



**Scottish  
Families**

Affected by Alcohol & Drugs

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# Summer Newsletter

## July 2017

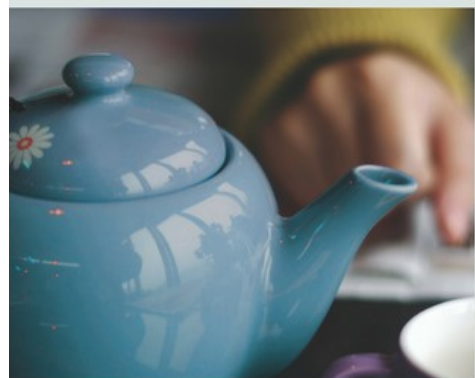


# In this Issue

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Welcome to our summer newsletter - there is so much happening with Scottish Families between now and the end of the year! #TeamSFAD continues to grow and we now have a team of 22 set to walk the Dundee Kiltwalk at the end of August. September to November is going to be a busy few months - Scottish Families Conference (find out more on page 28), Recovery Week and various other events and days along the way for you to get involved in. In this issue, you'll meet our new Interim CEO, Justina, you'll read about the activities that have been going on in East Dunbartonshire and the event planned for Forth Valley. Family members and support groups also share their voices and tell of their experiences. Your voices and support are what makes our work engaging and worthwhile.

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## A word from the Interim CEO

Justina Murray

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I'm writing this just 15 days into my role, so forgive me if I still sound a bit too bright-eyed and bushy-tailed. I arrived here at the start of June for a three-month stint, with a very clear steer from the Scottish Families board to work with staff, trustees and partner organisations to review where we are at as an organisation, and where we need to get to.

I've come to this role via posts in research, policy, and partnership working – including most recently as Chief Officer of South West Scotland Community Justice Authority (SWSCJA) (2010-17). You'll notice that job title doesn't include the words 'families', 'alcohol' or 'drugs', but it has given me a surprisingly good grounding for the world of Scottish Families.

In community justice, one of my national portfolio areas was children and families affected by the justice system, working in close collaboration with Families Outside. Preparing for this new role as Interim CEO, I was struck by the parallels – families taking a long time to recognise their own need for support; services either overlooking families altogether or linking with them only as a way to connect with service users; and families having that 'stickability' with their family member through thick and thin, highs and lows – a staying power that many services never achieve (or sometimes never desire to achieve). I had the privilege of attending one of our local Family Support Groups in Kirkintilloch and all of those things were clear to see – an amazing group of women supporting each other and never, ever giving up hope of better times ahead.

In terms of alcohol and drugs, the links with community justice hardly need explaining – as a CJA we did lots of work on alcohol and offending in particular, and

we worked alongside our local Alcohol and Drug Partnerships (ADPs) for many years. My local ADPs were all real champions of recovery and peer-led services and this inspired our own move within community justice towards a more asset-based, recovery-oriented and user-led approach to change.

So how's it been so far in my new role? Well, first of all, everyone has made me feel really welcome, which is always a good start. I have to confess that standing outside the front door on my first day, about to walk into an All Staff Meeting (no breaking you in gently in this job), I did have a sense of that 'first day at school' syndrome. But there was no need, everyone has helped me quickly settle in and find my feet, and to be honest I can hardly believe I have only been here a few weeks – although my team may feel otherwise...

The biggest shock of the job so far has been the fire alarm test (yes, it was at that point I learned the alarm bell was right above my head – talk about ringing ears), so that can't be bad, all considered. I am throwing myself into working with the board and the team on our new strategic plan, planning for our 2017 conference, looking at opportunities to reshape services, and of course – that old chestnut – diversifying and strengthening our funding base (answers on a postcard please). And it has been lovely to bump into a few colleagues who have been liberated from the justice world and have re-appeared in alcohol and drugs roles. Yes, Scotland is a village.

You can keep in touch with what I'm up to by following [@ceosfad](https://twitter.com/ceosfad) on Twitter – look forward to hearing from you!





## Meet our Staff

# Meet Sarah

Sarah is our Fundraising Manager. She's the one with all the ideas. Whenever one of us are needing inspiration for content and events, or even help on our #TeamSFAD t-shirt colours (you'll notice everything is a bit more blue with us these days) you go to Sarah, always go to Sarah. When Sarah isn't searching for opportunities, writing proposals and looking for new ways of fundraising, she's out getting involved in networking and championing our cause, walking the Kiltwalk with #TeamSFAD and is always the one ready and keen to jump into photos and get involved in the great work we do!

### What does 'family' mean to you?

– I am lucky as I have a large family with parents, step-parents, sisters, brothers and nieces. The downside is that my family are spread wide all over Scotland and all over the world so we never get to see each other as much as we would like. To me, family means knowing that you have someone who is always going to fight in your corner. We may not speak every day, see each other every week or even live in the same time zone but no matter the distance they will be there for you.

