

Our Impact *through* Family Voices

Impact Report 2018/19

Scottish Families Affected by Alcohol and Drugs

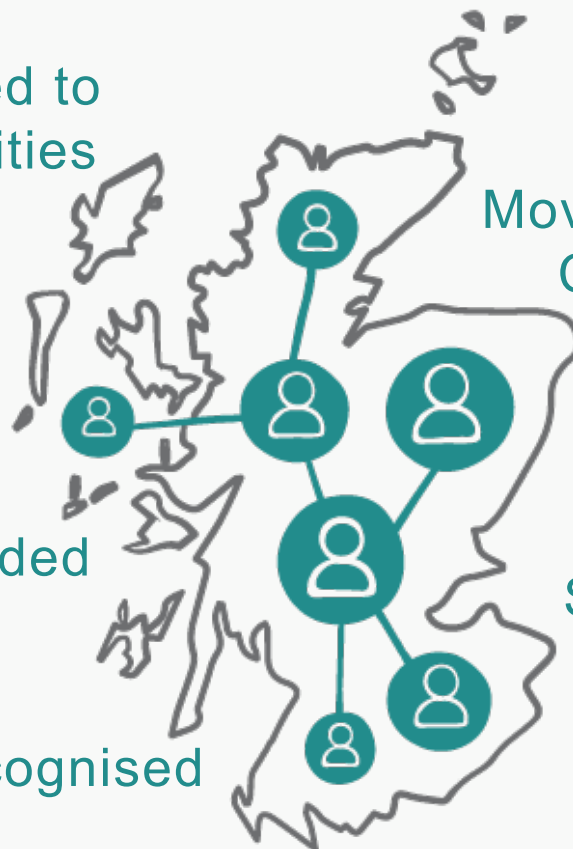
Connected to
Communities

Movement for
Change


Included

Supported

Recognised




Scottish Families Affected by Alcohol and Drugs is a national charity which supports anyone concerned about someone else's alcohol or drug use in Scotland. We give information and advice to many people and help them with confidence, communication, general wellbeing, and we link them into local support. We also help people recognise and understand the importance of looking after themselves. Through family voices, we present the impact of our work in 2018/19.



This service has been a lifeline for me through a very challenging time in my life. It has helped me to focus and make positive decisions for myself.



I've never been to an external organisation for advice and help like this before – my experience has been overwhelmingly positive



Scottish Families is an amazing organisation to volunteer for and I would recommend to anyone that they should become a volunteer if they can. The experiences you can gain are simply invaluable

In 2018/19:

951 Helpline contacts

139 Telehealth referrals

126 Bereavement referrals

105 new referrals in Forth Valley

58 new referrals in East Dunbartonshire

1,193 workforce trained

96,062 website views

402 mailing list subscribers

740 Community contacts

296 at Connecting Families events

99 Family Recovery Initiative Fund enquiries

£182,071 raised through fundraising





Highlights!



april 2018

Kiltwalk 2018



may 2018

Our 15th birthday party!



