



Scottish Families

Affected by Alcohol & Drugs

WINTER

February 2023
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New Year, New Logo

You probably already know that we have a new logo (seeing as we just can't stop talking about it and loving it)! **Page 4**



Cost of Living Information Hub

We have gathered information and advice across Scotland on the cost of living crisis and made a hub on our site. **Page 9**



CRAFT Training in 2023

We have announced the 2023 dates for our CRAFT training in partnership with George Charlton! **Page 12**

Grow Your Own Routes

We are more than excited to welcome the announcement on Thursday 12th January 2023 from Angela Constance, Scottish Government Minister for Drugs Policy, of a £3.87 million investment over the next four years to grow the Routes Young Persons programme across Scotland. Routes is an evidence-based youth work programme which supports young people aged 12-26 years affected by alcohol or drug use within their family. **Pages 5-6**

Winter

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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](#)



Donate

Family members try and do all they can to support someone with an alcohol or drug problem.

There are many people in Scotland who are doing this on their own and in silence. Donate to Scottish Families to help us continue delivering our lifesaving services.

[Donate here](#)



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](#)

From Justina

One of the many, many things I love about working in the third sector is the speed with which you can put an idea into action. You can dream something up on your morning commute and then make it happen by lunchtime (and that's on a slow day). Yes, there might be a few things which go haywire now and again, but on the whole having this creativity and freedom produces great results. (And I'm sure I'm not the only charity CEO who believes that it's easier to ask for forgiveness than permission anyway ...)

We are beginning to develop our new strategic plan for 2023-26, which I know is the kind of opener to a sentence which will make people run for the hills. But so far it is proving to be an exciting and energising process. Part of this process has been looking back as well as looking forward. It is SO satisfying and rewarding to see those creative ideas we committed to previously come to life and create change with families.

For example last week was the final session of our 12-week My Family, My Rights family advocacy course (one of our [‘Change Will Come, 2020-23’](#) commitments) which was codesigned by family course advisers alongside staff, and which brought together almost a dozen family members to learn how to advocate effectively for themselves and their loved ones. As one of them commented, “It is so empowering, we are getting so much out of it. We can't wait until the next week!” This started off as one of those little ideas, which grew arms and legs, secured STV Children's Appeal funding (many thanks to them), and developed into a living, breathing programme which is already having an impact on the families who took part. Further courses are planned, along with the development of a new national family advocacy service.

Another example of something which started as a glimmer of an idea (in our earlier ‘It's All Relative, 2017-20’ strategy) is our Routes Young Persons' programme. This has its roots (no pun intended) in an awareness that we needed to respond in a different way

to young people and young adults. Routes in East and West Dunbartonshire was born as a national demonstration project in Spring 2019, continues to be co-produced with young people, has now opened the most lovely Routes space in Kirkintilloch, and has just secured an eye-watering £3.87m from the Scottish Government to run a ‘Grow Your Own Routes’ programme across Scotland, including working with five third sector partners and their local young people to establish their own, funded Routes programmes for three years.

So rather than ‘Be careful what you wish for!’, our approach is to encourage that creative spark, to share our ideas, and to nurture these seeds into something amazing and life-changing for families. We know that not everything we dream up can happen, and I am well aware that ideas are only made real thanks to some serious hard graft by #TeamSFAD staff. When reflecting on progress against our last two strategies at a recent Board meeting, one of the Board members noted, “There's no implementation gap at Scottish Families!” which was a lovely thing to hear. We are proud of that track record but our work is nowhere near done.

And we have hit a creative wall so far when thinking of a name for our new, emerging strategy. So whilst we are waiting for that inspiration to hit us in the middle of the night, when out for a walk, or when doing the dishes, if you have any great ideas, do let me know!!