### What's it like working for Scottish Families?

– As a fundraiser, my job is very varied and no two weeks are the same. I love getting out and about, introducing people to our work and persuading people to support us. The best part of working for Scottish Families really is the people, from the staff to our supporters I am motivated every day by their hard work and commitment.

### What would you like the public to know about Scottish Families?

– Before I joined the team I had never thought about the challenges facing family members supporting recovery. Now it is something I talk to the public about all the time – at events, at networking



groups, even occasionally at bus stops! Scotland has a complicated relationship with alcohol and drugs, and the need for those in recovery to have the support of their families, friends, and colleagues is clear. What I would like the public to know most of all is that families need support – whether this is a call to our helpline, our one-to-one services or simply going online to get some more information – we are a vital service for families who may be struggling.

### What are the things you love most about your work with Scottish Families?

– Hearing the amazing feedback from the families we work is the best part of my job. Our team does a great job!

### What are the biggest challenges you have met and overcome in your work with Scottish Families?

– Bringing in money to keep our services running and to support as many families as possible across Scotland is always going to be the

biggest challenge of my job – this is something that can only be achieved with the help of our supporters, grant-giving organisations and businesses.

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

– First of all, I would ask them to take a moment to reflect on what a great job they are doing. Supporting someone in recovery can be incredibly challenging and your loved one is lucky to have you. If possible take a bit of time for yourself, even if it is just to have a quiet cup of tea. I would then recommend that they try and get some extra support for themselves. Family support groups are a great way to meet people who are in a similar situation, who understand and who you can talk with openly. It does sound intimidating but the groups are lovely and friendly places. If you are looking for support please contact Scottish Families and find out what is available in your area.

### What has been your favourite moment at Scottish Families?

– Completing the 23 mile Glasgow Kiltwalk was a special moment but better yet was walking with family members and seeing them reach their goal. Seeing them come together, support each other, complete a difficult challenge as well as raising over £4000 was amazing, they did so well and I am still proud of them all. Roll on future Kiltwalk events!



## Events: Save the Dates

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**Saturday 19th August**

[Falkirk Charities Day](#)

**Sunday 31st August**

[Dundee Kiltwalk](#)

**Thursday 31st August**

[Overdose Awareness Day](#)

**Sunday 17th September**

[Edinburgh Kiltwalk](#)

**Monday 25th September**

Recovery Football Match  
(More information TBC)

**Saturday 30th September**

[Recovery Walk](#)

**Saturday 4th – Sunday 5th  
November**

It's All Relative, Scottish Families  
Conference

**Tuesday 14th November**

Glasgow City Chambers Charity  
Christmas Fayre  
(More information TBC)

# Minimum Unit Pricing and changing Scotland's relationship with alcohol - what is it really worth?

The last week of July this year will find Minimum Unit Pricing (MUP) back in the courts for what we hope will be the final step to having the legislation brought into effect in Scotland. Since its establishment in 2012, there have been long delays in implementing this lifesaving legislation due to an ongoing battle in the courts as a result of challenges raised by the Scottish Whiskey Association (SWA). Here we explore what MUP is, why it has taken so long and ask - what is it really worth?

### What is MUP?

Minimum Unit Pricing was introduced in November 2009 by Nicola Sturgeon (then Cabinet Secretary for Health) as the Alcohol Etc. (Scotland) Bill. This was deemed necessary to reduce alcohol-related deaths in Scotland, curb over consumption and try to tackle the disproportionate impact of problematic alcohol on services, families, and communities across Scotland. This legislation proposed a minimum price per unit on alcohol set at 50p.

### So why is MUP important?

As the legislation is aimed at the strongest and lowest priced alcohol in Scotland, we see MUP as one of the several measures aimed at keeping people safe, reducing alcohol consumption levels and helping people (and their families) access what they need locally. MUP is important because the evidence collected so far tells us that this measure can save lives for the heaviest of drinkers in our society as well as to alleviate the impact this could have on other members of the family.

### How bad can it be?

*In 2016, a total of 46.9 million litres of pure alcohol were sold in Scotland or the equivalent to 20 units per week for every adult in Scotland.<sup>1</sup>*

This figure is driven by alcohol sold at lower prices in shops and supermarkets (off-trade).

People in Scotland buy the majority of the alcohol consumed off-trade meaning there has been a shift in how people drink with more people drinking at home.

In 2015, 1,150 alcohol-related deaths were recorded in Scotland. That is the equivalent to 22 people dying every week. The scale of this loss isn't only devastating on its own; the consequences for many families and communities supporting a loved one can be life changing particularly when each death is preventable with the right help.

