

# Scottish Families

The latest news and updates from the team

## SUMMER

August 2021  
info@sfad.org.uk  
www.sfad.org.uk

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



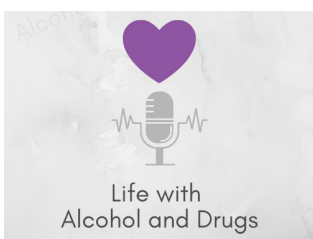
### Ask The Family! Report

In June 2021, we launched our national report 'Ask The Family!' that focuses on the experiences of families affected by alcohol and drugs. **Page 10**



### Fundraising This Autumn

Things are looking brighter and more events are being scheduled in the latter of the year and you can all get involved! **Pages 4 - 5**



### Life with Alcohol and Drugs

Our new podcast 'Life with Alcohol and Drugs' was launched in May 2021 and we're blown away by the responses so far! **Page 11**

### Family Recovery College 2021 Course

The Family Recovery College offers a free informal 12-week online course, 'Understanding Substance Use and Holding Onto Hope', for anyone living in Scotland concerned about someone else's alcohol or drug use.

We will support you to build knowledge, skills, and confidence to support you and your loved one.

**The 2021 Family Recovery College starts Tuesday 14th September 2021.**

Find out more information and how to get involved inside!

**Pages 12 - 13**

# Summer

## Contents

- 3** - Word from the CEO
- 4 - 5** - Fundraising Challenges for Autumn/Winter 2021!
- 6** - All In The Family - One Year On
- 7 - 8** - There's a lot happening in Connecting Families!
- 9** - New National Bereavement Group
- 10** - Families harmed by alcohol and drugs waiting 8 years for support
- 11** - Our New Podcast 'Life with Alcohol and Drugs'
- 12 - 13** - The Family Recovery College 2021
- 14 - 15** - Hello to new Scottish Families team members
- 16** - Family Support Is For Men Too Support Group
- 17 - 18** - Our Impact Report 2020/21

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

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

# Word from the CEO

As I write this introduction to our Summer newsletter, the latest drug death statistics have just been published by the National Records of Scotland. The unrelenting increase continues, with a devastating loss of a further 1,339 people in 2020.



The same day the statistics were released, I met with a group of family members who are working with us to influence policy and practice around drugs. They described this further increase in deaths as “casting a shadow” over our discussions that day. Most knew people who were represented in the statistics, including the best friend of one of their children. For those who had lost loved ones many years before, the latest figures confirmed “years of failure”.

But as the meeting progressed, there was no doubting the ongoing commitment and tenacity of this group of family members. As ever, they threw all their experience, energy and ideas at the issues to be discussed. It was clear that the day’s news was a motivator to redouble our collective efforts and “keep the pressure on”. They made clear that they still believed that change would come, as “hope is all we’ve got”.

In our own media release marking the publication of the statistics, we stated that we would only see a change in the drug death figures when families tell us things have changed for the better – for them and for their loved ones. Of course, we welcome news of additional investment and the raft of improvement initiatives, but we know we need to keep talking with families to check if they are seeing and feeling the benefit of this on the ground. Just now it feels like we are a long way off from this, but alongside families we are still holding on to hope and holding on for change.

Hopefully the contents of our Summer Newsletter will lift the spirits and highlight some of the positive work underway to support families across Scotland.

Scottish Families’ team has doubled in size over the past year as we have strengthened some of our existing capacity, and introduced some new developments (e.g. hello Fife Family Support Service!). Given the ongoing ‘work from home’ requirements for most of the team, many of our new starts are yet to meet the whole team face to face. This has led to some very fun games at our virtual team check-ins, such as guessing who is ‘Taller or Shorter’ when all you have ever seen are someone’s head and shoulders on Zoom. I am a very average five foot five, but interestingly I was assumed to be taller (based on being noisy and bossy I think!). I am counting down the days to bringing our brilliant team back together face-to-face.

As we anticipate the lifting of all COVID restrictions in the coming weeks (including a gradual return to the office at last), we know that for so many families these past months of COVID lockdown and restrictions have continued to be unbearable and distressing. Just as we have had waves of COVID infections, we have seen waves of family members (and individuals concerned about their own substance use) coming forward for support. We know there will be further waves of contact as everything continues to open up and family members get the headspace, privacy and freedom to get in touch with us. We are here for you!

# Fundraising Challenges for Autumn/Winter 2021!



The majority of fundraising events were cancelled last year because of the pandemic, and the more we go into 2021 the more it seems that restrictions are still in place. But thankfully there seems to be a brighter time coming as more events are being scheduled in the latter of the year and you can all get involved!

It's been a difficult time for us all. Because of the ongoing uncertainty around events, we are going to cover the registration fees for events until the end of 2021. We will not ask any participants to pay a deposit towards places. Instead, all event participants will be asked to aim for a minimum sponsorship.

