

March 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 Kettering**

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

- **Equine Therapy**

A day of Equine Therapy on March 6th.

- **Alpaca Walking**

A day of walking alpacas, March 12th.

contactus@family-supportlink.co.uk

01933 224632



Family Support Link

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

Charity No:- 1196808



Springing forward: Exciting events and community connections

As we step into March, we're reflecting on a fantastic February. Our children's half term event was a great success with lots of fun and engagement from the children attending. We also had a wonderful adult well-being event, where clients enjoyed a unique and calming experience feeding cows followed by lunch. Looking ahead we're excited to continue our adult well-being events with more sessions planned as we move into the warmer months.

Additionally our Parents Under Pressure team is running another Dads' Group at Recovery House, providing a great space for dads to connect, share experience and support each other.

www.familysupportlink.co.uk

WHAT'S NEW?

MONTHLY WELLBEING TIP: WELLBEING WALKS

Spending time outside, whether walking or simply sitting in nature, can have a positive impact on mental wellbeing. Fresh air, natural light and a change of surroundings can support in reducing stress and improving mood. Just a few moments outside whether in a park, garden or just sitting by an open window can help provide a mental reset.

If you enjoy walking, North and West Northamptonshire councils run well-being walks. These offer a great way to stay active and connect with others in a friendly way. If walking isn't for you, simply taking time to sit outside, listen to the sounds of nature or enjoying a quiet moment of fresh air can be just as beneficial.

<https://www.northnorthants.gov.uk/walking-and-cycling/wellbeing-walks>

<https://www.westnorthants.gov.uk/parks-sports-and-leisure/walking>

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 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.

Translation service

We are very excited to share that we now have access to a translation service for our 1:1 support. This means our families can access our support in their preferred language, including British Sign Language.

Health and inequalities outreach

Our Health and Inequalities Worker has been busy building strong community connections. Toni recently attended the Cultural Cuppa and had a fantastic time at the Romanian and Moldovan Family Day, where she engaged with families and shared valuable information. Toni has also connected with Pearls of Peace, a Muslim women's group in Northampton. These connections are key to breaking down barriers and ensuring inclusive, accessible support for all.

Giving back, supporting our community

Our Operational Manager, Adult Family Support Workers and Business Administration Officer have been busy giving back to the community by volunteering with local organisations. They've been lending their time and skills to Thornby Hall and the Doddridge Centre, both of which provide invaluable space and support for people. The teams' dedication reflects our commitment to supporting the wider community in every way we can.