



Scottish Families

Affected by Alcohol & Drugs

SPRING

June 2023
info@sfad.org.uk
www.sfad.org.uk

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



137

#HearOurVoice

FAMILIES

#HearOurVoice

Family members have published an open letter to Humza Yousaf, First Minister, urging him not to backtrack on the Government's longstanding pledge to tackle alcohol marketing. **Page 10**



"Our Routes Famling is Growing!"

Six charities have formed a new partnership in Scotland to roll out the Routes model of support for young people aged 12-26 years affected by family alcohol or drug use. **Page 12**



20 Million Step Challenge

This year Scottish Families launched a brand-new challenge to bring together families from every part of Scotland to collectively walk 20 million steps in May. **Page 30**

Scottish Families Turns 20 Years Old!



On Saturday the 20th of May, together we celebrated our 20th Birthday Party in Inverclyde. There were lots of cakes, lots of crafts to get involved in, and incredible speakers.

We also shared a heartfelt goodbye to Colin who has been our Chair and on the Board of Scottish Families for 6 years, and a warm welcome to our new Chair Andrina. We've shared our favourite photos of the day and the lovely messages from our 'Communitree'.

Page 6

Contents

- 3 - From Justina
- 5 - What You May Have Missed
- 6-8 - Scottish Families is 20 Years Old!
- 9 - Afternoon Tea with Scottish Families
- 10-11 - Families Urge First Minister Not to Backtrack on Alcohol Marketing Pledge
- 12-14 - "Our Routes Family is Growing!"
 - 15 - 2023 Events
 - 16 - Eve's Kiltwalk Experience
- 18 - New Group: Breaking the Cycle
 - 19 - Creative Coping Group
 - 20 - Welcome to the Team!
- 21 - Fundraising Events Round-Up!
- 22 - See Beyond, See the Lives, Scotland
 - 23 - Scottish Families Men's Group
- 24 - Updates from Grow Your Own Routes
- 25 - Family Champions and Volunteering
- 26-27 - Highlighting Families Outside
- 28-29 - Alcohol Marketing in Scotland: What Next?
 - 30-31 - 20 Million Steps Challenge
 - 32 - My Family My Rights
 - 33 - Abbie's Kiltwalk Story
- 34 - Family Support Service Highlight
 - 35 - Testimonials
 - 36 - Mindful Moment



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](#)

From Justina

Here at #TeamSFAD we are in birthday spirits, having just marked our big 2-0 with a lovely day of reminiscing and celebrating at the splendid location of The Beacon Arts Centre in Greenock. We would love to say The Waverley sailed past the floor-to-ceiling windows at the start to mark the occasion, but we have to admit it was just coincidence!

I felt so emotional that day, preparing to deliver a formal (as if anything we do is all that formal) send-off to our brilliant Chair, Colin Hutcheon, who was stepping down after six years on our Board, and almost four years as Chair.

I was very aware as I stood there delivering my presentation that my life with Scottish Families only covers a few years of our twenty year history. When I arrived in June 2017, initially as an interim CEO, I hadn't heard of the charity, but it sounded like a great cause and an interesting job. Six years later, I think it's fair to say that I have learned that life with Scottish Families for all of us is one big rollercoaster, with some truly crazy moments, and a few sleepless nights here and there, but I could not have been prouder standing there reflecting on the charity we have been, we are now, and we are going to become.

We were truly honoured to have two of our founding supporters there with us, in the form of Eleanor Robertson, one of the mums who started the charity, and Isabel McNab, our former Chair but also a former civil servant who supported those mums to do so. We often say in presentations that "Scottish Families was founded by family members themselves in 2003, who came together to support each other and to campaign for recognition." I had said that sentence so many times, but I really felt the power of that history in the room.

I am not sure that Eleanor and the other mums who came together then, or Isabel as the civil servant who supported them to form into a charity, ever imagined that the seeds that they planted 20 years ago would grow to reach every corner of Scotland – urban, rural and island communities, supporting

thousands of families each year across all 32 local authority areas. Or that we would grow to a team of 40 staff and a budget of almost £2 million last year.

Our colleague Susie delivered a brilliant presentation, walking us through the history of Scottish Families, and finishing with some video messages from young people and supporters, which left us laughing and crying all at once.

It was a day to pause and reflect (and eat cake of course!) but of course everything has continued on apace, and we have just finished a hectic media month. We were blown away by the power of the 'Matt Willis: Fighting Addiction' documentary on BBC1. We were delighted to be part of this programme, including an incredibly powerful visit by Matt and Emma Willis to our East Dunbartonshire family support group, with contributions from family members Mary, Maddie and Chloe. This programme really showed the true impact of substance use on the whole family. (It's on the i-player if you have missed it). We had not such a positive experience on a radio phone-in programme about the moving new 'See Beyond Scotland' campaign, where – as so often happens – the space for families to share their own testimony was side-lined by other agendas. But we worked positively with The Herald and STV to share families' views on the importance of tackling alcohol marketing to reduce harm, and to explain why they have written an open letter to the First Minister, urging him not to backtrack on longstanding commitments (more on this later in this newsletter). The emotional rollercoaster continues!



Justina Murray
Chief Executive Officer

MAKE A DONATION



We know that families do an amazing job supporting their loved one but they should not have to do this alone. Your support ensures that we can keep providing our services to anyone that needs support.



SCAN HERE TO
MAKE A DONATION

What You May Have Missed

If you've ever spoken to someone on our team, you'll know that there's always so many things going on at Scottish Families. It's sometimes hard to keep up, even as a staff member! Below are some updates from the last few months that you may have missed out on.

See Beyond - See the Lives - Scotland

'Everyone knows someone' is the message behind [See Beyond – See the Lives - Scotland](#) which is a new campaign from academics that aims to reduce the stigma that surrounds deaths due to alcohol and drugs.

Families and friends have bravely shared letters to their loved one who has died. This campaign shines a powerful light on families' personal pain and loss, but also their enduring love and hope for a better future.



Family Recovery Initiative Fund Increase

The Scottish Government announced back in March increased investment into the [Family Recovery Initiative Fund](#), which offers grants to community-based groups and organisations supporting families affected by alcohol and drugs. This further investment of £70,000 will grow the Fund to £100,000 for 2023/24.

We know that families can and do recover, and this funding will make a real difference in local communities.



Matt Willis Fighting Addiction Documentary

In [this documentary](#), Matt Willis opens up about his past and looks into his addiction to alcohol and drugs. We are delighted to feature in this documentary, as Matt wanted to highlight the impact addiction has on families.

Our East Dunbartonshire Support Service features in the documentary and you hear from the incredible family members we have been lucky to support and engage with.



