



Scottish Families

Affected by Alcohol & Drugs

March 2016

Members Newsletter



Dear Members and Supporters:

Earlier this week, Scottish Families were delighted to host an event at Stirling University that looked at how we can work with families and communities using an asset based community development approach (ABCD). Cormac Russell, one of the leaders in this field, began his presentation by asking the audience of 100 professionals, family members and people in recovery from across Scotland, What do communities do to problem solve addiction? Historically the response would be the **'find it, fund it, fix it'** model with the balance in the relationships leaning towards the professionals with their knowledge and expertise. Cormac challenged us to think of **'...leaning into families'**.



Our experience at Scottish Families over the past 15 years shows that the family, as recovery capital, can make the changes and offer the solutions needed when responding to addiction in their own families and communities. The recent change in the National Advisory landscape reflects this with the introduction of a family and community group which met for the first time recently. Similar to our Masterclass, there was representation from people across the professions showing that the response to drug and alcohol misuse

involves everyone.

Who knows better than someone with the lived experience? By adopting an ABCD approach, the balance between professional and non-professional world is corrected. Interestingly, Jed Brady, a former Scottish Families Board member, approached us with an update on a project he is leading with 4 families to advocate on behalf of people impacted by addictions and mental health. They have managed to achieve recognition by the Scottish Qualifications Agency at SCQF Level 7. More to follow later in this edition of our newsletter.

To end the Masterclass, John Holleran who is leading on our communities work, invited those present to become involved in a Community of Practice and in the coming months, we will update you on the progress of this initiative.

If anyone would like to contribute to our Community of Practice, please contact john@sfad.org.uk As always, I offer my own contact information for those who want to comment on our work, our newsletter, or offer suggestions on how best to support those impacted by drugs and alcohol.

Sincerely,

Christine

Christine Duncan MSW
CEO

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Families & Communities Masterclass—Stirling

SFAD hosted an Asset Based Community Development (ABCD) Masterclass on 24th February at Stirling University as part of our continuing work with communities. SFAD Welcomed over 100 delegates from across Scotland to hear Cormac Russell (internationally renowned thought leader, author, trainer and speaker in ABCD) and Mark Gilman (founder member of the newly formed British Addiction Recovery Group (BARG) and ABCD advocate) speak about the benefits associated with an ABCD approach. Delegates participated in a range of workshops focused on taking forward ABCD approaches to support the work they do on a daily basis and to shift from deficit based thinking towards supporting individuals, families and communities to be active citizens and participants in activities aimed at reducing the harms, the impact and the negative perceptions that have been linked with labelling recovery.

Cormac Russell highlighted the importance of enlarging the civic space and the benefits associated with building the power of the community to ask ‘*what matters to you?*’ rather than ‘*what’s the matter with you?*’ Cormac illustrated how our systems often define individuals out of communities, build impersonal profiles and disable communities rather than build them.

Mark Gilman highlighted the bio/psycho/socio imbalance of treatment and importance of supporting via meaningful social



connections and how important these social networks were to developing a sense of purpose and personal responsibility within recovery.

Full coverage of the day and delegate comments can be found on twitter under #ABCDSFAD16 and via our website. The feedback received from delegates was greatly appreciative of SFAD creating the ideal space and opportunity to move forward and explore the assets, resources, skills and opportunities that exist within communities to bring about sustainable change. This momentum for change will be harnessed and developed in more of our work moving forward. If you would like further information on this or would like to be involved in supporting ABCD approaches in recovery in your community please contact John Holleran by emailing john@sfad.org.uk.

Quotes:

‘Speakers were excellent, not just a talking shop!’

‘It’s been a really thought provoking event – let’s challenge the status quo!’

‘Inspired to continue supporting our volunteers in creating their own recovery community.’

‘I feel more fresh headed and have been given a second wind.’

‘Honest and frank inputs that provoked real thought & energy.’

‘Great day, great speakers, good cross-section of delegates – SFAD do a damn good job – well done.’

