

April 2025



Family Support Link
Supporting families affected by drug or alcohol use

NEWSLETTER

Upcoming Events

- **Adult social club**

Every Wednesday. Contact us for more details.

- **Online Group**

First Tuesday of the month
7pm -9pm. Contact us for more details.

- **Drop in Northampton**

Our weekly Drop In session every Monday, 11am-1pm at the Doddridge Centre.

- **Drop in Kettering**

Our Drop In session every Friday during term time, 11am-1pm at Grange Primary Academy.

- **Guest Speaker 14th June**

A chance to hear from a guest speaker around the impact of addiction. Please contact us for more information.

- **Drug and Alcohol**

- Awareness session 5th June**

An awareness session to gain more information on drugs and alcohol.

- **Easter half term children's event**

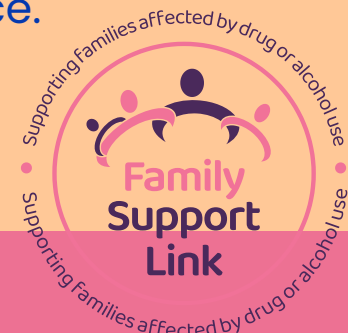
An exciting Easter half term event for our past and current children client.



Empowering support, Strengthening Families

March has been a special month for Family Support Link as we held our "Empowering Support, Strengthening Families" event. We are very grateful to everyone who joined us and to our clients who bravely shared their stories. Alongside this event we have continued our wellbeing events and have held two wonderful experiences; alpaca walking and equine therapy. These events provide our clients with much needed time for themselves, helping to restore balance and bring moments of peace.

www.familysupportlink.co.uk



WHAT'S NEW?

MONTHLY WELLBEING TIP: THE IMPORTANCE OF SAYING NO

Saying no can be one of the most empowering yet challenging acts of self care. Many of us feel compelled to say yes to every request, often out of a desire to please others or avoid disappointing them. However, constantly overcommitting ourselves can lead to exhaustion, stress and a sense of being overwhelmed. Learning to say no is important in protecting your time, energy and mental wellbeing. It's not about being selfish, it's about recognising your limits and honouring your own needs. Saying no allows you to create space for what you need, whether that be rest, spending time with your loved ones or focusing on your personal goals. Remember it's okay to prioritise yourself by saying no when you need to.

A huge thank you

We want to extend a huge thank you to all of our clients who attended our Empowering Support, Strengthening Families event. We know that sharing your experiences isn't easy, and we truly appreciate your courage and openness. Your voices are so important in helping professionals better understand the real impact of the support we provide. As a charity we are committed to keeping families at the heart of everything we do, and your input helps us shape our services to better meet your needs. These events are a vital step in ensuring that families like yours continue to receive the care and guidance they deserve. Thank you for being part of this journey with us..

A fond farewell to Siobhain

This month we say a heartfelt goodbye to one of our amazing PUP workers, Siobhain. She has been a vital part of Family Support Link offering support, kindness and guidance to many parents navigating the challenges of substance use. Whilst we are sad to see her go, we are also excited for her as she embarks on new adventures.

Funding

We are incredibly grateful to our funders for making it possible for us to continue and expand our vital work. Thanks to their support we now have funding for 3 PuP workers, allowing us to continue working with substance using parents; helping them strengthen their parenting skills, improve emotional regulation and build stronger connections with their children. In addition we are thrilled to have funding for 3 children and young people's workers dedicated to supporting children impacted by someone else's substance use, along with an exciting new role focussed on working with higher risk children and young people. This funding ensures we can keep providing the specialised support that so many families need. Thank you for believing in our mission and helping us continue this essential work.