*In 2016, 51% of all alcohol sold in Scotland was sold at less than 50p per unit - 62% of spirits, 29% of wine, 64% of beer and 71% of cider was sold at below 50ppu.<sup>2</sup>*

### Why has it taken so long?

The Alcohol (Minimum Pricing) (Scotland) Act was passed in May 2012, however, the SWA and other EU retailers claimed that this was unlawful as it restricted trade and made an application for a judicial review in 2013. The Court of Session (Edinburgh) heard industry evidence and later the same year ruled that the judgment for MUP was lawful. The industry (SWA) has since made several attempts to block the legislation via appeals and challenges that seen the case being made in the Court of Session (Edinburgh), European Court of Justice (Luxembourg) and now the latest appeal sits with the UK Supreme Court in London where a final decision is expected in the Autumn.

### How will this help?

From our own contact with families in the last year, we know that those who have accessed our helpline and support groups are actively supporting family members to stay safe and in many cas-

es alive.

We know that MUP is not a quick fix for all alcohol-related problems in Scotland but it is a step in the right direction and one of many other measures being called for in the refresh of Scotland's Alcohol Strategy. The 50p minimum price will mean that those who are dependent on alcohol will no longer buy the same volume of high-strength, low-cost alcohol currently being consumed which is one of the key aims of the legislation. We believe this crucial step will help to reduce overall harm and may encourage those requiring treatment and those supporting them to seek out help sooner rather than later.

It is estimated that over 5,500 people in Scotland have died from alcohol-related causes since Minimum Unit Pricing was passed. Is this the real cost of Minimum Unit Pricing? To get involved, find the latest updates and show your support for MUP and go online [#MUPsaveslives](#)

Ppu = price per unit





# Be a Kiltwalk hero and raise funds for Scottish Families



Back in April, a team of 35 took on the Glasgow Kiltwalk raising over £4200 for Scottish Families. This was a fantastic day of fun and fundraising, and fortunately only a few blisters!

We are now looking to the next two Kiltwalk events – Dundee (20th August) and Edinburgh (17th September). We want you to get involved and join #TeamSFAD.

### Why walk?

- Be part of an amazing event and support families across Scotland
- Enjoy walking in the great Scottish outdoors and getting fit

- A choice of three distances – 6 miles, 12 miles or 25 miles
- Thanks to the Tom Hunter Foundation, 140% of everything you raise will go to Scottish Families (for example, get £10 sponsorship and we will receive £14!)
- Best of all we will cover the cost of anyone who wishes to walk. Sign up for FREE and walk and fundraise for Scottish Families.

Local Dundee business DP&L Group is leading the way and taking big steps with a fantastic team of 21 signed up to take part in their town's Mighty Stride.

## Fundraising

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The DP&L Group can be traced back to the Dundee Perth & London Shipping Company which was established in 1826. While the Group is no longer involved in shipping it has retained its routes firmly established in Dundee.

Director of DP&L Travel Management Shona Robertson is one of the "Mighty" team and has bravely committed to walking 25 miles. She said; "DP&L are delighted to support Scottish Families

Affected by Alcohol and Drugs through their participation in the Kiltwalk. We are looking forward to a fun and enjoyable day, whilst raising awareness of an important and worthy cause".

### Fancy joining us?

It is easy to get your free place. Please contact Fundraising Manager Sarah Nottingham on [sarah@sfad.org.uk](mailto:sarah@sfad.org.uk) or call 0141 221 0544 for your unique code.

## Spot the Difference!



Walkers taking part in the Dundee and Edinburgh Kiltwalks will notice one big difference – we have changed our t-shirt colour! After consulting our family supporters and staff, we decided to switch from majestic purple to vibrant turquoise. There are a lot of charities in Scotland that have purple t-shirts so we have decided to stand out from the crowd! Look out for our new t-shirts and please give a wave whenever you see someone wearing one and supporting Scottish Families!

# Families have done a bit of everything these past few months!

The members of our support groups in East Dunbartonshire have been very active from walking to yoga to Naloxone training.

It all started when family members took on the Kiltwalk at the end of April. The day was fun right from the start line. As the family members got themselves on to the minibus back home, the poor driver looked shell-shocked – don't think he was expecting such a rowdy bunch! Afterwards, family members got themselves food and had great entertainment including a young magician and the Red Hot Chilli Pipers, who some of our family members were delighted to see after they played.

Our East Dunbartonshire support worker, Claire, would like to thank everyone who was involved for making a memorable day and helping to raise an impressive amount of money.

After the Kiltwalk, family members were able to relax and enjoy the tranquillity of yoga and wellbeing classes. Thanks go to the East Dunbartonshire

multi-agency Empowered Partnership who supported and awarded funding for these classes. We have also been awarded more funding in Partnership with GRACE (Group Recovery and After Care Enterprise) for another block of classes starting in August. All are delighted to hear the stories and see the photos taken at these classes – all the staff has been a bit jealous!