New Year, New Logo



Scottish Families

Affected by Alcohol & Drugs

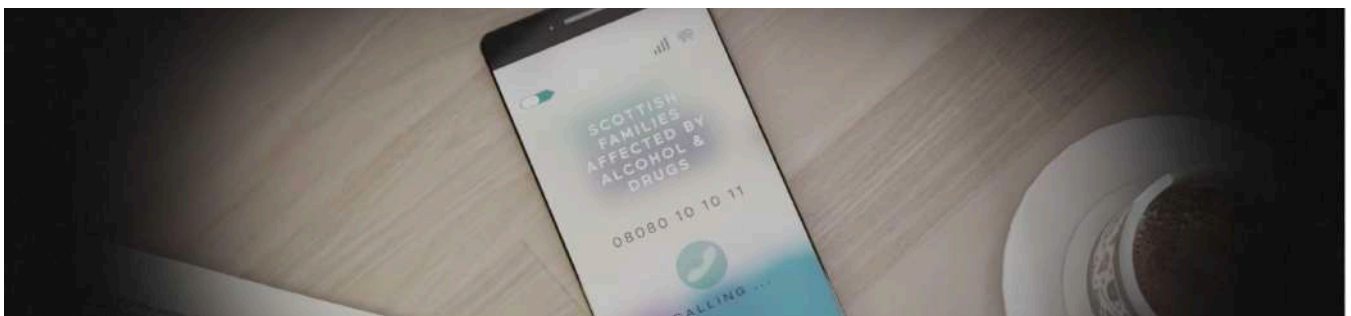
You probably already know that we have a new logo (seeing as we just can't stop talking about it and loving it) but here it is again, in all its glory.

The logo tells a story. The overall shape is of a heart to represent the love and strength of families. The purple and teal shapes look like people meeting in a hug to share our support and empathy, and also to highlight the strength of peer support and connection. And the grey pathway to the side that completes the heart shows the many paths you can take to support and beyond!

Also, our lovely team member Gillian pointed out that teal represents open communication and clarity of thought, and purple represents strength. How perfect!

Thank you so much for all of the kind feedback we've had about our new logo, and of course, we have to thank Lynda who designed the logo for us.

Hi, This Is Scottish Families



Our new animation premiered in January, and we're so pleased for all of the kind feedback we have had. The animation is a 3-minute-long conversation between one of our Helpline advisors and a family member. We wanted to show what it's like to contact us, how we will listen and communicate with you, and how it might make you feel.

The script was brought together by our Comms team and Helpline team, using personal experiences of speaking to family members.

We hope this animation is used to show the strength of families and how important and lifechanging it can be to reach out for support.

You can watch our animation [on our Vimeo page here](#).

Grow Your Own Routes



We are more than excited to welcome the announcement on Thursday 12th January 2023 from Angela Constance, Scottish Government Minister for Drugs Policy, of a £3.87 million investment over the next four years to grow the Routes Young Persons programme across Scotland.

Routes is an evidence-based youth work programme which supports young people aged 12-26 years affected by alcohol or drug use within their family. The programme has been developed and tested out in East and West Dunbartonshire over the past three years, in collaboration with young people. Routes offers a mix of one-to-one and group support, along with a busy programme of activities and events bringing young people together. There is no time limit to their involvement, allowing trust to develop with workers and other young people, and all support is individually tailored to each young person. Routes has been a phenomenal success, with incredible feedback from the young people, their parents and partner organisations, including schools and social work.

The Routes model engages young people to effect change in their lives, recognising that living with chaos and trauma in your family does not need to lead to poor outcomes. With the right support, young people can take a very different path, and have a positive future. Indeed the name 'Routes'

came from the young people themselves, recognising the importance of their roots (where they have come from), but that their families' actions do not need to define the route they take in life.

This significant investment by the Scottish Government will allow Scottish Families to work with third sector partners to establish the Routes programme in five other areas of Scotland, as well as sharing learning from the Routes model across the rest of the country. The funding includes paid work experience for our Routes young people to share their knowledge, skills and experience as part of this national development programme.

Our CEO Justina Murray said:

"When people talk about young people, alcohol and drugs, they quickly jump to concerns about young people using substances themselves. Teenagers and young adults who are harmed by others' alcohol and drug use within their family remain largely invisible and ignored. This group of young people are generally just expected to just get on with it, with no support or recognition.

We are delighted at this news today that the Scottish Government is investing £3.87 million to grow our Routes programme across Scotland. The Routes practice model is unique, evidence-based and highly

effective at engaging young people, maintaining their involvement, and effecting change. Time, flexibility, persistence, trust, fun and friendship are all key ingredients of the approach, along with the whole model being shaped by young people themselves. While they have faced stigma and judgement from others due to their family circumstances, with Routes there is acceptance, understanding and hope for a positive future.”

Young people from East and West Dunbartonshire talking about their experience of Routes:

“Your life in the past doesn’t have to be your life in the future. Over time I realised I can change my life and make my future the best future. Make it the life I’ve always wanted.”

“I honestly don’t think I would be here without Routes. My life feels like I’m constantly trying to cross a motorway with cars coming at me from all

directions, but when I’m with you that stops for a while.”

