

February 2025



Family Support Link

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 Corby**

Our Drop In session every Friday 11am-1pm at Pen Green Childrens Centre.

- **Childrens Half term event**

A climbing event for children and young people who are currently or have previously accessed our support. Please contact us for more information.

contactus@family-supportlink.co.uk

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Welcome to Our February Newsletter!

We started off 2025 with a bit of creativity, hosting a wire jewellery making workshop for our adult clients. This session was more than just an opportunity to craft beautiful pieces; it offered a much-needed moment of respite and self care. For many of our clients, the chance to step away from the stresses of loving someone affected by substance use is rare, and this workshop allowed them a safe space to focus on their own well being, express their creativity, and connect with others who understand their journey.



Family Support Link

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

Charity No:- 1196808

www.familysupportlink.co.uk

WHAT'S NEW?

MONTHLY WELLBEING TIP: DEEP BREATHING

Loving someone affected by substance use can be stressful, bringing feelings of anxiety, frustration and exhaustion. In these moments deep breathing can be a simple yet powerful way to calm your mind.

Try inhaling deeply through your nose for four seconds, hold for four seconds, exhale slowly through your mouth for 4-6 seconds. Repeat a few times focusing on the rhythm of your breathe.

This technique can help to lower your heart rate and stress levels, helping create a sense of control when things get overwhelming.



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Adults events

We have been delighted with the response to and attendance at the Well-being events we have been able to provide for our clients recently. There are still places available on both Monday night's Yoga in Wellingborough and Thursday night's Yoga that takes place in Kingsthorpe. If you are interested in giving it a go then please just let us know.

We are in the early stages of planning another Well-being Day which will take place in the summer and look forward to sharing the details of this with you all very soon.

Trustees

We are excited to announce that Julia has taken over as the new Chair of our Board of Trustees. Julia brings with her a wealth of knowledge, having previously served as our CEO, and we're thrilled to welcome her back in this new role. With her deep understanding of Family Support and Leadership and her strong, collaborative relationship with our Senior Management Team, we know she will help guide our charity through this next phase of growth. Since stepping down as CEO, Julia has gained valuable experience in corporate social responsibility within the corporate sector, and we're confident that her expertise in this area will further strengthen our ability to support families affected by substance use. We look forward to working with her as we continue to make a positive impact in the lives of those we serve.

Client Satisfaction Surveys

Our latest survey results are overwhelmingly positive, with 100% of respondents willing to recommend our service. Clients value the sense of community, reduced isolation, and increased confidence our service provides them with. The feedback highlights the importance of accessibility and the positive impact of our support. We are grateful for this feedback and remain committed to refining our support to best support families affected by someone else's substance use.