

December 2024

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 Northampton**

Our new 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.

- **Pottery 7th Feb**

A pottery morning for current and past adult clients, living in West Northamptonshire.

Contact us for more information

- **New events being planned.....**



2024 Recap

As we come to the end of 2024, Family Support Link would like to bring you our last Newsletter of the year.

The past month we have held further Well-being events, including a Christmas pottery decoration class and a relaxing Wellbeing Day at Thornby Hall. These events allow current and past clients to do something different, take time for themselves and meet others in a similar situation. We are so excited for the New Year and the Well-being events that we are planning!



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: COPING WITH THE HOLIDAYS

The holiday season can be a challenging time, especially for families affected by a loved one's substance use. It's important to think about your own wellbeing during this period.

- **Set boundaries:**
it's okay to say no to events or traditions that feel overwhelming. Focus on activities that bring you peace and joy.
- **Manage expectations:**
Let go of the pressure for a 'perfect' holiday season. Celebrate in ways that work for you and your family.
- **Practice Self Care:**
Take time for activities that help you recharge, whether it's a walk, reading or simple some quiet time.
- **Seek support:**
Connect with friends, family or professionals who understand your situation. You don't have to navigate this alone.

Remember the holidays don't have to be perfect to be meaningful. Be kind to yourself, you deserve it.

Parents Under Pressure Groups

Our Parents under Pressure (PuP) workers have been busy this month running 2 different groups alongside their 1-1 clients. These groups run at Recovery House and the Bridge allowing parents who are using substances to address areas of their parenting. PuP is a holistic strength based parenting programme that helps parents to address underlying challenges and has been shown to reduce the chance of child maltreatment. By having group support the Pup Programme is able to reach more families and allows those families to get peer support from others in a similar situation alongside their tailored intervention. This can help them to build up a support network and reduce isolation.

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.

Corby Drop in

Our Health Inequalities Outreach Worker, Antonette, has been busy setting up a new Drop In service at Pen Green Childrens Centre, Corby. This Drop In allows current, past and potential clients to seek immediate support and information every Friday from 11am-1pm.

Christmas Closure

Here at Family Support Link we will be closing at 12pm on Monday the 23rd of December and re-opening on Thursday the 2nd of January. If you need support during this time you can contact the below places;

111 - 111 have a dedicated mental health option for those who need support

0800 448 0828 - the 24/7 mental health hub number for Northamptonshire.

116 123 - The Samaritans.

Yearly recap

Parents Under Pressure recap

2024 has been a big year for the Parents Under Pressure (PuP) team. At the start of 2024 we had 2 members of our PuP team covering the whole of Northamptonshire. Since then we have increased our PuP team to 4 workers! This increase has allowed us to reach more families in need of support and recognises the impact that PuP has. Along with expanding the team size we have started running PuP groups again, starting with an all dad's group at Recovery House and a mum's group at The Bridge. We are excited to see what 2025 brings.

Adults team recap

2024 has been an exciting year for our adults team. We have started a volunteer led Drop In group every Monday from 11-1pm which is moving to the Doddridge centre as of the 9th of December. This drop in group allows current, past or potential clients to drop in and speak to a trained volunteer. Thanks to our amazing volunteers the adults team has been able to offer current and past clients some much needed peer led wellbeing activities. These activities have been planned and run by our volunteers with help from members of staff. They have allowed our clients to have a break and focus on their own wellbeing. We are excited to continue these activities in the new year.

Children and Young People's team recap

The Children and Young People's team have also seen expansion this year with the hiring of a new full time children's worker. Across 2024 the team has been able to put on several activities for our young people in every holiday! This ranged from activity days, visiting a farm and a Halloween day at Wicksteed Park. These activities are vital for our young people as they not only allow them to gain peer support from other young people living in a similar situation but allow them the opportunity to participate in different activities that improve their wellbeing. A huge thank you to all the staff and volunteers that make these activities possible.

Health and Inequalities Outreach recap

2024 has seen the creation of a new role within our service, our Health and Inequalities Outreach Worker, Antonette. Antonette's role within the charity has been focused on reaching out to other organisations, community leaders and under represented groups and making meaningful connections with them. During the past year Antonette has made amazing progress with this and as a result has, along side one of our volunteers, started a Drop In session at the Doddridge Centre every Monday between 11am and 1pm and a second drop in session at Pen Green Children's Centre every Friday between 11am and 1pm.

Thank you!

As 2024 draws to a close we would like to say a huge thank you to all our staff, volunteers, funders, and trustees. Without all of you the work we do wouldn't possible.