june 2018

Scottish Youth Parliament
66th sitting workshop



july 2018

Families Naloxone
training



august 2018

Glasgow Central bucket
collection



september 2018

Recovery Walk 2018



october 2018

Start of Connecting
Families events



november 2018

AGM: From Where I Stand



december 2018

Christmas coffee morning



january 2019

Joint Ministerial visit with
Corra Foundation



february 2019

CRAFT training



march 2019

Launch of young persons'
project

Supported Helpline

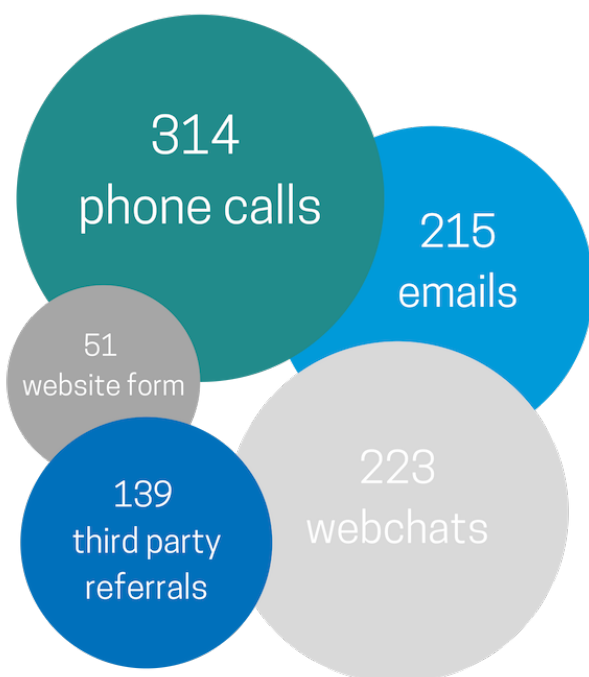
951 contacts

Up 45.5% from 2017/18

“

I contacted your helpline in October last year when I was at my wits end with worry about my daughter's heroin use and my son's Valium use. I had already lost a son to suicide who wasn't using drugs and could see my other children going the same way. From the minute I spoke to you I knew I was in the right place to get the help I needed. You gave me information on so many local places where I could go, and I had no idea they were here. Since I first spoke with you, I have spoken with you on the phone another 3 times and via your webchat (this is a great support when I'm hysterically crying and couldn't speak to anybody!) You talked me through the tough times. I regularly come back to your website and look through the self-help guides. It's so easy to navigate my way through. I now know I can pop into the local recovery events. I think the fact that I am calmer has had a positive influence on my kids and they are doing a lot better. I popped online today to have a look around as it feels like home and thought I would send you a thank you for all that you have done for me and I am sure what you do for families across Scotland. Although things are not perfect, I am happier and less anxious and that is a true blessing. Thank you. – Michelle (name change)

”



= 951

777 hours of helpline cover delivered by volunteers



“

I first started volunteering as a helpline adviser for Scottish Families in October 2018 because I was looking for extra work experience for my university studies. Before volunteering with Scottish Families, I had never worked on a helpline before. It seemed daunting at first. I was so nervous that I would say the wrong thing or not be able to fully support the person contacting the helpline but I soon realised the mere importance of my presence – the fact that I am just there to even listen to someone contacting the helpline is enough. It seems such a small duty but the difference it can make to someone else to help make them feel they are not alone is incredible. To know that I am the light at the end of someone’s dark tunnel is so rewarding and fulfilling and it makes volunteering all so worthwhile and you can do it comfortably from your own home! Scottish Families is an amazing organisation to volunteer for and I would recommend to anyone that they should become a volunteer if they can. The experiences you can gain are simply invaluable. – Ashleigh

”

Helpline contacts by area

951 =

| | |
|--------------------------------|--------------------------|
| Aberdeen City - 27 | Renfrewshire - 25 |
| Aberdeenshire - 34 | East Renfrewshire - 9 |
| Argyll & Bute - 24 | East Dunbartonshire - 36 |
| East Ayrshire - 26 | West Dunbartonshire - 10 |
| North Ayrshire - 48 | Highland - 30 |
| South Ayrshire - 19 | North Lanarkshire - 63 |
| Borders - 11 | South Lanarkshire - 57 |
| Dumfries & Galloway - 15 | Moray - 6 |
| Midlothian & East Lothian - 23 | Orkney - 2 |
| City of Edinburgh - 60 | Perth & Kinross - 33 |
| Fife - 37 | Shetland - 3 |
| Forth Valley - 95 | Western Isles - 3 |
| Glasgow City - 158 | West Lothian - 9 |
| Inverclyde - 8 | Outside Scotland - 41 |

08080 10 10 11

helpline@sfad.org.uk

webchat www.sfad.org.uk

Supported Telehealth

139 referrals

Up 45% from 2017/18

“

Not sure if you'll remember me, my name is Erica and we had sessions last summer. Last time I emailed you I had told you me and my husband Steven, who had a cocaine addiction at the time, had parted ways due to his aggression towards me. Me and Steven stayed in contact for our daughter. I stuck to the boundary settings and all the strategies you taught me as well as how to deal with his lapses. As the months passed, I could see Steven starting to become himself again and really making a go of this recovery.

Long story short, Steven has not taken drugs for 6 months, he has a full-time job and has moved back in. I know we wouldn't have been able to achieve this without your help! It was a long and hard road and I had to let him go for a while to get him back, but it was all worth it. The support you gave me was just amazing, really helped me get my head sorted and gave me the strength to keep going. Just a wonderful service, I can't thank you enough. You helped me get my husband back, my daughter gets back her daddy and Steven is able to be happy without always chasing a feeling! I really can't thank you enough, I just really wanted you to know how important your help was to my family's recovery.

Steven would like me to also pass on his gratitude, he feels the same and knows we wouldn't be where we are today without your help! We would both highly recommend Scottish Families and CRAFT to anyone unfortunate enough to need the service.