Scottish Families Goes to Holyrood

This week Scottish Families went to Holyrood to host an exhibition at the Garden Lobby, an event sponsored by John Mason MSP, a true champion of the work we do to support families and communities affected by substance misuse. In 3 days we were able to engage with over 40 MSPs from across Scotland, many of whom were very familiar and appreciative of our work to complement and enhance service provision within their own constituencies.

We had some very insightful

discussions with MSPs regarding substance use and the impact on individuals, families and the wider community and Scottish Families was able to highlight the benefits associated with support for families, including the positive contribution families can make to recovery.

Other themes emerging include family engagement within the justice setting, telehealth support for isolated families and bereavement support.

We were very warmly received by

all (not solely down to the free sweets we had on offer) and used this opportunity to promote the importance of family and family inclusive practice in the new alcohol strategy. MSPs acknowledged the importance of consistent provisions for family inclusive practice in all constituencies across Scotland.

During our discussions with MSPs we also raised awareness and sought support for the Alcohol Marketing Pledge. To see who supported the pledge check out the Twitter feed by clicking [#alcoholfreekids](https://twitter.com/alcoholfreekids).



Claire at the SFAD stall and ready to speak to MSPs



John & Suzanne with Dennis Robertson MSP



The Alcohol Marketing Pledge Wall



John with Jenny Marra MSP



Claire speaking with Hanzala Malik MSP and James Dornan MSP



Karen speaking with Mary Fee MSP

Alcohol Marketing Pledge to Reduce Exposure of Children to Alcohol Advertising

Scottish Families Affected by Alcohol & Drugs, BMA Scotland, Alcohol Focus Scotland and SHAAP, have joined together to call on Scotland’s politicians to pledge to do more to reduce the exposure of children to alcohol advertising ahead of the coming Holyrood election. We believe that protecting children from alcohol marketing must be given far greater priority by all parties in the next parliamentary term. Research has shown that exposure to alcohol marketing reduces the age at which young people start to drink, increases the likelihood that they will drink and increases the amount of alcohol they will consume once they have started to drink.

Christine Duncan, Chief Executive of Scottish Families Affected by Alcohol & Drugs said:

“Through our frontline services we recognise the full impact of problematic alcohol on families which is often as real, and present for some families, as alcohol branding in day-to-day life. Alcohol marketing serves as a continual reminder of some of the difficulties being faced by families and their loved ones.

We urge all candidates to recognise the impact of alcohol marketing on children and young people and encourage elected representatives to pledge to take action to reduce the exposure of children to alcohol advertising in the next parliamentary term.”

More information can be found here:

<http://www.sfad.org.uk/media-centre/news/167/Alcohol-campaigners-unite-to-call-for-stronger-protection-from-alcohol-advertising-for-children>



“I believe that alcohol marketing has no place in childhood. All children should play, learn and socialise in places that are healthy and safe, protected from exposure to alcohol advertising and sponsorship.”

Join us in our campaign to end alcohol marketing to children.

#alcoholfreekids

www.alcohol-focus-scotland.org.uk/campaigns/alcoholmarketing



The World Health Organisation’s *Global strategy to reduce the harmful use of alcohol* recommends regulations to restrict alcohol marketing to protect children and young people.



Building on Success of Road to Recovery—New Advisory Group

Since the launch of Scottish Government’s drug strategy, Road to Recovery, in 2008, there has been a reduction in the number of adults and young people using drugs. Originally the Drugs Strategy Delivery Commission monitored and evaluated the delivery of *Road to Recovery*, but in November 2014 it was decided that the priorities of their work had been completed. Scottish Government consulted with key stakeholders to devise new priorities to complement and build upon the positive outcomes of *Road to Recovery*. In January 2016 the new advisory group, Partnership for Action on Drugs in Scotland (PADS), was established. The three new priority groups of the sector are:

- Building communities focused on recovery and tackling stigma
- Quality and consistency of service planning and delivery
- Harm reduction and reducing drug-related deaths

Members of the advisory group include:

- Minister for Community Safety and Legal Affairs Paul Wheelhouse (Chair)
- Dr Marsha Scott, CEO at Women’s Aid Scotland
- Roy Robertson, Professor of Addiction Medicine at the University of Edinburgh and GP at Muirhouse Medical Group

Christine Duncan, CEO of Scottish Families said:

“A lot of progress has been made since implementing the Road to Recovery strategy and we welcome the new Partnership for Action Drugs in Scotland group to continue the momentum.

