

Scottish Families

The latest news and updates from the team

AUTUMN

November 2022
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www.sfad.org.uk

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Lights of Hope Concert

Please join us for our first ever Lights of Hope Christmas concert – featuring live music and readings. **Page 9**



Spooky Routes Update

The Routes team have had a very busy Halloween, with the young people taking part in a wide range of spooky activities. **Page 6**



It's Everywhere: AAG Report

Alcohol is everywhere in daily life in Scotland, according to our Alcohol Action Group's latest report. **Pages 10-11**

The Autumn Family Recovery College

The Connecting Families Team are into the last three weeks (at time of reading) of the Autumn Family Recovery College(FRC).

It has been a great online turnout with 26 family members in attendance. We understand the challenges the families we support face daily, are ongoing, therefore it is wonderful to have so many contributing with their experiences each week.

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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!](#)

Word from the CEO

As I write this, I am still buzzing from our first in-person AGM and annual event since November 2019, held last Saturday. Our theme this year was 'Oot and Aboot', as we converged from various corners of the country to a very warm welcome from our Forth Valley colleagues on their patch. Lovely to bring together Board members, team members, families and friends of Scottish Families in 4-D after two very engaging (but just not quite the same) online AGM events in 2020 and 2021. And such a different energy in the room, from chatter and laughter, to 'pin drop' silence as we shared family voices and stories.

We are finding more and more opportunities now for families' voices to be heard, alongside more and more families wanting to share their views and experiences, both directly and indirectly. This is such an important part of achieving our aim of No More Hidden Families.

Over the past few months alone, we have supported and connected families in with opportunities to speak anonymously and in person across print, radio and TV news; through our own Holding On storytelling project, podcasts and blogs; at the recent Cross Party Group on Drugs and Alcohol; with 'File on 4' on BBC Radio 4 around street benzos; with a forthcoming BBC TV documentary (more on this next spring!); and through contributing audio, video and written materials at events, seminars and for workforce training.

I recognise how challenging this can be for families, to share often harrowing, frustrating and traumatic personal experiences of supporting a loved one through alcohol or drug use (often without the support from treatment, care and other services that we all expect), and describing in detail the harm experienced by the whole family. But I also know family voices are more powerful and enduring than a thousand power points or strategy documents! And when done properly, it can feel

empowering for families too, as this family member shared after her media interview:

"I think we defo got a powerful message across. Thank you so much again for the opportunity. I actually feel really good about hearing it as people need to know what is actually happening".

The challenge for audiences in positions of power and influence is not only to listen to families, but to really hear what they are saying, and to actually do something differently as a result – to action real changes and improvements. Otherwise, families quite rightly feel they are just being asked to share incredibly personal stories and relive the same experiences over and over again, but nothing changes. This is the difference between simply wheeling out people with lived experience to fill an agenda slot or tick an inclusivity box, and providing an opportunity for families to drive the agenda and for real change to be family-informed and family-led.

As we canter towards the end of 2022, I want to thank my team for another tremendous year of supporting families, responding to no end of curved balls thrown at them (ongoing COVID challenges being just one of them), under constant pressure to reach more families with less resource than we need. As ever they are keeping on keeping on, continuing to change lives and save lives every day. I couldn't put it better than one of our Forth Valley families at our AGM, "Thank you from the bottom of my heart".



Welcoming New Members To The Team

Over the last two years the Scottish Families team has gone from strength to strength, with teams growing in every area we cover in Scotland... and the last couple of months have been no different!

Routes, Fife, Fourth Valley and Inverclyde have all added incredible new members to their team, and we're so excited to introduce you to them all.

Yvonne Lasic

Yvonne joined Scottish Families in June 2022. She has over 20 years working as a registered nurse in the NHS and most recently worked as an Addiction Nurse for NHS Fife. Yvonne is also attending Fife College to study Counselling.



Charli Shand

Charli joined Scottish Families in June 2022. She is a Family Support Development Officer for our Routes team. Charli previously worked with NHS24 as a Physiological Wellbeing Practitioner within the mental health hub. Her past work experience has been within mental health and learning disabilities.



