

October 2024



Family Support Link

NEWSLETTER

Upcoming Events

- **Adult social club**

Every Wednesday. Contact us for more details

- **Online Group**

Tuesdays 7pm -9pm. On the 22nd Oct Paul will be joining the online group to speak about his journey through addiction and recovery.

Contact us for more details.

- **Drop in**

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

- **Equine Therapy 3rd Oct**

A relaxing day of equine therapy. Contact us for more information

- **Llama Trekking 16th Oct**

Come join us for an exciting day of Llama trekking followed by lunch. Contact us for more information

- **Pottery 8th Nov**

A Pottery morning in Kettering for current and past adult clients. 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.



Octobers Update

This October, we're thrilled to welcome a new member of our Children and Young People's team, allowing us to continue offering dedicated support to young people affected by a family members substance use. We're also excited to announce our upcoming peer led Adult Wellbeing days, where participants can relax, connect and focus on self care. Finally a heartfelt congratulations to our trustee and volunteer, Elaine, on being awarded the prestigious Rose of Northamptonshire.



Family Support Link

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

Charity No:- 1196808

WHATS NEW?

MONTHLY WELLBEING TIP: ISOLATION

Living with or loving someone who is using substances can often feel isolating. This month's wellbeing tip focusses on practical ways to overcome that sense of isolation.

It's not always easy to know where to turn when you feel isolated. An effective option is to speak with other people who understand your situation. Our Drop In sessions, online zoom group and social club provide a safe and supportive space where you can meet people facing similar challenges.

In addition to our services, local community groups and adult learning classes can be valuable resources. Whether it's a hobby group, exercise class, or creative workshop these activities not only give you a reason to get out of the house but also provide opportunities to meet new people and develop new skills.

Remember you can always contact our support line and talk to a member of our team.

Wellbeing events

We are pleased to announce that, thanks to one of our dedicated FSL volunteers securing funding, we will be commencing the peer led adult wellbeing activities starting this month. 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 peoples team

After saying goodbye to our lead children and young people's worker Becca, in August, we are delighted to have welcomed Kelly to our CYP team. Currently referrals for the team are still closed but we are hoping to reopen them in the coming months.

Volunteers

A huge congratulations to our volunteer and trustee Elaine for receiving her well deserved Rose of Northamptonshire. Elaine was awarded the Rose Of Northamptonshire due to her dedication and commitment to Family Support Link as both a volunteer and a Trustee. We are incredibly proud of Elaine and thank her for her support over the years.

Outreach Work

Our Outreach Worker, Antonette, has been busy attending events across the county and forming connections with other agencies, including establishing partnerships with the United African Association, to provide awareness sessions and support for the African Community in West Northamptonshire.