I think if I met you in person, I would have to give you a massive hug. So, sending a viral one, you really did change all our lives for the better! - Erica (name change)

”

733 telehealth sessions delivered

Telehealth referrals by area

139 =

| | | |
|-------------------------|-------------------------------|-------------------------|
| Aberdeen City - 3 | East Dunbartonshire - 3 | North Ayrshire - 9 |
| Aberdeenshire - 9 | East Renfrewshire - 1 | North Lanarkshire - 6 |
| Angus - 1 | Fife - 9 | Orkney - 2 |
| Argyll & Bute - 7 | Forth Valley - 1 | Perth & Kinross - 5 |
| Borders - 1 | Glasgow City - 24 | Renfrewshire - 5 |
| City of Edinburgh - 8 | Highland - 4 | Shetland - 1 |
| Dumfries & Galloway - 2 | Inverclyde - 2 | South Lanarkshire - 14 |
| Dundee City - 3 | Midlothian & East Lothian - 4 | West Dunbartonshire - 3 |
| East Ayrshire - 7 | Moray - 2 | West Lothian - 2 |
| | | Western Isles - 1 |

Supported Bereavement

126 referrals

Up 157% from 2017/18

“

I called the helpline looking for support for my dad who had a lapse and I didn't know where to turn. My mum had just passed away because of alcohol use so I didn't want my dad to go the same way. He was alcohol free for some time but before Christmas he had another lapse. I was sure he was going to return to being alcohol dependent and not being able to go to work but to my surprise he was still going about his normal routine and despite knowing that he had used alcohol for a few days in a row, it turned out that he had been able to stop this use and return to being alcohol free.

Through my telehealth sessions with Scottish Families, we came to the same conclusion that a lot of my feelings towards my dad's behaviour were a result of my mum's death. I thought I had dealt with this bereavement but Scottish Families said it would be good to have bereavement counselling because I was displacing feelings of fear around my dad lapsing. I had two counselling sessions where my 'core 10 score' reduced from 10 to 5 and after that I ended the sessions because I felt things had really improved. – Ainsley (named changed)

”

Bereavement referrals by area

126 =

| | | |
|-------------------------|-------------------------------|-------------------------|
| Aberdeen City - 4 | East Lothian - 1 | North Ayrshire - 13 |
| Aberdeenshire - 2 | East Renfrewshire - 1 | North Lanarkshire - 10 |
| Argyll & Bute - 2 | Fife - 3 | Perth & Kinross - 1 |
| Borders - 3 | Forth Valley - 19 | Renfrewshire - 1 |
| City of Edinburgh - 4 | Glasgow City - 20 | South Ayrshire - 8 |
| Dundee City - 6 | Highland - 6 | South Lanarkshire - 5 |
| East Ayrshire - 5 | Inverclyde - 1 | West Dunbartonshire - 1 |
| East Dunbartonshire - 6 | Midlothian & East Lothian - 2 | Western Isles - 1 |

In 2018 we expanded our bereavement support service to include alcohol-related deaths and had 27 alcohol specific referrals (21% of 126) in 2018/19.



Alongside family members, we co-wrote and designed 'Sudden & Unexplained Deaths' - an information booklet written by families for families who have lost someone to a drug or alcohol-related death. In 2018/19, 6,049 of these books were distributed across Scotland.

Supported Forth Valley

105 new referrals

Average caseload of 70 per month

“ Thank you for your text. My son is doing brilliant and has not had a drink in months. Things are really good for us as a family. I can only thank you from the bottom of my heart for being there with me. I don't think I would have had the strength to carry on if I didn't know you were only a phone call away. I've got my kind loving son back and I hope it stays that way. I am really proud of him. Thank you so much for being there for me. – Linda (name change) ”

Supported East Dun

58 new referrals

Average caseload of 110 per month

“ A few months back, myself and 10 others from the East Dunbartonshire Family Support Group spent two nights away from our families. We went to a beautiful and luxurious big house set in lovely grounds. It was a chance for us all to get away to spend time together relaxing and doing things we would not have had the time or opportunity to do at home.

We did yoga, relaxation, crafts, and a local beautician even came to the house one afternoon to pamper us. Even the Scottish weather didn't stop us making the most of the beautiful countryside as we walked the gorgeous loch side path to a local restaurant for lunch (although by the time we arrived we looked like we'd swam there!) One of the biggest treats was having Claire [was Scottish Families East Dun Family Support Officer] as our private chef. We must have all put on a stone in weight!