Our work directly aligns with all three priority areas and we look forward to contributing to an innovative and inclusive approach recognising families and communities as assets to reducing the harm of substance misuse and enhancing the recovery journey.”

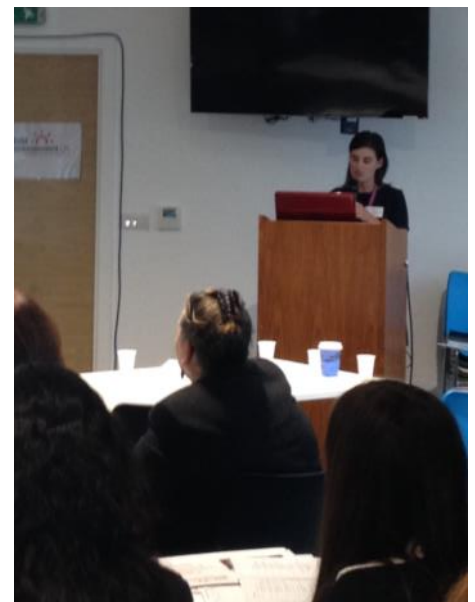
Sudden Death and Breaking Bad News Conference: Meeting the Challenges of Supporting Traumatically Bereaved Children & Families

On 4 February 2016, Scottish Families’ National Bereavement Coordinator Karin Figliolini was a guest speaker at *Meeting the Challenges of Supporting Traumatically Bereaved Children & Families* conference. The conference was organised by Child Bereavement UK and hosted by The Prince’s Trust. There were a variety of speakers from The Princes Trust, Child Health, University of Glasgow, Child Bereavement UK and Metropolitan Police Service as well as family members to share their perspectives and experiences.

Karin spoke specifically on drug-related deaths in Scotland, the complexity of a drug-related death, the impact a sudden and unexpected death has on families, the challenges faced by families, and the importance of naloxone. Attendees found Karin’s presentation a welcome addition to bereavement services to address this gap of support and also thought the service would be a good resource to recommend to families and schools.

The Scottish Families Bereavement Counselling Service was launched in June 2015 and is dedicated to anyone 16 and older bereaved by the death of a loved one whose drug use was a contributing factor.

If you or someone you know has lost someone to a drug-related death in the last 3 years you can receive free and confidential support. Contact 08080 10 10 11 or email helpine@sfad.org.uk to find out more.



Response to The Alcohol Bill

The Alcohol (Public health & Criminal Justice) (Scotland) Bill was introduced in April 2015 by Richard Simpson MSP.

The Scottish Parliament's Health and Sport Committee heard oral evidence from stakeholders and national experts towards the end of 2015 and today published its response.

The general principles of the Alcohol Bill have not been supported by an overall majority of MSPs on the Health and Sport Committee. The majority is unconvinced that the Bill is an effective and workable set of measures that will tackle Scotland's unhealthy relationship with alcohol.

Whilst the Committee recognises the aim of the bill is to promote public health and reduce alcohol related offending, the majority believe that the Scottish Government's forthcoming alcohol strategy offers a more effective route to address these issues.

Bob Doris, Deputy Convener of the Committee said, "The Scottish Government has shown that they will legislate when needed in order to protect public health. However, we heard during evidence that some of the Bill's proposals may not require legislation as voluntary schemes could achieve the same outcomes. We ask the Scottish Government to address the merits of all the proposals in the bill as part of their wider strategy on alcohol regardless of the progress of this bill."