**We also want to point out that all events are subject to change. A decision to postpone or cancel an event can be made at very short notice by event organisers, event insurers, the local authorities or the Scottish Government. If we sadly are not allowed to do these events this year, we have a policy in place to make sure alternative options are available (such as a virtual event or a later date) and your sponsorship will be rolled to a new event.**

Alcohol and drug use affects families from every community in Scotland, but much of this harm remains hidden from view. Families feel isolated, ashamed, stigmatised and often don't know where to turn.

Scottish Families is there when they need us. All money raised from taking part in a fundraising event helps us carry out our work and reach more families.

Below are some of the events happening this year that you can get involved in to raise money for Scottish Families. If you'd like to take part in one, please get in touch with our Community Fundraiser Clare Morrison [clarem@sfad.org.uk](mailto:clarem@sfad.org.uk).

## Scottish Half Marathon – September 19th, 2021

The Scottish Half Marathon gives runners the opportunity to experience the unforgettable East Lothian scenic countryside and famous Golf Coast before finishing in front of the grandstand at Musselburgh Racecourse – Scotland's oldest racecourse! Could you take on the flat, fast, and iconic route to raise vital funds for Scottish Families?



All runners will get a Scottish Families runner vest or top, plus a running pack full of tips on how to prepare for the big day. Our Community Fundraiser Clare will be on-hand to encourage you, answer any questions and give you ideas on how to maximise your fundraising.

**Sign-Up - <https://www.scottishhalfmarathon.com/event-details/>**



## Scotland's Kiltwalk – Save the Date!

The Kiltwalk has announced plans for an in-person event on Sunday 26th September 2021. Places will officially go on sale shortly (in line with government guidance), but you can save your slot on the Scottish Families team today! Fill in our online form and we'll be in touch to let you know as soon as places go live.



All Scottish Families walkers get a FREE place, a t-shirt and a medal when they cross the finish line.

**Sign-Up - <https://www.sfad.org.uk/get-involved/kiltwalk-application>**

## Loch Ness Marathon – October 3rd, 2021

Secure your spot in one of the most stunning marathons in the world! Once ranked in the top 10 by Runner's World readers, the Loch Ness Marathon is a picturesque route with natural beauty and a fantastic atmosphere. Not forgetting the opportunity to spot Nessie in the water! Why not set yourself a challenge and support Scottish Families?



This marathon is a slightly more challenging course, but you reap the benefits from the breath-taking views alone. Bagpipes will play as you go over the start line, before heading down through beautiful countryside. It's described to be like running the humps of the Loch Ness Monster! When you get to the banks of Loch Ness, the route is flat and continues along for several miles before a slight climb at mile 19, and then onto the home stretch where big crowds cheer you to that finish line.

**Sign-Up - <https://www.lochnessmarathon.com>**

## Firewalk – 9th October, 2021

Are you brave enough to join us for Scottish Families first ever Firewalk? We are delighted to be working with our friends at Carers Link East Dunbartonshire to bring you this special event!

Take on a life-changing challenge and raise money for families affected by a loved one's drug or alcohol use across Scotland by braving the coals and walking across fire.



Full training will be given to all participants before taking part, all you need to bring is your courage! We only have limited spaces for this very special event so please register for your place as soon as possible if you would like to take part.

**Sign-Up - <https://www.eventbrite.co.uk/e/scottish-families-firewalk-2021-tickets-162655544111>**

# All In The Family – One Year On



All In The Family has supported over 70 family members in South Lanarkshire since its launch in later 2020! (All In The Family is a partnership between Scottish Families and [My Support Day](#)).

**'I can't even put into words how invaluable and supportive this service has been for me. It has helped me cope and basically survive at a time I thought I'd lost everything.'** – Family Member

**'I am now much more able and equipped to deal with the challenges at home.'**  
– Family Member

**'I think you are an amazing support and all do an outstanding job. This service helped me so much as I hadn't been able to talk about our family situation to many people.'** – Family Member

Over the last twelve months, we have delivered a wide variety of learning and development sessions along with many events. To name a few, we welcomed staff from [Landed Peer Education](#) in delivering several alcohol and drug information sessions, as well as [SAMH Let's Talk](#) project who delivered mental health and wellbeing information sessions.

In March 2021, we were lucky enough to have [Christine McGrory](#) (The Key, TEDx, Global Inspiration Award Winner and published author of 'Grace') come along to discuss her life philosophy with our family members for International Women's Day.

In April, we celebrated Easter with an arts and crafts session for the whole family, as well as inviting along '[JoyWorks!](#)' to deliver a Laughter

Therapy session. In July, My Support Day organised a whole family event for family members and their children in Hamilton Academical, where there were plenty of fun activities for families to take part in.