Most of all, it was a rare chance for us to have a precious break from the stresses and pressures of living with someone with addiction problems. This trip not only benefited us, but also our families as we returned with our batteries charged and more able to face whatever life throws at us. It was a time of much needed relaxation, fun and learning. All in all fabulous! - Maggie ”

 Trips supported by the FRIF Fund!

New staff member Colin McIntosh

 Relaxtion days and guest speakers



Included Training

1,193 trained

“

I will think more about the family as a whole, rather than just the individual.

I will put into practice what I have learned during this within my placement and use knowledge to further my career prospects in this field. A lot of relevant knowledge given in an understandable way.

Sometimes courses like this just remind you why you are doing what you are doing and motivates you to keep going and try better.

”



Justina speaking at the 8th European Alcohol Policy Conference



= 1,193

Highlights

We delivered many training courses in South Ayrshire such as Family Inclusive Practice, Bereavement Training, Group Facilitation Skills and Whole Family Approaches.

We also delivered Family Inclusive Practice in Dumfries and Galloway and at the University of the West of Scotland MSc Contemporary Drug & Alcohol Studies course.

Highlights

We presented Bereavement Training at Child Bereavement UK's National Education Conference.

We delivered 29 organisational awareness briefings to Police Scotland Officers in Ayrshire, Inverclyde, Renfrewshire, West Dunbartonshire and East Dunbartonshire.

We also had a panel discussion at the *Women, Men and Alcohol - Exploding the Myths* event at Glasgow Calendonian University and we hosted an 'Involving Families' workshop at the *Working Together to Prevent Drug-Related Deaths* event with the Scottish Drugs Forum.



CRAFT Training



CRAFT Training

We co-hosted another round of Community Reinforcement and Family Training (CRAFT) with George Charlton. Lots of happy new credited CRAFT practitioners (above) in Scotland!

Included What we raised

£182,071 raised

“

My dad passed away on 23rd September 2016 due to complications caused by the effects of alcohol. I decided I wanted to do something to raise awareness of the dangers of alcohol and the impact it has on families. As far back as I can remember my dad was a 'drinker'. I was always worried when I couldn't get a hold of him or if he wasn't answering his phone. I always feared the worst.

Along with raising awareness I thought it would be great if I could get fit at the same time! I decided to enter the Glasgow Half Marathon which would take place on the 30th September 2018 and raise money for Scottish Families. I did a lot of research before choosing a charity, but I really like the fact that Scottish Families focuses on helping families. ”

I entered about 9 months before the half marathon and although I could run (jog) 5k I definitely would not describe myself as a natural runner. I had to train very hard and it took a lot of commitment. There were times I really felt like giving up, but I would think of my dad and how proud he would be of me and it kept me going.

Throughout my training I received lovely emails of support from the team at Scottish Families. This made me feel like I was doing something really worthwhile and it was lovely that people I didn't even know were thinking of me and spurring me on.

The 30th September came around very quickly and on the day I had my family there to support me. The atmosphere was fabulous and the support all the way round the course was amazing. I really struggled from mile 9 miles onwards but the support from the crowd and the thought of all the people who would benefit from the money I'd raised kept me going.

When the end was in sight, I've never felt so glad! I couldn't believe I had actually completed a half marathon and I wore my medal and t- shirt for the rest of the day with pride! In the end I raised £545 all for a worthy cause.

