

June 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.



Soaking up the sunshine

This month has been full of connection, celebration and community at Family Support Link. From the joy of llama trekking to the pride of seeing a staff member and a volunteer honoured with a Rose of Northamptonshire award, it's been a month to remember. We also hosted a valuable consultation day on behalf of North Northamptonshire council, which gave our clients the opportunity to share their experiences, views and support needs to help shape the future of services such as ours. This month we were also very lucky to welcome our partners, Aquarius Healthy Futures, to lead an insightful workshop on drugs and alcohol for current and past clients.



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WHAT'S 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 5 minutes! Here 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.

Rose of Northamptonshire awards

We are incredibly proud to celebrate two key members of Family Support Link who have been awarded the Rose of Northamptonshire award. Steve, our adult family support worker in West Northamptonshire, has shown dedication, compassion and commitment in supporting families through some of their most challenging times. Recognition of Steve's support is well deserved. Equally, we are thrilled to see our wonderful volunteer Yvonne receive the same award. Her generosity, warmth, and consistent support of Family Support Link has made a lasting impact on the lives of so many. Both Steve and Yvonne embody the heart of what we do and we couldn't be more grateful for their contributions.

Health and inequalities outreach work

Our health and Inequalities Outreach Worker, Toni, recently attended a health inequalities event where she connected with members of the Bangladeshi community. It was an inspiring opportunity to engage in meaningful conversation around equality, collaboration, and community led solutions aimed at improving the lives of families impacted by health inequalities.

Adult Wellbeing activities

Our recent adult wellbeing activities have been a real highlight the past year, with Llama trekking last month being a truly great experience! It offered current and past clients a unique opportunity to connect with nature, take a break from daily stresses and enjoy a calm and uplifting environment. This kind of activity plays an important role in supporting our clients and creating the space for peer relationships to be formed.