Scottish Families Is 20 Years Old!





Click and Deliver Turns 3!

Our Online Click and Deliver Naloxone service turned 3 in May! We've issued 11,327 kits since the launch back in May 2020.

Here is Sooze, our lovely and incredible Naloxone Lead celebrating with cake in Inverclyde!



Scottish Families Is 20 Years Old!

At our 20th Birthday Party, we had a 'Communitree' where we invited people to write their hopes and wishes for Scottish Families and to hang them on the branches. A wee bag of gratitude was given in exchange for a hope or wish.

We've included the responses from the tree below, thank you to the people who left these hopes and wishes for us.

'You grow from strength to strength, see you at your 40th birthday bash!'

'Thank you all from the bottom of my heart for everything you've done for me.'

'Happy 20th Birthday! Here is to another 20 years of changing families affected by drugs and alcohol. Thank you.'

'Happy Birthday SFAD. Hope you have another wonderful 20 years of support and admiration. Don't know where my life would be without you all, continue to use SFAD as it's the best!!!'

'I hope you are able to reach even more people over the next 20 years than you have so far. But largely that you just keep doing what you are doing. You make such a difference.'

'Keep on being absolutely EPIC!!'

'Happy 20th birthday! Continue to support families in Scotland affected by drugs and alcohol. You are all changing attitudes, and this can bring serenity, courage, understanding to family members, and aid some people's recovery. Well done.'

'I hope that we continue to reach silenced families around Scotland and raise greater awareness.'

'I hope you continue to contribute good work!'



Afternoon Tea with Scottish Families

Following the success of last year's event we are delighted to say that our **Scottish Families Afternoon Tea** is back on **Sunday the 10th September**, and will be even bigger at our new venue... The Stirling Court Hotel.

Join us for an afternoon of cake, entertainment and games.

Plus, if you book before Friday 30 June you will receive a 10% discount on your ticket costs. Please note discount automatically applied at the checkout.

Tickets cost £25 each, or only £22.50 with the early bird discount. [Scan below for booking and full details.](#)



Families Urge First Minister Not To Backtrack On Alcohol Marketing Pledge

137

#HearOurVoice

FAMILIES

Family members and friends affected by a loved one's drinking have published an open letter to Humza Yousaf, First Minister, urging him not to backtrack on the Scottish Government's longstanding pledge to tackle alcohol marketing.

137 family members and friends have signed the letter, from the Highlands to Dumfries and Galloway. They express their shock that the First Minister has asked his officials to take long-awaited proposals "back to the drawing board" due to alcohol industry concerns – ignoring the concerns of those most affected.

The Scottish Government announced plans to address alcohol marketing in November 2018, however a consultation on this matter was not published until November 2022, closing in March 2023. On 18 April 2023, the First Minister announced “a fresh look at this issue” following active lobbying by the alcohol industry.

The signatories of the letter, who come from all corners of Scotland and all walks of life, share that they live every day with the impact of their loved one’s drinking, including those still actively using alcohol, in recovery, or where they have died.

The family members and friends recognise that alcohol marketing aims to encourage over-consumption, with industry profits relying on people drinking too much, too often. They emphasise that we do not even need to consult before restricting marketing – as it is already recognised by the World Health Organisation as one of the three ‘best buys’ to reduce alcohol harm, along with pricing and availability.

Having seen and heard the alcohol industry’s vocal response to the Scottish Government’s proposals to restrict marketing, the signatories state:

“However we also have a voice and we need to be heard. We do not have the power or influence of the alcohol industry, we do not have an army of lobbyists or a multi-million pound PR machine to amplify our voices. Our daily lives are shaped by chaos, exhaustion, disappointment, grief and loss. We do not have the time, energy or resources to compete with the industry. But you have let our voice be drowned out by those with money, power and influence.

We need you to hear us and to hear our stories. We matter too – our families matter, our communities matter. In the past four years, since the Scottish Government publicly committed to tackling alcohol marketing, over 4,500 more people in Scotland have died directly through alcohol. They include our family members, our friends, our colleagues, our loved ones. How many more people will die, how many more lives shattered, how many more

families destroyed before you hear our voice?”

Justina Murray, CEO of Scottish Families, who helped coordinate the letter on behalf of the signatories, said:

“During the alcohol marketing consultation, the then Minister for Public Health, Maree Todd, made a commitment to me in person, that families’ voices and experiences would have as much weight as industry voices. She recognised that families are less able to participate in these processes, given the chaos and exhaustion of living with alcohol harm every day.

However to my knowledge, the First Minister has not spoken to a single person affected by a loved one’s drinking before deciding to backtrack on this longstanding commitment to finally address Scotland’s ‘Alcohol Everywhere’ culture. It is beyond disappointing that once again, loud alcohol industry voices, in search of greater and greater profits, have silenced those most affected by Scotland’s unhealthy relationship with alcohol – children, young people and adults whose lives have been destroyed.”

The full letter and list of 137 signatories [can be read here](#).

You can still sign the letter using the QR code below.



"Our Routes Family is Growing!"



CHARITIES AGREE NEW PARTNERSHIP TO GROW SUPPORT FOR YOUNG PEOPLE AFFECTED BY ALCOHOL AND DRUGS

Six charities have formed a new partnership in Scotland to roll out the Routes model of support for young people aged 12-26 years affected by family alcohol or drug use.

Earlier this year, the 'Grow Your Own Routes' programme was awarded a total of £3.87 million from the Scottish Government's Whole Family Wellbeing Fund from 2022-2026.

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. 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. 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. 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.

The partnership is led by Scottish Families Affected by Alcohol and Drugs (Scottish Families), a national charity which

developed and tested out the original Routes programme in collaboration with young people in East and West Dunbartonshire, from 2019-2022. Routes was originally developed as a national demonstration project, recognising the lack of support for young people affected by someone else's substance use, and the need for young people to co-design a new approach. Routes in East and West Dunbartonshire is now part of Scottish Families' core delivery in the area.

The delivery partners in Grow Your Own Routes include local, national and UK charities. They are (along with the area covered by this new programme) as follows:

- [Aberlour, Falkirk](#)
- [Action for Children, Renfrewshire](#)
- [Alcohol and Drugs Action, Aberdeenshire \(North\)](#)
- [Barnardo's, North Lanarkshire](#)
- [Circle, East Lothian](#)

Each organisation will receive three years of funding from the Scottish Government's Whole Family Wellbeing Fund to establish their own Routes programme and staff team, supported by a national development team within Scottish Families. Recruitment for the local staff is currently underway, with the programmes opening to referrals over the summer period.