- Claire



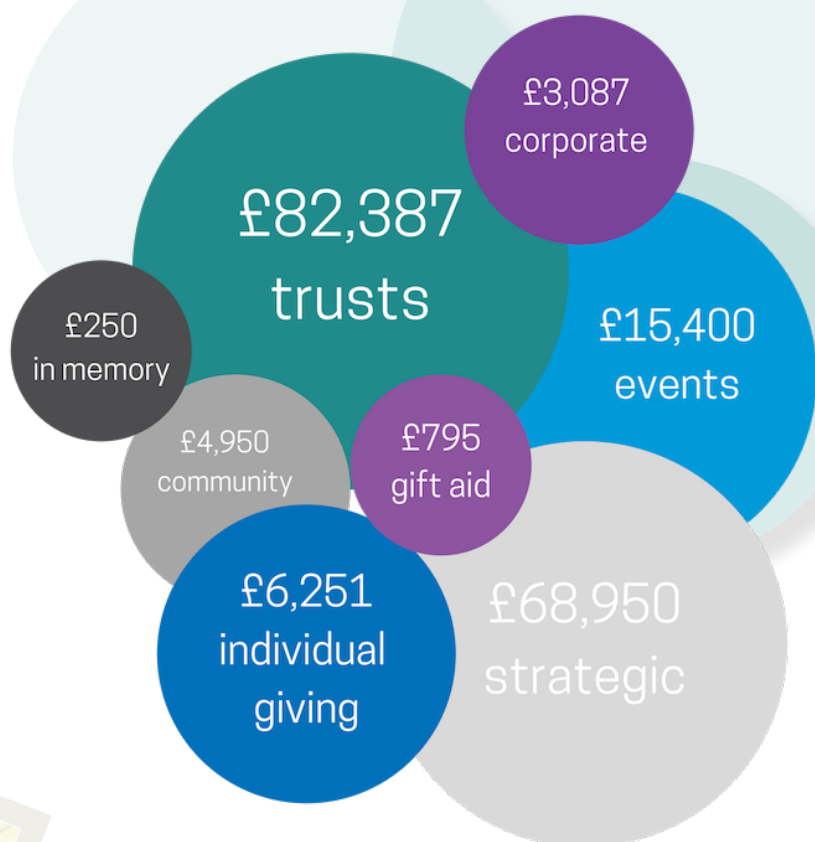


Kiltwalk 2018



Christmas coffee morning

£182,071 =



Highlights

43 Kiltwalkers in 2018 raised **£15,323**
 Facebook fundraisers raised **£6,038**
 Our Christmas Coffee Morning raised **£480**
 Glasgow Central bucket collection raised **£857**
 Tesco Milngavie bucket collection raised **£350**
 Silverburn bucket collection raised **£150**
 Asda Falkirk bag-back & collection raised **£355**
 Asda Falkirk Green Token Scheme raised **£200**

With thanks to the Trusts who funded our work:

Bank of Scotland Mental Health Fund
 ALLIANCE funding
 Barcapel Fund
 Big Lottery Awards for All
 Thistledown Trust
 The Maple Trust
 Murdoch Forrest Charitable Trust
 DWF Foundation
 Christina Mary Hendrie Trust
 The Mary Andrew Charitable Trust
 The Souter Charitable Trust
 Stafford Trust

The Ward Family Charitable Trust
 Crerar Trust
 East Dunbartonshire
 Women's Fund for Scotland
 Alcohol Research UK
 Santander
 Commonweal Fund
 Misses Barrie Charitable Trust
 Hugh Stenhouse Foundation
 Hugh Fraser Foundation
 Sky Jacqui Trust
 Kilpatrick Fraser Charitable Trust

Recognised Communications

4,423 followers

“

I heard on the radio recently that 80% of people calling a UK hotline for children with parents using alcohol were actually over the age of 18. I wasn't surprised by this as I knew that I didn't feel comfortable talking about my own dad's drinking until I was in my 30s. Until then I kept it a closely guarded secret, a source of shame and guilt. No-one had to tell me not to talk about it, I just knew. Who would I have talked to anyway? In those days there was no internet and no hotline to call. It would never have occurred to me to speak to a doctor or teacher. I just accepted this was the way our family was.

Even after I left the small town I grew up in, I didn't talk about my dad's drinking. When I made new friends who I knew would never meet my dad, I didn't talk about his alcohol use. The sense of shame and worry that somehow you'll be judged for someone else's behaviour is hard to shake. I remember clearly the moment I realised it might be possible to open up and share the secret of dad's drinking. A friend at work was unexpectedly absent and a colleague casually mentioned that he had to go home to care for his mum who had mental health issues. I was stunned that my friend had shared this "secret" information about his mum with people at work. I couldn't believe my colleagues simply accepted this part of my friend's life without judging him. It sounds like a cliché, but I really did feel like a weight had been lifted. I didn't immediately rush out and share my story with everyone I met, but over the years it became easier to open up about dad's drinking.

Now that the internet allows people to share their stories more easily and connect with others who have had similar experiences, it might reduce the stigma. MSP Monica Lennon and MP Liam Byrne have both recently shared their memories of growing up with a parent who has a drinking problem. Hearing these stories may encourage others to ask for help when they recognise a problem in their own families. It has certainly encouraged me to be more open about my story in the hope that it helps others. – Beverly

”

Rights, Respect and Recovery

We submitted evidence to the Scottish Government's consultation on the new national alcohol and drug strategy and much to our delight, they significantly changed the final version to include almost everything we had been asking for, but they also adopted our suggested name for the strategy – Rights, Respect and Recovery - and our suggested vision that 'individuals, families and communities should have the right to health and a life free from the harms of drugs and alcohol' are treated with respect by all services; and are fully supported to find their own recovery.