Scottish Families, like the Committee, support the general aims of the Bill but not all of the provisions as put forward in our written and oral evidence. We welcome the measures announced in the summer by the Scottish Government to tackle the harms from alcohol to individuals, families and communities. These include:

- An increase in Alcohol Brief Interventions from a 10% to 20% quota;
- The creation of a post to help realise the potential of the alcohol licensing system to control alcohol availability;
- An ambitious new social marketing campaign which will aim to prompt awareness among parents of the impact their drinking can have on children, and the importance of recognising they are role models whom young people may emulate. The nationwide campaign will span various channels and platforms as it seeks to change adults' behaviour.

A recent report '*Four Nations: How Evidence-based are Alcohol Policies and programmes Across the UK?*' showed that Scotland is leading the way in taking strong evidence based action to tackle problematic alcohol use

Scottish Families is optimistic about the next phase of the Government's Alcohol Strategy which will be finalised this year. We especially welcome the recognition of the harms from alcohol on families and communities and the need to address these. The families we support on a daily basis know only too well the impact of alcohol on their lives and those of their loved ones, particularly the availability of cheap, strong alcohol. Minimum unit pricing remains a key measure to tackle this and Scottish Families once again calls on the Scotch Whisky Association to drop the ongoing legal action preventing this legislation being implemented and to put the health and wellbeing of individuals and families before profit.

Scottish Families will continue to work with key partners and the Scottish Government to press the UK Government to do more to protect children from exposure to alcohol advertising and undertake a wider review of alcohol advertising helping to ensure Scotland continues to lead the way in tackling alcohol related harm.

Visit to National Family Support Network [NFSN], Dublin, Ireland and 5-Step

Scottish Families attended The Addiction and the Family International Network (AFINet) annual general meeting in Birmingham in July last year where Meagan O’Leary from the National Family Support Network delivered a presentation on a training and accreditation system for practitioners in the use of the 5-Step method for helping significant others affected by addiction was outlined, and then illustrated by a comprehensive implementation project in Ireland. With Scottish Families and others expressing interest in the development of the 5-Step method in Ireland the NFSN invited Scott Clements (SFAD Training & Quality Manager) to Dublin in February to discuss the work of both organisations and for Scott to attend the 5-Step practitioner training.

The NFSN operates with a strong community development ethos and an overall aim to improve the situation of families coping with drug use by developing, supporting and reinforcing the work of family support groups and regional family support networks, by working for positive change in policy and practice and by raising public awareness about the problem of drugs for families and communities. Culturally, both Ireland and Scotland are similar and both organisations have a lot in common along with the potential to share and learn from each other’s work.

The 5-Step Method is an evidence-based brief psychosocial intervention to support family members in their own right who have a close relative with an alcohol or drug problem. It was developed by AFINet UK and their evaluation of the 5-Step Method has shown a reduction in the strain experienced by family members. The 5 steps are as follows:

- Let the family member tell their story. (Listen, reassure and explore concerns)
- Provide information. (Relevant, specific and targeted information)
- Discuss ways of responding. (Explore coping responses)
- Explore sources of support.
- Discuss and explore any further needs.

The practitioner training was provided by Sadie Grace and Megan O’Leary over two days where they brought the intervention to life by highlighting examples from their own experiences of delivering the 5-Step Method with both individual and groups of family members, including the positive impact it has had on individuals’ wellbeing. Trainees included drug & alcohol service practitioners from throughout Ireland and Tuuli Pitkänen from Finland making it an international event. The NFSN has been rolling out 5-Step Method training in Ireland since 2014 along with practitioners additionally going

through a post training accreditation process to ensure the integrity of delivery of the intervention.

The NFSN are gathering information from individuals using the intervention and from family members who have received it to form part of a research study that will be conducted by the AFINet-UK group to measure the effectiveness of the 5-Step Method intervention in Ireland which will be comparable to research completed in other countries around the world.

Scottish Families will consider the potential to provide access to 5-Step Method training and accreditation in Scotland to ensure a range of evidence based interventions for family members in their own right are available.