Each delivery partner will be expected to roll out the original Routes model, but also involve local young people in shaping how this works within their own community.

The Grow Your Own Routes partnership will work together to share learning from across the country, and to help to promote the model more widely to further areas in Scotland.

Young people from the original Routes project in East and West Dunbartonshire are acting as advisers to the national Grow Your Own Routes programme, for example sharing their own insight into what makes Routes different, what they enjoy about being involved, and why young people affected by family alcohol or drug use want to engage in this model of support.

Justina Murray, CEO of Scottish Families, said:

"Announcing this new partnership is an exciting milestone for our Grow Your Own Routes programme. We have five fantastic delivery partners in Aberlour, Action for Children, Alcohol and Drugs Action, Barnardo's and Circle. We share similar values, a commitment to put our young people first, and to see Routes grow across Scotland. Most importantly, our delivery partners have all been endorsed by our young Routes advisers, who have rightly high standards and expectations. We all care passionately about the Routes model, as we can see how it transforms young people's lives now and for the future."

Liz Nolan, Depute Director – Operations, Aberlour, said:

"Aberlour Children's Charity is delighted to partner with Scottish Families affected by Alcohol and Drugs to deliver the 'Grow your own Routes' programme in Falkirk. Substance misuse has a devastating impact on children and families and we are committed to supporting those affected by it".

Fiona Steele, Acting National Director for Scotland, Action for Children, said:

"We are excited to be working closely with our partners and the young people involved to deliver this fantastic programme. By combining our collective strengths and resources, we are confident that this partnership will have a profound and lasting impact on the lives of young people in Scotland who have been affected by alcohol or drug use within their family.

"Action for Children is committed to giving young people a voice and ensuring they have a say in the design of the projects intended to support them. The co-designed approach of 'Grow Your Own Routes' aligns with our ethos in this area and the history of success with this approach leaves me optimistic that this project will improve the lives of the young people involved."

Fraser Hoggan, Chief Executive Officer, Alcohol and Drugs Action, said:

“Alcohol & Drugs Action are absolutely delighted to be a delivery partner to Scottish Families and the ‘Grow Your Own Routes’ programme. We are very excited at the prospect of launching this unique opportunity, which will involve us working across the Fraserburgh, Peterhead and Banff areas of Northeast Scotland, to co-produce positive activity and outcomes for those young people affected by alcohol and drug use”.

Karen Motherwell, Children’s Services Manager, Barnardo’s, said:

“Barnardo’s are delighted to be part of this shared vision to improve the lives of children and young people across Scotland. We believe that our collaboration with Scottish Families Affected by Alcohol & Drugs can only increase the likelihood of achieving positive outcomes for our children and young people. We are also looking forward to working alongside our children and young people, ensuring that they are fully involved in the development and delivery of the service and in sharing the learning from what we can achieve together over the next 3 years.”

Alex Collop, Head of Operations, Circle, said:

“Circle are delighted to be the delivery partner in East Lothian as part of the Grow Your Own Routes programme. To be involved in a programme, with such a strong commitment to young people, is really exciting for Circle and aligns so well with the organisation’s ethos and values. In March 2023, Circle had the privilege of meeting a group of young people supported in recent years by SFAD’s Grow Your Own Routes team. This experience, and what we heard from the young people that day, confirmed that Grow Your Own Routes is an approach to supporting young people that is both hugely effective and valued.”

Here are some comments from the Routes young people from East and West Dunbartonshire, who are acting as advisers to Grow Your Own Routes:

“I love that Routes is growing! It makes me so proud that I was part of it from the start, we even thought of the name together! We’ve done something huge, we’re changing things. This is so amazing, our Routes family is growing!”

“I think it’s a really good thing that Routes is expanding across Scotland because then more young people can access support and have someone by their side. You can feel so alone and not know who to talk to without feeling judged. Routes gives young people that support and someone to talk to with no judgement at all, just having someone there helps so much.”

“I have met so many other young people who have been through something similar. I always thought it was just me going through this. When you’re at Routes you can forget about what’s happened and you get to experience what childhood should be like.”

“When I first met a Routes worker, I felt so nervous but also excited at the same time, just about the unknown but looking back, I’m so glad I met them. It’s the best thing I ever did. It’s like a wee family, you can be yourself and everyone is always there to support you.”

“It’s having someone take you under their wing and be like, ‘I’ve got you’ and that’s what you’ve done for me at Routes.”

“You have saved my life in so many ways. If it wasn’t for you sticking by me and being like a parent I never had and shaped my life into what it is now, I don’t think I would have made it to here.”

2023 EVENTS

Kiltwalk 2023! - June 4th, August 20th, September 17th

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



Men's 10k Glasgow - June 10th

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. All we ask is that you pledge to raise a minimum sponsorship of £100.

Scottish Half Marathon Edinburgh - September 24th

The route is seriously flat & rapid – if you want to set a personal best for a half marathon, then this is the event for you.

We have FREE charity spaces available and would love to have you join the team. All we ask is that you pledge to raise a minimum sponsorship of £100.



Loch Ness Marathon - October 1st

Arguably one of the most scenic marathons in the world. The course is a must see!

We offer a reduced charity rate of £35 for all marathon runners. All we ask is that you pledge to raise a minimum sponsorship of £100.

Edinburgh 10k - October 22nd

Take on the Men's or Women's 10k in Edinburgh. We have FREE charity spaces available and would love to have you join the team. All we ask is that you pledge to raise a minimum sponsorship of £100.



Eve's Kiltwalk Experience



By Eve, Inverclyde Family Support Assistant

On 30th April, my friend Shannon and I walked 22.7 miles from Glasgow Green to Balloch Park (on the Bonny Banks of Loch Lomond) funds for Scottish families Affected by Alcohol and Drugs. I have been fortunate to work with Scottish Families for the past two years and am able to see the positive impact that our support has upon families on a regular basis. I decided, along with Shannon, to take on the challenge of participating in a fundraising activity that is not only an incredible event to be a part of in terms of raising donations, but also a great opportunity and incentive to get out in the fresh air and rack up some steps in preparation for the big day!

After raising almost £500 prior to the day of the Kiltwalk, the time had come. On a dreich Sunday morning, blister plasters at the ready, we set off! Whilst the weather was pretty soggy, this did not dampen the spirits of the Kitwalkers as we got started at Glasgow Green. Something about hearing bagpipes along with a huge amount of people gathering to achieve positive change always brings a tear to my eye!

Each pitstop dotted along the Kiltwalk route provided a brilliant atmosphere, plenty of snacks to keep us going along with music to keep up momentum. Shannon and I got chatting to lots of different folk whilst on our Mighty Stride, all enthusiastically filling us in about their chosen charities and keen to find out more about Scottish Families' support.