“It will help other kids know that they’re not alone in the situation that they are in, because you can feel really isolated and that makes you more like depressed, your anxiety gets worse, so your mental health gets really affected by it. ...People don’t see it because they are just so focused on the parent that is actually taking it, that they kind of forget about the kids sometimes. So I think it’s really good to have a place where all the kids can come together and really understand each other in the situation that they are in.”

“I think of fun, and a place where you can actually feel safe and understand people from the group that are going through similar things. ... I feel like in a few years’ time, I could look back and think that these were the best days of my teenage life, being in Routes, and probably the happiest of memories from here.”



A Warm Welcome to New Staff Members



Kiera Webster - Befriending
and Volunteer Assistant



Marianna Marquardt - Policy
and Research Assistant



Kelsey Craig - Routes Support
Assistant



Kerry Storey - My Family, My
Rights Development Officer

Welcome to the Team!

Our team is growing! We're so excited to introduce four new faces to the Scottish Families team, what a great start to 2023...

Highland Family Recovery Initiative Fund

Change Lives

01

2 or more individuals who have an aspiration to change the lives of people who are affected by someone else's alcohol or other drug use

An organisational bank account (the grant will be paid by BACs)

02

Bank Account

Annual Income

03

An annual income of less than £100,000

This fund is specifically aimed at groups offering support for families

04

Support for Families

Scottish Highlands

05

The fund welcomes applications from all communities and all areas of the Scottish Highlands

For further information or to apply for the funding
contact susie@sfad.org.uk

Cost of Living Information Hub

We have gathered as much information and advice across Scotland as we can if you are struggling with the current cost of living crisis. We have an online hub with information including food banks, fuel costs, period products, and much more.

We also have information on the council areas in Scotland if you are looking for local support.

We aim to update this information as we get it, so please let us know if there are any support services in your area that we have not included, or if something we have listed is not available anymore. You can contact Rebecca on our team for this rebecca@sfad.org.uk.

If you are concerned about someone else's alcohol or drug use, and the cost of living is having an impact on you, our Helpline is available if you need to chat with someone. You can contact us at 08080 10 10 11, helpline@sfad.org.uk or use the webchat here on our site.

[You can find the information here on our website.](#)



'Wintering' A Book

Review by Lena

By Lena McMillan, Family Support Development Officer

January's book choice for our group was 'Wintering: The Power of Rest and Retreat in Difficult Times' by Katherine May.

Described by its publishers as 'a poignant and comforting meditation on the fallow periods of life, times when we must retreat to care for and repair ourselves' this seemed like a very apt January read for our Book Group and was our first delve into a non-fiction book.

The author takes the season of winter – 'a season in the cold' – and uses it to discuss the wintering we can experience at any time in our lives, which she describes as: '...feeling rejected, sidelined, blocked from progress, or cast into the role of an outsider. Perhaps it results from an illness; perhaps from a life event such as a bereavement or the birth of a child; perhaps it comes from humiliation or failure.'

May talks about life as being cyclical rather than linear and we chatted about the patterns of weeks and seasons as well as stages of life such as working, raising young families, being retired etc. Some readers thought the author used different chronologies within the chapters to express these cycles; others found this aspect of the book disjointed and confusing.

Throughout the book, May looks to nature and other cultures, to learn about how they winter, and offers us a smorgasbord of wintering wisdoms and preparations to learn from. We explored what wintering means to each of us and talked a bit out how we winter and the bravery we show in emerging from our winters – one member of the group said that getting up and keeping going everyday is bravery in itself.

Scoring an impressive 8.4 out of 10 with our group, this book was generally very well

received and led to a great discussion. People shared how they identified with the idea of wintering and in what ways they winter – around this time of year but also when the rollercoaster that is life throws something at them. Half of our group have already gifted or intend to gift their copies to someone they know – this read is definitely highly recommended!

Some quotes from our readers:

'An honest, humble account where she shared her experiences.'

'Not quite a ten as it's a bit disjointed. Loved the different topics and I identified with lots of it – this time of year and how I respond to it.'

'I connected with so much of it, it's what I've been doing recently, being quiet and peaceful within myself.'

'I found it difficult to get into at first and thought it was confusing, jumping from one thing to another.'

'I've not finished it yet but I think that reflects the nature of the book – there's no real beginning, middle or end or characters to get involved with – so I've enjoyed dipping my toe in. There was lots I didn't identify with but the empathy and self-care were nice wee nuggets.'

