

January 2025

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.

- **Jewellery making 16th Jan**

A wire jewellery making class for current and past clients. Contact us for more information.

- **Pottery 7th Feb**

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

- **Young Adults events Feb half term**

2 events for young adults aged 18-25 who are impacted by someone else's substance. Please contact us for more information.



Welcome to 2025

As we welcome the start of the new year we wanted to take a moment to thank you for your continued support and remind you that you are not alone.

We are starting off 2025 with more wellbeing events planned for our adult clients and are excited to announce 2 new young adults events. These events will allow young adults affected by someone else's substance use to come together and get peer support while enjoying fun activities.

Together lets make 2025 a year of strength and support for all families affected by substance use.

WHAT'S NEW?

MONTHLY WELLBEING TIP: NEW YEAR GOALS

As the new year begins, it's a time to reflect and consider how we care for ourselves amidst the challenges of loving someone using substances. It can be easy to overlook our own needs but embracing self-compassion can be helpful.

Self-compassion means treating ourselves with the same kindness and understanding as we would offer a friend. It can be as simple as acknowledging when things are tough, taking a break when needed, or letting go of the pressure to be perfect. These small acts of kindness to ourselves can help recharge our energy.



Young Adults events

This February half term, we are excited to offer two fantastic events for young adults aged 18-25 who have been affected by someone else's substance use. These events are open to everyone, not just our current or past clients. Join us for a thrilling VR experience in Corby and an exciting climbing session in Northampton. These events will offer a safe and supportive space for young adults to connect with others who share similar experiences. Spaces are limited, so get in touch with us for more information and to secure your spot.

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 are interested.

Winter Light Trail

Recently we had the pleasure of organising a family event where children and their parents enjoyed the magical Winter Lights Trail together. This special outing provided families with the opportunity to bond, make cherished memories, and experience the joy of the festive season in a calming, outdoor setting. Events like these promote togetherness, offer a break from daily stresses, and create a sense of community, reminding families that they are not alone on this journey.

Yoga Classes and wellbeing events

We're excited to introduce a range of new wellbeing events in 2025, including wire jewellery making, pottery, highland cow feeding and more! These activities are designed to provide opportunities for relaxation, creativity and connection. In 2024 our wellbeing events were a great success, offering current and past clients valuable moments of calm and togetherness and we are eager to continue that momentum this year. Starting in January we have organised a weekly yoga class for current and past clients. This will provide a supportive space for relaxation, mindfulness and physical wellbeing.