Angela Rushton-Clark

Angela joined Scottish Families in June 2022 as a Family Support Development Officer for our Routes young person's group in East and West Dunbartonshire. She has over 30 years of experience working in children and young people services. And for the past 13 years working for the voluntary services, supporting families in their communities through childcare, parenting resources, advocacy and getting parents back into employment.



María Fernández

María joined Scottish Families in June 2022 as our Family Support Assistant for our Fife Family Support Service. She was raised in Madrid and has always been a people person. She had her first contact with communities when she joined CNT union. Working there for 7 years, she was involved in helping people with their working rights and building community and centring efforts in building community and mutual aid.



Candice Napier

Candice joined Scottish Families in June 2022 as our Family Support Assistant for Inverclyde. She first came to Scottish Families through a work-based placement module as part of her Masters in Contemporary Drug and Alcohol Studies. After years of volunteering and fostering neonatal abstinence babies, she decided she wanted to be more involved in a whole family approach in the hopes of making long-term sustainable changes.



Jess Goddard

Jess joined Scottish Families in June 2022 as our Support Assistant for our young person's group Routes. She has a psychology degree, an NLP Therapy qualification, and a swim teacher qualification.



Anna Littlejohn

Anna has a psychology degree and mental health support work experience in both the public and voluntary sectors. Positive health and wellbeing are something she has forever been passionate about. Anna recognises how important it is to encourage and support young people to test and try as many new activities as possible as she feels developing healthy habits and new hobbies is so important for everyone.

Rodrigo Rias

Rodrigo joined us in Autumn 2022 from a diverse background in Oceanography and more recently in Health & Social Care, Autism and Learning Difficulties. Rodrigo is passionate about Mental Health and believes everyone should be talking about it openly. Rodrigo was attracted to the work with Scottish Families due to his lived experience with family members affected by various addictions and feels strongly about the power of connection, and community and family support to overcome it.



Spooky Routes Update

The Routes team have had a very busy Halloween, with the young people taking part in a wide range of spooky activities. They had groups in West and East Dunbartonshire doing scary ceramic mug painting (terrifying faces!), pumpkin carving and ducking for apples. Angela also took some young people to a drive in scary movie, where they watched Beetlejuice in the dark! They all loved it. The Routes staff team delivered 'Hallowellbeing' bags to families with sweets and Halloween activities inside for them to enjoy.



Staff Day Out In Edinburgh

With a staff team that is dotted all over Scotland, it's often difficult for us to all get together to properly catch up; however at the end of October we hopped on trains and met up in the capital... the National Museum of Scotland to be precise!

Our Wellbeing Committee had organised an incredible morning filled with mindfulness activities, a Scottish Families Scavenger hunt and of course, time for us all to catch up. We our hats off to Jade (member of the committee) who created a full Scottish Families scavenger hunt all around Edinburgh, that wasn't only timed to perfection but also sent three different teams to various locations without any of us bumping into to each other once.

We had to bring back an array of items and photographs, including a £5 souvenir, a stranger's signature, foreign money, a take-away menu (surprisingly hard to find since Covid) and loads of other ridiculous things!

Whether we were running around the Royal Mile or hanging out in the National Museum of Scotland Café, it was great to see everyone in person and properly catch up after not seeing each other for so long. The photos from the day are hilarious, so here's a sneak peek for you to enjoy.



'The Giver of Stars' Book Review:

Scottish Families Book Group



In October, our Family Support Book Group read and reviewed 'The Giver of Stars' by Jojo Moyes. This novel, set in Depression-era America, is an historical fiction, which draws inspiration from the Pack Horse Library Initiative: a project launched by President Roosevelt that saw librarians delivering books on horseback, to remote parts of Kentucky and the Appalachian Mountains.

