted to know the best way of dealing with substance abuse."

"I decided to come on the FRC because I knew I didn't have a clue what was happening in my life and I needed to do something to change where I was."

"I decided to come on FRC as I wanted to share with others that understood me. Where I could speak openly without judgement."

We asked students to tell us about their **experience of doing an online course via Zoom** – what was sound quality, streaming quality, following the content and participating like?

"Fully enjoyed and I thought it streamed well."

"It was an interactive experience and I had a variable experience streaming."

"Good option for people who are anxious. They could stay at home and not have to deal with outside anxieties."

"Relatively simple to use, with a bit of help from you."

"Technology seemed too hard but I did it."

"People in remote and rural areas really have benefitted hugely."

Students joined us from all over Scotland – the Borders, Argyll and Bute, Aberdeen, Aberdeenshire, The Highlands, Shetland Islands, Edinburgh, North Ayrshire, North Lanarkshire, Angus and Moray.

We asked students whether it was **what they expected** -

“I expected to be told how to solve my partners’ problems and how I could do it to help them. What I found was the opposite.”



“I expected a safe space but apart from that, I really didn’t know what to expect from FRC!”

“I didn’t really know what to expect to be honest because I had never done anything like this before. It exceeded my expectations though without a doubt.”

What was the **most important piece of learning** for you? -

“Obviously I gained a lot of knowledge from attending FRC but the main thing that I learned was about myself. I learned that I wasn’t alone. I also learned that I was so much stronger than I gave myself credit for and that it’s ok not to be ok.”

“The most important piece of learning for me was the communication and just seeing things from a different perspective. I liked how it just wasn’t family members but also people in recovery and it was good to listen to their stories and experiences. Also gave me hope for the future and recovery can come one day for our loved ones.”

“I found an opportunity to have a second chance at life. That I was here to help me and that I was worth loving.”

What would you **say to someone else thinking about coming on the course?** -

“I would highly recommend the course to anyone. I learned a lot of helpful information and made me think about things in a different way. Before the course I felt very alone and judged and wasn’t feeling very hopeful about the future but this has changed now and I’m taking one day at a time.”

“To anyone thinking about coming onto FRC. My advice would be....DO IT! Grab this opportunity with both hands. The confidence I have gained through FRC has given me back a more positive outlook. My group was amazing. The people, Susie (obviously), just everything about FRC has given me so much power back in my life.”

“If I was to say one sentence to someone who was thinking about coming on this course. You are no longer alone, you are and always have been good enough and you are loved.”

We are already receiving interest for future courses and we look forward to seeing more students come through The Family Recovery College in 2021. We would also like to thank people who have recommended this course to families they are supporting. Thanks also to our sponsor BlackRock. If you want to find out more please contact Susie McClue who would be happy to have a chat – susie@sfad.org.uk



Being There Family Support Service

“Being There” is a new Alcohol and Drug Partnership (ADP) commissioned specialist support service for adult family members [18 and over] affected by a loved one’s problems with alcohol and/or drugs. Covering Dumfries and Galloway, the new service is managed by Alcohol and Drugs Support South West Scotland [ADS], a local charity with almost thirty years’ experience in service development and delivery.

It’s not easy to live with someone’s problematic alcohol or drug use: family and carers need support in their own right. Family members are likely to feel guilty and blame themselves for their loved one’s problem. It’s all too easy to become isolated because of the stigma around alcohol and drug problems in the family, become overwhelmed, and forget about their own needs.

Recovery is accepted to be more effective where family members are closely involved, yet families

need to recover too. They need and deserve to receive help in their own right in order to maintain their own physical and emotional health. Being There staff are here to help, and are all trained as CRAFT (Community Reinforcement and Family Training) Practitioners.

During the ongoing COVID-19 pandemic, Being There is offering one-to-one telephone and video-call based support. Online support groups are also in development, recognising that people with lived experience have a unique contribution to make.

Please call or email us using the following contact details.

Tel: 0333 8806950
BeingThere@adssws.co.uk



**ARE YOU CONCERNED ABOUT A LOVED ONE'S
ALCOHOL OR DRUG USE?**

**ARE YOU 18 OR OVER AND LIVING IN DUMFRIES
AND GALLOWAY?**

ARE YOU COPING ALONE?

BEING THERE CAN HELP

We are a free, confidential, non-judgemental service that will offer YOU a listening ear when struggling with your loved one's drug or alcohol use.

We can offer YOU emotional support, help and practical advice...when you need it most.



0333 8806950

BeingThere@adssws.co.uk



Scottish Families Affected by Alcohol and Drugs

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**Scottish
Families**

Affected by Alcohol & Drugs

Registered Scottish charity: SC034737