We were successful in a bid for further funding from the [CORRA Foundation](#) to train 12 Family First Responders. These family members will be trained in areas such as [CRAFT \(Community Reinforcement and Family Training\)](#), [Naloxone](#), and Mental Health First Aid. They will be based in [The Beacons](#) in South Lanarkshire to make sure families first approaching the service are met with a peer who understands their experience and who has knowledge of the support we can provide.

My Support Day has recently become naloxone distributors from the South Lanarkshire Beacons, and All In The Family staff are now trained to train people in naloxone administration. We can continue to supply naloxone to families whose loved ones are at risk of an opioid overdose.

All In The Family are hosting an International Overdose Awareness event on September 3rd 2021 in Blantyre Beacon. We will raise awareness of naloxone, train family members and those in the community in how to use naloxone, and welcome staff from the Harm Reduction Team and Overdose Response Team who will be there to answer questions our families may have.

We look forward to continuing this crucial service in South Lanarkshire and reaching more families affected by alcohol and drugs to get them involved in the South Lanarkshire Recovery Community!

# There's a lot happening in Connecting Families!

## New Funding

Are you a smaller organisation or group in receipt of less than £50k per annum? Two funds are currently open that may be of interest! Would you like support to think about and apply to these funds? Contact our Connecting Families team at [communities@sfad.org.uk](mailto:communities@sfad.org.uk).

- **The Local Support Fund – Micro Grants** is focused on small community-based groups that deliver frontline services to support people who use or used drugs, people in recovery, and families affected by someone else's drug use. Applicants can apply for £1,000 to £10,000 per year, up to 5 years.
- **The Enabling Neighbourhoods and Communities Fund** is open to groups with strong local relationships with the community and who are already supporting people to reconnect and improve wellbeing. Groups can apply for up to £3,000.

If you are an un-constituted group, our Family Recovery Initiative Fund is still open so please contact Richard or Debra to discuss –  
[richard@sfad.org.uk](mailto:richard@sfad.org.uk) /  
[debra@sfad.org.uk](mailto:debra@sfad.org.uk)

Background to the Local Support Fund:

The First Minister announced a new national mission to reduce drug related deaths and harms in January 2021 announcing an investment of £250 million that will see £50 million invested this year, and the next four years.

£5 million has been allocated to the Local Support Fund, launched earlier this year. It provides access to funding for a wide range of communities and grassroots organisations which support the aims of the national mission. Multi-year funding is available, and applications will be accepted, and grants awarded on a rolling basis. CORRA Foundation are administering this fund. The funding can support day to day running costs, project costs, training, new or existing

activities, small pieces of equipment or expansion costs.

Who can apply:

Micro grants are for organisations with an annual income of up to £50,000.

Applicants can be charities, social enterprises or constituted community/voluntary groups that operate on a not-for-profit basis.

There must be at least three people on your management committee/board.

You must have a bank account in the name of the organisation.

Applicants should help deliver or support the Scottish Government's alcohol and drug treatment strategy, 'Rights, Respect and Recovery' which outlines that individuals, families and communities:

- have the right to health and life - free from the harms of alcohol and drugs;
- are treated with dignity and respect;
- are fully supported within communities to find their own type of recovery.

Applicants must already be delivering support in Scotland to people affected by drug use, and/or their families. For full details of criteria and guidelines [click here](#).

## The Leadership Network

Have you heard about our Leadership Network? Members connect with others offering family support (in a volunteer or paid role) and learn from each other to see what is possible in terms of collectively influencing change and continuing to increase in confidence in advocating for and delivering family support in Scotland.

We share successes and support each other, learn from each other, and together we are



building a better understanding of what is happening/working (or not) across Scotland. Members of the network benefit from external inputs including Scottish Families workshops based on our core workforce development training and facilitated by our training team.

To find out more and join the network [click here](#). Or for an informal chat contact Susie McClue - [susie@sfad.org.uk](mailto:susie@sfad.org.uk).

## Love Makes You Family



Our animation Love Makes You Family (LMYF) celebrates families from all walks of life, structures and backgrounds. It promotes a broad and inclusive definition of family, encouraging us to appreciate the many forms that family can take.

We've produced a [discussion guide](#) and we are

actively looking for opportunities to co-host LMYF events. We want communities across Scotland to benefit from the LMYF animation and the message behind it.

If you would like to work alongside us to co-host a discussion together or if you'd like us to attend your event, we'd love to hear from you!

Contact [communities@sfad.org.uk](mailto:communities@sfad.org.uk).

## Highlands Stigma and Kindness Online Workshops

Friday 27th August 10am – 12pm

Friday 8th October 10am – 12pm

In this online workshop, we will look at what we know about stigma, how it affects us individually, our families, and our communities. We will hear about some of the work that's helping to tackle stigma in Scotland. And we'll talk about how we feel about stigma, what we have experienced, and what we can do together to remove stigma. We will look at the concept of kindness and its value in displacing stigma through positive acts of kindness. Why is kindness important? Is there any evidence it makes a difference? What does it mean to be kind to myself and how can that affect my family, neighbours, friends and community?