**'Makes me feel good about myself, I will continue to practice the breathing and poses at home.'**

**'I have been looking forward to coming, not just for the exercise but also for the company.'**

**'The breathing techniques help me get to sleep and reduce my anxiety and anger.'**





## Family Support News

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*'This has been a very informative session. It feels like it gives you back a sense of possibly being able to do something if things were really bad. The CPR training, although basic, was also very useful to know for any emergency situations. Thank you.'*

Since the law changed regarding the dispersal of Naloxone, we have been keen to have family members who wish to be trained, fully trained and equipped with their own supply of naloxone at home. East Dunbartonshire Alcohol and Drug Service (EDADS) were very happy to support and deliver training at our support groups. Three members of staff visited from EDADS and delivered training on how to administer first aid and Naloxone if someone has had an overdose. The staff members were very patient and answered all questions - they made a very serious subject interesting and enjoyable.

By the end of the training, family members felt confident about administering Naloxone and were grateful and relieved to be given their own supply to take home.



All of our groups in East Dunbartonshire and Forth Valley can be found on the next few pages.  
Our groups are open to everyone for support and advice.

# Exciting events in Forth Valley

The Forth Valley Family Support Service is running an event on the 21st July in Falkirk Trinity Church, Manse Place. At the event, there will be lots of wellbeing activities, games, information stalls, complementary therapies and presentations from services and people with lived experience of substance misuse and recovery. The aim of the event is to encourage the families we are working with and the wider community to consider their own wellbeing and offer simple and easy ways to look after themselves. Using Dr Dan Siegel's Healthy Mind Platter as our inspiration we have arranged activities and therapies that cover the 7 components to a healthy mind to give people ideas of how to keep themselves and their minds healthy. These components include focus time, sleep time, connecting time, physical time, play-time, time-in and down time.

Another aim of this event is to raise awareness of the family support service in Forth Valley and to help reduce the stigma around substance misuse, felt by many families. This event is open to all family members, services and the wider community who are interested in Family support and wellbeing.



*The Healthy Mind Platter for Optimal Brain Matter*

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If you want to find out specific information, learn a new skill or just want to relax, be pampered and meet some new people why not come along on the day? A light lunch will be provided and cr che facilities will be available on request.

For more information about the event, or if you work for a service and wish to host a stall at the event, please contact Martha on 07484024407 or email: [fvfamilies@sfad.org.uk](mailto:fvfamilies@sfad.org.uk).

On Saturday 24th June 2017 Scottish Families Affected by Alcohol & Drugs hosted an information stand within the Howgate Shopping Centre. Maureen Mckenzie, Forth Family Support Development Officer explained: 'The purpose of the day was to raise awareness of the supports available to those who are affected by another's substance misuse, information was requested regarding family support groups, CRAFT interventions and the Scottish Families helpline.'





Forth Valley Family Support Service  
invites you to their



# Family Wellbeing Event

21st July 2017

11am-2pm

Falkirk Trinity Church, Manse Rd

Are you affected by someone else's substance misuse? Or interested in finding out about Family Support? Come along to our wellbeing event to find out about support available to you or someone you know.



To register for this event or for more information please contact: [fvfamilies@sfad.org.uk](mailto:fvfamilies@sfad.org.uk)  
or call: 07484 024407



# Forth Valley Groups

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Our Family Support Development Officers are CRAFT trained and use these practices in their groups.



## Grangemouth

Mondays: 10am - noon

Grangemouth Education Unit (next to  
Grangemouth Sports Complex)  
Abbots Road  
Grangemouth  
FK3 8JB

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## Alloa

Tuesdays: 1:30pm - 3:30pm

The Whins  
Whins Road  
Alloa  
FK10 3TA

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## Stirling

Thursdays (fortnightly starting 20th July  
2017): 6pm-8pm

Raploch Community Campus  
Forth Valley College  
Drip Road  
Stirling  
FK8 1RD

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## Falkirk

Thursdays: 5pm—7pm and Saturdays - contact  
for times

ASC  
32 Vicar Street  
Falkirk  
FK1 1JB

## East Dunbartonshire Groups

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### Bishopbriggs

Tuesdays (fortnightly starting 25th July  
2017) 1pm - 3pm

Woodhill Evangelical Church  
30 Wester Cleddens Road  
Bishopbriggs  
Glasgow  
G64 2NH

### Kirkintilloch

Thursdays (fortnightly starting 20th July) 10am -  
noon

Kirkintilloch Baptist Church  
52 Townhead  
Kirkintilloch  
G66 1NL

### Milngavie

Thursdays (fortnightly starting 13th July  
2017): 6pm-8pm

Milngavie Community Library & Education  
Centre  
Allander Road  
Bearsden  
G62 8PN



Our website directory contains details for support groups, alcohol or drug treatment services, bereavement services, young persons treatment services and carers services across Scotland. If you run a group or service or know of one that isn't on our directory, email [info@sfad.org.uk](mailto:info@sfad.org.uk) with the details.

# Spotlight on Communities



We would like to take this opportunity to offer huge congratulations and thanks to the first ever students (see right) to have successfully completed ALEC peer-mentor training at [Forth-Valley College](#) (Falkirk) – say cheese!

