

# Scottish Families

The latest news and updates from the team

**AUTUMN**

December 2021  
[info@sfad.org.uk](mailto:info@sfad.org.uk)  
[www.sfad.org.uk](http://www.sfad.org.uk)

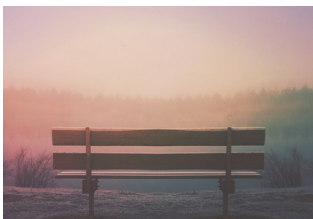
Helpline:  
08080 10 10 11  
[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)



## Light of Hope

We have created a virtual tree of hope. We invite you to add a star to this tree for a donation.

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## CRAFT Community of Practice

A Q&A session with our good friend George Charlton about our new Community of Practice (CoP)

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## A New National Care Service

Our response to the Scottish Government's plans for a new national care service

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## Fife Family Support Service

The new Fife Family Support Service is unique in Scottish Families as it is a partnership project with NHS Fife Addiction Services and together we are making sure families of loved ones in treatment and in the whole community are supported to deal with the issues they are experiencing. Issues include substances, but also housing, financial difficulties and social isolation.

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# Autumn

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

Twitter [@ScotFamADrugs](https://twitter.com/ScotFamADrugs),

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

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



## Mailing List

Want to stay up to date with all the latest news from us? Sign-up to our mailing list and we'll send you our monthly bulletin and other updates.

Sign-up here: <http://eepurl.com/c9oCYb>



# Word from the CEO

What's that you say? We are nearly in DECEMBER??!! Another strange old year has nearly passed, and whilst not many would wish to repeat the 'peak COVID' year of 2020, this year has not exactly been a walk in the park for our team or for families (although walks in the park have been very much appreciated of course).

Whilst there is much talk of 'COVID recovery' for the economy and for public services, this is not a phrase which chimes with our experience at Scottish Families. We have spoken frequently during the pandemic about increased harm for families, including new families where substance use became an issue for the first time during COVID, and existing families where substance harm got worse (for more on this see our Lockdown and Beyond report). This harm can't just be swept away or forgotten about, just because people can now go on holiday without quarantining.

We have continued to see concerning Helpline trends this year, with no sign at all that demand is dropping off. Whilst this is welcome in terms of more families feeling able to reach out for support, we can also see that pandemic effect continuing to bite in terms of sustained levels of harm for families. Looking at our financial year to date for April-October 2021, we can see that May, July, August, September and October 2021 were all busier on the Helpline than the equivalent months during 2020. Contacts are 7% up overall for April-October 2021 compared to the same period in 2020, but the increase rose as high as 28% more contacts for September this year and 21% more for October, compared to the same months in 2020 (so called 'peak pandemic').

The end of the year is always a time for reflecting. Our ever-expanding team met yesterday for our monthly team meeting – a first meeting for Maureen our new Helpline Support Assistant and Shana our new Communications Assistant, who joined us this month. A conversation with Maureen inspired our 'question of the day', as I was explaining to her that four and a half years into this job, I still feel that every day is a school day and I am continuing to learn new things. Asking the team 'What did you learn in 2021?' brought some brilliant and insightful responses. I was commenting

that I still can't spell benzodiazepines (just needed the spell check again there – 'zep' not 'zap', doh) and that led to a mostly unrepeatable conversation about other classic misspells. However more seriously, team members also shared their learning about the power of keeping family members in the driving seat, always listening to young people, the benefits of mindfulness, responding to self-harm, and some lovely, warm comments from our newer team members about the level of care and passion shown by #TeamSFAD.

Since our last newsletter, we have (at last) re-opened our Edward House office, and are now able to choose between freezing in our kitchen offices or freezing in our (very well ventilated with open windows) national office. A return to in person contact has been lovely, and yes we are all enjoying that return of the 'water cooler chat' and the joy of the Sauchiehall Street lunchtime meal deal (although maybe not so much those buskers of questionable talent). We recruited 17 new staff virtually during the pandemic, doubling our team size, so this has been a great opportunity to actually meet lots of them in person (although not quite all them yet). And of course we have been able to see if people are really Taller or Shorter than we imagined over Zoom (one of my favourite team check-in games). We are not yet allowed visitors in the building, but we are well supplied with neighbourhood coffee shops, so it has also been great to meet colleagues from other organisations over a cuppa, and catch up on all that blethering and gossiping we have missed. Hope to see more of you in person in 2022 – and you know where we are if you fancy a city centre café catch-up!



# Light of Hope



## Will you dedicate a Light of Hope?

It is hard to believe that another Christmas is almost upon us. 2021 has not been the year that many of us hoped, with uncertainty and challenges faced by every one of us.

For families supporting a loved one that uses alcohol or drugs, 2021 has been an even more difficult time. Families have told us that the pandemic left them feeling more isolated, more anxious and more alone.

We are here when they need us, the only national charity in Scotland providing expert support for those affected by the consequences of someone else's alcohol or drug use.

We know that when families come together great things happen. This year we are still limited in being together in person, but it is still so important that we share these messages of connection, strength and hope.

We have created a virtual tree of hope. We invite you to add a star to this tree for a donation, making a dedication of hope to whoever you wish (you can also remain anonymous). We believe that **#ChangeWillCome** and we will continue our work supporting families and campaigning for better recognition of all they do.

Every donation we receive will help our work in 2022.

Thank you.

[Donate here](#)



# CRAFT Community of Practice



A Q&A with our good friend George Charlton!