This event will be held over Zoom.

To register for the event [click here](#).

# EXPLORING STIGMA AND THE POWER OF KINDNESS

RICHARD@SFAD.ORG.UK - DEBRA@SFAD.ORG.UK - WWW.SFAD.ORG.UK  
[HTTPS://WWW.SURVEYMONKEY.CO.UK/R/STIGMAHIGHLANDS](https://www.surveymonkey.co.uk/r/STIGMAHIGHLANDS)

A black and white photograph of a stack of several smooth, rounded stones in a grassy field.

## FRIDAY 27TH AUGUST & FRIDAY 8TH OCTOBER 10AM - 12PM

Scottish Families  
Supported by Alcohol & Drugs

Highland  
Alcohol & Drugs Partnership



# New National Bereavement Group

At Scottish Families, we often get asked through our Helpline or Bereavement Support Service if we know of any bereavement groups specifically for families who have lost a loved one where drug or alcohol use has featured in their lives.

The [National Bereavement Alliance](#) explains that the way that people cope with grief can be affected by the relationship to the deceased and also the nature of the death. They explain that these factors can influence the support that people receive. At times families who come through our Bereavement Support Service experience stigma and shame and do not want to speak to family or friends about the nature of their loss.

This need is something that we have spoken about for some time, and before the pandemic we were in the stages of planning a group that would meet in person. With restrictions, it looked less likely for this to happen. So, instead of focussing on restrictions, we have consulted with family members to see how we can adapt. We have decided to run an online group instead.

This online group will offer the opportunity for people who share a similar experience of loss to come together. The group will be co-facilitated by a trained counsellor, Margaret Livingstone, who carries out counselling on behalf of Scottish Families.

**Scottish Families first National Bereavement Support Group will take place on Thursday 2nd September 2021 from 7 pm - 8:30 pm.**

**This group will take place on Zoom, and you can sign up using [Eventbrite](#) if you'd like to come along.**

Sign-up: <https://www.eventbrite.co.uk/e/national-bereavement-group-tickets-165414598517>

*"Grief is like waves coming in from the ocean. At times, the waves are small and barely noticeable. But, when you least expect it, a huge wave pulls your feet right out from under you. No two people ever see these waves exactly the same way, and no-one reacts in the same way to each incoming wave."*

- Alan Wolfelt (1992) The Center for Loss & Life Transition, Colorado, USA



# Families harmed by alcohol and drugs waiting 8 years for support

A partnership of Scottish family support organisations (Scottish Families Affected by Alcohol and Drugs, Action for Children, Circle and All in the Family) launched a new national report in June 2021 on the experiences of families affected by alcohol and drugs. 'Ask the Family!' found that each person using alcohol or drugs was harming on average 11 other people around them, and that families facing this harm are waiting an average of 8 years to reach support for themselves.

Through a national survey and a number of creative activities and events, we asked children, young people and adult family members to tell us about their experiences of family support, and about how good family support looks and feels for them. We talked to family members who were affected by someone else's alcohol or drug use, and family members who were using substances or in recovery themselves.

This project was funded by the Scottish Government as part of national work to improve support for whole families.

The national 'Ask the Family!' survey ran online for three weeks earlier this year. It was targeted at people aged 16+ years who were already engaging with family support due to the impact of alcohol or drugs on their families.

On average, at the time of the survey, family members had been affected by problem substance use (either their own or someone else's) for 16 years. It took them an average of 8 years before they reached family support for the first time. (Note that this was not necessarily good support or the right support, but was just the first family support they reached). Survey respondents felt every single type of relationship was harmed by the alcohol or drug use, including parents, partners, children (including adult children), siblings, extended family, friends, neighbours and work colleagues. On average, respondents counted that 11 people had been harmed by each individual's alcohol or drug use across their family and other relationships.

The creative engagement activities found that children, young people and adult family members

all have a clear idea of what good family support means and the difference this can make to their lives. This includes workers they can trust, who spend time with them and stick with them, who show respect rather than judgement, and who help them look ahead with hope and positivity, as well as the chance to connect with other family members who share their experience.

However although family members were clear on what mattered to them, and what worked for them, they were also clear that it had taken too long to find support, and that there is not enough support available for families harmed by alcohol and drugs.

Justina Murray, CEO, stated:

**"In recent years we have heard repeated calls for better funding for treatment, care and support for people using alcohol and drugs, and we support such additional investment. However this must be matched by equitable funding for the families harmed by such substance use.**

**Our Ask the Family research found that each person using alcohol or drugs was harming an average of 11 other people around them, and that families facing this harm are waiting an average of 8 years to reach support for themselves. This cannot continue.**

**There are good examples of high quality family support in Scotland but, as families have told us directly, there is nowhere near enough of it to go around to meet the need. We are calling for significant, sustained and strategic investment in high quality family support for children, young people and adult family members harmed by Scotland's longstanding relationship with alcohol and drugs. This must reach right across the country so all families can get the support they need as soon as they need it."**

We have included all of the activities and findings from 'Ask The Family!' [over on our website](https://www.sfad.org.uk).