'The Giver of Stars' is the story of the five women who take on this remarkable task, and the drama that unfolds, following an incident in the mountains and within the communities they live and serve in. Alice – a young woman who escapes the life she hates in England by marrying a handsome American and travelling back home with him to her new life, full of hopes of love and happiness, but her American dream is not at all what she thought it would be. Margery – the leader of the library group: outspoken; a fiercely independent woman at a time when men held all the power and part of a family of outlaws which, despite distancing herself from them, appears to pre-determine her reputation. Izzy – forced to join the library project by her mother. Beth – escaping a house full of brothers by joining the library project. Sophia – a black woman who only works in the library at night, hidden from the eyes of the racist members of the community, who believe libraries should be segregated.

Themes of loyalty, love, passion and friendship emerge against a backdrop of poverty, religion, sexuality, inequality, racism and education. There's loads covered in this one! Our group rated this book at 7.6 out of 10 with one reader saying she was 'pleasantly surprised, wasn't the sort of book I'd usually go for.' There was a split between our readers with this one, with some of the group really enjoying it and racing through it while others found it annoying and harder to get through.

Everyone agreed on the descriptive prose of the area, leaving our readers immersed in the Kentuckian landscape and we all enjoyed the development of the characters although, without giving any spoilers away, we did discuss some surprises later in the book, in the way characters were portrayed and/or the choices they made towards the end.

Some comments from our readers:

'I absolutely loved it... really enjoyed it and the characters. It kept me engaged and wasn't one I'd have picked up... fell in love with the characters.'

'I related to the love of literature in it and liked the quotations used at the start of some of the chapters.'

'I could hardly put it down once I started reading it.'

To find out more about our Book Group, follow our Twitter or Facebook feed, or you can email Lena lena@sfad.org.uk for some more information!

Join Us At Our Lights Of Hope Christmas Concert



Please join us for our first ever Lights of Hope Christmas concert – featuring live music and readings. You will have the chance to make a handwritten dedication on our tree and join us for our special tree lighting ceremony.

All guests are invited to join us for a warm drink and a festive cake after the concert ends.

Thursday 8th December 2022 7pm-9pm
St George's Tron Church
163 Buchanan Street, Glasgow, G1 2JX

[Book your tickets here](#)

It's Everywhere: Alcohol Action Group Report

Alcohol is everywhere in daily life in Scotland, according to new research published by Scotland's Alcohol Action Group. The Group, whose members include families and individuals personally harmed by alcohol, surveyed the presence and visibility of alcohol in their homes, communities and online spaces.

Members of the Group recorded each reference to alcohol they noticed in one day, as they carried about their normal daily activities. This included anything that included or referred to alcohol, such as direct advertising, branding, alcohol products, and alcohol-themed merchandise (e.g. birthday cards and gifts).

They found "constant exposure" to alcohol, and that it is "all around" as "part of the fabric of daily life" in Scotland. Although participants only spent an average of 1.5 hours recording their observations for one survey, they each identified over 10 alcohol references on average in this time.

Alcohol was identified on clothing and other non-alcohol products (such as greeting cards and gifts), music and sporting event sponsorship, radio adverts, media discussions, posters and billboards, newspapers and magazines, foods, TV advertising and use of alcohol in TV programmes, household waste collections, street litter, online references, retail and everyday conversations.

The research was carried out during the Covid-19 pandemic where lockdowns and restrictions were in place, with the Group noting increased online references to alcohol as a coping strategy on social media posts, jokes and memes, as well as increased consumption in their own social networks. The majority of research participants believed people were drinking

more than before the pandemic and that alcohol was causing more harm. Just one person thought people were now drinking less.

100% of participants felt alcohol products should include health warnings, with strong support for restrictions on alcohol advertising, marketing and access.

Group members shared some of their own experiences about alcohol everywhere, including the challenges of organising alcohol-free events, the impact of COVID-19 and lockdown on drinking patterns, and how difficult it is to avoid alcohol in daily life.:

"I recently had a big birthday myself and I had asked friends what they would like to do. I had told them that I didn't want an event in a pub or a cocktail night, and it was disheartening to see the response and a number of people dropping out before I had even said what I was going to do."

"There's too much advertising that promotes alcohol as a way to relax, reduce stress and have fun or as a way to reward yourself for working hard or achieving a goal. Alcohol advertising implies that social occasions/ holidays require alcoholic drinks in order to be enjoyable."