This year saw the introduction of Scottish Families' Adult Learning & Empowering

Communities (ALEC) toolkit to students at Forth-Valley College in Falkirk. This opportunity came as a direct response to some of the findings of the prevalence work we carried out in 2015-16, in partnership with [Forth Valley Alcohol & Drugs Partnership](#) (ADP) and Forth-Valley College. The [study](#) highlighted a broad range of support needs for many students who had experi-



## Community

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*'By delivering this training to students they were able to gain a qualification as a community champion and gain knowledge, understanding and tools to better support their peers with not only issues surrounding alcohol and drugs but mental health and wellbeing also.'*

*- Amy Scobie: Health, Wellbeing and Sport, Vice President at Forth  
-Valley College*

enced harms due to someone else's substance use. Many students reported missing out on opportunities to learn, socialise, relax and work as a result of another's substance use.

ALEC peer mentor training was delivered to eight students over a six-week period at the Falkirk campus with Access to Social Care students who volunteered to take part to enhance their own learning, practice and employability. With a focus on the Falkirk campus as a community, participants were encouraged to explore how local assets (people, associations, services, businesses and open spaces) and whole-community approaches could be used to create opportunities that could reduce the impact of substance misuse and isolation whilst improving overall health and wellbeing through participation and increased social connection. Students were also provided with drug and alcohol awareness training as well as listening skills techniques. It is ex-

pected that students progressing to the next stage of their studies will take ALEC learning forward and apply in the next stage of their learning and practice.

*'I found the whole course informative & enjoyed finding out what Scottish Families do... It has given me the incentive to explore the service and assets in my own area with the view to getting involved in some of them.'*

Social Care student

*'I will use this training in my placement next year in college and on placement. I will consider volunteering on Scottish Families' Helpline'*

Social Care student

This work as has since featured as an example of good practice for peer-led approaches to improving mental health and wellbeing in the National Union of Students, [Further Education and Mental Health](#) round table and report, 2017.

To access the ALEC toolkit, contact John Holleran, our Development Officer for Families and Communities: [john@sfad.org.uk](mailto:john@sfad.org.uk)

## What's it really like?

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*'It is heart-breaking to deal with for all and causes so many conflicts at a time when understanding and support within the family should be the priority. Society, at the same time, seems to not want to engage with us for the most part.'*

I was asked recently to make an attempt at explaining what it means to have a family member with problematic substance use, and what it is 'really like.' Despite knowing it would literally take a book to explain my own experiences and thoughts, being nervous and appreciating the limitations of even attempting to speak for others, I hope you will find this very summarised attempt, based on my personal experience of living alongside someone with an alcohol dependence problem, and anecdotal evidence from my SMART support group friends, useful in some way. I also very much want to thank Scottish Families for allowing me a voice!

Where to start? Firstly, I would like to say that, although, along with the group, I have found that there are very many common challenges faced by all family members, there will be variances and, without doubt, subjects I do not manage to touch on here. Having a family member with a substance use problem, or attempting to support them through recovery, changes almost every area of our lives! We all constantly live with the impact on us, and those around us, of the many very unsettling, at times frightening, situations, problems and worries we face. We are often very fearful for their survival, desperately seeking information and help for them, dealing with someone who can be irrational and exhausting to interact with and look after, trying to negate the stress on, and protect the welfare of, others around the situation and, at times,

very conflicted about what to do for the best due to differing needs and opinions amongst those around us. We also often have the uncertainty of not knowing how, or where, we and our loved ones may be living next, to name but a very few! It impacts on our relationships with others, time and ability to work, how we define ourselves, how we view the world and much more. We also experience problems with the way some services, society, and even other family members on occasion, appear to then judge and then interact with us!

It is a very stress-laden, sad and lonely life for many of us which can, and certainly did for me, lead to low self-esteem, an inability to cope healthily and eventual isolation. We are often both physically and mentally exhausted from attempting to help and maintain some normality in life whilst, at the same time, having to cope with the emotional turmoil within us caused by the much difficult, sometimes almost impossible to bear, situations we find ourselves in and having to sort out. There are times when it literally feels like torture!

For my part, one of the hardest and most unhelpful aspects of my situation, in amongst all the above, was becoming afraid to speak honestly to others anymore. Mainly because of my initial fear of the stigma attached to the subject in the first instance and also because I then encountered too many situations where I did end up feeling judged and viewed as being somehow in the wrong.

## What's it really like?

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Both I, and many other family members, already live with someone who will tell us "it's your fault" when we attempt to discuss or bring their behaviour to the fore so that it can be, firstly, acknowledged and then, hopefully, changed. It does not help when others choose to simply ignore us or inform us that we are probably enabling the behaviour, that leaving/throwing someone out is the only solution and, furthermore, that we have very little right to be involved in or consulted on treatment. I cannot recount properly here the feeling of total despair, exhaustion and also guilt that I was left with when, having finally persuaded my husband to seek help and, having crucial information about the very possible cause for the addiction in the first place, and, to my mind, the root that needed to be tackled, was told that services would be concentrating on my husband and that my input would not be required! Yes, respecting choice and confidentiality is important. Is it wise to off-handedly dismiss an offer of input and assistance from someone who lives with/works to alter the situation daily and, ultimately, looks after the individual concerned? I am still to be convinced! Would services be quite so quick to dismiss a potential source of insight and assistance from family for other ill individuals? I know things are changing and this is not always the case. However, it still seems to happen too often.