Anticipating a hug and some encouragement from my parents, sister and Scottish Families colleagues at the Dumbarton cheer point around 7 miles from the finish line definitely contributed to keeping my spirits high and provided a lovely chance to snap some very damp pictures!

Whilst in Dumbarton, I made the fatal error of sitting down on the grass and very much began to wilt slightly as we walked past my car parked at the train station, at which I gazed wistfully. However, we persevered – sharing a wireless earphone each, singing lyrics to Taylor Swift and allowing some upbeat songs to add a bit of an upbeat spring to our step. After walking along the River Leven for an amount of time that I am unable to fully remember due to it feeling endless at the time, we arrived at Balloch! With the end in sight and an extra boost from bumping into Scottish Families' own Maureen along the way – we hobbled our way to the finish line in Balloch park and almost shed tears of joy and pride at our achievement. I can't lie – tears of relief to have reached the end of our trek and excitement to get a proper seat after walking 53,000 steps may have also played a role.

I'm incredibly proud to have taken part in such a brilliant event and raised an amazing £515 due to the generous donations of friends and family along with my best friend for such a worthwhile cause. While it may have taken a few days for my very swollen feet to return to normal size – I would absolutely participate in the Kiltwalk again...just give me a year.

NALOXONE CLICK AND DELIVER

ARE YOU LIVING IN SCOTLAND AND WANT TO SAVE A LIFE?



**NALOXONE IS A LIFE SAVING DRUG
THAT REVERSES OPIOID OVERDOSE.**

**YOUR KIT CAN COME AS EITHER PRENOXAD,
WHICH IS A PRE-FILLED SYRINGE, OR AS NYXOID,
WHICH IS A NASAL SPRAY**

**YOU CAN REQUEST A KIT
ONLINE
- [SFAD.ORG.UK](https://www.sfad.org.uk)**

**OR VIA OUR FREEPHONE
HELPLINE
- 08080 10 10 11**



New Group: Breaking the Cycle



Our new group in the Forth Valley Family Support Service 'Breaking the Cycle' came into formation after Scottish Families provided support from time to time for adult children affected by substance use. We discussed that there are many adult children affected in similar ways and the family members we have supported are always keen to find people like them and offer them peer support. We had tried for several months to get more people into a group, but we didn't have much success. However, slowly but surely, more people began to join and by the end of 2022 we felt we could now run a support group for adult children.

We were also able to start our own WhatsApp group and as a team we looked at how we could fit another group into our already full rotation! Gillian on our team was over the moon when we could finally let the family members of the group know what we could now have our own evening group and shape it to the needs of the group members. We had our first session in May 2023, and we discussed how we might want these groups to look such as looking at centre areas of CRAFT (Community Reinforcement and Family Training) but most importantly, coming together and witnessing the strong peer support in person.

The group are incredibly supportive of each other, and Gillian feels so confident any time she's speaking with them that they will find the support they need in the Breaking the Cycle group. Common themes for adult children affected by parental substance use are low self-esteem, low self-worth, feelings of isolation, no understanding from peers, trouble socialising on situations that involve alcohol, struggling with the impact of the role reversal where they are effectively forced to be the parent.

'We all have struggles, we all know how hard it is, that's what we are here for.'

'It's like being parents to the parents.'

'The group are incredibly supportive of one another, and I feel so confident...'

'Thanks so much, I just really needed to vent, and I know you all understand and would never judge me for that.'

'...it's so exciting that things are starting to take off, really looking forward to our wee group developing, thanks Gillian for all you do for us, truly grateful.'

If you would like to find out more about 'Breaking the Cycle' in Forth Valley, contact 01786 583299 or fvfamilies@sfad.org.uk or call our National Helpline on 08080 10 10 11.

Creative Coping Group



Our Creative Coping group was born of recognising that we all have creative ways of living and coping whether that be cooking, gardening, photograph, painting, writing, woodwork, the list is endless. These things are abandoned when our families find themselves living under great duress from their loved one's substance use. Families feel like they don't deserve to have moments of peace in their day while their loved one is potentially killing themselves.

Creative Coping is about encouraging people back to the things they abandon and recognising that these are things that will help their overall health. We all share our skills and are given the opportunity to find something new that we had never considered before.

The group started on Facebook when we were in lockdown from the pandemic, and it was to try and encourage people to inspire each other. It then developed into an in-person group when Gillian on our team met with Creative Stirling and we liked the idea of trying to encourage and inspire families to link-in to their workshops, etc.

When Gillian saw Central Wellbeing and what they were offering in Falkirk, she thought Creative Coping would fit in very well. It also allows us to offer out another group in Falkirk, again our family members are joining some of the other support on offer from Central Wellbeing so it's a great partnership.

Whatever the session, we buy the resources, and we all take turns of teaching each other new skills. So far, we have had crochet, macrame, oil pastels, air dry clay, decoupage, wreaths, card making and mosaic tiles. Recently, Colin from our East Dunbartonshire Family Support Service joined us and brought some of his group members through to Falkirk to join in – Gillian loved this as she is so keen to see the model of a Creative Coping group grow and for more to realise, they have creative coping skills within them.

Next step is for some online video tutorials to try and make it more accessible to our families.

If you would like to find out more about 'Breaking the Cycle' in Forth Valley, contact 01786 583299 or fvfamilies@sfad.org.uk or call our National Helpline on 08080 10 10 11.



Brian Scott - Family Support
Assistant - Forth Valley



Andrew McAinsh - Business
Support Assistant



Katie Summers - Family
Support Officer - Aberdeenshire

Welcome to the Team!

Our team is growing! We're so excited to introduce
three new faces to the Scottish Families team.

Fundraising Events Round-Up!



Firewalk

We challenged some brave soles to conquer the coals and in February as we held an intimate Firewalk event in the Stirling area. Mindshift Experiences had the group gripped during training as they spoke about advocating taking time for ourselves and reinitiated how important the language we use to speak about ourselves. The walk was so rewarding and left participants feeling like they could take on the world. Firewalkers raised a fiery **£2,734** between them.

Comedy Night

Scottish families were lucky enough to hold two comedy nights in the last month. First up was our night in East Kilbride before heading to Fife 2 weeks later. Scottish Families were lucky enough to book some well-known names within the circuit such as Susie McCabe, Liam Farrelly and Chris Forbes. 6 comedians took to stage throughout both nights and all 6 had the audience in hysterics. Collectively, the comedy nights raised a total of **£1218**. Scottish Families hope to continue to host comedy nights throughout Scotland.