The Scottish Families Book Group is for anyone who is currently being supported by one of our services in Scotland. We meet on the second Thursday of every month, from 6.30pm – 8.00pm.

For more information or to join us, please contact Lena from our team
lena@sfad.org.uk

WE'RE ON STRAVA



SCAN TO JOIN THE
COMMUNITY!



CRAFT Training in 2023



We have announced the 2023 dates for our CRAFT training in partnership with George Charlton!

CRAFT (Community Reinforcement and Family Training) is an evidence-based, non-judgemental programme for practitioners to use with family members and carers affected by someone else's alcohol or drug use.

CRAFT helps family members to:

- Communicate positively with their loved one
- Reduce their feelings of stress
- Improve feelings of self-worth
- Encourage their loved one to enter treatment

This online training is delivered by the lovely George Charlton from GC Training & Consultancy.

George is one of only two accredited trainers and supervisors delivering UK-wide CRAFT practitioner training and supervision.

Costs

The training will take place online through Zoom over three half days from 9.00am to 1.00pm each day. You must attend all three half-day sessions to be fully CRAFT trained. Due to online delivery, the course is being offered at a reduced rate of £250 per person,

payable by invoice. Once fully trained, you will have the opportunity to join the CRAFT Community of Practice which is a group of fully trained CRAFT practitioners for support and knowledge of sharing.

Dates for 2023

- March 2023 - Tuesday 14th, Wednesday 15th and Friday 17th
- April 2023 – Tuesday 11th, Wednesday 12th and Friday 14th
- June 2023 – Tuesday 13th, Wednesday 14th and Friday 16th
- August 2023 – Tuesday 8th, Wednesday 9th and Friday 11th
- October 2023 – Tuesday 3rd, Wednesday 4th and Friday 6th
- December 2023 – Tuesday 5th, Wednesday 6th and Friday 8th

How to Book

If you would like some further information or would like to book onto a course, contact Aylice on aylice@sfad.org.uk or 07741658533.

[You can also fill out our online booking form here.](#)



LET'S CELEBRATE

20

YEARS OF SCOTTISH FAMILIES

• 20 MAY 2023 •

We Are A Co-op Chosen Charity!

We would like to say a massive THANK YOU to the Co-op Glasgow Park, West End and Glasgow, Argyle Street for choosing us to be one of their three nominated charities for 2023.

This means we will be able to raise money and awareness of our work in these stores.

If you are a Co-op shopper you can also help boost the amount we receive at the end of the year. For every £1 Co-op members spend on selected Co-op branded products and services, 1p will go directly to their chosen cause. Any Co-op member can choose Scottish Families as their chosen cause – and becoming a member is free!



[Find out more on how to support our work supporting families every time you pop to the shops here.](#)



Alcohol Marketing Information Session

Acting on alcohol marketing is described by the World Health Organisation (WHO) as one of the three 'best buys' for reducing alcohol harm, along with addressing the price and availability of alcohol.

You may be aware that the Scottish Government is currently carrying out a public consultation on alcohol marketing ('Restricting alcohol advertising and promotion: consultation'). This closes on 9 March 2023.

To get a diverse range of perspectives on restrictions to alcohol marketing and inform Scottish Families' response to this consultation, our Policy and Research Assistant, Marianna, is hosting an online session for family members affected by alcohol and drugs and Scottish Families staff.

There is no need to prepare anything in advance - just come with your views and experiences! However for anyone who wants to find out more, here are some useful links:

- [Alcohol Focus Scotland: How to respond to the Alcohol Marketing Consultation](#)
- [Alcohol Action Group/Scottish Families: Alcohol Everywhere report](#)

If you would like to attend the information session and have your say on the upcoming consultation, contact Marianna – marianna@sfad.org.uk



2023 EVENTS

February - June



The Kiltwalk series is scheduled to be held in Glasgow, Dundee, Aberdeen and Edinburgh. You will have the option of taking on a 26-mile challenge, 13-mile challenge or 6.5-mile challenge on each route.

With four dates and locations across Scotland to choose from, which Kiltwalk will you tackle in 2023?

Edinburgh Marathon Festival - Saturday 27th and Sunday 28th of May 2023

Enjoy fantastic all-encompassing routes which takes in some of Edinburgh's most iconic landmarks as well as offering picturesque views. We have FREE charity spaces available and would love to have you join the team.



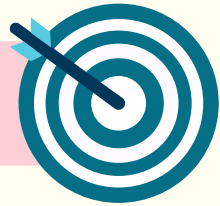
Mens 10k Glasgow - Sunday 18th June 2023

This is a great opportunity to lace up your trainers and make a difference. We have FREE charity spaces available and would love to have you join the team.

