

September 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



Here comes Autumn

As we step into September, we're excited to bring you some new updates to kick off Autumn. FSL has had an amazing summer with children and family activities including a whole family trip to the zoo, a visit to Wicksteed and an adventure day! These activities give our young people an opportunity to form friendships with other children going through similar situations to themselves, allowing them to feel less isolated. The adventure day focused on positive risk taking which helps build resilience and an understanding of their own abilities as well as improving confidence. We also have exciting news around adult activities coming soon!



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: SETTING BOUNDARIES

Setting boundaries with people can be difficult particularly when someone you care about is using substances. Setting boundaries can help to maintain your own wellbeing. You can start by being clear with yourself about what you need to feel safe and respected, then you can either communicate this boundary with your loved one or keep it private if you prefer, the choice is yours. Remember setting boundaries isn't about pushing someone away: it's about protecting your own emotional wellbeing. Take things one step at a time and be kind to yourself as you find the right balance.

Re Launch of STAR

We are excited that STAR has relaunched! STAR (Support, Treatment, Advice and Recovery) provides a one number contact for everyone affected by substance use or domestic abuse including professionals needing advice on support available. STAR can make referrals onto the correct agency without you having to worry about who to contact. You can contact STAR on 0808 169 8512 or visit their website at starnorthamptonshire.co.uk

Wellbeing events

We are pleased to announce that an FSL volunteer has secured funding for some peer lead Adult wellbeing activities based on client feedback. These will be lead by our volunteers throughout the rest of this year and early next year. These activities aim to build upon our existing group support by providing our past and current clients with a chance to form new friendships while focusing on improving their own overall wellbeing. We will be releasing details shortly.

Health and Inequalities Worker

Over the past month FSL has been busy interviewing for a brand new role, our Health and Inequalities Outreach Worker, and we are happy to announce that Toni has now joined our team. Toni will be working alongside under represented groups within our community to identify the barriers for them accessing support and forming connections with community leaders.

Children's team

This month we have said goodbye to our lead Children and Young People's Worker, Becca. Her dedication and passion have left a lasting impact and we wish her all the best in her new role.