Highlights



Digital Families

We created Digital Families in August 2018 with the aim of finding the answer to 'how do we support families better online?' We researched online services from other charities and collected data through a range of activities from our key audiences including an online digital survey and website user tests. Digital Families was very successful in highlighting the major benefits of an online support service. Most of the respondents in our activities spoke highly of online support. All of the feedback and recommendations collected from the Digital Families activities will result in changes to our website in 2019/20.

From Where I Stand - Our AGM of 2018

'Please can you send on our very grateful thanks to yourself and all at Scottish Families for a wonderful day and for making us feel so welcome. Fantastic workshops and the chance to meet so many wonderful people. Thanks for giving up your time to help all of us affected by addiction.' – Stephanie (name change)

Families Naloxone Training

In partnership with the Scottish Drugs Forum, we marked the 2017 drug-related death statistics publication with naloxone training on the 3rd July 2018. 39 people attended and 28 of those were family members who left with a naloxone kit.

Connected to communities Working Together

740 contacts

“Someone Else’s Addiction (SEA) is a grassroots project who provide much needed help and advice to many families impacted by someone else’s alcohol or drug use. Their work is a blueprint for what is possible when families are able to come together with the right support in an asset-based community development approach to lead locally and improve their own lives and the lives of their loved ones who may still be using alcohol and/or drugs.

Starting in August 2017, SEA has had a steady rise in the number of people they support, going from 62 people attending their groups in year 1 to over 200 attending in 2018, and up to 478 to date (April 2019). In this time Scottish Families has worked alongside SEA to find ways to increase their ability to deliver for families in East Ayrshire, taking a whole-community approach with them being well placed to meet many families in communities that services are unable to get to. At their launch event they enjoyed the company of many families, services and local elected representatives in East Ayrshire and other parts of Ayrshire. Scottish Families have secured the backing of East Ayrshire Alcohol and Drug Partnership (ADP) to collaborate more closely to help strengthen work with SEA at the heart of this response. SEA recently secured their own charitable status that will allow them to grow and access additional funding in their own right to reach more families.

The groups set up by SEA are run by/are for families and are delivered by volunteers who have accreditation in the most appropriate evidence-based interventions for families living with addiction including CRAFT, COSCA counselling skills and Motivational Interviewing. The group has secured a base from their fundraising efforts, and through the support of local residents and businesses are able to reach the people who don’t normally engage with services. They also receive ongoing support from local students and practitioners for holistic therapies and now offer a drop-in service 3 days a week. Scottish Families and SEA have recently launched Scotland’s first male-only family support group in a collaboration that understands the importance of having a gendered approach to the offer of support and the different needs that need to be met for a variety of family members. Again, this came from listening to those who engage with SEA and Scottish Families across Ayrshire.

We are extremely proud of what SEA have achieved in such a short space of time and with a little bit of input and support from Scottish Families. We congratulate everyone involved for their hard work, dedication and perseverance when times were particularly challenging. Despite some bumps in the road in getting people to value what they offer SEA have grown from strength to strength and challenged many of the unhelpful attitudes that could have seen many others give up on making this vital project a success a long time ago.

”

Highlights

South Ayrshire ADP youth consultation

Over 250 people took part in the project where we co-facilitated a range of workshops, focus groups and interviews with young people (aged 8-25 years) across South Ayrshire.

PADS: Flourishing Communities

As part of the planning and delivery for the event PADS (Partnership for Action and Drugs in Scotland): Flourishing Communities, the partnership brought over 250 people from all over Scotland together to explore the power of community and asset-based community development.

Someone Else's Addiction (SEA)

We assisted the family support group Someone Else's Addiction (SEA) in Kilmarnock throughout the year and are co-facilitating the first ever men-only family support group in 2019.

Stigma to Respect

The Stigma to Respect Exhibition launch event was hosted in our offices with over 50 people attending the initial launch and 88 attending the exhibition over 3 days. We also co-produced and developed the Stigma2respect '*recovery is everyone's business*' film in partnership with the Scottish Recovery Consortium.

Scottish Youth Parliament

We co-designed and facilitated the workshop '*what's the real cost of alcohol in Scotland?*' at the 66th sitting of the Scottish Youth Parliament in Stranraer in June 2018 with 25 elected MSYPs from across Scotland. We have used the feedback to inform our national young person's demonstration project and other work aimed at young people in Scotland.