# Our New Podcast 'Life with Alcohol and Drugs'

Our new podcast 'Life with Alcohol and Drugs' was launched in May 2021 and we're blown away by the responses so far! We're delighted so many of you are enjoying hearing about our work and information from our team and guest speakers. We are a talkative bunch so we've got lots of ideas for the future and intend to have one podcast a month!

Our first podcast was with Mel from My Support Day and we chatted about her journey. Through the creation of My Support Day, how she has continued to support families through the Covid pandemic, and how she even started a new service called All in the Family in the first lockdown here in Scotland.

[You can listen to the episode here.](#)

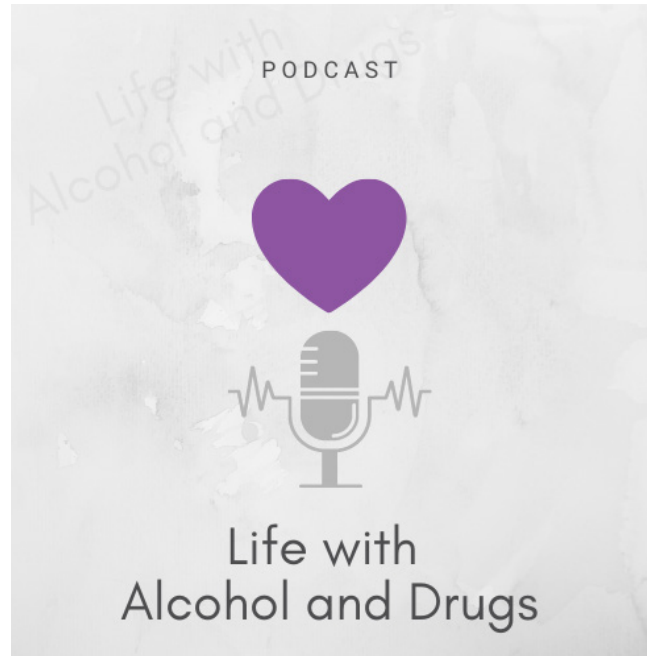
In our second episode, we focused on bereavement and bereavement counselling myths. Martha Rae and Gill Harmon from Scottish Families chat with Margaret Livingston who is a counsellor. They discuss different styles of counselling, what to expect from bereavement counselling and a bit about the Scottish Families National Bereavement Group and service.

**'...sometimes clients never got to say goodbye because it's been a sudden ending and that causes a lot of distress for them. And there's a way we can work together for what they might have wanted to say to the person that they've lost...'**

- Margaret Livingstone

[You can listen to the episode here.](#)

In our most recent episode for July, we chatted about Creative Coping Methods. Gillian and Rebecca from Scottish Families talk about creative ways that help you cope such as writing, photography and crafts. They also talk about the new Scottish Families Creative Coping Group on Facebook!



**'I know there's not a lot of positives but we've slowed down and we're tuning back into nature and you hear people talking about this stuff all the time and it's really kinda all the be it one with nature and all this kinda thing, but really that's what it is. We've slowed down, we're noticing the wee things again that are important and reconnecting with that is reconnecting with yourself.'** - Gillian, Scottish Families

[You can listen to the episode here.](#)

Make sure to follow our [PodBean channel](#) here so you don't miss an episode.

We will always upload a transcript with each episode and will publish it on our site [here](#).

We're really excited about our new podcast project and we're currently looking for guest speakers and topics that we can share. If you'd like to get involved with the podcast please contact Rebecca Bradley at [rebecca@sfad.org.uk](mailto:rebecca@sfad.org.uk) – we'd love to hear your ideas!

# The Family Recovery College 2021



The Family Recovery College offers a free informal 12-week online course, 'Understanding Substance Use and Holding Onto Hope', for anyone living in Scotland concerned about someone else's alcohol or drug use. We will support you to build knowledge, skills, and confidence to support you and your loved one.

**The 2021 Family Recovery College starts Tuesday 14th September 2021! To find out more information and how to join contact:**

**Debra 07379830357 or [debra@sfad.org.uk](mailto:debra@sfad.org.uk)  
Richard 07775252380 or [richard@sfad.org.uk](mailto:richard@sfad.org.uk)**

We are hosting two online drop-in information sessions for anyone interested in attending or anyone supporting families who want to find out more about the college. These are happening on Tuesday 10th of August 11am-1pm and Monday 16th August 6pm – 8pm. Contact Debra or Richard for more information.