Glasgow Kiltwalk

The Glasgow Kiltwalk event seen Scottish Families biggest team yet. With 38 supporters donning their tartan through the streets of Glasgow, it really was a brilliant day. We had teams in all 3 routes; 22, 14 and 3 miles this year and despite the true Scottish wet day, spirits were high. We were lucky enough to have some staff and volunteers come along to cheer our walkers on and get them over the finish line. Collectively the team raised a very impressive **£7928**.

Ibrox Collection

Scottish Families were lucky enough to secure a bucket collection at Ibrox Stadium on Saturday 13th May. Despite applying for this 2 years ago, our team were given just 2 weeks' notice to round up people to collect on the day... challenge accepted! We had 18 people come along to shake our buckets, the weather was on our side and the atmosphere was electric. We are extremely pleased to announce we collected **£1,191.39** in just 90 minutes!! As we were getting these pictures taken, Rangers scored the first goal which sent the fans wild.

See Beyond - See the Lives - Scotland



In partnership with SHAAP, The Salvation Army and The University of Stirling we have launched a new campaign that sees family members who dare bereaved due to alcohol and drugs share a letter to their loved one. Everybody knows someone affected by Alcohol and Drugs.

In letters and films, family members and friends talk to loved ones about their love, loss, and the future.

In 2021 there were 1330 drug-related deaths and 1245 alcohol-specific deaths in Scotland. Behind every tragic death from alcohol and drugs are family and friends.

These stories show the devastating impact the loss of a life to alcohol or drugs has on the family and friends left behind.

We have the power to create change, especially when we come together to take action.

You can support this work by agreeing to the "See Beyond" pledge below.

"I pledge to be respectful and compassionate towards those affected by substance use, including the families and friends of those who have died from alcohol or drugs.

I will show respect by using kind and non-judgmental language about those affected by alcohol or drugs.

I will show compassion by reaching out to someone who has lost a loved one to alcohol or drugs and asking them how they are doing today."

Thank you for making a difference.

[You can hear all of the stories on the See Beyond, See the Lives Scotland website here.](https://www.sfad.org.uk)

Scottish Families Men's Group

SCOTTISH FAMILIES MEN'S GROUP

A virtual space for men to socialise, explore difficulties, and find solutions together.

**Meetings on the
1st and 3rd week of each month
Wednesday, 6pm - 7:30pm**

To join, contact: groups@sfad.org.uk



Our Men's Group continues to grow after a slow start, but we're glad to see that we have several members coming to the group now.

The group allows men to get together for a chance to talk, and for time and space to do so.

One man recently joined our group, and at his first session he was so obviously raw with emotions of anger, frustration and guilt around his son and his cannabis use. The group were great at listening and giving feedback as well as their own experiences and ways they had dealt with similar issues.

Colin on our team received an email the following day from the family member who recently joined:

'Hi Colin

I just wanted to say thanks for inviting me to the men's group last night, I found it

really helpful talking with people that are experiencing the same/similar to myself.

Sorry if I highjacked the meeting at times, but I felt comfortable talking and felt that it would help others know my situation. Although we're all in the same / similar situations, but at different stages in the journey. Thanks.'

Another theme that comes out the group is that the men can say whatever is bothering them without judgment.

One said:

'I can talk about the greatest fears I have for my daughter and get the other men's perspective and on how they cope without raising my wife's anxiety and stress'.

If you would like to join our men's support group, you can get in touch with our team at groups@sfad.org.uk and they will let you know how to join the group and answer any questions you may have.

Updates from Grow Your Own Routes



The Grow Your Own Routes project has had exciting opportunities, after receiving funding from the Whole Family Wellbeing Fund, to scale up the successful existing Routes project on a national level.

Since January five new partner agencies have been approached, and discussions had with each of them about the potential of setting up a Routes group in their area. Each partner has been both enthusiastic and keen to be part of the Grow Your Own Routes project, but also seen the value and importance of supporting young people affected by alcohol and drug use. All five partners are committed to being part of a national scale up, to setting up their own Routes group, and to following the co-developed ethos that makes the Routes project so successful and enjoyable for young people.

Grow Your Own Routes has been designed so that young people can be given the opportunity to have their voice heard, be part of a movement for change, and be paid sessional hours for the time they give to the project. Young people who have been part of the original Routes project have met with potential partners and shown them how important and lifechanging Routes has

been to them by sharing endless stories and photos. They have also quizzed each partner on their own suitability to create a Routes project by asking “Why do you think you are the best person to run a Routes group?” and making it clear that “You’ve got to do it as good as us or not at all”. The Routes young people have always loved to tell people about the group that means so much to them, but they are thrilled that they now can earn money for doing so, and as a result are taking it incredibly seriously.

A brilliant opportunity for a group of young people was an overnight stay in Aberdeen to meet with a partner agency. Many of the young people involved had never stayed so far away from home and were in awe of the big farmhouse they stayed in (picture on the left). They enjoyed cooking together in the big kitchen, playing board games at the dinner table and went to the arcade after their important meeting with the partner agency, in which they were all delighted to be given a notepad and pen on arrival. The young people report feeling incredibly nervous before each meeting, but afterwards their confidence is always boosted as the adults listening to them take them seriously, want to hear their views and experiences, and never turn out to be as scary as the young people think! Each partner agency has congratulated the Routes young people on being “inspiring and amazing” and “great advocates for themselves and the service”.

Grow your own Routes is continuing to progress towards having five new Routes projects up and running, reaching and supporting more young people across Scotland who are affected by alcohol and drugs. Young people, as always, will be involved at every step of the way, and their best interests kept at the heart of the Routes project.

Family Champions and Volunteering

We are extremely excited at Scottish Families to launch our new volunteering roles!

We have been working hard alongside family members to design our Befriending service. We have had many productive and engaging conversations about the wants and needs of family members in the communities and how we can best support this with our Befriending service. We have been so grateful for the contributions we have had and can't wait to continue with the roll-out of our Befriending Service alongside our support groups in the future. Watch this space for more information about its launch!

You may have also seen the launch of our Family Champion role. From fundraising at local events to being able to share their own stories, we hope this gives our family members an opportunity to work with us to raise awareness and play an integral role in our organisation. We have had successful volunteering opportunities at the cheerpoint for Kiltwalk and for our bucket collection at Ibrox and have many more exciting events to be taking part in the future! We are currently training our first volunteers and if this is something you would be interested in getting involved in then please have a look at the [Volunteering page on our website](#) and put yourself forward to be a Family Champion!



Please contact
Kiera/Martha for
more info:
volunteering@sfad.org.uk



Highlighting Families Outside



By Millie Mann, Communications Officer for Families Outside

Families Outside understands the impact it can have when a family member or loved one goes to prison. Sometimes people can feel as if they are seen as guilty by association, just because of their loved one's involvement in the justice system.

