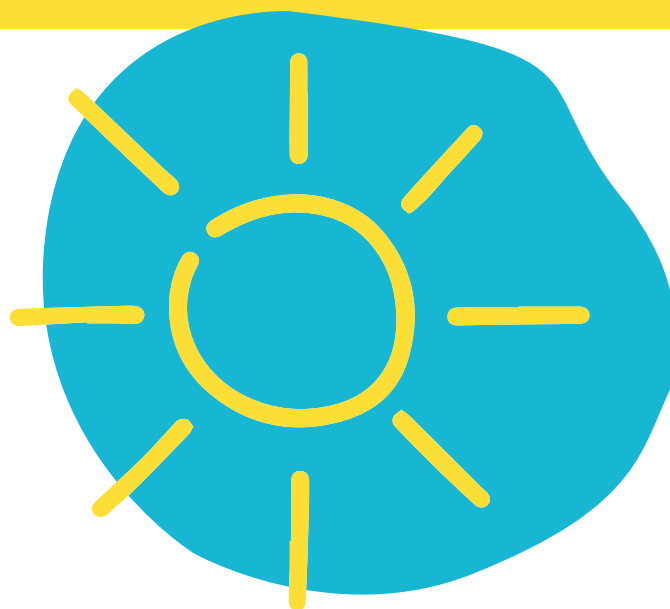


Here is our newsletter
to keep you up-to-date
with all things
DrugFAM.



Summer 2021

Helping people

It has been a busy first half of the year for DrugFAM. Our telephone Helpline has been very active, and we are receiving a large number of emails from people in need of our support. During the first five months of 2021 we supported 1,385 people throughout the UK across all our services.

We now have eight weekly support groups, including three 'national' groups. During these five months 126 people attended one or more of our weekly group meetings.

"Thank you so much for thinking of me and for all your wonderful support. I feel truly blessed that you've welcomed me so warmly into your beautiful caring group. You've kept me strong when I would've given in."



Dear Bereaved Friends of DrugFAM

I would like to invite you to our Summer support on **Sunday 25th July** which will be held online using Zoom. We have planned this afternoon to offer you support, in a sensitive and helpful way, with others who have lost a loved one too. Peter Cartwright our bereavement counsellor looks forward seeing you all. The theme will be as follows:



1. The first and longer part of the afternoon will look at what exactly is addiction and how do we grieve effectively?
2. The second and shorter part of the session provides an opportunity to share or listen to others who are bereaved in small groups. For example celebrating the life of a loved one who died, sharing your experiences of bereavement or hearing how others are coping.
3. **To request your free place please contact office@drugfam.co.uk by Friday July 9th July.** Of course if you would like to make a small donation to our bereavement support work that would be very kind.
4. Finally please do make sure that you have read the additional information from DrugFAM about confidentiality and procedures at our on line zoom meetings.

DrugFAM Bereavement Support Group
Sunday 25th July 2021
Online using Zoom at 2.00 - 5pm
(break for 15 - 20 minutes half way through)

Helpline: 0300 898 3853 (9am-5pm)
7 days a week
bereavement@drugfam.co.uk
www.drugfam.co.uk

Registered Charity No. 1102018

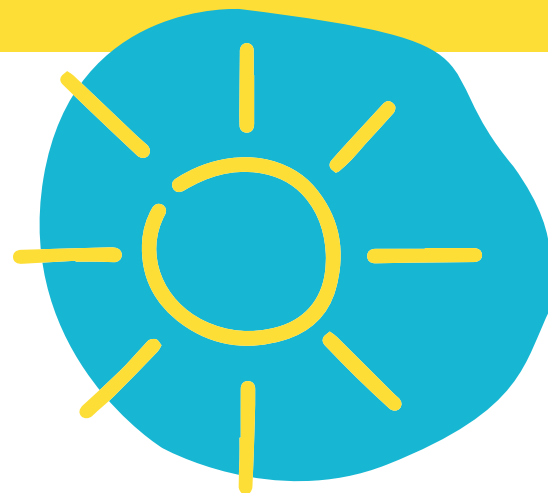
Elizabeth Burton-Phillips
Elizabeth Burton-Phillips MBE
Founder and Trustee



We are here to support you

The Spring Quarterly Bereavement Group took place on Sunday 28th March with 25 attendees. Five smaller interim bereavement groups have also taken place. All of these were delivered online, as has been the 'new normal' during the past twelve months or so. Our Summer Quarterly Bereavement Group will take place on Sunday 25th July.





Grants and reporting

We have been approached by three organisations about collaborative projects and have had some success with our proposal to further support and understand our clients who have reported problem gambling.

Strategic planning

For the six weeks between December 2020 and January 2021 our new CEO undertook a 'strategic review' of DrugFAM with a view to understanding how it currently operates and determine key areas of opportunity to best develop and expand into a nationwide organisation.

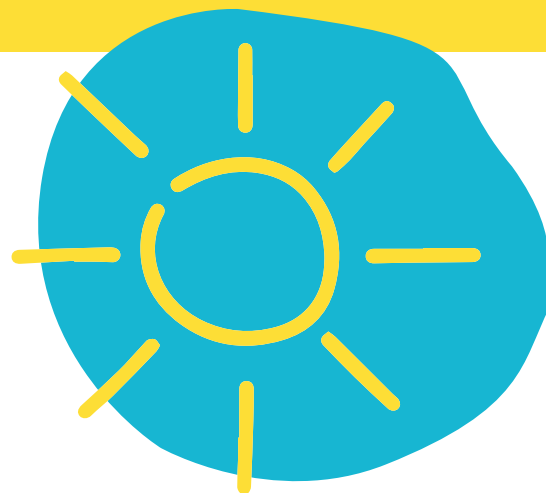
This involved reviewing key documents, policies, and procedures and holding semi structured interviews with patrons, ambassadors, trustees, volunteers, members of staff and external consultants. In mid-January he submitted a Strategic Review Report with Recommendations to the board for discussion during the end January Board meeting. After consulting with trustees, staff and volunteers, he produced a strategic plan framework that presents an overview of what steps we are taking to build our capacity to help more people in need of our

support. Our goal is to achieve this development and expansion whilst retaining our ability to engage our clients with empathy, care and understanding and create relationships built on openness, honesty and trust.