Family members and friends often take on the primary role of caring for or supporting their loved ones. Due to the secrecy, shame and stigma of supporting a loved one with an alcohol/drug problem, often there is little acknowledgement or support for those doing the supporting.

Many people find themselves experiencing long-term mental health and physical health conditions, often related to the challenges and stress of their caring role. We hope the Family Recovery College

will help students feel empowered to support themselves and their loved ones.

Anyone aged 16 years and older affected by someone else's alcohol or drug use is welcome to attend. That includes biological and non-biological families, LGBT+ people and families, families with or without children, friends, partners, siblings, young people, older people, foster carers, kinship carers, neighbours, work colleagues, and anyone we may have missed.

**Read about one student's experience on our 2020/21 course:**

## **Why did you decide to come on the course?**

"I came on the FRC because my boss flagged it up, she thought it would benefit my work and enable me to support my son and myself. I work for a mental health charity based locally called Networks of Wellbeing. I sometimes support people with addiction in recovery. Ultimately it is to support my son, he is in recovery, his addiction is to prescription medication. Thank you to my amazing boss for this opportunity."

## **Was it what you expected?**

"It was more than I expected, it was welcoming, friendly and non-judgemental and most importantly a safe space to share. It was packed with information in a great format that was easy to follow."

I do a lot of courses through my work but this was very different, going in with a personal attachment was very emotional. We all support our loved ones and plod on without thinking about it but when we have to talk about it or write it down it becomes real. What I loved about the course was we could talk openly and we could be real and we could be ourselves without judgement!"

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

"The most important piece of learning for me was the communication parts. I think we all get on with



things and are aware of ways we maybe should approach situations but in the heat of the moment we forget or get carried away. This part for me was a good way of checking in with myself and recognising the pointers to help me to improve.”

**What would you say to someone else thinking of doing the course?**

“Do it!! Go for it!!

I didn't really know what to expect and I felt a bit apprehensive, but the course is great and the people that facilitate it are brilliant! It is so welcoming and friendly, just embrace it, enjoy it and most of all take something for you!! We often forget about ourselves while supporting a loved one, so self-care is paramount. Thank you to the FRC team, it has been amazing.”

**We hope that students on the course will:**

- Increase their positive connection with others
- Develop communication strategies to improve relationships
- Improve self-care and emotional wellbeing
- Improve understanding of substance use through new knowledge and skills
- Feel empowered to influence change in their lives and the lives of their loved one

We aim to make the Family Recovery College accessible to all. Please do not hesitate to contact us if there is anything additional we can do to make you feel welcomed and included.

**To register your interest for the 2021 course go to - <https://www.surveymonkey.co.uk/r/FRCAutumn2021>**



**Online Information Sessions**

**11am - 1pm August 10th**

**6pm - 8pm August 16th**

**Contact [debra@sfad.org.uk](mailto:debra@sfad.org.uk) to join**



# Hello to new Scottish Families team members

## **Eve Lyall – Helpline Support Assistant**

Eve graduated (virtually) in July 2020 from Glasgow Caledonia University with a degree in Social Sciences, specialising in Sociology and Criminology. Eve became involved with Scottish Families as a volunteer helpline advisor in mid-2019 before joining as our Helpline Support Assistant in January 2021. Eve holds the firm belief that families of those with drug and alcohol issues should feel visible, supported, and empowered in feeling best able to support both their loved ones and themselves as individuals.



## **Alison Fleming – Virtual Family Support Practitioner**

Alison joined Scottish Families in April 2021 as a Virtual Family Support Practitioner delivering Telehealth and our Holding On project. She has five years' experience in delivering CRAFT (Community Reinforcement and Family Training). Prior to working for Scottish Families, she established family support in South Ayrshire. She has also worked as a Project Worker for people in addiction. Alison is passionate about families and getting them support in their own right.



## **Rebecca McColl – Policy and Research Assistant (Intern)**

Rebecca graduated from the University of Dundee in June 2020 with a dual degree in History and Politics. After that, she began studying at the University of the West of Scotland on the MSc Contemporary Drug and Alcohol course. Rebecca first became involved with Scottish Families during her studies at UWS. She had a placement with us for around 8 weeks for work-based learning. From there, she learned more about the experience of families and joined the team as our Policy and Research Intern.



## **Debra Nelson – Connecting Families Development Officer**

Debra joined Scottish Families in June 2021 as Connecting Families Development Officer. Throughout her career, she has worked in human services in the Statutory, Voluntary and Private Sectors and worked with and alongside many families in different roles and circumstances in both Scotland and England. Since moving to the West Coast of Scotland, she has worked in Advocacy and Substance Misuse Services working in collaboration with families and activists to establish new recovery and family support groups and venues.