## What is the CRAFT Community of Practice(CoP)?

The CRAFT Community of Practice is an awesome online space where individuals who have been trained in the Community Reinforcement and Family Training (CRAFT) approach can come together on a monthly basis to upskill, share information about CRAFT and connect with other trained CRAFT Practitioners from across Scotland.

## Who was all involved in putting it together?

We have been delivering [CRAFT practitioner training](#) for well over 5 years in Scotland via a partnership approach between Scottish Families and [George Charlton Training and Consultancy Services](#). The development of the CRAFT Community of Practice has been an amazing whole team effort with many of the Scottish Families core team feeding into the CoP's development and design. We have also been really fortunate to also have had wonderful feedback from the CoP members about what they would like to see from the Community of Practice and have built this into the overall CoP experience. It really has been an amazing collective effort.

## What can people expect from the community?

What practitioners and family members tell us about our online CRAFT Training is that they absolutely love the approach and can't wait to get started. We want to do everything that we can to support practitioners and family members completing our CRAFT training to put their new skills to good use when helping families impacted by a loved one's substance use as soon as possible.

## People attending the CoP can expect:

- An opportunity to meet with other CRAFT trained practitioners from across Scotland.
- A safe space to discuss your CRAFT cases and problem solve with colleagues.
- Access to CRAFT Practitioner workbooks which are linked to each of the 6 individual CRAFT sessions you will offer to families.
- Thematic discussions on a range of different areas including: using positive communication in CRAFT, how to utilise the functional analysis and other CRAFT tools, offering rewards for positive behaviour change and understanding that your love has power.

- Get useful hints, tips and encouragement as to how to set up your own CRAFT sessions.
- Have great fun with like-minded individual all of whom believe in whole family recovery.

### Tell us something exciting about why people should join!

We already have a really lovely community of people involved in our CRAFT Community of Practice and there is always room for more! When we come together each month there is always loads of positive energy, lots of laughter and a safe space for people to be themselves and come together as a CRAFT Community. Also you get to spend time with me and the Scottish Families Crew so if ever you needed a reason to come and get involved you need look no further!!

### How can people get CRAFT trained?

It's really easy! We deliver our awesome CRAFT Practitioner Training online over the

Zoom platform meaning wherever you are from you can join this amazing evidence based learning experience.

Our CRAFT Practitioner training is aimed at those working in the field of addictions or supporting families affected by alcohol and other drugs. Our past training has seen participants from diverse work backgrounds such as social workers, health visitors, young people's services, teachers, counsellors, treatment workers, those in recovery from addiction, volunteers and also family members. Everyone always takes something positive away from CRAFT!!

If you interested in booking your place on our next round of CRAFT Practitioner training in 2022 then you can use our [online booking system here](#).

Or for an informal chat about CRAFT or to discuss how this wonderful intervention can work in your organisation then please email George on [info@georgecharlton.com](mailto:info@georgecharlton.com) or Aylice Millar at Scottish Families on [aylice@sfad.org.uk](mailto:aylice@sfad.org.uk)



CRAFT Training - 2019



# A New National Care Service: Our Response

By Rebecca McColl, our Policy and Research Assistant

In August 2021, the Scottish Government set out [plans to create a new 'National Care Service'](#) following recommendations published in the [Independent Review of Adult](#)



[Social Care](#) (otherwise known as the Feeley Review) in February of the same year. The Feeley Review established that there needed to be '[revision and redesign](#)' to improve outcomes for those using the care system. The Review recommended the implementation of a person-centred, human rights-based approach, the responsibility of the delivery of social care support be delegated to Scottish Ministers and that local Integration Joint Boards (IJBs) should become a 'delivery arm' to a new NCS.

The scope of the National Care would bring other services outwith the current system of care, such as Children's Services, Justice, Social Work and Alcohol and Drug Services under one umbrella. The Scottish Government opened consultation on these proposals, which Scottish Families responded to in partnership with the [Scottish Recovery Consortium](#) (SRC) on November 2, 2021. Our response focused on proposals to include alcohol and drug services within a National Care Service, and was shaped by a co-hosted consultation event, where colleagues from the Scottish Government presented an overview of the National Care Service and its reasoning, then opened the floor to family members and those with lived experience to share their views.

## How We Responded

Both Scottish Families and SRC welcomed the idea of a cross-sectional approach, which plans to offer integrated treatment to people accessing social care in Scotland. We know that people who are affected by substance use need support across different care services, such as housing and mental health, as well as alcohol and drug services. However, both organisations had some key concerns.

Firstly, there were concerns about the scale and the timeframe of the consultation. The consultation document was lengthy and proposed serious changes which took time to digest. It was difficult to form a meaningful response in the time given by the Scottish Government.

The Scottish Government is proposing significant structural change, and there are concerns surrounding how services will be managed upon the completion of an NCS, and throughout the transition from the current system. We understand that structural change is needed in some respect but believe cultural change and addressing stigma within services should be a priority.

The Scottish Government has made a point of better valuing the workforce across social care, which we wholeheartedly agree with. We know that frontline staff are often undervalued and can be understaffed. Although unpaid carers were acknowledged in the consultation, little was said about how a National Care Service would support them in caring for a loved one.

## Proposals to Include Alcohol and Drug Services

The most relevant part of the consultation for both Scottish Families and SRC was the proposal to include alcohol and drug

services with a National Care Service. The Scottish Government asked a series of questions relating to the current delivery of Alcohol and Drug Services through Alcohol and Drug Partnerships (ADPs), the national commissioning of residential rehabilitation services, and what future planning of services should look like.

