

**Scottish Families**  
Affected by Alcohol & Drugs

December 2014

# Members Newsletter



Dear Members and Supporters:

Christmas is just around the corner and we want to share some exciting news with you as well as update you on available support during the holiday season.

There is growing acknowledgement of the struggles faced by families affected by substance misuse and as a result Scottish Families has expanded to increase support across Scotland.

The Scottish Families Telehealth Programme is only one of the new projects Scottish Families has developed and focuses on supporting families in rural and remote areas. Respectively, it became necessary for Scottish Families to find a new home. We have now moved to a new office to accommodate Scottish Families staff, volunteers and training programmes. You can find out more details about our new location on page 3.

The Scottish Families Helpline is the only confidential helpline dedicated to families affected by alcohol and drugs and is one of the few support services available during the festive season. Our dedicated volunteers and staff will be available to support families and help relieve some of the heightened pressures that come with supporting a loved one with a drug or alcohol problem. Please see page 4 for more information on how to access support during the festive season from the Scottish Families Helpline.

On behalf of the Scottish Families Board and staff, I wish each and every one of you a peaceful new year and great hope for 2015.

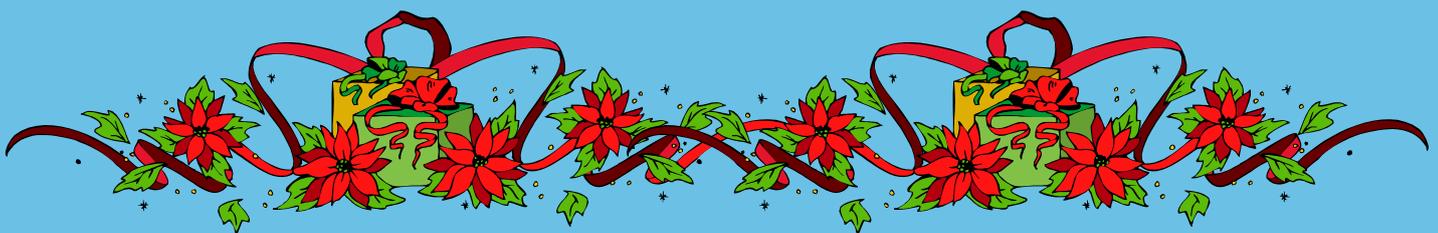
Scottish Families has an open door policy to our operations and as always, I welcome any comments or suggestions from you on our current services and approaches.

Please feel free to contact me by emailing [christine@sfad.org.uk](mailto:christine@sfad.org.uk).

Sincerely,

*Christine*

Christine Duncan MSW  
CEO



From Monday 15th December 2014 our new address is:

Stirling House  
Third Floor  
226 St Vincent Street  
Glasgow  
G2 5RQ

Tel: 0141 221 0544  
Email: [info@sfad.org.uk](mailto:info@sfad.org.uk)  
Helpline: 08080 10 10 11

Our thanks go to Clyde Regional Scout Council for being fantastic Landlords over the last few years. We were sad to out-grow our old office but thrilled to be able to expand our support to families across Scotland.



# Is someone you care about misusing alcohol or drugs?

Call our free and confidential helpline on  
**08080 10 10 11**

We are here to listen, if you want to talk. We can provide information on what support may be available to you and your family.

The helpline is available at the following times over the Christmas period:

**Monday 22nd - 9am-5pm and 8pm-11pm**

**Tuesday 23rd - 9am-5pm and 8pm-11pm**

**Wednesday 24th - 9am-5pm and 6pm-9pm**

**Thursday 25th - 6pm-9pm**

**Friday 26th - 2pm-5pm**

**Saturday 27th - 6pm-9pm**

**Sunday 28th - 8pm-11pm**

**Monday 29th - 8pm-11pm**

**Tuesday 30th - 8pm-11pm**

**Wednesday 31st - 6pm-9pm**

**Thursday 1st January - 6pm-9pm**

**Friday 2nd - 2pm-5pm**

**Saturday 3rd - 6pm-9pm**



Dear Members & Colleagues,

For many, the holiday season is a festive one; full of joy, gifts and gatherings with family and friends. Unfortunately, for families affected by alcohol and drugs it is a time of heightened stress, anxiety and fear. Family members are plagued with worry as they silently await the decisions of their loved one.

Thoughts of a Mother affected by alcohol misuse, who is also a Grandmother & Kinship Carer:

*“He has worked so hard to get to this point, but what will happen at Christmas? Will he pick up the bottle? If he goes to his work Christmas party there will be booze everywhere. What will he do? What will I tell his children if he shows up stinking of booze? I want my grandchildren to love their father and share Christmas with him. He is more than the drink. If he does show up drunk again what should I do? I want the children to have nice memories of Christmas with their father, but if he shows up drunk I can’t have him around and then my grandchildren will have a lonely Christmas without their father. It will all work out if he just doesn’t touch the bottle. I hope he doesn’t touch the bottle.”*

Similar thoughts amongst families affected by alcohol and drugs run on repeat throughout the festive season. Family members affected by alcohol and drugs travel the journey of recovery with their loved ones. They ride a roller coaster of ups and downs and brace themselves for the aftermath of holiday cheer.

What family members affected by substance misuse fail to recognise is the deterioration of their own health and well-being. They strive to support their loved one misusing substances and to keep the family together without giving any thought to their own needs.

We need your help to support family members affected by alcohol and drugs survive the holiday season and begin a new year filled with hope.

The Scottish Families Helpline is the only confidential helpline dedicated to families affected by alcohol and drugs and is one of the few support services available during the holiday season. Your donation will support our staff and volunteers as they dedicate their time to family members who feel isolated, afraid and mentally exhausted.

With your support we will give family members hope as we connect them with family support groups committed to improving their health and wellbeing. In a safe environment family members will strengthen relationships, re-build confidence, and gain a feeling of personal satisfaction as they realise they are not alone in their struggle.

*I look forward to coming to the group. It is the only thing I do which is just for me. It’s great to know I am not alone.”*

-Mother of a son misusing drugs

Please support Scottish Families and give the gift of hope this Christmas. Together we can improve the lives of families across Scotland.

A £5 donation – Provides 1-2-1 support for a family member

A £10 donation – Enables family members to come together for a family support meeting

A £15 donation – Supports the continued dedication of Scottish Families volunteers

A £25 donation – Allows the Scottish Families Helpline to assist families in crisis

A £50 donation – Contributes to an opportunity of reprieve for family members; an activity allowing family members a moment to focus on themselves.

Click on the Christmas gift to may a secure online donation now. You can also give by texting SFAD02 and your amount, i.e. SFAD02 £10, to 70070. To donate by post please send your cheque to Stirling House, 3rd Floor, 226 St Vincent Street, Glasgow, G2 5RQ.



Thank you for taking the time to share the Christmas spirit and bring joy to others this holiday season.

With best wishes,  
Scottish Families

# Application for membership 2014-2015

**FILL OUT  
& RETURN**

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, Stirling House, Third Floor, 226 St Vincent Street, Glasgow, G2 5RQ**