We are also often, as previously mentioned, in amongst (I am referring to adults here) family members who are not able to acknowledge or assist with the problem for their own reasons. Sometimes, sadly, that can be due to them also

having a substance use problem. Sometimes it is because they themselves are not able to cope with and accept that their son, daughter etc. has gone down "that route", and they too will challenge and accuse us. I personally encountered both these scenarios and there are more. It is heart-breaking to deal with for all and causes so many conflicts, at a time when understanding and support within the family should be the priority. Society, at the same time, seems to not want to engage with us for the most part.

Having said all of the above, my personal conclusion, and, if I may, a plea to humanity whilst I have the chance, is that stigma, and all that follows it, is one of the most counter-productive and, alongside adequate support services and education on the subject, urgent issues we face. I and I believe many, no longer want to be afraid to speak to others freely or watch someone who themselves feels judged and shamed struggle even more. It only compounds the problems for all of us, and creates much more besides!

Although I know first-hand that there can be very real problems associated with the resulting behaviour, there is no shame inherent in addiction. Whether it is coffee, the internet, working, eating chocolate, sport etc., most of us have one somewhere! There is also no shame inherent in attempting to understand and help someone with an addiction problem. I would ask you to consider whether there should, perhaps, be more shame attached to allowing other human beings to become frightened, withdrawn and unwilling to seek help and speak honestly?

This story was shared with us from a family member who contacted us and who wishes to remain anonymous. If you would like to share your story with us and our audience, please contact [info@sfad.org.uk](mailto:info@sfad.org.uk) or 0141 221 0544.



# Love N Light Recovery Org



Love N Light is an organisation that helps the collective family unit to recover from drug and alcohol addiction. They are based in Airdrie however welcome individuals from any locality to come along and join them.

A group from the community who were affected by alcoholism and addiction came together and formed the organisation just over a year ago. They identified a massive need in the community to help families who were at the wrath of the affliction and not much help for them. This committee then sought ways to find a solution to help the families by asking what they needed. One year later they have a membership of 260 adults and 208 children and they believe the journey and organisation are going from strength to strength. They stand firmly by their belief of *"Working in the community, for the community, with the community"*.

Whole families come together to meet

and support each other at their weekly Caf held each Saturday from 12 noon to 4pm.

During the caf they offer a full range of support options

- ♦ Therapeutic roads to recovery
- ♦ Motivational speakers
- ♦ 12 steps participation
- ♦ Conversational caf
- ♦ The fun hub
- ♦ Long Term Recovery Tools
- ♦ Empowering Families
- ♦ Tools for Change
- ♦ Arts & Crafts for Children
- ♦ Respite Retreats for Families
- ♦ Free food every Saturday

Over the Easter holidays, Love n Light was away for their latest retreat. Jane

## Support Groups

Chambers from Love N Light said:

*"Love and light recovery org show children and families affected by addiction a new way to live at their week long retreats. They empower families to be resilient towards the effects of alcoholism or addiction in the family unit coupled by how to have fun and socialise with a like-minded community."*

I'm sure you will agree that they look like they have had the best time on retreat.

They have excellent feedback from previous retreats which show everyone they have is amazing.

*"I loved my week away. I made real friends and learnt not to shout at my*

*mum. I enjoyed helping other people and seen cows and bulls. I feel so happy!"*

- Boy aged 8

*"I didn't realise nature was so nice. I learned about my feelings and expressed them through colour. I feel more confident in myself and love my family more."*

- Girl aged 12

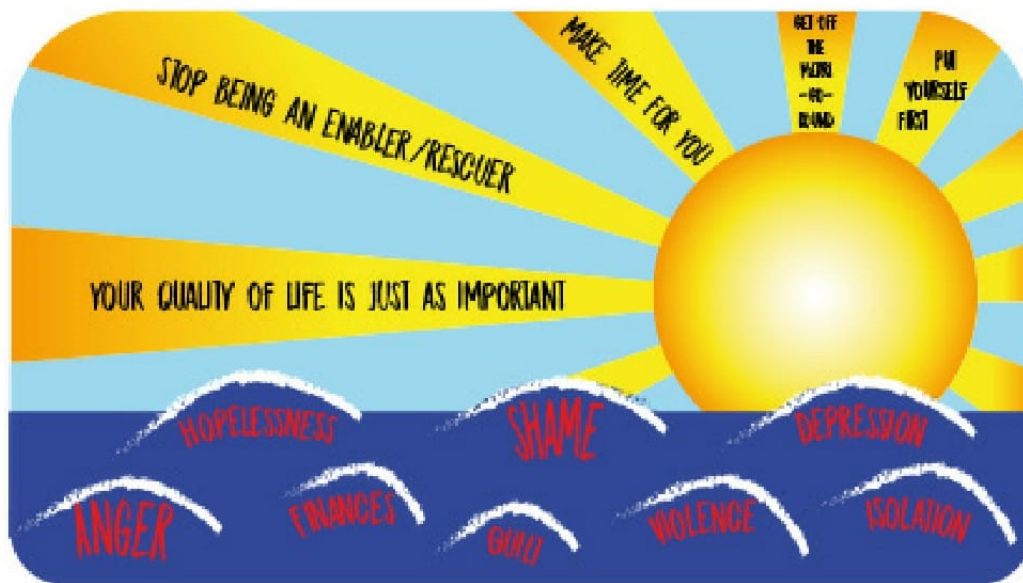
Jane highlighted, "If you or your family are at the wrath of addiction in your household and would like information on the possible move on from your situation then please don't hesitate to contact us by phone and email, or pop along to the Caf one Saturday where you will get a very warm welcome.