However, it is important to remember that this is not the case: you have done nothing wrong and, most importantly, you are not alone. People from all walks of life find themselves in this situation every day. Although it is often a difficult situation, support is available, and there are ways that these problems can be managed.

As the only national charity in Scotland that works solely on behalf of families affected by imprisonment, Families Outside is always a place you can turn to for support if needed. Imprisonment of a household member is

one of ten Adverse Childhood Experiences (ACEs) known to have long-term impacts on the health and wellbeing. The most recent Scottish Prisoner Survey showed that 61% of people in prison have a child. In fact, more children experience the imprisonment of a parent each year than a parents' divorce. Families Outside aims to help children understand the situation, reassure them that they are not alone, and help to maintain family relationships wherever possible and appropriate. It is often in children and families' best interests to stay in contact with the person in prison, and the Families Outside team can help in setting up or maintaining this contact.

However, it is important to remember that family can have different meanings to different people. Families Outside supports all families affected by imprisonment, in whatever form they may take, as well as friends and other loved ones.

This also includes people who might not want to have any contact at all with their family members in prison. It is important to remember that you have a right to choose and that you will be supported in whatever decision you make.

Often the first point of contact for families, the Families Outside Helpline can provide a range of support and information following the imprisonment of a loved one. They can help you understand what will happen at different stages of the justice process following your family member's arrest, provide support to any children and young people in your family during this time, and help you access the support available to you from the prison and other relevant organisations and support systems.

Of course, there is no denying the common effects of imprisonment on families. When a family member goes to prison, there is often a financial cost beyond the loss of one of the household's main breadwinners. Supporting someone in prison also comes at a significant cost. Recent research from Families Outside on the cost of imprisonment found that, for many families impacted by imprisonment, around a third of their income was spent on supporting the person in prison.

Trying to cover these costs, as well as factoring in visits to prison, can take up a lot of time and energy. This might cause more stress on top of the emotional upheaval that comes from missing your loved one, uncertainty about the future, potential trauma surrounding their offence, and worry over their arrest, conviction, and release. This is natural, but it doesn't mean

that it is unmanageable, and you don't have to go through it alone.

Many family members impacted by imprisonment report experiencing isolation and a loss of social connection as a result of supporting a loved one in prison. You may start to feel pressures building up, but it is important to consider your own physical and mental wellbeing. Even before it all starts to feel too much, don't be afraid to reach out; there is no shame in asking for help, and there are plenty of people who are happy to be there for you. Families Outside also provides one-to-one support from our friendly Family Support Coordinators, who can offer an in-person support system. They can also provide direct, solution-focused, practical support to help with the day to day running of your life and reduce any feelings of being overwhelmed. This type of support covers the whole of Scotland and can be reached by contacting the Helpline.

Families Outside also offers families the space to provide their first-hand expertise on the justice system by taking part in our new online participation group, Outside Voices, which is available for families across the whole of Scotland to join. Families can have an active role in shaping our services and the services of others like us, as well as calling for change across the justice system. To take part, email the team at getinvolved@familiesoutside.org.uk.

Whatever situation you find yourself in, and whatever kind of support you may need, there are support systems in place where your voice will be heard and you will be really listened to, meaning you can do what is best for you and your family.

A father's experience of his son's imprisonment, **after** working with Families Outside –

“Your regular meetings started to help us view what had happened from a different perspective, & it slowly became clear that we had no influence on our son's decision to break

Alcohol Marketing in Scotland: What Next?



By Marianna Marquardt, Policy and Research Assistant

In November of 2022, the Scottish Government released its “Consultation on Restricting Alcohol Advertising and Promotion, giving members of the public the opportunity to voice their views on restricting various types of marketing, including through public or outdoor spaces, events sponsorships, television and digital media, and merchandise. As part of our response to the consultation, Scottish Families consulted families on their views around alcohol marketing. Families talked about how the advertising and promotion of alcohol maintains social expectations around drinking and diverts attention away from the realities of alcohol harm. They voiced their experiences of alcohol harm and the need to prioritise saving lives.

Restricting alcohol marketing is about addressing the pervasiveness of alcohol in Scotland. It’s about pushing back against the normalisation and glamourisation of drinking - which begins from a young age and is cemented into everyday life through advertisement, sponsorship, and alcohol-laden environments. Ultimately, it’s about protecting communities’ right to privacy, health, and life, and preventing alcohol harms that impact families across

Scotland. The flowery, celebratory portrayals of drinking we see in adverts do not capture the isolation and mourning felt by families affected by alcohol harm. Alcohol’s presence in sports stadiums and championships is not representative of its damage to physical, mental, and social wellbeing. Alcohol marketing and alcohol harm are indeed linked, with studies showing that persistent exposure to alcohol marketing can result in earlier, heavier drinking in young people – as well as a risk of relapse for people in recovery.¹

Scotland currently has a self-regulatory system when it comes to alcohol marketing. Instead of a separate, statutory group, the alcohol industry itself regulates its own advertising and promotion. Without statutory restrictions, the alcohol industry will continue to jump through legislative loopholes to encourage drinking amongst as wide a population as possible. There will always be a conflict of interest when industries both profit from marketing harmful products and are responsible for regulating that marketing for the sake of public health. The alcohol industry’s hold on the status quo around drinking needs to be challenged, by approaching alcohol marketing from a public health, human rights-based perspective.

¹ Alcohol Focus Scotland (2022). [Realising Our Rights: How to Protect People from Alcohol Marketing](#).

Work around alcohol marketing has been going on for years now. The Scottish Government published its Alcohol Framework in 2018. In this framework, it proposed to “consult and engage on the appropriateness of a range of potential measures” to protect young people and people in recovery from alcohol marketing². Part of this included exploring possible mandatory restrictions on alcohol marketing, as recommended by the World Health Organisation. In 2017, Alcohol Focus Scotland published “Promoting Good Health from Childhood”, which demonstrated how Scotland self-regulation system around alcohol marketing fails to protect young people from exposure to alcohol marketing³. AFS and members of the Children’s Parliament consulted children and young people on their experiences of alcohol marketing in their communities as a part of an investigation on an Alcohol-Free Childhood in 2019⁴. In 2022, AFS published its extensive report titled “Realising our Rights”, further exploring perceptions and impacts of alcohol marketing – as well as providing recommendations for regulation in Scotland.