"It's casually slipped into film & tv in product placements; it's never seen as an issue when alcohol is promoted and yet there would be outcry if cigarettes still had the same prevalence now as it once did. It's strange to think we can banish the cigarettes, but alcohol is the done thing and few bat an eyelid."

"I know people talk about having freedom of choice, but the advertising of alcohol is so in your face that anyone who has alcohol problems or is in recovery never

gets a break from seeing this constant push for everyone to drink alcohol.”

The Alcohol Action Group wants to use these research findings to change the way alcohol is labelled, marketed, advertised and sold, and to create more alcohol-free spaces for families to enjoy.

Justina Murray, CEO of Scottish Families, said:

“This research confirms that alcohol products, branding and merchandise appear absolutely everywhere you look in our homes and communities. The people who carried out this research, many of whom have been personally harmed by alcohol, didn’t need to make any great effort to find alcohol references. Alcohol is ‘In your face’, no matter where you look.

We can see that there is no part of Scottish daily life which is alcohol-free. Alcohol has

been normalised to such an extent that we are now in a state of collective denial about the harm it causes to our families and communities.

We want to see strong action on labelling, marketing, advertising and access to alcohol, with alcohol-free spaces becoming the norm not the exception.”

[You can download and read the whole report here.](#)



A Quick Look At Our Accounts 2021-22

While Covid continued to play a significant role in everyday life we have begun to see some light at the end of a long, dark tunnel and Scottish Families has provided a beacon of hope and comfort to families across Scotland, throughout the pandemic. Staff, while being affected by Covid like everyone else, have gradually returned to the office and have been able to meet more people face-to-face (and some of their new colleagues).

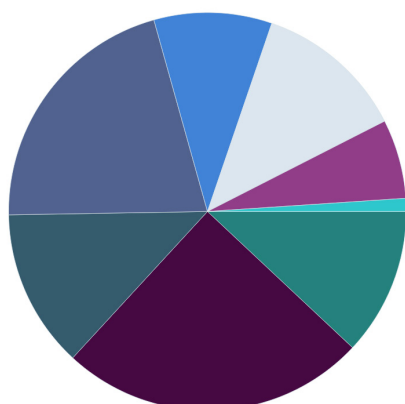
Scottish Families continue to enjoy a period of unprecedented growth which is reflected in our significantly increased income and widening range of funders. We are grateful for all their contributions and, particularly, those of the Scottish Government and the Corra Foundation. This financial support is vital to the development and expansion of our efforts to reach and help more families across Scotland.









We can look forward to the year ahead with confidence as we consolidate our core work and develop new initiatives to reach out to families across Scotland and provide help and support to more people who are struggling with a loved one's substance use and often many other challenges.

Colin Hutcheon, Chair

Income

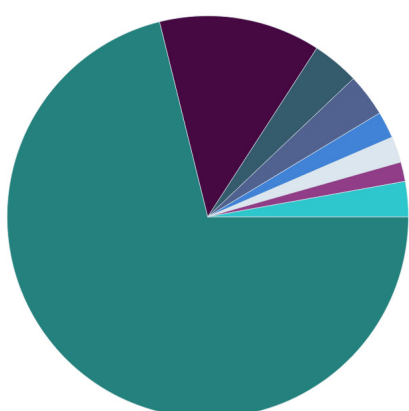
Total: £1,334,840











 Scottish Government: Other Grants £331,866	 Local authorities, HSCPs, ADPs £163,595
 Scottish Government: Core Grant £160,000	 Trusts and Foundations: £128,012
 Corra Foundation: CYPFEIF £172,000	 Donations: £85,958
 Corra Foundation: Other Grants £279,261	 Fees and Commissions £14,148

