

November 2024



Family Support Link

NEWSLETTER

Upcoming Events

- **Adult social club**

Every Wednesday. Contact us for more details.

- **Online Group**

Tuesdays 7pm - 9pm. Contact us for more details.

- **Drop in**

Drop In session at our Wellingborough office Mondays 11am-1pm

- **Drop in Duston**

Our new fortnightly Drop In session every other Monday 11am-1pm at Duston Community Centre. Commenced the 14th of October.

- **Pottery 8th Nov**

A pottery morning in Kettering for current and past adult clients, living in North Northamptonshire. Contact us for more information

- **Wellbeing day 14th Nov**

A full day of wellbeing activities at Thornby Hall including lunch. Please contact us for more information.



November's News

October was a very busy month for those of us here at Family Support Link. We started off with a lovely and relaxing day of Equine Therapy followed by Llama Trekking and lunch in mid October. These activities allow current and past adult clients to take some much needed time for themselves and focus on their own wellbeing. During the October half term the CYP team spent the day at Wicksteed Park for a Halloween themed activity day. Activities such as this help our young people to reduce stress while encouraging teamwork and boosting confidence, helping children to thrive emotionally and socially.



Family Support Link

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

Charity No:- 1196808

WHAT'S NEW?

MONTHLY WELLBEING TIP: SLEEP

Living with or loving someone who is using substances can often impact people's sleep. This month's wellbeing tip focusses on things you can do to improve your sleep hygiene.

Sleep is thought to be essential for your overall wellbeing, influencing everything from mood and concentration to energy levels.

Establishing a relaxing bedtime routine can help some people improve their sleep. Below are some things you can try that may help you sleep better. Setting a bedtime and wake up time, limiting screen time before bed and incorporating calming practices such as reading or gentle stretches before bedtime.

You can also reach out to your GP if you are struggling to sleep, or sign up to the NHS "Your Sleep Matters Tips" on the link below.

<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>

Wellbeing events

We are pleased to announce that, thanks to one of our dedicated FSL volunteers securing funding, we have been able to commence some peer led adult wellbeing activities. Current and former clients will receive an email invitation with details on how to book a place. If you have any questions about the wellbeing activities, please contact our office and a member of our team will be happy to assist you. We kindly request that if you have booked a space and are no longer able to attend, you notify us as soon as possible to allow others the opportunity to participate.

Children and Young People's team

The Children and Young People's team are excited to announce that our children and young people's referrals are now OPEN. If anyone would like to refer a child under 18 to our service please use the form on our website or contact the office. We are also excited to welcome back our Children and Young People's worker Steph who has returned from maternity leave. Steph has been busy helping to plan and run the Wicksteed half term activity for our young people.

Share your story

Would you like to share your experience with Family Support Link? We're looking for stories to feature on our website and in a new awareness film about the impact substance use has on families and the support we provide. Your insights could help others, and you're welcome to remain anonymous if you prefer. Please contact us if you're interested.

Duston Drop in

Our Health Inequalities Outreach Worker, Antonette, has been busy setting up a new Drop In service in Duston Community Centre. This Drop In allows current, past and potential clients to seek immediate support and information every other Monday from 11am-1pm.