Jane Mobile – 07875634701, Karen Mobile – 07951031152, Email - [loveandlight.org@gmail.com](mailto:loveandlight.org@gmail.com)  
Caf – Pilgrim Community Centre, 1 Victoria Place, Airdrie ML69BY 12 noon to 4pm every Saturday

## Support Groups

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# SEA

Are you affected by

## Someone Else's Addiction?

Support group Every Wednesday  
12.00noon - 2.00pm  
YMCA, 40 Soulis Street, Kilmarnock, KA3 1AP

Kilmarnock Station - Tower Room  
Every 2<sup>nd</sup> Wednesday 7.00pm - 9.00pm

[seaofchange2016@gmail.com](mailto:seaofchange2016@gmail.com)

## All Welcome

For more information call  
**07397 688 464 or 07397 685 588**

 @SomeoneElsesAddiction





## Support Groups



**Are you or have you been affected by a loved one's drug or alcohol problems?**

**Or are you a Kinship Carer?**

**Would you like to find out what supports are available in your local community?**

**If so why not come along to our**

# **COMMUNITY EVENT**

**Monday 24<sup>th</sup> July 2017** **Lifeline**

**St Francis Centre**

**405 Cumberland Street, G5 0SE**

**11am – 2pm**

**mcass** **Carer Gormm** **Elevate** **Children 1st** **REACH** **Turning Point - Abstinence Project** **The Mangle Foundation**

Everyone is welcome! A light buffet lunch with tea and coffee will be provided.

**For more information please contact Alicia at FASS on 0141 420 2050 or [alicia@fassglasgow.org](mailto:alicia@fassglasgow.org)**

*'Funded from the Spirit of the Gorbals – A Fourteen Community. The Fund is administered by Foundation Scotland'*



Family Addiction Support Service (FASS)  
West Street Centre, 123 West Street, Glasgow, G5 8BA  
TEL: 0141 420 2050 Email: [info@fassglasgow.org](mailto:info@fassglasgow.org) Web: [www.fassglasgow.org](http://www.fassglasgow.org)  
A Registered Charity – Registered in Scotland No. SC016107

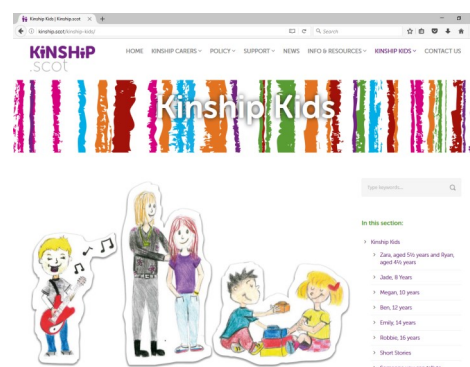
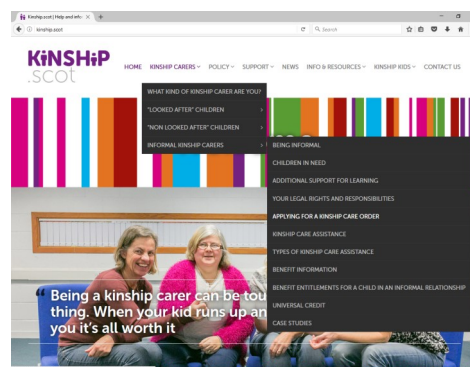
# New Resources for Kinship Carers

After publishing the third edition of the Kinship Care Guide for Scotland in February, Mentor is excited to announce a number of new resources and opportunities for kinship carers in Scotland.

In April, Mentor launched the National Kinship Care Website for Scotland. The new website – the first of its kind – contains all the key information on rights and responsibilities from the Kinship Care Guide in an easily accessible format.

In addition, there are pages listing national and local services that can support kinship care families, a directory of peer support groups across Scotland, a section for 'kinship kids', and additional information and resources. The website is updated regularly, and you can subscribe to receive updates on news and events, training opportunities, policy developments and more.