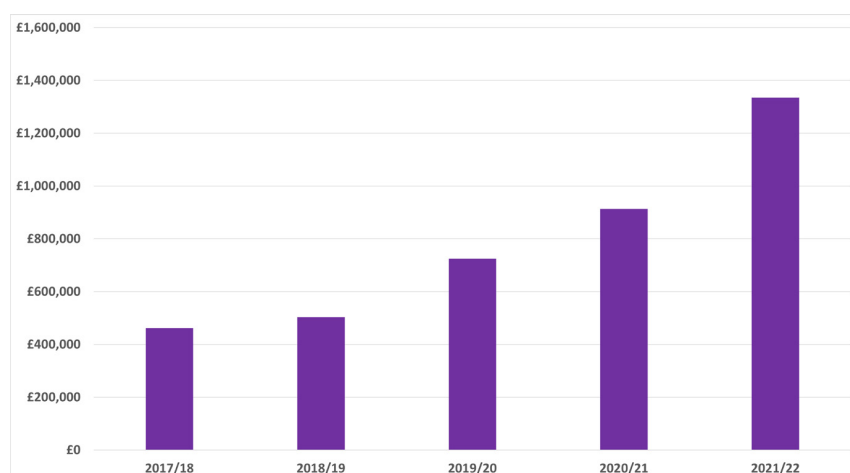
Expenditure

Total: £1,296,735



 Staff costs + Bereavement Counsellors £922,458	 External Audit/ Accountancy/Evaluation, etc £27,856
 Additional Support - COVID response, Naloxone £168,694	 Volunteer/ Family Volunteer expenses £27,163
 Family Events/ Activities £49,060	 Other Overheads £20,283
 IT equipment, support, Website, Phones, etc. £44,595	 Property costs (rent, utilities, insurance, outreach) £36,626

Income Trends - Past 5 Years



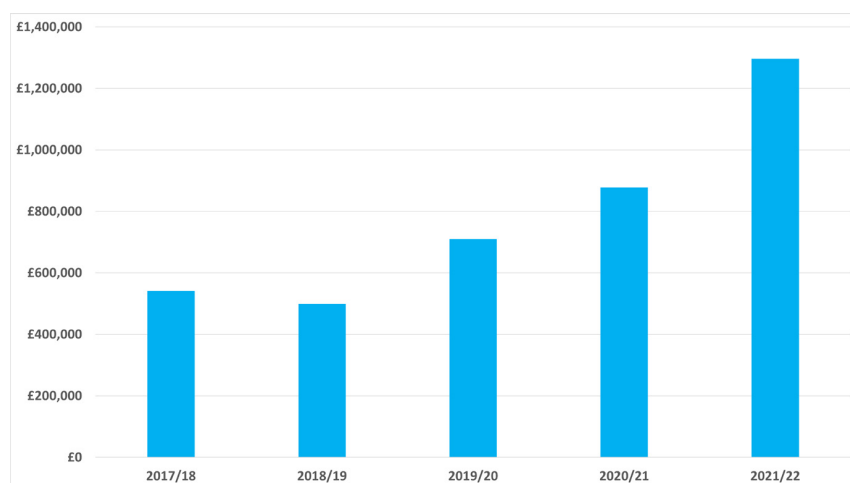
Increase (£) over past 5 years:
£873,304 (2017/18 to 2021/22)

Increase (%) over past 5 years:
189% (2017/18 to 2021/22)

Increase (£) over past year:
£421,676 (2020/21 to 2021/22)

Increase (%) over past year:
46% (2020/21 to 2021/22)

Expenditure Trends - Past 5 Years



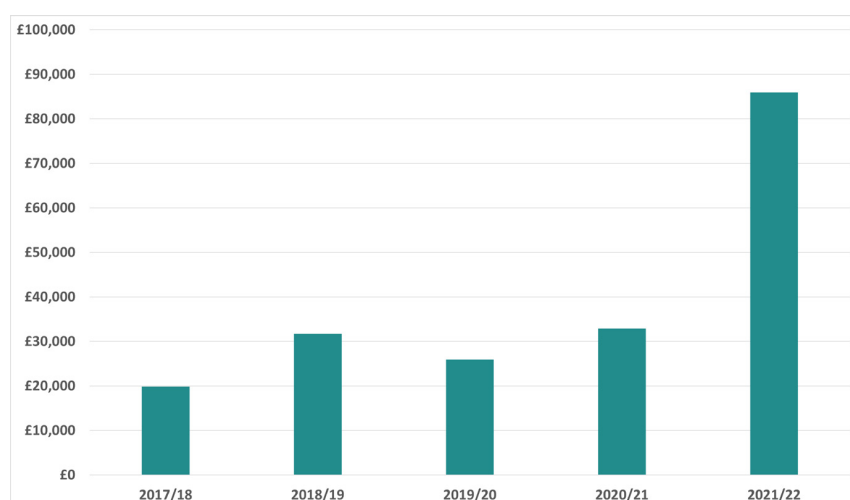
Increase (£) over past 5 years:
£755,487 (2017/18 to 2021/22)