SYP 66th sitting
workshop



Let Us Not Forget Event

Connected to communities

Connecting Families

296 connected

“

As a result of the families and groups we have engaged with through the Family Recovery Initiative Fund (FRIF) and through our wider work at Scottish Families, we invited groups, individuals and organisations to co-design and co-host regional events across Scotland.

We asked families what matters to them and what we could do together about it.

‘[We need] more community spirit being created and more connections between people.’

‘Many people are just completely disconnected.’

‘We shouldn’t be hidden, we should be visual and vocal.’

Families talked to us about the positive impact of social contact and connections with others.

The ‘Connecting Families – Let’s Get Started’ launch events were funded by Awards For All and build upon the work of the FRIF in further establishing the links between groups in different areas in Scotland. In 2018/19, Connecting Families Events took place in 5 different locations engaging approximately 300 people: Bathgate, Clydebank, Larkfield, Dunoon and Alloa. Each event was about fun, friendship, and connecting to community.

On a sunny Saturday in October 2018, families across the Lothians came together with Scottish Families to host a fun and relaxed family event in Bathgate. We absolutely couldn’t have achieved this event without everyone’s contribution, both in planning, booking halls and engaging amazing local caterers, inviting therapists or providing activities, providing background music and attending on the day taking on the roles of hosting, setting up and cleaning up. We offered all of this free of charge, including massage, yoga, meditation, bach therapies and storytelling, crafts and games for young people. The event was a very positive one and a great celebration of families and friendship. Hosting this event brought whole family recovery into plain view.

”



Movement for change

Family Recovery Initiative Fund

99 enquiries

“

We received £1500 funding from the Family Recovery Initiative Fund (FRIF) in September 2018 to develop a community wellbeing café in Forfar following the success of the Well Bean Café that had been established in Montrose in 2015. We had a very successful launch on 23rd October where around 80 community members, people with lived experience and professionals came together for lunch and music provided by a local recovery group, RecoveryTay. Following this, the café has operated every Tuesday lunchtime with growing numbers every week. The most recent count says 26 community members and 10 staff and volunteers visiting the café.

The café provides a safe and welcoming family-friendly space for anyone in the community and promotes health and wellbeing. There are several services that support the café and provide workers to attend to support anyone that requires it. These include drug and alcohol treatment and recovery services, carers, housing and mental health services. People in recovery can volunteer within the café and we have many volunteers already filling the various roles available.

Feedback from those attending has indicated that they like the relaxed atmosphere, support staff on hand to help when they need it, socialising with others, and finding out about agencies through the resource library. They reported that it has helped them with their mental health, to meet new people, and it gets them out of the house.

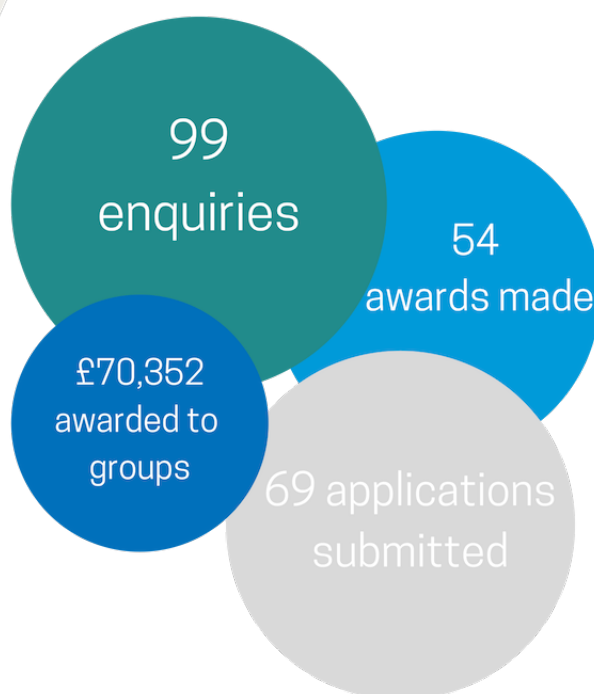
– Laura

”



Highlight

We facilitated a joint ministerial event with CORRA foundation Partnership Drugs Initiative (PDI) and partners which was attended by Maree Todd, Minister for Children and Young People and Joe Fitzpatrick, Minister for Public Health, Sport and Wellbeing. 10 of our FRIF recipients attended the event. It was an opportunity to celebrate the success of the fund and promote further connecting and learning.