In short, we feel that outcomes can vary depending on the ADP area. During our consultation event, family members and those with lived experience highlighted that a 'postcode lottery' exists, as where you live can often determine the options available and the quality of treatment you receive. If ADPs received adequate improvements and funding, it is possible that services would be better planned and managed. There is the risk that if Alcohol and Drug Services became part of the National Care Service, the local partnership working that ADPs do with voluntary organisations could be lost. Although it must be acknowledged that there are significant drawbacks of ADPs, such as poor outcomes for people who engage with services, access routes to services in the first place, and a lack of input from people with lived experience. There has also been a lack of commitment from ADPs to implement the human-rights, person-centred approach that was published in the Scottish Government Strategy 'Rights, Respect and Recovery' in 2018.

However, it is impossible to answer if alcohol and drugs services would be better off within a National Care Service. There are still many unanswered questions regarding this proposal, as to the future of ADPs and how services would be planned and managed. Although greater integration with other services would be welcomed, it is unclear how alcohol and drugs services would fit into the proposed larger Community Health and Social Care Boards.

In relation to proposals around the national commissioning of residential rehab, we also had a mixed response. Those that attended our consultation events spoke of how longer-term rehab stays need to be more widely

available and support plans need to be in place for when people return home. If national commissioning would make rehabilitation facilities more accessible, and reduce financial pressure that families experience from private rehabs, this would be welcomed. Concerns were also raised about the lack of local rehabilitation facilities, with most people having to travel far from their families to access treatment. If residential rehab was to be commissioned nationally, it needs to be accessible and funded for anyone who wishes to go.

Lastly, we were asked about what services should be commissioned that may currently be missing. We heard from those at our consultation event that there is a lack of support for people who have alcohol-related brain damage, for example, and their families and that it's extremely difficult to get support outwith 9am and 5pm. We were also told that greater integration of mental health and Alcohol and Drug Services is much needed. The potential for a 24-hour crisis line is something that families have highlighted for a long time, and we would support the commissioning of such a service. We know that services can be disjointed, under advertised and often don't offer the aftercare that people need. Problems with existing services, staff attitudes and stigma need to be addressed, whether alcohol and drug services become a part of the National Care Service.

## What Happens Next?

Scottish Families and SRC submitted our joint response to the Scottish Government on 2/11/21. We are keen to be involved with what happens next in the consultation process, along with our other partnered organisations. At the time of writing, we are currently awaiting a response from the Scottish Government as to the outcome of the consultation. For now, you can view our full response below.

[National Care Service Consultation \(Scottish Families and Scottish Recovery Consortium\) - November 2021](#)



# Click and Deliver Naloxone is now award winning!

If you haven't already heard (even though we're constantly mentioning it!), our Click and Deliver Naloxone service won the Pioneering Project award at the SCVO Charity Awards! We were up against some pretty awesome competition, so we're over the moon to accept the award.

This life saving project was set-up in a matter of days, at the height of lockdown, and it's safe to say we are very proud of it. Our colleague Sooze Gallagher is an incredible lady and has done an awe inspiring job of running this service from her front room (complete with her own mail delivery bags). She has delivered over 3000 kits and counting – we've seen a huge surge in kit orders since the naloxone awareness campaign from the Scottish Government began on the 30th of August 2021.

Huge thanks also goes to Kirsten Horsburgh and our friends at Scottish Drugs Forum for everything they have done to help create and promote this vital service.

We're also loving our beautiful award that was delivered safely into the hands of Sooze by SCVO.

[To find out more about naloxone or to receive training and request your own kit, visit our website here.](#)



# Fife Family Support Service



By Kirsten Holland, our Fife Family Support Development Officer

Hi, I'm Kirsten Holland and I have been in post for 4 months now.

Previous to this role, I was a Support Worker supporting people who use substances at a community rehabilitation service for over 5 years. I am very passionate about supporting people in my community to overcome difficulties and find balance, happiness and enjoyment in life. I've had to overcome similar difficulties myself.

The new Fife Family Support Service is unique in Scottish Families as it is a partnership project with NHS Fife Addiction Services and together we are making sure families of loved ones in treatment and in the whole community are supported to deal with the issues they are experiencing. Issues include substances, but also housing, financial difficulties and social isolation.

I have spent a lot of time raising awareness of the service in Fife and have been welcomed by many services. I give them information on what we do and how we can support people in the community. This has meant many Zoom and Teams meetings. I am getting the hang of this new remote working technology now I think!

The NHS Fife Addictions Services have shown such commitment to the partnership and have given me a large number of referrals in such a short period of time. I've started giving the families one to one support, teaching intervention techniques and connecting them with other families

experiencing similar issues.

I have been running CRAFT (Community Reinforcement and Family Training) groups since September and now have two mixed family groups and five individual family groups running. The families have been amazing at taking on board the changes they can make and are seeing improvement in their own wellbeing and also that of their loved ones.

This has been amazing to witness.

I have also been giving naloxone and overdose training to family members and getting them their own kits so they are able to respond if their loved one needs it.

I have recently started a family support group that runs two times a month on the first and third Thursday afternoon of the month via Zoom. It is early days but working with the families attending, we are looking to develop this group and focus on support and wellbeing. I would like to take the families through the seven habits course in this group and also mindfulness. The group will be developed to fit everyone's needs.

I am also developing a project in the Levenmouth area with other services to build some community engagement and reduce drug-related deaths. This will be in partnership with Fife Alcohol and Drug Partnership (ADP) and other support and community services on a monthly basis with the goal to get the whole community involved



whether or not there are issues with substances.