Tuuli Pitkänen (Senior Researcher, Finland), **Sadie Grace** (NFSN Coordinator), **Megan O’Leary** (NFSN Development worker), **Scott Clements** (SFAD Training & Quality Manager) at the National Family Support Network (NFSN), Dublin.

Share YOUR Experiences

Have you been affected by a loved one's unplanned discharge from treatment?

An unplanned discharge is when someone abruptly leaves treatment due to refusal of treatment or drops out of treatment. We are looking for contributions from you on how an unplanned discharge has affected you and your family.

Help Scottish Families to better support you and families across Scotland by sharing your personal experience.

If you would like to share your experience please email info@sfad.org.uk or call 0141 221 0544.

Thank you for taking time to share with us!

Jardine Simpson visits Stirling Family Support Group

The Stirling support group welcomed Jardine Simpson, Recovery Development Officer from Addiction Support and Counselling (ASC) to their evening group on 18th February. Jardine shared his story of his own lived experience with addiction including when he made the decision to seek help; his relationship with his family; his feelings before, during and after his addiction; and, about the various methods of treatment, support services and mutual aid support groups that are available.

There were a number of strong messages that came from Jardine's experience- both lived experience and through his various employment and volunteering roles. These were that recovery is possible however people cannot be forced into recovery; families cannot change their loved one's behaviour; and, families need to look after themselves and prioritise their own wellbeing.

A message of hope: "It is possible to live a life without alcohol and drugs. Everyday people are choosing to give up drinking alcohol or using drugs. Recovery is possible." – Jardine.

Jardine recognised the importance of the families' role to support their loved ones to initially access treatment services and through recovery, but emphasised that families who continue to live with behaviour from their loved one that hurts, upsets and worries them only supports this behaviour, does not encourage their loved ones to get help and perpetuates the problem. He also emphasised the importance of families accessing support for themselves and finding time to do things for themselves.

A moving and inspiring visit for all involved, many of the family members felt they related to Jardine's story and could recognise the similarities between his experience with their loved one's experience. Some comments from the family members following Jardine's visit included:

"His positive attitude filled us with hope for our son's future."

"It was great to hear his story with so much experience and knowledge- It helps me have a much greater insight and understanding of my husband's behaviour."

"I 'enjoyed' it very much! So much of what Jardine said made sense. What a remarkable man."

"We need to hear that recovery is possible and it gives us hope whilst keeping us grounded in reality."

Jardine commented, following the group, saying:

"Meeting family members at SFAD in Stirling made me realise the difficulties and heartache involved for loved ones but also the potential for positive change that is there for us all. Sometimes supporting someone in the midst of addictive behaviours means acting counter-intuitively by detaching. This can seem cruel or wrong but it is the best way to let the person understand the consequences of their behaviour for those around them and for themselves. I hope the input I made as a person in recovery helps family members understand the role they can play in supporting their loved one and that recovery is difficult but possible for all affected by addictive behaviours"



Jardine has agreed to continue working with Scottish Families and will be attending more Family Support Groups to share his valuable experiences.



East Dunbartonshire Family Support Groups

Bishopbriggs

Auchinairn Community Centre
When: Tuesdays
Time: 1pm-3pm (Fortnightly)

Drop In

Lesser Hall, Lennoxtown
Memorial Town Hall
When: Mondays
Time: 10am-11.30am

Milngavie

Milngavie Town Hall
When: Wednesdays
Time: 1.00pm-3.00pm (monthly)

Milngavie Community Library &
Education Centre, Allander Rd.
When: Thursdays (Fortnightly)
Time: 6:30pm-8:30pm

Kirkintilloch

Kirkintilloch Baptist Church
When: Thursdays
Time: 10am-12 noon
(Fortnightly)

Drop In

Hillhead Community Centre
When: Wednesday
Time: 10am-11am

For more information, please contact Claire: claire@sfad.org.uk / 07487 675 621

Scottish Families Family Support Development Officer 1st person in Scotland to be CRAFT accredited!