Scottish Health Action on Alcohol Problems (SHAAP) has been calling attention to alcohol sponsorship in sport for years. SHAAP’s 2017 report “Foul Play” explored alcohol sponsorship in the UEFA Euro football tournament in 2016, revealing that there were on average more than 100 references to alcohol marketing per broadcast⁵. SHAAP also conducted a survey of Scottish Women’s Football players to understand players’ perceptions of alcohol and sport, which showed that 74% of players agreed with SWF’s rejection of alcohol sponsors.⁶ These, along with various other reports on the prevalence of alcohol sponsorship in Scottish football and the Six

Nations rugby tournament, have created an evidence base for SHAAP’s Calling Time campaign against alcohol sponsorship in Scottish sport⁷. The alcohol industry should not be able to capitalise on the emotional, cultural importance of sport in Scotland to associate harmful products with a healthy activity.

Scottish Families’ Alcohol Action Group published its first report “Alcohol Everywhere” in 2022, to explore families’ exposure to alcohol references in their communities⁸. Families discussed how alcohol truly is everywhere, from litter to social media to congratulations cards – and how the overt presence of alcohol in everyday environments affects loved ones and people in recovery. They addressed alcohol marketing’s role in normalising alcohol and its relationship to stigma around problematic alcohol use.

It’s disappointing that after all of the work done by families and organisations alike, the consultation has been sidelined due to the interests of the alcohol industry. Still, just as work around alcohol marketing didn’t begin with the Scottish Government’s consultation in 2022, movements for change haven’t ended with the First Minister’s announcement to take the consultation back to the drawing board. Organisations will continue to advocate for efficient, statutory regulation of alcohol advertising, and families will continue to voice their views around tackling alcohol harm.

2 Scottish Government (2018). [Alcohol Framework 2018: Preventing Harm.](#)

3 Alcohol Focus Scotland (2017). [Promoting Good Health from Childhood: Reducing the impact of alcohol marketing on children in Scotland.](#)

4 Children’s Parliament (2019). [“It’s all around you, all the time.” Children’s Parliament investigates: an alcohol-free childhood.](#)

5 Purves, R.I., Critchlow, N. & Stead, M. (2017). [Foul play?: Alcohol marketing during UEFA EURO 2016. Institute for Alcohol Studies, Scottish Health Action on Alcohol Problems, Alcohol Action Ireland.](#)

6 Lawther, S. (2022). [SHAAP/SWF Player Survey. Scottish Health Action on Alcohol Problems, Scottish Women’s Football.](#)

7 <https://www.shaap.org.uk/calling-time.html>

8 Scottish Families Affected by Alcohol and Drugs (2022). [Alcohol Everywhere.](#)

20 Million Step Challenge



This year Scottish Families launched a brand-new challenge to bring together families from every part of Scotland. As the '20 Million Step Challenge' draws to a close Fundraising Manager Sarah Campbell reflects on how it has gone -

"Every week Scottish Families works with families from all over Scotland. No matter where they are from or who they are worried about or what age they are, there are always many more things that families have in common than not.

"When looking at celebrating our 20th Birthday the fundraising team knew that they wanted to do something that would bring as many people together as possible as well as being fun and easy to take part in. With this in mind we devised our 20 Million Step Challenge – where we asked our supporters to walk every day, record their steps, and help us reach a collective goal of 20 million steps.

"We chose walking because we believe it is important to look after yourself. No matter what is going on at home, it is still important to take a bit of time out for yourself. There is a lot of evidence to suggest that going for a walk each day (even a short one) has benefits for your physical and mental health. Better yet, a walk with a friend can be a great way to blow off steam. And with a target to reach every step counts. Even if participants only managed a small number of steps in a day they are still contributing to our total. Lucky for me, as someone who

spends most of her time hunched over a desk any excuse to move and stretch my legs has been brilliant!

"20 million steps are a huge challenge – but we knew we would get there together. "The challenge was free and everyone taking part for a free water bottle (important to keep hydrated when walking!) For those who wished, there was also an option to fundraise and anyone who raised £50 or more got an exclusive 20th Anniversary t-shirt.

"We had over 100 people signing up to take part in this new, fun challenge. Participants could keep in touch through their local family support groups or through our dedicated private Facebook group. We have particularly loved seeing all the photos that people shared. It became a lovely supportive community where people cheered each other on no matter how many steps they managed to get in a day.

"We will announce how many steps we managed and what we raised at the start of June – but no matter the outcome we have had a great time running this challenge that has helped us connect with so many families across Scotland and we will definitely love to run a similar challenge in the future. Maybe 30,000,000 steps next year?!

"We would like to say a massive thank you to everyone who has taken part – we have loved walking with you."



My Family My Rights



My Family My Rights skills sessions is a course for family members to become more aware of their rights, their loved one's rights, and how to advocate for these rights to be upheld. The course was developed by Scottish Families in 2022.

We had the pleasure of having 5 amazing family members come on board as course advisors to help us develop a skills-based course in advocacy. The course and the individual situations that have been identified through the sessions has helped shape what will be the My Family My Rights Service here at Scottish Families.

The main changes we want to make with this course and service is that families are more aware of their own rights and feel empowered to use their rights. We want families to understand their loved one's rights and can advocate on behalf of themselves or their loved ones. We want rights to feel real for families and for services to uphold families' rights.

The course has been developed using a process of building, refining, and improving and this will continue as our sessions are rolled out. The aim is for us to hold this course online 3-4 times per year. We are currently halfway through its second run with 10 family members currently learning about rights and advocacy. There have been some great changes for families who were on the first course with people feeling more empowered to exercise their rights and feel more confident to communicate with service providers.

When we talk about empowerment, we link it with self-esteem and use exercises such as breaking down large goals into smaller goals. The purpose of this being to help build self-confidence as smaller goals are achieved and help a person to feel more empowered. This is linked with advocacy as our first group of course participants highlighted how an increase in confidence helped them to feel more able to exercise their rights.

All too often we see families trying to navigate through services, our aim is to equip people with the tools to be able to do this more confidently and use a human rights-based approach to communicate their loved ones needs.

Families on the course also said that knowledge is power and that our useful guides and proformas on how to communicate with different services is invaluable. We have been fortunate to have guest speakers from various agencies to focus on different areas that families may need assistance with. This is a huge asset to the course as it allows us to broaden the knowledge that we can share.

We are also very lucky to now have Kerry Storey on our team as a dedicated My Family My Rights Development Officer! Kerry was one of our course advisors on the first ever My Family My Rights course. Kerry has been involved with the project in these two different roles and this gives her a real understanding of the families we support and the information that will be useful to them. This will help us to continue to develop this project with the delivery of a service where Kerry will be able to help individuals to prepare to self-advocate. We are excited to continue to see the difference that this project makes to families across Scotland.