The MAT Standards are being rolled out at the NHS Addiction Services and I have been able to get loved ones straight into treatment with no 3-8 weeks wait time. This is an amazing step forward in treatment and support.

Support Services in Fife:

- To get in touch with me, you can contact me on [kirsten@sfad.org.uk](mailto:kirsten@sfad.org.uk) or by mobile on 07493159420. You can also contact the Scottish Families Helpline on 08080 10 10 11 or [helpline@sfad.org.uk](mailto:helpline@sfad.org.uk).
- ADAPT are a part of a hospital admissions team for alcohol and drug issues in a new pilot project. They are also the triage for services in Fife. You can contact 01592 32132 to get advice and referrals to all support services in Fife.
- DAPL offer family members counselling and also SMART Family and Friends Groups, you can contact them on 01333 422277.
- We Are With You offer harm reduction services in Fife and can be contacted on 01333 433636.

**Are you concerned about someone else's alcohol or drug use?**





**Support Service Includes:**

- Group Support
- Bereavement Support
- 1:1 Support
- Access to Naloxone



**Contact Us**

Kirsten Holland  
07493159420

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

Freephone Helpline  
08080 10 10 11



**08080 10 10 11**  
**[helpline@sfad.org.uk](mailto:helpline@sfad.org.uk)**  
**[www.sfad.org.uk](http://www.sfad.org.uk)**



# Thoughts from our Helpline



Sooze Gallagher, our Helpline Development Officer, puts together a Helpline report every month with information on how many contacts we have received, trends, information and so much more. As the Covid pandemic continues, we are still seeing an increase in demand to our Helpline.

So far this year (running April – October 2021) our Helpline has received **1,495** contacts, where last year in the same period we had 1,394. Only a slight rise, but taking into consideration the period of 2019/20 where we had 781 contacts, it's clear there is an increase in demand for our Helpline.

Contacts include calls, emails, website contact forms, webchat, social media, professional referrals, and any outgoing call-backs and texts (out of hours/weekend only service).

Some key points from this 2021 period:

- Alcohol continues to be one of the highest substances used
- There is an increase in use of benzodiazepines along with cocaine and heroin
- There still continues to be issues around treatment relating to Covid
- Other Covid trends include issues with withdrawals and domestic violence

*'I found your service by accident today. I have spent months trying to find help for*

*my son. Within 15 minutes of chatting to your advisor, I knew I was where I needed to be. I felt acknowledged, understood. Somebody actually can see me and the hurt and torment I am going through. I feel a huge weight has already been lifted. It's so rare to find a service that will freely give you over an hour of their time during the evening and offer additional ongoing support. I can't thank you enough.'*

– Helpline

Since the 30th of August, the Scottish Government have been running a national naloxone awareness campaign which directs people to the [Stop The Deaths website](#) from Scottish Drugs Forum. From this website, people can request a naloxone kit from our own Click and Deliver service. We have seen a rapid rise in requests for naloxone kits through this campaign.

In September we issued 1,105 kits and in October we issued 1,903 kits which is astounding! Most of the people requesting kits are members of the public, family and friends, and professionals. The kits are also being requested from all Alcohol and Drug Partnership areas in Scotland.

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



# Local Support Services Updates

## South Lanarkshire 'All In The Family'

On September 3rd All In The Family hosted an Overdose Awareness Event in South Lanarkshire Beacons. We welcomed 32 people from our community to learn more about services available in the area. Our guest speaker Ross Miller from the Harm Reduction Team presented information on the recent drug related deaths, while staff from the Crisis and Overdose Response Teams discussed their service and harm reduction information. All In The Family staff then trained 22 people in Naloxone, distributing 19 kits on the day through the charity My Support Day. We received great feedback from the community about how informative the event had been and that they were glad to now be able to potentially save a life. In October we had lots of fun for Halloween, on the 23rd we enjoyed pumpkin carving and Halloween crafts, and on Halloween we teamed up with another local family support charity, Blameless, to deliver an activity packed event which was enjoyed by 160 people at Hamilton Academical Football Club!



## Aberdeenshire

In November, Scott Clements is hosting 'Family Inclusive Practice' training for staff working in drug and alcohol services across Aberdeenshire.

It will be held online and aims to:

- Increase awareness of family inclusive practice in relation to the evidence base and Scotland's strategy to improve health by preventing and reducing alcohol and drug use, harm and related deaths.
- Provide practical strategies to work with families and overcome barriers to family engagement.
- Improve the knowledge, skills and confidence of participants to effectively work with families inclusively, including recognising the potential benefits to clients and their families in terms of long-term sustained recovery.



In December, Carly will be co-hosting our second CRAFT Community of Practice session alongside George Charlton. These sessions are open to anyone trained in CRAFT who would like to refresh their skills, share experiences and connect with other CRAFT practitioners. The session is scheduled for Wednesday 8th December at 11am.

In December, Carly will be holding a free wreath making session for family members via Zoom. The session is scheduled for 7.30pm on Thursday 16th December and is open to any family members across Aberdeenshire who would like to take part. To book a place, please contact Carly at [carly@sfad.org.uk](mailto:carly@sfad.org.uk) or on 07879674061.

# Welcoming New Team Members

## Shana Lord - Communications Assistant

Shana joins Scottish Families from a background in hospitality, after nearly a decade working in various restaurants and coffee shops, she is determined to utilise her skills to make a positive impact within the third sector. Since moving to Glasgow, she has been involved in various PR and Marketing campaigns within hospitality, and most recently started volunteering as a Communications Consultant for Scottish Fair Trade Forum.