## **Richard Watson – Connecting Families Development Officer**

Richard joined the team in June 2021 as Connecting Families Development Officer. He is passionate about improving quality and access to services for families. He has used his own lived experiences of addiction, bereavement and recovery, and the impact that has on families in his previous roles as a Civil Servant and as an active member of various recovery communities. He has sat on the Scottish Government Drug Death Task Force (DDTF) where he focused on addressing where multiple complex needs contribute to drug harm.



### **Sarah O'Hare – Virtual Family Support Practitioner**

Sarah joined the team in July 2021 as a Virtual Family Support Practitioner, delivering both Telehealth and Holding On. Children and young people were at the heart of her previous experience, as well as working in the voluntary sector. Sarah was a volunteer counsellor at Childline for 5 years, and has supported families in a hospice setting, and school/community settings. In a previous role, she delivered an evidence-based family therapy model to young people and their families to reduce the risk of relationship breakdown and accommodation.



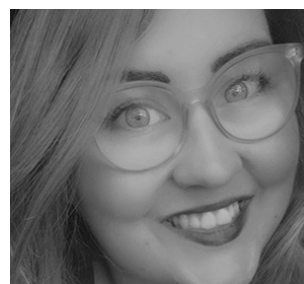
### **Clare Morrison – Community Fundraiser**

Clare joined Scottish Families in June 2021 as our Community Fundraiser. She has worked in the third sector for over 9 years and is something she feels very passionate about. Clare graduated in Events Management in 2019. Her studies, coupled with several years volunteering with charities close to her heart, led her to develop a strong desire for creating events that raise funds and awareness for charities. Clare works alongside our Fundraising Manager Sarah and together they raise the vital money needed for Scottish Families to continue delivering our services.



### **Jade Harley – Family Support Assistant (Forth Valley)**

Jade joined the team in July 2021 as Family Support Assistant for our Forth Valley Support Service. She's a self-professed people person and loves meeting new faces. She was a fundraiser for MAD Scotland and has enjoyed running several successful quiz nights through the years for various charities. After a decade of events and hospitality, Jade moved into voluntary and community work where she focused on families and student mental health. She loves getting involved in new concepts and wants to keep producing creative works that help people to use different tools to understand and improve their wellbeing.



### **Kirsten Holland – Fife Family Support Development Officer**

Kirsten joined the team in July 2021. She graduated from the Scottish Drugs Forum Addiction Workers Training Project in July 2015, attaining an SVQ2 in Health and Social Care with an emphasis on addiction, trauma and mental health and has since attained the SVQ3. She has been working in the third sector since graduating, working in a rehabilitation service supporting adults affected by their own substance use. She also volunteered with a local youth service delivering drug, alcohol, sexual health and keeping safe sessions in schools and 16+ groups.



# Family Support Is For Men Too Support Group



***I CAN HELP  
MY LOVED  
ONE CLIMB  
THE  
MOUNTAIN***

Family Support is for Men too....

## Scottish Families Men's Support Group:

**On the 1st and 3rd Thursday of every month / 5pm – 6.30pm**

'Why are men less likely to seek family support? This is a question that we've been asking ourselves and trying to remedy here at Scottish Families.

The family members that reach out to us in their time of need are overwhelmingly women. We know men do seek support – after all, we know drug and alcohol treatment services have the opposite problem.

So what are the barriers to men seeking family support?

We recently hosted a webinar on 'Family Support Is For Men Too', and some thinking behind the scenes about the barriers. We did get some interesting answers –

**'Men just deal with things...in a different way...'**

**'I don't want to be part of a social club...it has to be about change.'**

With all this in mind, we set about thinking for a response. What can we offer that might attract and keep men in support?

The end result is our 'Family Support Is For Men Too' group which we launched on the 20th of May 2021. It meets on the 1st and 3rd Thursday of every month and is facilitated by Daryl McLeister

and Colin McIntosh from Scottish Families.

These are virtual sessions held on Zoom and are open to men anywhere in Scotland.

We set up a men-only group that would try its best to offer:

- A social experience that wasn't a social club
- A session focused on issues that wasn't a counselling session
- Something structured but flexible
- Somewhere it was easy to talk and easy to be heard

We are going for a 'semi-structured' approach – a mutual aid family support meeting that is facilitated by staff but the discussion is led by peers.

We have a clear but flexible agenda, aimed at asking people to open up about any current difficulties they wish to share or seek support with. This makes sure people have clear time to talk, and the group has a clear way of offering thoughts and feedback that feels inclusive and respectful.

A little look into how each session goes:

- 5pm – social time and introductions
- 5.20pm – brief check-in and ice-breaker
- 5.30pm – are you experiencing any difficulties this week? What solutions/ideas does the group have?
- 6.20pm – what will you take away from the session?
- 6.30pm – finish

Are you a man thinking about accessing family support? Would you like to come to a comfortable space and talk with other men, or do you know a man who would benefit from this kind of group?

Come along to our next session!