Increase (%) over past 5 years:
140% (2017/18 to 2021/22)

Increase (£) over past year:
£419,397 (2020/21 to 2021/22)

Increase (%) over past year:
48% (2020/21 to 2021/22)

Income From Donations - Past 5 Years



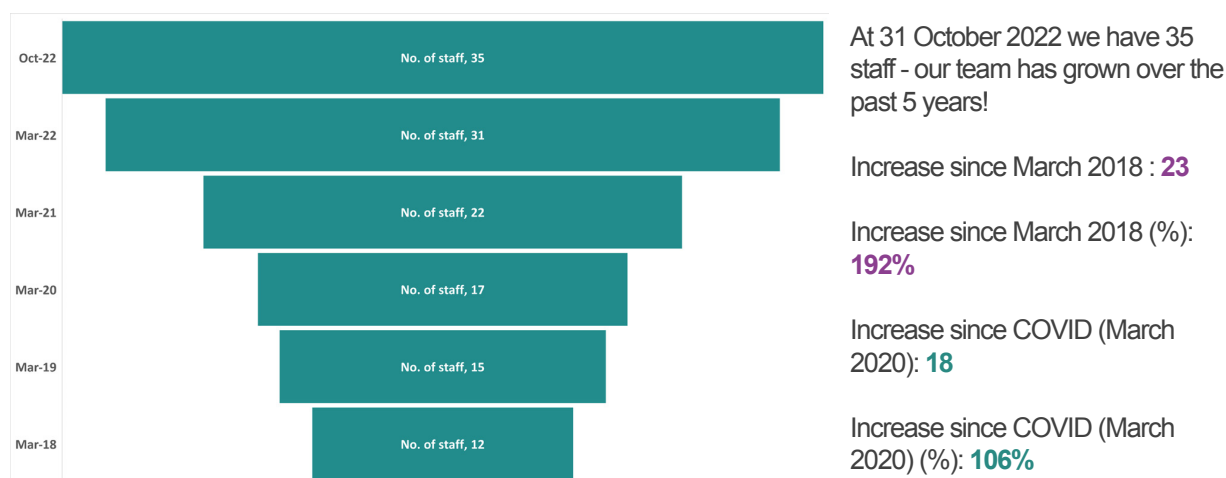
Increase (£) over past 5 years:
£66,065 (2017/18 to 2021/22)

Increase (%) over past 5 years:
332% (2017/18 to 2021/22)

Increase (£) over past year:
£53,082 (2020/21 to 2021/22)

Increase (%) over past year:
161% (2020/21 to 2021/22)

Average Staff Numbers - Past 5 Years



Reserves at 31 March 2022

Reserves (31 March 2022)	£
Unrestricted - Undesignated (General Fund)	£103,165
Unrestricted - Designated Services Fund	£67,040
Unrestricted - Designated Redundancy Fund	£57,710
Unrestricted - Tangible Fixed Assets	£804
Unrestricted - Intangible Fixed Assets	£21,692
Restricted Funds	£4,530
Total Reserves	£254,941

Our Funders 2021-22

In 2021/22 we received funding from 39 different funders including public, private and charitable funders:

Aberdeenshire Health and Social Care Partnership/ Alcohol & Drug Partnership, Arnold Clark, Asda, Bank of Scotland, Bowie Charitable Trust, Corra Foundation, CVS Falkirk, East Dunbartonshire Voluntary Association (EDVA), East Dunbartonshire Council, East Dunbartonshire Health and Social Care Partnership/Alcohol & Drug Partnership, Forth Valley Health and Social Care Partnership/Alcohol & Drug Partnership, Foundation Scotland, Gillespie McAndrew (Anonymous Trust), Gordon Fraser Charitable Trust, Inverclyde Health and Social Care Partnership/Alcohol & Drug Partnership, James Weir Foundation, Kells Trust, Kids Out UK, Kintore Charitable Trust, Meikle Foundation, Merchant's House Glasgow, Miss ME Swinton Paterson's Charitable Trust, National Lottery Community Fund, National Lottery Community Fund Young Start, Neighbourly Foundation – Together Fund, NHS Forth Valley, Prince of Wales Charitable Fund, Radio Clyde Cash for Kids, Robertson Trust, Saints and Sinners Club, Schroder Charity Trust, Scottish Government, Souter Foundation, Speedo Mick Foundation, Stirlingshire Voluntary Enterprise, STV Appeal, Volant Trust, W A Cargill Trust, W M Mann Foundation.

Thank you to all of our funders and fundraisers!

Latest Podcast on Life with Alcohol and Drugs



Our latest 'Life with Alcohol and Drugs' podcast episode features Daryl, our Inverclyde Family Support Development Officer here at Scottish Families, and he is joined by Agnes, a family member who attends our Inverclyde service.

They chat about Agnes' personal experiences with attending the support group, and her experience being a family member affected by someone else's alcohol or drug use.

'...it was so overwhelming to feel the strength of the people in that group. And even though yourself, Daryl, or Candice just chaired it, the minute you sat down it was like offloading, you're like emotional hoovers, it was offloading the stress, and you could feel that in the room. It was a really good feeling and they made me very welcome.'

[Listen to this episode here!](#)

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

Transcripts for each episode will be available on [our website](#).

We would love your support to help get our podcast out there! Share with your friends, family, colleagues, neighbours, anyone!

The Autumn Family Recovery College



The Connecting Families Team are into the last three weeks (at time of reading) of the Autumn Family Recovery College(FRC).

It has been a great online turnout with 26 family members in attendance. We understand the challenges the families we support face daily, are ongoing, therefore it is wonderful to have so many contributing with their experiences each week.

The course was designed with families and is updated with each delivery to keep the information up to date, keep the knowledge local where possible, and respond to feedback.

The start of the course we had a couple of weeks setting the scene with the return of Sharon Greenwood from Glasgow University, Michaela Jones from Scottish Recovery Consortium (SRC) and Sandra Holmes from Families Campaign for Change. Former FRC students also joined to share their experience. It help settles the nerves to hear their experience of the 12 weeks program.

"The speakers were so good to listen to, genuinely inspirational women."

We then go into weeks three and four, where we explore Advocacy and Stigma and are again joined by some brilliant guests. Thanks to Peter Muir from South Ayrshire ADP, Ailsa McCrae from Lomond Advocacy and Tom Bennet from Scottish Recovery Consortium.

Scottish Drug Forum's Trish Dunlop and Graham Macintosh are always our go to experts to talk through various substances and their effects. This year was an excellent example as we spent a lot of time hearing from the families about what was happening in their lives. At the halfway point of the course people are really opening up and beginning to support each other.

Families have been connecting more and more out with the session and both Debra and I have some really special calls between sessions which lets us understand more about what family's reality is. The FRC knows that families are the experts on what is happening in their world.

Scottish Families' own Kirsten always does a great session on the age-old conundrum of treating addiction and mental health separately (or not at all). She also shares great examples of practice where some areas are trying to integrate services. We talk about MAT (Medication Assisted Treatment) Standards and hope that these help to fix a system that had fallen short for them and their loved ones.

We looked at how families look after themselves before moving onto the last few weeks where we talk all the learning and start to think about how we communicate effectively.

It has been a great journey so far with this Autumn session.

Also, former FRC students have taken some of the learning and the connections they have made in previous FRC's to start their own online peer support group. Bravo! Thanks to all involved. The course deserves its subtitle of 'Holding on to Hope'.