As Communications Assistant her focus is on maximising our engagement across all media channels, and increasing awareness and support throughout Scotland. Shana is passionate about using the power of social media to make real change, and believes it is a key tool when highlighting the effects alcohol and drugs can have on families.

Outside of work Shana enjoys running and training for various events, as well as exploring the North of Scotland with her dog on weekends.

## Maureen Stewart - Helpline Support Assistant

Maureen joined Scottish Families in November 2021 after having previously been employed as a support practitioner working with people with complex emotional and physical needs. She has extensive experience in phone-based customer service roles which she gave up to return to university to gain her pg. diploma in community development.



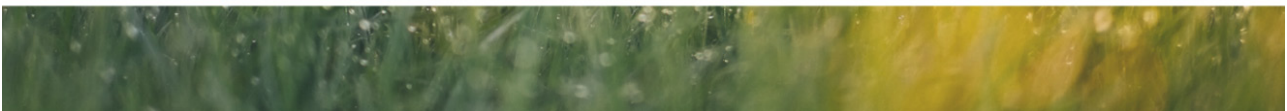
Maureen is passionate about the principles of community and development, and how communities can come together to address issues of social inclusion within those communities. Working with Scottish Families allows her to witness first-hand how much this collaborating work can achieve for the lives of those affected by their loved one's drug and alcohol use.

When not at work she enjoys hanging out with her daughter, usually carrying her musical equipment from one gig to the other or catching up with friends and their families.

# A Morning with Scottish Families and Friends - AGM Recap



## A MORNING WITH SCOTTISH FAMILIES AND FRIENDS

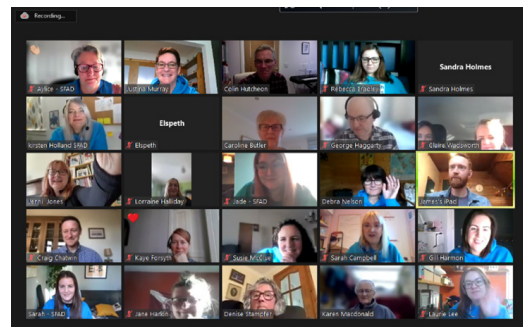


### Welcome and Introductions

When we delivered our first online AGM and celebration event in 2020, not many of us had imagined that we would again be having an online event in 2021. It would have been good to have held our Annual General Meeting in person this year, but we considered that it was not yet wise to bring together a gathering of people from across the whole of Scotland when there was still a prevalence of COVID 19 within our communities. This year, however, we were more confident that we could deliver an interesting and informative event online, as our 'Change Will Come AGM Event' in 2020 had been so successful. In fact, we expect that in future years, even when we can meet in person, we may have a blended in person/virtual event which would enable people to attend in person or join in virtually from across the country.

The interest expressed in our 'Morning with Scottish Families and Friends' was again high with 66 people registering to attend and 49 joining on the day, 45 of whom engaged right to the end! Those attending comprised:

- 6 Board Trustees (3 submitted apologies)
- 25 from our staff team
- 18 Family Members and Practitioners.



Our CEO, Justina Murray, welcomed everyone to the event and 'name-checked' staff and Trustees, who all gave a smile and a wave when their name was mentioned. Justina encouraged everyone to use the chat function throughout the event for any comments or questions on the items being discussed. The event was recorded.

### A Chat About Click and Deliver

We kicked off with a chat between Kirsten Horsburgh from the Scottish Drugs Form (SDF) and Suzanne (Sooze) Gallagher, Scottish Families' Helpline Development Officer on our new 'Click and Deliver' Naloxone initiative.



Naloxone is a drug that can reverse the effects of opioid drugs like heroin, methadone, codeine, morphine and buprenorphine and can help save a life if administered to someone showing signs of overdose whilst awaiting the arrival of an ambulance.

Sooze has been working tirelessly on this initiative, arranging delivery of over 3,500 Naloxone Kits to family members, people at risk of overdose, members of the public and professionals since this initiative began in May 2020.

Sooze and Kirsten's chat included the following:

- The excellent idea for Scottish Families to distribute Naloxone had been Kirsten's.
- Naloxone is a prescription medication with legislation and regulations around who can distribute it, i.e. only prescribers or drug services.
- The Lord Advocate had relaxed the regulations which allowed non-drug services to distribute it for the duration of COVID.
- Kirsten immediately wanted to involve Scottish Families in this opportunity.
- An initial meeting with Justina and Sooze led to the click and deliver system being up and running within two weeks.
- It would have been even faster apart from a delay due to procuring supplies of the Naloxone Kits!
- From 19 May 2020 until the end of that financial year, Scottish Families had issued 295 kits.
- Naloxone is supplied in a preloaded injection kit or a nasal spray. Many family members are not keen to use the injecting kit (Prenoxad), so we then floated the idea with the Scottish Government to run a test of change and also offer the choice of the nasal spray version (Nyxoid); this was agreed.
- From April 2021 until now, we have issued 3,671 naloxone kits with the numbers rising enormously month by month, going from 35 – 73 over the first few months of this year, until August 2021 when we delivered 221!
- So what happened in August?
- SDF had been working with the Scottish Government around a national Naloxone Awareness-Raising Campaign; and SDF were commissioned to deliver the campaign.
- The Naloxone Campaign builds on an earlier campaign, 'Stop the Deaths', with a [new website](#).
- TV and Radio Adverts ('How to save a life') have been voiced by Scottish Actor, Martin Compston.
- Adverts have been placed on billboards, bus shelters, buses, trains, railway stations.
- The adverts point to the Stop the Deaths website which includes links to SDF's free e-learning course, and to Scottish Families website to request a naloxone kit.
- SDF emphasises that it is a societal responsibility of everyone to help reduce the number of drug deaths by being able to identify the signs of overdose and carrying Naloxone.
- An average of between 300-350 kits are being sent out by Scottish Families weekly.
- The application form for a kit asks where the person heard about the service; this helps to inform where the publicity is being most effective.