Claire Wadsworth, our East Dunbartonshire Family Support Development Officer, is the first person in Scotland to receive full accreditation for Community Reinforcement Approach and Family Training (CRAFT). After receiving initial CRAFT training directly from Dr Robert Meyers at an SFAD training event in September 2014, Claire continued her journey to full accreditation with Newcastle based Positive Practice, the only authorised training, accreditation and consultancy organisation for the intervention approach in the UK.

CRAFT is an evidence-based intervention and has demonstrated positive results improving family relationships, encouraging loved ones to seek treatment and re-engaging families with the community.

Congratulations to Claire on your remarkable achievement!



Grangemouth

Grangemouth Education Unit,
Abbotts Road
When: Mondays from
Time: 10am – 12noon (weekly)

Falkirk

CVS Unit 6, Callander Business
park, Callander Road
When: Wednesdays
Time: 5pm-7pm (weekly)

Stirling

Raploch Community Campus
When: Thursdays
Time: 6pm-8pm (Fortnightly)

Alloa

ASDA, Alloa
When: Wednesdays
Time: 10.30am-12.30pm (2
weekly)
follows CRAFT (Community
Reinforcement and Family
Training)

Drop In

Substance Misuse Service at Stir-
ling Community Hospital
When: Tuesdays
Time: 10am-12 noon.

Drop In

Raploch Community Campus
When: Wednesday
Time: 1pm-3pm monthly

For more information contact:

Elaine—elaine@sfad.org.uk
0780 457 4472

Martha—martha@sfad.org.uk
07484 024 407

**Further Drop Ins are being planned
for HMP Glen Ochil and Hawkhill
Community Centre. Dates TBC.**

Introducing Martha Buckingham



I joined Scottish Families in December 2015 as a Family Support Development Officer covering the Forth Valley area. I believe fully in the need for family support and look forward to playing my part within this important service.

Covering a large geographical area, such as Forth Valley, has its own challenges as the three ADP areas of Falkirk, Clackmannanshire and Stirling have different needs and requirements and myself and colleagues respond to the needs of the areas. There are currently family support groups in Falkirk, Grangemouth and Stirling with further groups starting in Stirling and Alloa.

One of my first priorities was to get fully integrated in the communities and find out as much as possible about the community and recovery services that are running within Forth Valley. It has been good to experience such effective partnerships within this area and to be welcomed into these.

I have seen that families so often focus all their attention on their loved one's substance misuse without recognising that they too may need support and can indeed learn how to best support their loved one and themselves. I will continue to promote this service as much as possible to ensure maximum uptake.

I will bring my enthusiasm and creativity into this role when working both one to one with clients and in group work settings too. I love to make things and feel creating things using your hands is great therapy in itself and will encourage this with the families I work with.

I look forward to this new challenge.

SQA REACH Advocacy Scotland



Innovative new project looking for funding & partners to run pilot

REACH Advocacy Scotland is a grass roots membership charity made up, in part, of people in recovery from addiction and mental health problems. The membership also includes family members who have experience of living with people with addiction and mental health issues. We do not exclude others who do not fall under these health conditions. We see the absolute value of having a membership made up of people with core skills enabling the successful facilitation and development of the Charitable aims of the organisation.

Based on this wealth of lived experience and insight, we developed the Reach Advocacy package of training and education to support people working towards positive change. We recognised the importance and value of having an independent agency to help navigate many of the issues arising in and throughout the recovery journey. The Reach Award enables candidates to continue their own recovery whilst enabling them to assist others in theirs.

The award has been approved by Scottish Qualifications Authority at SCQF Level 7 and covers the exploration of advocacy theory and practical applications in real life settings. Candidates for the award are supported in their individual learning by Reach Advocacy Scotland's team of trained advocates who have developed the Reach programme and award. Between them, they have many years of personal experience in recovery settings.

We are keen to roll out a pilot project and are seeking partners to support us in this goal. If this is something that interests you please contact us on:

Jed Brady Chair - bradyjed@gmail.com former Scottish Families Board Member
Derek McCabe Director - 07909915686 for further information

Breathing Space—Scotland's Year of Listening

Scotland's 'Year of Listening' (YoL) will raise awareness throughout 2016 that listening, and being listened to, is good for your mental health.

