

May 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.

- **Drug and Alcohol Awareness session**

- **5th June**

An awareness session to gain more information on drugs and alcohol. Held at our Wellingborough office at 7pm. Contact us to book your place.

- **Wellbeing day 12th June**

An adult wellbeing day for current and past clients. Contact us for more information.



Soaking up the sunshine

As we step into May the sun is finally making a very welcome appearance. We've been enjoying the brighter days here at Family Support Link. April was full of energy particularly at our children and young people's Easter climbing event. This event allowed our children some much needed "them time" and a chance to support their confidence and team work abilities. As we move into May we are busy preparing for our ever popular wellbeing day that's being held on June 12th at Thornby Hall.



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WHAT'S NEW?

MONTHLY WELLBEING TIP: THE POWER OF ROUTINE

Life can feel uncertain and overwhelming, particularly when loving someone using substances. Having a simple daily routine can help to bring a sense of structure. Routines don't have to be rigid or packed full of things. The best routines can be gentle, realistic and formed around what supports you.

Starting small can help. It can be as simple as having a morning cup of coffee at a similar time each day, stepping outside at lunch time or creating a de-stressing routine before bed. These small tasks can create shape in our days and offer us small moments to pause and connect with ourselves.

It's not about being perfect, but creating a rhythm that supports your wellbeing even on the hardest of days. Little by little, step by step, these small structured moments can make a big difference

Children and Young people's climbing event

During the Easter holidays our children and young people's team took our children and young people on an exciting climbing activity day. This gave everyone a chance to enjoy some well deserved time for themselves while having fun. It was wonderful to see the young people supporting each other, building friendships and working together to tackle the challenging climbs. As well as being lots of fun, the experience supported them to develop their confidence and teamwork skills in a relaxed, supportive environment.

Drug and alcohol awareness session

We are pleased to be able to offer past and previous clients a drug and alcohol awareness workshop hosted by our partners Aquarius on June 5th at 7pm at our Wellingborough office. This will be an overview of drugs and alcohol to help gain an insight into substance misuse. If you are interested in attending please contact us for more information.

Adult Wellbeing activities

We are excited to be able to offer more fantastic wellbeing activities for our current and past adult clients. On June 12th we are hosting a wellbeing day. This is a great opportunity to take time for yourself, build supportive peer connections and focus on your wellbeing in a welcoming and supportive environment.

Online group date change!!

Our online adult support group which normally takes place on the first Tuesday of the month will need to be moved in June only, from Tuesday June 3rd to Tuesday June 10th on a one-off basis. We appreciate your understanding and look forward to seeing you on June 10th.