- The number of kits delivered have gone from an average of 30 per month to a total of over 3000 in ten weeks!
- This is truly a unique service – there is nowhere else in the UK that delivers this type of service, making naloxone so accessible for people, where they can access it in a normalised way.
- The packaging is discreet and this encourages people to request a kit – a really strong point for this provision.
- A range of people who carry Naloxone have made videos saying why they carry Naloxone – some of whom you might not expect – shopping centre supervisors, shop assistants, pub owners, etc.
- Police Scotland carried out a test of change over a period, (funded by the Drug Deaths Taskforce, DDTF) where Police Officers carried Naloxone (Nyxoid nasal spray) and an evaluation will be completed by the end of 2021.
- Police are often first on the scene of a drug overdose situation and have administered Naloxone 50 times which has resulted in survival of the person.
- The Scottish Police Federation continue to oppose Police Officers carrying Naloxone despite positive results.
- A podcast by Assistant Chief Constable, Gary Ritchie, on the trial is [available here](#).
- The DDTF also [funded a programme](#) with the Scottish Ambulance Service, including three Harm Reduction Leads for the service.

Questions were invited, and whilst Kirsten is an expert on Naloxone, Sooze suggested that if anyone wanted information on postage rates for Christmas parcels, she is the expert, having posted over 3000 Naloxone kits!

Sooze has arranged for some Police Custody Suites to have a supply of Naloxone Information cards which can be distributed. A version of this card which also has the Police Scotland logo alongside Scottish Families' logo is now available for Police Officers to carry and give out in relevant situations. We hope to also extend this to the Scottish Ambulance Service.

Whilst we are enormously proud of the Click and Deliver Naloxone service, it is not just us who think that! The initiative won the Award for Pioneering Project at the SCVO Scottish Charity Awards 2021!



Sooze is pictured here showing the award to our AGM participants, and you can see a clip of Justina (virtually) accepting the Award at the Awards Ceremony in our AGM [event webinar - 43:06 mins](#).

You can find out more and request your [own Naloxone kit](#).



## This Fierce Love

Next on the Programme, Justina outlined a new initiative which we have planned for Spring 2022. We are working with Breeze Productions to share a family member's story about the impact of substance use on their lives. This story has never been shared before.

'This Fierce Love' will go on tour from March 2022 across areas of Scotland for family members, practitioners, partner

agencies and interested individuals. These events will include the story and workshop discussions.

A short trailer for 'This Fierce Love' is available in the [event webinar](#) - 20:25 mins.

## Craft Community of Practice

Then it was on to information on our Craft Community of Practice (Scottish Families' very own COP!)

Scottish Families has worked in partnership with George Charlton (GC Training & Consultancy Services) the CRAFT training guru, for a number of years and many practitioners across Scotland have been trained in CRAFT techniques.

The Craft Community of Practice has been established to support CRAFT trained practitioners to share their experience of delivering CRAFT to family members and to discuss ideas and any challenges which occur.

A pre-recorded chat with George, Gill Harmon our Acting Senior Virtual Support Practitioner and Carly Patterson, our Family Support Development Officer, Aberdeenshire was shown. In the clip, George, Gill and Carly discussed how CRAFT empowers family members to communicate with their loved one and support them.

The first CRAFT Community of Practice had taken place on 3 November and further dates were scheduled. See more at [event webinar](#) - 24:20 mins.

You can find out more about CRAFT training [here](#).

## Rewriting the Media

Next it was time for Rebecca Bradley, our Communications Development Officer, to tell us about Scottish Families' media profile

over the past year. Rebecca emphasised how important the media is for getting our services known and to let people know that we are here to support them. Many people still consult the media via newspapers and TV, and our profile has grown over the last few years.

For example, in 2017, Scottish Families was mentioned in the media 13 times - a mention being a press release being shared or a comment or quote from us, or a member of our Team or family member being featured on TV or radio or a podcast. So far, in 2021, Scottish Families has had 57\* mentions. There is definitely a change in the media, and they are now looking to speak more to family members and to share families' voices in their stories. When the alcohol-related and drug-related death statistics were published earlier in the year, there was more of a focus on families and the impact on families and their struggle to help a loved one stay alive.

See more at [event webinar](#) - 40:02 mins.  
\*one further mention since the clip was compiled.

Scottish Families is committed to doing everything we can to make sure family voices are heard through the media and that families are treated with dignity and respect.

## New Ways of Working with Families

We then heard from Kirstin Holland, our Family Support Development Officer (FSDO) for the Fife Family Support Service and Sarah O'Hare, Virtual Family Support Practitioner (VFSP) for Holding On.

Kirsten explained that her service is unique in that it is the first time a FSDO has been embedded within a NHS Service – Fife NHS Addiction Services. Kirsten is involved in the clinics in Fife, which enables her to be a first point of contact with family members of a loved one with substance



issues, to support the family member in their own right, and to help to include the family member in their loved one's treatment and care.