Mentor is also running Kinship Connections – a new course for kinship carers, discussing attachment, trauma and resilience. Kinship Connections is the first programme in Scotland that specifically addresses the unique challenges that are faced by kinship carers. The programme is centred on carers' relationships with their children, and helps to focus not on what has happened in the past, but how they and their child can grow together in the future.



0131 334 8512 |  
adminsotland@mentoruk.org  
@MentorScotland |  
[www.mentoruk.org.uk/scotland](http://www.mentoruk.org.uk/scotland)

## LGBT Health & Wellbeing Events

LGBT Health & Wellbeing have a lot of events taking place between now and September across Glasgow and Edinburgh. LGBT Health & Wellbeing aim to improve the health and the wellbeing of all people living in Scotland through building the strength of individuals and creating community connections.

With drop-in sessions, workshops and film nights (to name but a few) there are many events you can get yourself involved in. You can read through their packed calendar of events on their website: <http://www.lgbthealth.org.uk/whats-on/>



### Bereaved through Alcohol or Drugs (BEAD) website

[Adfam](#) and [Cruse Bereavement Care](#) recently launched a new website with information and advice for people that have been bereaved through alcohol and drugs: [www.beadproject.org.uk](http://www.beadproject.org.uk).

The new site is a source of information, support and hope for anyone whose loved one has died as a result of drug or alcohol use.

It helps people through the grieving process by examining the possible issues and emotions experienced, looking at ways to overcome them, as well as outlining where and how to access appropriate support. It also provides practical help with the next steps that have to take place as a result of a death, such as a post-mortem and toxicology.

Throughout the website, there are honest and personal accounts from people who have been bereaved and we hope reading them will help people affected in this way feel that they are not alone.

*"Losing someone is hard anytime, but losing someone to alcoholism is harder, as it has a stigma that we are not supposed to talk about."*

Furthermore, there are links to a range of useful resources and sources of further reading. The site was designed and developed in close partnership with one of our fantastic peer support volunteers who understood the needs of people accessing this service. We hope you find it helpful.

[www.beadproject.org.uk](http://www.beadproject.org.uk)

We have an invaluable bereavement service here at Scottish Families where we offer support to families that are bereaved by a drug-related death. Contact us or visit our website for more information.

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### Families Living with Addiction and Recovery Survey

Adfam, in partnership with Sheffield Hallam University and Alcohol Research UK, has launched the Families Living with Addiction and Recovery survey.

Anyone who considers themselves a family member, friend or loved one of a person who uses or is in recovery from alcohol and other drugs is encouraged to complete the survey. It takes about 30 minutes and is completely anonymous.

This is a very exciting piece of research and will be an invaluable snapshot of how families are affected by a loved one's substance use.

**Take the survey [here](#) or find on the Adfam website**



## Scottish Families Conference

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### **It's All Relative – Scottish Families Conference**

Saturday 4 November – Sunday 5 November 2017

Stirling Court Hotel

There are many individuals across Scotland who have been impacted by someone's alcohol or drug misuse. Many family members and friends often don't seek support for themselves. Services supporting alcohol and drug misuse are not always family inclusive, and the vital support that families offer and the importance of their input in recovery can be overlooked. This conference will put the experiences and views of families centre stage. This is an event for family members and professionals working with families. Everyone is welcome to attend.

Please note there are bursary places available (including overnight accommodation and travel costs) for family members who wish to attend.

Register your interest now and be kept up to date with news, updates and information on how to book your place.

Please contact [info@sfad.org.uk](mailto:info@sfad.org.uk) or call 0141 221 0544 to register your interest.



**Scottish Families**  
Affected by Alcohol & Drugs

**HELPLINE**

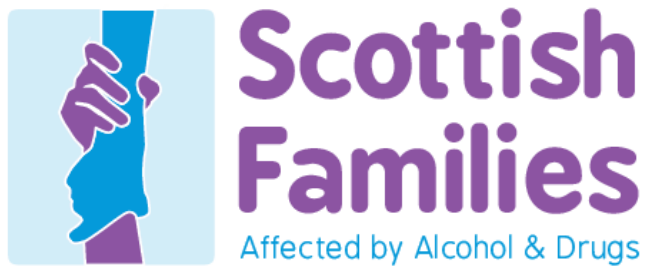
**Are you interested in home-based volunteering?**

We need your help to run our confidential helpline!  
Can you volunteer for a minimum of 3 hours per week answering calls and webchats in your own home?  
You will need a telephone line, computer, internet connection and excellent spoken and written English.

**Full training is given**

Please email for more information  
**[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**

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



@ScotFamADrugs



/ScottishFamiliesAffectedByAlcoholAndDrugs



/ScotFamADrugs

Stirling House, 226 St. Vincent Street,  
Glasgow, G2 5RQ

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

**Phone us:** 0141 221 0544

**Helpline:** 08080 10 10 11

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