Listening is the foundation of good communication

Relationships and friendships, where we feel listened to, can have a huge positive impact on our sense of wellbeing. Being listened to helps us to feel 'connected', contributing to improved feelings of self-worth, self-confidence and happiness.

Listening to our own thoughts and feelings is also important. A popular practice in recent times is 'mindfulness', which has its foundations in Buddhist and Christian meditation. Mindfulness involves paying attention to the present moment and noticing sights, smells, sounds and tastes around us, as well as the thoughts and feelings that occur from one moment to the next.

We like to think we are good listeners but are we *really* listening? Could you be a better listener?

The YoL is an opportunity for us all to demonstrate our commitment to be better listeners. Whether you are a friend, parent, sibling, spouse, neighbour or carer...take time to listen today.

How you can support the YoL campaign:

- [Request](#) a free Year of Listening Pack (the pack provides posters and materials to help you promote listening, listening skills and listening organisations)
- Download a logo to promote on a website or publications: [Small YoL logo](#) (152kb) [Medium YoL logo](#) (354 kb)
- Pledge your support by requesting your name/organisation is added to the [YoL pledge board](#) (coming soon)
- Use #YoL2016 to join in the conversation and tweet your thoughts about listening and 'star listeners' in your life





NEW three day retreat for parents bereaved by suicide, addiction or substance use

Monday 11th – Wednesday 13th July 2016
Woodbrooke, 5 miles south of Birmingham

An opportunity to come and meet with others who understand the pain of the loss of a beloved son or daughter, and to immerse yourself in the comfort and warmth of a dedicated team of bereaved parent supporters.

The two days will be a mixture of discussions and activities which you are free to participate in as much, or as little, as you wish. Most of all, this is an opportunity to spend a few days away with people who truly understand what it means to be a parent bereaved in these particularly difficult ways.



The venue – Woodbrooke Quaker Study Centre – is the Grade II listed former family home of the chocolate maker, George Cadbury, and is located within easy reach of Birmingham city centre. Set in 10 acres of organically managed gardens and woodlands, including a lake and a walled garden, this unique and historic house offers a relaxed and welcoming environment, with a wonderful sense of peace and tranquillity.

Please note that this is not a religious retreat. The Compassionate Friends has no religious affiliation, and we welcome parents from all faith backgrounds and none.

The cost is £235 per person and this includes full board from Monday afternoon tea through to Wednesday after lunch. **Places are limited, so please book early.**

If you are a donating (supporting) member of The Compassionate Friends the cost is reduced to £205 per person. (If you are not a donating member, you can join TCF by **calling us on 0345 120 3785** (Mon – Fri: 9.30 am – 4.15 pm) to pay your membership and receive the discounted members' price on this retreat.

Some bursaries are available to help with costs. Please call us or [email](#) to find out more and to request a bursary application form.

Click [HERE](#) for a leaflet with further information about this retreat.

Click [HERE](#) for a **BOOKING FORM**



FASS 30th Anniversary Open Day

FASS as part of our 30th anniversary celebrations hosted an open day at our premises on Tuesday 23rd February 2016.

The day was aimed at local MP's, Organisations that may come in contact with families affected by a loved one's alcohol or drug problems, family members, statutory organisations and anyone who was interested in finding out more about the services that FASS can offer.



The day consisted of information stalls highlighting the many supports on offer from FASS, with tours from staff and volunteers giving a detailed overview of the supports available and how referrals can be made to FASS. The DVD of both FASS dramas was shown several times throughout the day along with our DVD about our remembrance service.

The day was a great success with over 150 attendees, including representatives from the recovery communities and family support, kinship and bereavement groups, community health workers, family support workers, statutory organisations, Greater Glasgow and Clyde NHS and several students from various colleges and universities who are studying in the social care field.