Sarah is one of our VFSPs who delivers a new service which has been funded by the Drug Deaths Task Force. Holding On provides intensive support to family members whose loved ones have been identified as being at risk of drug-related death, often alongside risk factors such as liberation from prison or having serious mental health issues.

Kirsten and Sarah discussed the themes which they have seen from their discussions with family members and how family groups help to provide mutual and peer-led support to the family members.

Their conversation is available at [event webinar](#) - 45:26 mins.

## AGM

Following a comfort break, our event continued with the formal part of the morning – the Annual General Meeting. Chaired by Colin Hutcheon, the minute of the formal AGM will be posted on our website in due course.

## I Am Not Alone

Returning to our featured services, it was time to hear more about the Routes Young Persons' Service. This service started as a three-year demonstration project aimed at supporting young people between the ages of 12-26 years. The project was developed working alongside the young people to co-design and test out a new model of support for this age group. The initial three-year period ends in March 2022, but the Routes service has become so vital that it will continue as one of Scottish Families' mainstream services. We want to share our learning and experiences to date in the hope that Routes can be replicated

across other areas of Scotland.

One way we are demonstrating Routes' success is through a short film which was co-produced by the young people, and Braw Talent Film Production Company. The showing at the AGM event was the film's online premiere and we hope also to have an in person premiere in the future.

The film features many of the young people describing their thoughts on what Routes means to them, how it helps them, and what they do; photos and clips of the many activities the young people have experienced and interviews with the Routes Staff Team, Children & Families Social Work, School staff and parents.

Following the film, Claire Wadsworth and Pam Burns joined the meeting – from Pam's car – as they were both accompanying some young people who were undertaking a skiing programme. Claire described how the young people need a huge level of support even when they are enjoying an activity such as the skiing, constantly seeking re-assurance that Claire and Pam will be waiting for them at the end of the session.

This item was wrapped up by another short film clip featuring Darren from Braw Talent being interviewed by one of the young people on the experience of making the film.

I Am Not Alone and the Behind the Scenes clip can be viewed at [event webinar](#) – 01:46:00.

## Fundraising

The final item on the programme was an input from Sarah Campbell, Fundraising Manager. Sarah advised that Scottish Families is funded from a number of sources including Trusts, Grants and Individuals; currently our fundraising level is strong.

Focusing on events, Sarah advised that we now have a Community Fundraiser in post, Clare Morrison joined us in June and has already done some fantastic work in resurrecting our events following a break due to COVID 19.

Another film, showing how many people have raised funds for us and images of them taking part in various challenges - both in person and virtually - was shown. Some of these challenges have been undertaken by family members in memory of a loved one who has been lost to problematic substance use.

This year to date, £33,800 has been raised through individuals' donations and activities, and we are extremely grateful to all for their support.

A Programme of events for 2022 is being planned and will be shared soon. Meanwhile, our next scheduled event is a Firewalk, planned for 27 November. Justina, our CEO and her daughter, Caera have both signed up and we look forward to seeing the photos and videos!

The short clip is also available at [event webinar](#) - 01:33:04.

If you are interested in signing up for any of our future events, check out [our website](#) or email Clare at [clarem@sfad.org.uk](mailto:clarem@sfad.org.uk).

### Vote of Thanks

Our 'Morning with Scottish Families and Friends' ended with Colin Hutcheon, Chair, thanking everyone individually for their input to the event and their ongoing work within Scottish Families.

Colin emphasised how emotional, inspirational and incredible the extent of the work undertaken by Scottish Families continues to be and thanked everyone involved.

If you want to know more about Scottish Families or keep up to date with our services, [please sign up to our ebulletin](#).

- by Aylice Millar, PA to CEO/Business Support Assistant at Scottish Families.



# A Chat with the Family Recovery College (FRC)

## What is the Family Recovery College (FRC)?

The Family Recovery College offers a free informal 12-week online course, Understanding Substance Use and Holding on to 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 yourself and your loved one.

## Why the FRC?

Family members and friends often take on the primary role of caring for or supporting their loved ones. We hope that the Family Recovery College will help students feel empowered to support themselves and their loved ones.

## Our Perspective



'I saw the FRC as an opportunity to introduce organisations, subjects and information to family members to give them tools to help them navigate whatever circumstance

they found themselves in. I also hoped they would get to know each other and that might lead to ongoing support for each other, and week on week I am seeing that. It's been an honour to be a part of.' -Tich, Connecting Families Development Officer

'I think the FRC aims to offer a safe space to families affected by a loved one's drug or alcohol use. It gives opportunities to hear other families and share their everyday experiences. It offers new knowledge and



information to assist their loved one and whole family. Through this process a collective understanding and feeling of not being alone can emerge.' - Debra, Connecting Families Development Officer

## Family Perspective

'For the first time, I realised that I don't need to be the only one who can help my loved one deal with the various issues that crop up. That is such a relief!'

'Knowledge is Power. The course has been so useful for myself and my family. I have learned so much and the new strategies are working. The support from the team and the group has been tremendous and lifted me when I felt low. I am finding it much easier to switch off from what I cannot change and to focus on the things that are achievable. Thank you so much.'

'Each week I'm reminded that I am the only person I can change.'

'It acts as a constant reminder to "put on my own oxygen mask first" – to take care of myself in order to be able to be present for others.'

## What Next?

We are already planning the next Family Recovery College in 2022 to be face-to-face but because of the success of the online delivery, especially by removing geographical challenges, we are wondering if we can do more than one at once! We always ask the families to tell us what suits them so let's see what they say...