Movement for change Event highlights

Kiltwalk 2018 Recovery Walk 2018 Let Us Not Forget

We do love a good event to go along to. In 2018 the three biggest events we attended were the Kiltwalk, Recovery Walk and the 'Let Us Not Forget' demonstration in Glasgow.



2019/20

The future

Never ones to stand still, we have lots of plans and ideas for new work in 2019-20 and beyond.

As well as hosting further CRAFT (Community Reinforcement and Family Training) courses, we will be setting up a Scottish CRAFT Community of Practice in partnership with our great friend and trainer, George Charlton. This will be open to anyone in Scotland who has completed the CRAFT training, and will offer peer support and connections, refresher tips and tools, and an opportunity to reflect on real experiences of using CRAFT in practice.

We are launching our new three-year Young Persons' National Demonstration Project in East and West Dunbartonshire. This will bring together young people aged 12-26 years to design, develop and test out a new programme of support for young people impacted by someone else's alcohol or drug use. One of their first jobs will be to come up with a better name for this Project whose working title is a bit dull!

We have secured funding through the national Scottish Government/ Corra Foundation Challenge Fund for a new two year family support project in Aberdeenshire. This will involve development support for the existing peer-led family support groups in the Shire, as well as offering one to one support to family members, and seeking opportunities for new family support groups to emerge. Carly Patterson will be joining our team in July 2019 to lead this work.

We have been awarded funding from the People's Postcode Trust to carry out a 'Rights, Respect, Recovery' programme of work to support the new national alcohol and drugs strategy. This will run from Autumn 2019 and will include a communications and awareness-raising programme; new learning and development courses for families and practitioners; participation in accredited advocacy training with Reach Advocacy; and testing out a direct advocacy service for family members. We will also be hosting three national Rights, Respect and Recovery events for families and services thanks to additional funding from the Scottish Government. Watch this space for more on this!

We continue to seek funding for a Volunteering and Befriending programme, to significantly grow and develop our volunteer base across the organisation, and to establish a new family befriending programme supported by family volunteers.

And finally, Scotland's first Family Recovery College will be recruiting its first students this year. Designed and developed by family course advisers, the Recovery College is a free informal short course for family members, offering an opportunity to build knowledge, skills, and confidence to support yourself and your loved one. Students on the course will increase their positive connection with others; improve their self-care and emotional wellbeing; improve confidence through knowledge and skills; and feel empowered to influence change in their lives and the lives of their loved one.

Call to action

How you can support us

Family members try and do all they can to support someone with an alcohol or drug problem. There are many people in Scotland who are doing this on their own and in silence.

We give information and advice to many people and help them with confidence, communication, general wellbeing, and link them into local support. We also help people recognise and understand the importance of looking after themselves.

Your donations will help us to continue supporting families across Scotland – thank you.

You can donate to us:

Online

JustGiving www.justgiving.com/sfad

In 2018 we raised £6,038 through Facebook birthday fundraisers. If you have a Facebook account you can set up a fundraiser on your birthday and choose us as your charity! www.facebook.com

By cheque/post

You can send a cheque directly to us made payable to Scottish Families Affected by Alcohol and Drugs and to the address:

Scottish Families
Edward House
199 Sauchiehall Street
Glasgow
G2 3EX



The team

Scottish Families Affected by Alcohol and Drugs is a national charity which supports anyone concerned about someone else's alcohol or drug use in Scotland.

We give information and advice to many people and help them with confidence, communication, general wellbeing, and we link them into local support. We also help people recognise and understand the importance of looking after themselves.



Justina Murray
CEO



John Holleran
Families & Communities
Manager



Rebecca Bradley
Communications Officer



Sarah Campbell
Fundraising Manager



Ash Husband
Connecting Families Officer



Claire Wadsworth
Senior YP Officer



Gill Harmon
Virtual Support Practitioner



Colin McIntosh
East Dun FSDO



Martha Rae
Senior Family Support
Practitioner



Lynne Wandrum
Forth Valley FSDO



Pam Burns
YP Development Officer



Maureen Mckenzie
Virtual Support Practitioner



Suzie Gallagher
Helpline Development Officer



Scott Clements
Head of Programmes



Susie McClue
Senior Connecting Families
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Katie Quinn
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Scottish Families Affected by Alcohol and Drugs

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**Scottish
Families**

Affected by Alcohol & Drugs

Registered Scottish charity: SC034737