Abbie's Kiltwalk Story



By Abbie

I actually signed up to the Kiltwalk with my friend in February after my dad passing away in January due to alcohol use. I found the Kiltwalk to be a good focus and spent a lot of time training individually as well as planning walks with my friend in preparation.

On the day I made sure to be prepared with snacks, lots of heat pads and Compeed plasters haha! (They were definitely needed). The full day had great energy and was very lively. There were snacks, performances and a lot of brilliant volunteers hyping us up along the way. Me and my friend had created a playlist on Spotify to keep us motivated and we spent a lot of time dancing!

The Kiltwalk is definitely great to do in groups or pairs, we were able to motivate each other throughout the whole experience and keep each other upbeat. Even though I definitely felt it after we finally crossed the finish line, it was all worth it to raise money for such a great charity and I will be signing up to do it all again next year!

There's still time to get involved in a Kiltwalk this year - head to our website for more information!

Family Support Service Highlight

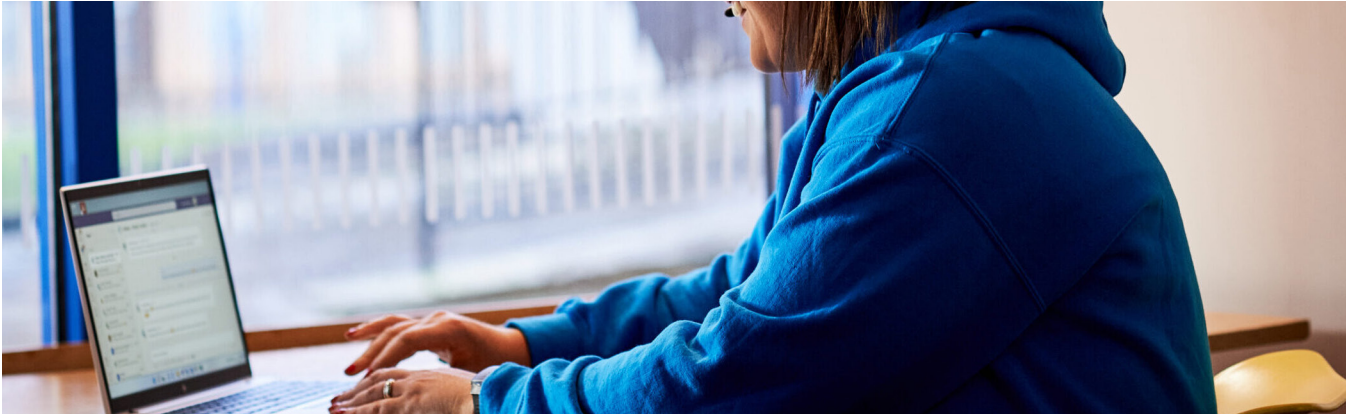
Our lovely Fife Family Support Service held their own 20th birthday party for Scottish Families on the 11th of May. Thank you to the family members who came along to celebrate with us!

We offer support to anyone in Fife over the age of 16 who is affected by someone else's drug or alcohol use. This could be a direct family member, or even a friend or colleague who is using substances.

To find out about support available in Fife contact 01592 382330 or fifefamilies@sfad.org.uk or call our national helpline on 08080 10 10 11.



Testimonials



We want to share with you the lovely feedback we have had from the people we have been supporting. It always makes our day when we hear how well you are doing, how things are going, and of course, your kindness to our work. We wouldn't be where we are if it wasn't for the amazing people we support – thank you.

East Dunbartonshire Family Support Service

'Just a quick email to say I happened to change the channel into BBC1 and saw no other than your amazing self! [Colin from our team] The whole documentary is brilliant, but when I saw you, it just made me reflect on how lucky I am to have you [to reach out to].

I know you'll play this down completely but I'm going to tell you anyway: the job you do is literally lifesaving to the families you work with - including mine. I also noticed somebody else I knew - one of the youngsters who was at the therapy situation. I taught her, and although I knew things weren't great at home, I didn't realise why. Having to go through all that and try and focus on teachers nagging you in school must be absolutely horrific. It's people like you that makes it possible.

I've always worked in a wellbeing capacity within schools - always the nurture geek. But there are some young people who I teach that I really wish could access services like yours in school.

No email back please as you'll just play it all down! I just wanted to know how much I appreciate all the support and advice (and patience!) you have given me and my family.

You are a truly gifted person who has given the world so much.' - Family Member after seeing the Matt Willis Documentary

Family Recovery College

'Honestly guys, go for it. You'll finish feeling informed, educated and empowered.' – Family Member, Family Recovery College

Click and Deliver Naloxone

'This service is life changing. We can easily access this essential kit to safeguard our son at times of risk. The information that also came with the kit around support for us was mind blowing. I have asked for help many times and never got anywhere. Your information, kindness and naloxone are keeping our whole family alive!' - Family Member

Mindful Moment



Mindfulness and taking time for yourself is a valuable tool that we always share with the people we support and our staff here at Scottish Families.

For this newsletter, we want to focus on nature. You may know that we are doing a Step Challenge for the whole month of May, and we've had so many lovely photos on our Facebook group from people who are getting their steps in and being out in nature at the same time. Gorgeous coasts, lush grass, blooming flowers, and even some birds and happy animals too feature in all your amazing photos!

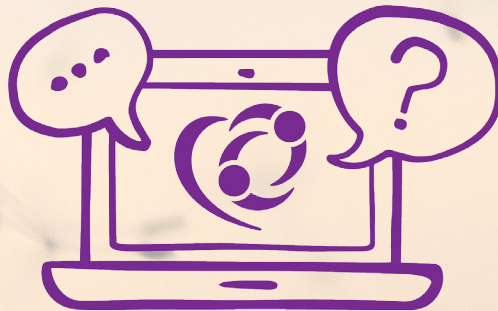
Most of us feel a sense of peace and wonder when we're in a natural environment like a forest and a coastal path that calms us down. So, the next time you feel stressed, overwhelmed, or just unsure of what's going on, why not make your way into nature to feel some inspiration and peace?

And if going out is something that you are unable to do at the time, why not have a listen to the stunning 'Unwind with 20 minutes of nature' from BBC Springwatch on YouTube. Click the adorable squirrel below and enjoy a peaceful 20 minutes!



Are you affected by someone else's alcohol or 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

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

Twitter: @ScotFamADrugs

Facebook: @ScottishFamiliesAffectedByDrugs

Instagram: @scottishfamilies

General enquiries: 0141 465 7523

email: info@sfad.org.uk

website: www.sfad.org.uk



**Scottish
Families**

Affected by Alcohol & Drugs

Registered Scottish Charity: SC034737