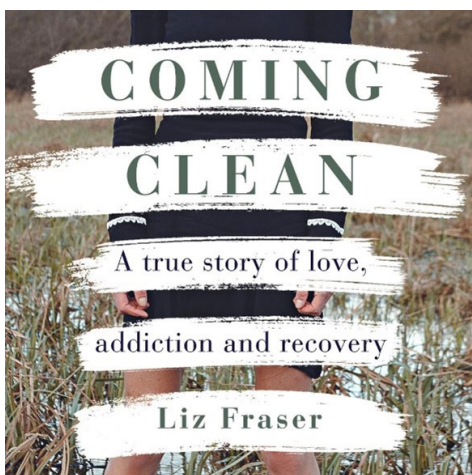


# Bound Together



At the end of October, we started our new book project, Bound Together, with an event hosted by Outwith Books.

Liz Fraser, award winning author and broadcaster joined Richard Watson, Connecting Families Development Officer, to discuss her book 'Coming Clean'. Her book takes us on a journey from when she meets the father of her child, attempts to tackle and outrun his alcoholism, and ultimately to both seek help. During the event Liz read a couple of excerpts and discussed some points with Richard before they gave the audience a chance to ask their own questions.



'A very important piece of writing. Alcoholism not only affects the sufferer but equally those who love and care for them.'

Bound Together has a series of 'meet the author' events being developed that aim to raise awareness of family recovery and the services Scottish Families offer through the medium of books.

Scottish Families already have an established book group and a creative writing group, but this was the first time we had invited a writer to discuss that impact of alcohol and drugs can have on families.

Throughout December keep an eye on our social media and website as we bring you tasters of the authors we have lined up. Thanks to Liz Fraser for joining us in conversation, Natalie Whittle from outwith Books for hosting the event and Dear Green Coffee for sponsoring the event.

If you'd like to find out more about Bound Together, get in touch with Richard at [richard@sfad.org.uk](mailto:richard@sfad.org.uk).

# Our Fundraisers



The pandemic may have stripped away some of life's good things, but what has remained and been highlighted over the last 20 months is kindness within people.

Once again, 2021 was a very busy year for Scottish Families Affected by Alcohol and Drugs and our charity fundraisers. We have been overwhelmed by the support of determination we have received for our charity. An astonishing 56 people completed an event and collectively raised a staggering £33,800 since March 2021.

A huge thank you from all of the team at Scottish Families for choosing to fundraise for us. We'd like to share with you just some of the remarkable people who did something amazing for us and their reasons behind it:

Angie and Layla walked the Hebridean Way back in July during an intense heat wave. The pair walked a gruelling 156 miles over the period of 8 days. What an achievement! Angie has been involved with Scottish Families for over 7 years and still to this day impresses us all. We asked Angie why she chose Scottish Families as her charity to support:

'I think all of us at some point in life has been affected by a family member or a

friend who is dependent on alcohol or drugs. The stress this brings to families is immense, mentally emotionally and takes its toll physically.

'I have helped out with yoga and holistic practices with Scottish Families Affected by Alcohol and Drugs since 2014, I have met friends for life, these ladies and men are an inspiration to me. I know how much this charity supports and helps these families and relies on funding for this ongoing support.'

Angie and Layla set themselves a target of £200 and were blown away by the generosity of those around them, they raised an outstanding £1770! We can't thank you enough for everything you do Angie.

Douglas alongside his daughter Hannah and her friend Frankie, trained and completed the Edinburgh Half Marathon in September in memory of Sian, Douglas' sister who sadly died in May 2020. All three were eager to get involved with this event as training for this gave them time to think of treasured family memories and make



sure Sian is never forgotten.

‘My sister Sian was a bright bubbly attractive young woman who sadly died at only 54 due to the effects of alcohol. By running and raising money for a charity that helps families affected by drugs and alcohol I feel her death was not all in vain.’



An incredible £2400 was raised between all three in memory of Sian. Thank you so much!

Shannon, Christina and Victoria decided they wanted to challenge themselves and support Scottish Families in memory of Sandra, Christina and Victoria’s mum, and signed themselves up for the Women’s 10k in Edinburgh. They decided to support each other every step of the way and run as a



team. All were nervous before the event however, no need to worry as they crossed the finish line together. Not only did they push themselves to improve their fitness level, but they also raised a remarkable £1000! Fantastic effort!

‘Sandra, our mum, was more than her lifelong struggle with alcohol. She was a Social Care Worker, a daughter, a grandmother and a Mum.’

‘There is still such a stigma surrounding addiction in today’s society, however Mum’s struggle was real for our family. The stigma can be a barrier to seeking help and support, not only for those who suffer with addiction, but also the families and friends who are also affected. We never want our mum to be forgotten, which is why we are doing this run. If the pain we’ve been through can be avoided for even just one other family, the 10k is a small price to pay.’

If these stories have inspired you to do some fundraising for Scottish Families Affected by Alcohol and Drugs in 2022, no matter how big or small, you will be supported throughout your journey. Please contact our community fundraiser to find out more: [clarem@sfad.org.uk](mailto:clarem@sfad.org.uk).

Do something you love. Do something you didn’t think you could do. Do something incredible and support Scottish Families.



# 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

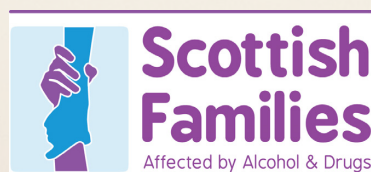
**Facebook:** @ScottishFamiliesAffectedByDrugs

**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)

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