You can contact Daryl [daryl@sfad.org.uk](mailto:daryl@sfad.org.uk) or Colin [colin@sfad.org.uk](mailto:colin@sfad.org.uk) directly for more information on the group.

Or you can call our National Freephone Helpline on 08080 10 10 11/[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) to get details on the group.



# Our Impact Report

## 2020/21



**2,931 more people were supported by Scottish Families' services in 2020/21 as well as those we are already supporting.**

**'Being able to chat with you online is the best thing I have found. It's been great to vent my frustration around mum's drinking when she is in the house and she has no idea that I am getting help to manage this. I appreciate the offer of ongoing support and I will consider that but I want to read through the information you have given me and I will come back to you if I need that further help...thanks for allowing me to come back to chat whenever, that support is invaluable.'** – Family Member, Helpline

**'Sometimes during Covid, I felt really alone. I felt like my friends had drifted away and my family was falling apart. I wasn't speaking to mum, and dad had a new girlfriend and was using again. But then you would send a text asking how I was or turn up with a bag of nice stuff and it made me feel so much better. I remembered that I had someone on my side, thinking about me. It makes me want to do a job like yours when I'm older because I know the difference it can make.'** – Young Person, Routes

From Day One of lockdown, our services continued to be fully available. Our national services (Helpline, one to one Telehealth support, and Bereavement Support) continued as usual, while our local family support groups immediately moved online (and we made sure everyone was able to connect, including providing digital devices and support). We introduced a whole range of creative and engaging activities and events to keep people connected and supported, including doorstep deliveries of anything and everything people would need to take part (our now infamous 'Stay in the Hoose' packs – from craft materials to ingredients and cooking utensils, to yoga mats and books). This programme is ongoing, and we are hugely grateful to all those funders who have helped us deliver this support.

**'Still an absolutely amazing service. Covid has not changed this'** - Family Member

**[Read our report here.](#)**

### **Our Highlights!**

- When the pandemic was announced in March 2020, our team acted fast and all of our services were online within a day. Through lockdown we delivered 2,108 #StayInTheHoose wellbeing packs to young people and adult family members full of goodies and things to do in the house. We also provided 57 digital

devices that benefitted 193 wider family members so that families could access support and stay connected.



- We also delivered additional counselling support for family members to cope with the pressures of lockdown. To 31 March 2021, 47 people have been referred to Covid counselling, and a total of 291 hours of counselling were delivered.
- We launched our online Naloxone 'Click and Deliver' service in May 2020 with the support of Scottish Drugs Forum. Our service has been amazingly successful and we distributed 348 kits

in 2020/21 with 129 kits to family members, 48 to people at risk of overdose and 158 to service workers.

- We welcomed our new South Lanarkshire service All In The Family in August 2020. Working in partnership with My Support Day, the service is based in The Beacons and empowers family members across South Lanarkshire to access one-to-one support, group support and learning and development.
- We launched our new strategy for 2020-2023 'Change Will Come' in August 2020. Our strategy identifies 12 Key Changes we want to achieve over the next three years, as well as developing and improving our existing services. We also featured our new strategy in our online AGM and celebration webinar in November.
- We launched our new Inverclyde Family Support Service in November 2020 delivering one-to-one support, group support, and learning and development opportunities to family members in the local area.
- We also launched our new project Holding On (originally named Families as Lifesavers) in February 2021. The project works with family members who are deeply concerned about their loved one's substance use with a particular focus around drugs. The project is funded by the Drug Deaths Taskforce and delivers a bespoke package of intensive support for the family, depending on their specific situation.

# We are still open

If you are concerned about someone else's alcohol or drug use contact us on 08080 10 10 11, [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk) or use our webchat [www.sfad.org.uk](http://www.sfad.org.uk)

# Are you worried about someone else's alcohol and/ or other drug use?

We are here to support you. We can chat, offer advice and information, and link you either into our own services or services local to you.



**Freephone Helpline: 08080 10 10 11**

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

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

**Scottish Families Affected by Alcohol and Drugs**

**Main Office:** Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

**Twitter:** @ScotFamADrugs

**Facebook:** @ScottishFamiliesAffectedByDrugs

**Instagram:** @scottishfamilies

**General enquiries:** 0141 465 7523

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

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



Registered Scottish charity: SC034737





**Scottish Families Affected by Alcohol and Drugs**

**Main Office:** Edward House, 199 Sauchiehall Street, Glasgow, G2 3EX

**Helpline:** 08080 10 10 11

helpline@sfad.org.uk

webchat available at: [www.sfad.org.uk](http://www.sfad.org.uk)

**Twitter:** @ScotFamADrugs

**Facebook:** @ScottishFamiliesAffectedByDrugs

**Instagram:** @scottishfamilies

**General enquiries:** 0141 465 7523

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

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



**Scottish  
Families**

Affected by Alcohol & Drugs

Registered Scottish charity: SC034737