Contact clareM@sfad.org.uk for more info

DAILY MINDFUL MOMENTS

SET INTENTIONS



Start each day by setting achievable intentions. What task do you want to complete? How do you want to feel? Be sure to check in throughout the day to keep these intentions in mind.

MINDFUL EATING



If you don't love it, don't eat it... Make a mindful choice about what to eat based on what you really enjoy.

MOVE YOUR BODY



taking the time to move your body can help lower stress, release stagnant energy, and strengthen our mind-body connection.

CLAIM YOUR SPACE



Make sure you take a quiet moment for yourself at least once a day. This can be anything from a 5 minute tea break to an hour long walk round the park.

Bound Together is on Instagram!

Bound Together celebrates how books are a great medium for exploring the impact of substances on families. Books can offer a discreet and unassuming starting point for many people to understand the challenges of supporting, living with, or just loving someone with a substance problem.

The aim of this project is to start more conversations, raise awareness of family recovery, and challenge stigma by normalising the subject of alcohol and other drug use.

At the start of 2023 we launched our new Bound Together Instagram, a place to share reviews, host events and share our love for books and the power they have within family recovery.

Click [HERE](#) to follow the Bound Together Instagram, and make sure to enter the giveaway!



Brighton Conference

At the end of February (24th – 26th) we are supporting The Social Justice Conference hosted by Cranstoun. Taking place in Brighton at The Hilton Hotel, the conference will bring together stakeholders to discuss and collaborate, with a range of international and national speakers and organizations.

For more information, and to get your tickets, click [HERE](#).



Breaking the Cycle

A new group of motivated family members in Forth Valley, have come together to form a safe space for adult children affected by someone else's alcohol or drug use. The group met for the first-time last week and agreed on the name 'Breaking the Cycle'.

This group is a great example of peer support, and they are willing to share their experiences to help others affected in a similar way (we have had two for some time and we now have 7 family members involved).



“Growing up with an alcoholic parent is really tough. Sometimes it can be a lonely place as you feel like no one understands you. I never intentionally hid the fact that my mum was an alcoholic as I never really thought of it as something to hide. At the same time though, I never brought much attention to it as I didn’t think it was worthy of the attention- it was just my life! As I grew up though and started to struggle with my mental health, I reached out for the help I didn’t actually know I needed and I’m grateful that I did. Asking for help was the best decision I ever did and highly encourage others to do the same if they need to.’ I’m very enthusiastic about SFAD! xxxx

- Image and quote by Amanda Barr, Young Adult

To find out more or get involved in 'Breaking the Cycle' please contact gillian@sfad.org.uk.

Scottish Families Befriending Service

Would you like to help co-design our new Befriending Service?

We are looking for people to be involved in the co-designing of our Befriending Service.

You will be able to help us create a befriending service which supports family members to improve self-confidence, emotional health and wellbeing and reduce social isolation.

Our Befriending Service will be based on:

- Volunteers regularly meeting with a matched family member, to build a relationship on friendship and trust and enjoy sociable outings together
- To support and empower family members to be more present in their community
- An opportunity to allow families to input into our work as an organisation in a structured way and to gain new skills.

Our goal is that the befriending project is another way in which family members can seek help and that we reach more families who have never previously received support for themselves.

Co-designers will be required to attend the equivalent of 6 half days in the following year. It is likely that this will take place in a convenient venue in the Forth Valley or online.

Co-designers will work with staff to shape the organisation and evaluation of the Befriending program. In recognition of how significant these roles are, we are offering a £50 donation per day (so this would be £25 per half day) that they support the project in the beginning of its organisation. These will be informal events for us to share what we hope to achieve through the service. This will begin in the Forth Valley and we are hoping it will, in time, roll out to be used alongside our Family Support groups all over Scotland!

Click [HERE](#) if you are interested!



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

We are here to support you. We can chat, offer listening support 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 & Drugs



Scottish Families Affected by Alcohol and Drugs

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Helpline: 08080 10 10 11

helpline@sfad.org.uk

webchat available at: www.sfad.org.uk

Twitter: @ScotFamADrugs

Facebook: @ScottishFamiliesAffectedByDrugs

Instagram: @scottishfamilies

General enquiries: 0141 465 7523

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website: www.sfad.org.uk



**Scottish
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Registered Scottish Charity: SC034737