

August 2024

NEWSLETTER

Upcoming Events

- **Adult social club**

Every Wednesday contact us for more details

- **Online Group**

Tuesdays 7pm -9pm.
contact us for more details

- **Drop in**

Drop in session at our
Wellingborough office
Mondays 11am-1pm

- **Adventure for you**

8th of August. 9am till 4pm.
Based in Moulton. Open to
current and past children
clients. contact us for more
information.

- **Stebbs Farm**

28th of August. 10am till
1pm. Based in Wollaston.
Open to current and past
children clients. contact us
for more information.



First Newsletter!!

Welcome to the first edition of our Family support link newsletter! We are thrilled to launch this new initiative aimed at keeping our community informed and connected. Our mission is to support family members affected by substance use and through this newsletter, we hope to provide you with regular updates on our services and events. By sharing stories, news, and opportunities for involvement, we aim to foster a sense of community and ensure you are always in the loop about how we are making a difference together.



Family Support Link

Support for families across
Northamptonshire affected
by someone else's drug or alcohol use.

Charity No:- 1196808

WHATS NEW?

MONTHLY WELLBEING TIP: SELF-CARE

Living with or being affected by someone's substance use can be incredibly challenging, so it's important to take time for yourself too.

Self-care doesn't have to be complicated or expensive it can be anything from exercise, gardening or even putting your feet up for 5mins! Below are some ideas for prioritising self care.

Setting aside a few minutes each day for deep breathing or meditation, going for a walk, or writing down your thoughts in a journal. Try to make sure you are getting enough rest, and don't hesitate to reach out to friends or our support line. Remember you are not alone in this.

Drop in group

We are pleased to announce the launch of our new drop in group for family members affected by someone else's substance use. Join us Every Monday (excluding bank holidays) at our Wellingborough office from 11am till 1pm. Hot drinks and refreshments are provided. We look forward to welcoming you.

Expanding PUP team

This month we are excited to have expanded our Parents Under Pressure (PUP) team! The PUP Program is dedicated to supporting parents who use substances, helping them to improve their parenting skills and build stronger, healthier family relationships. With the new team members on board we can now reach more families and provide even greater support.

Volunteers

We are delighted to welcome our new volunteer to the Family Support Team! Your enthusiasm and dedication are greatly appreciated as we continue our mission to support family's. We also extend our heartfelt thanks to all our existing volunteers whose hard work and commitment makes a tremendous impact everyday. If you are interested in volunteering please visit our website or contact us for more information.



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