COPE attended the event and provided a wishing tree for attendees to leave notes on what they gained from attending the event. The many messages were heart-warming with many stating that they had greatly benefited from the day.

Feedback following the event has been great with many people stating that they did not realise the variety of supports that FASS offered and that they had gained a lot of useful information.

We would like to thank everyone who attended the event.

Following on from this event as part of our 30th anniversary celebrations we will be hosting 3 family fun days in Glasgow during the Easter holidays and we will be having our finale at the Glasgow City Chambers in September. For more information on any of these events please contact Alicia McKenzie on 0141 4202050 or alicia@fassglasgow.org.



March PROGRAMME

DROP IN CAFÉ

**Cornerstone House
Centre downstairs
1 Esk Walk (behind Tesco)
Cumbernauld
G67 1BZ**

**Monday &
Thursday
10:30am - 3pm
& Friday
11:30am - 2.30**

Find out what's on in your local area, health information, special events, activities and talks.

Contact: 01236 610440

Well-informed

Promoting mental health and well-being
Freephone: 0800 073 0918
Email: well-informed@samh.org.uk



ARE YOU WORRIED ABOUT SOMEONE ELSE'S DRINKING OR DRUG USE?

Addiction doesn't just affect the individual
but also those around them.

VOCAL Family Support Addictions provide support and
information for family members and friends affected by
someone else's drug or alcohol misuse.

Monthly
peer
support

Individual
emotional
support

SMART
Family & Friends
meetings

For free support & information:

VOCAL Family Support Addictions

Tel: 0131 622 6262

Email: fsa@vocal.org.uk

www.vocal.org.uk/addictions



UK SMART Recovery[®]
Self-Management and Peer Support

VOCAL (Voice of Carers Across Scotland), 8-12 Johnston Terrace, Edinburgh, EH1 1PW
Scottish charity: SC080753 Private limited company (Scotland): SC182030

VOCAL—SMART Recovery



SMART Recovery meetings at VOCAL for family and friends affected by the addictive behaviour of a loved one

Being in a close relationship with someone struggling with an addiction can be a frustrating, painful and sometimes lonely journey, in which it is easy to lose one's bearings.

The SMART Family & Friends programme invites participants to spend time concentrating on themselves and their goals, an area they may have been neglecting for some time. This includes looking at some of their habitual responses to their loved one and exploring whether these are helpful or not.

Meetings take place on Tuesdays, alternating between evenings one week, from 6pm to 7.30pm and afternoons the next from 2pm to 4pm. Please see list below for dates.

If you would like more information about SMART Recovery and how it might help you, please contact Family Support - Addictions on 0131 622 6262 speak to a member of staff or Email: fsa@vocal.org.uk

SMART Recovery Meetings for Family & Friends at VOCAL Carers Centre, 8-13 Johnston Terrace, Edinburgh, EH1 2PW.

All meetings are on a TUESDAY	
Afternoon Meetings 2pm – 4pm	Evening Meetings 6pm – 7.30pm
23 rd February	2 nd March
8th March	15th March
22 nd March	29 th March
5th April	12th April
19 th April	26 th April
3rd May	10th May
17 th May	24 th May
31st May	7th June
14 th June	21 st June

VOCAL Carers Centre, 8-13 Johnston Terrace, EDINBURGH, EH1 2PW
 T: 0131 622 6666 E: centre@vocal.org.uk W: www.vocal.org.uk
 Scottish Charity: SC020755 Company registration: SC183050

Membership is free to everyone. It is a condition of membership that the aims and objectives of Scottish Families Affected by Alcohol and Drugs are supported.

Personal details

Name:

Job title:

Organisation:

Address:

Postcode:

ADP Area (if known):

Email:

Tel:

Website:

Membership

Please tick one of the following:

- Family Support Group Membership
- Individual Membership
- Company Membership

Signature

Signed:

Date:

PLEASE RETURN TO:

Scottish Families Affected by Alcohol and Drugs, 226 St Vincent Street, Glasgow, G2 5RQ or
info@sfad.org.uk