Highland Family Recovery Initiative Fund Closes Friday November 25th!

This is a fund specifically to encourage family support in the Highlands. The panel will meet on Wednesday 7th December to review applications (applications must be submitted by Friday 25th November).

This is a short-life fund, provided by Highland Alcohol and Drug partnership in response to the Highland (Families are Recognised and Included) report and will run a further round in the new year. If you are thinking of applying for this fund, we would like to hear from you!

Please contact
susie@sfad.org.uk

[More information available on our website here.](#)



2022 Recovery Walk Paisley



Scottish Families joined with families, recovery communities, and a wide range of organisations at the annual celebration of recovery, which was held in Paisley this year on Saturday 24th September. This event is a great opportunity to raise awareness of the presence and impact that recovery and family recovery has in Scotland. It allows engagement with a broad spectrum of people from the community in which it is held.

As an organisation we always enjoy this unique opportunity to chat to so many of the people we work in partnership with. On the day, the sun shone, our 'make your own sun-catcher' activity alongside our professional face-painting service, were inundated from start to finish, and the atmosphere was full of joy. Our colleague, Suzanne Gallagher, hosted the roses

ceremony, remembering friends and family no longer with us. A poignant moment as you watch a sea of people raise a single rose up in the air. Approximately 4,000 people then walked together through Paisley and back to the recovery village – quite a sight to behold!

The afternoon included live music, a free lunch, and the chance to hear from some of the 'recoverists' involved in Renfrewshire's 'Connected and Caring' programme of work. Thanks to everyone who came along and said hi on the day – we are still not done with being grateful that we get to do in person events again!

"Beautiful day at the annual recovery walk in Paisley today. Great work by everyone! LOVE makes you family!"

The Family Recovery Initiative Fund Is Open!



The Family Recovery Initiative Fund (FRIF) re-launched on Tuesday 27th September 2022. Thank you to three of our previous award recipients for taking part in our online launch.

You can still watch Marie, Unyimeobong, and Karrie talk about the different ways they are supporting families in Scotland and their experience of applying for FRIF [here](#).

If you are thinking of applying to this fund, contact Richard Watson (richard@sfad.org.uk) or Debra Nelson (debra@sfad.org.uk) to have an initial chat.

A panel of 2-3 family members meets monthly to review applications and make awards. Applications for the panel on 9th December are due by 25th November. The next panel meets on Friday 20th January 2023.

The FRIF is funded by The Scottish Government Drugs Policy Unit and administered by Scottish Families Affected by Alcohol and Drugs.

The Fierce Love Autumn 2022 Tour



Following a break over the summer, we have taken This Fierce Love back out on tour this Autumn to Rothesay, Greenock, Edinburgh, Coatbridge, Leven, Stirling, and Dunoon. Thanks to all our partners in these areas for making these events so successful. We have now had over 400 people participate in this event in 2022.

The event seeks to stimulate discussion and awareness around a family's experience of alcohol and drug harm and the opportunities to think about a more family inclusive and whole family approach in Scotland that will mean 'no more hidden families' (Our Scottish Families big hope for the work that we do).

Every event brings different conversations, allows us to hear and really listen to what families and professionals are experiencing both personally and systemically. This Fierce Love has a few slots left for January and February 2022 and we are planning to bring

This Fierce Love back again in Autumn 2023, so if you want to find out more and discuss bringing this event to your area, please email susie@sfad.org.uk.

"Just wanted to thank you for a fantastic event yesterday. A hard listen for everyone, but colleagues I chatted with got it and now have a deeper understanding."

"How can we get this to a bigger audience?!"

"Thanks for inviting me to This Fierce Love event. It has made me even more aware of how important it so for families to get support. We need to recover too."

"Powerful. Hard hitting reality of families struggle to get support and be involved."

"Such a powerful performance, one of the most moving experiences I have attended ... glad that it is being shown in more places."

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

Webchat Available: 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
website: www.sfad.org.uk



Registered Scottish charity: SC034737



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**Scottish
Families**
Affected by Alcohol & Drugs

Registered Scottish charity: SC034737