New recruits

Thanks to the UK Government's Coronavirus Community grant, distributed by The National Lottery, we have been able to employ three new Family Support Workers and one new administrator this year.

A warm welcome goes out to Karen, Belinda, Beccy and Heather. Our Helpline volunteer recruitment programme has been very successful, attracting high quality applicants from all over the country. We are delighted to welcome Hilary, David, Anna, Emily, Muriel, Tahereh and Anne. Due to social distancing concerns, most employees and all volunteers are working from home, but they have access to guidance and supervision when necessary.



Russell Brand and our new overseas clients

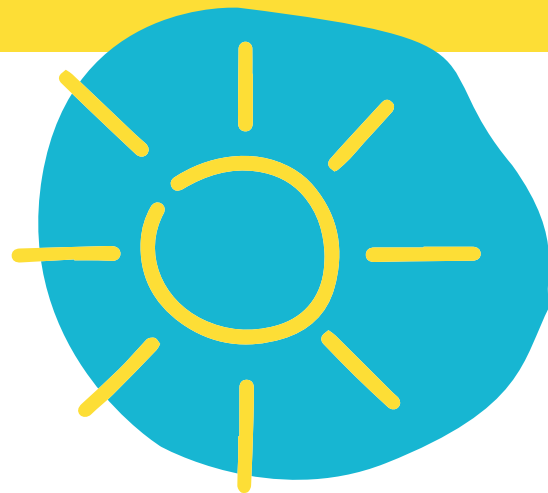
In February, Elizabeth recorded an interview with Russell Brand for his 'Under the Skin' podcast on the Luminary platform during which they discussed family dynamics, social perceptions and DrugFAM's work to help families.

Russell has supported DrugFAM over the years and has helped raise awareness about the crucial role that families have in recovery from addiction. Russell's Luminary platform reaches around 16 million followers worldwide.

<https://luminarypodcasts.com/listen/russell-brand/under-the-skin-with-russell-brand-how-to-help-the-addict-you-love-with-elizabeth-burton-phillips/e4a84854-7454-4aa1-802c-907c34fbb4ef?country=US>



Since then, we have received many enquiries from people overseas who are interested in what DrugFAM does and are supporting people in need from as far afield as the USA, Australia and Cyprus.



New Phone System

Our new Helpline and office telephone system went live on 16th March. Despite some initial 'teething' problems, we are optimistic that the, upgraded system will suit DrugFAM's requirements both now and in the future. Answering all Helpline calls, continues to be a challenge for DrugFAM, but the number of unanswered calls is closely monitored, and those that leave a message are called back within two days.

Energetic fundraising

DrugFAM is privileged to have many wonderful supporters who raise much needed funds for the charity so that we can continue to do what we do. We would like to wholeheartedly thank four very generous and energetic individuals who completed fundraising events this Spring. In April, James and Phil Sabin completed a Sky Dive to raise money for DrugFAM in memory of their older brother Daniel. They raised £1,208.68 plus gift aid - no bones broken! Rumour has it they will be Wing Walking with Elizabeth and our Office Manager Sharon in 2022.



Also in April, a former client ran 75 miles for us. Her efforts have so far raised £605 plus gift aid. In May, another lady ran the Royal Windsor Half Marathon Trail Run in memory of a close friend and raised £1,080 plus gift aid. Just this week, another supporter has set up a fundraiser to run two 50k events in June and July. We wish him well.

Details are on DrugFAM's Just Giving page.
<https://www.justgiving.com/search?q=drugfam>

We are so grateful to these wonderful people for their support.

Thank you also to the remarkable Year 11 pupils at St Neots School in Norwich who contacted us and said they had researched our charity and wanted to do something to help us. They held a cake sale on 10th June and ran the equivalent of a marathon between them in a local gym. The money is coming in!



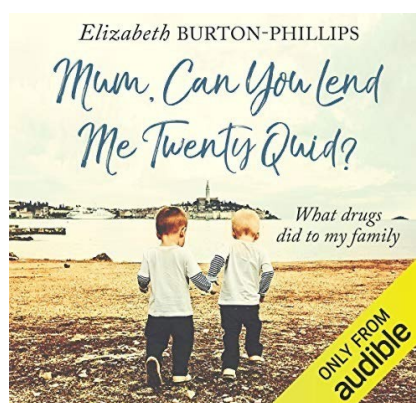
DrugFAM

Addiction - Families need support too
DRUGS • ALCOHOL • GAMBLING

And

The father of one of our trustees recently died and a Crowdfunding page set up by family and friends in his memory raised £1,128,00 for which we are most grateful.

'Mum can you Lend me 20 Quid?' was released by Amazon Audible on 23rd March 2021 in the author's own voice following her recoding at Audible studios between lockdowns.



Also, 'Mum can you Lend me 20 Quid?' is currently undergoing translation into Persian by one of our new volunteers, Tahereh. This is an exciting prospect because it means that Elizabeth's story will be available to a whole new community of readers. When complete, the translated version will be available online.

Presentations to schools and surgeries

DrugFAM's own 'dynamic duo' - Elizabeth and Sharon have been giving online education and awareness presentations to schools and surgeries. So far this year they have delivered five presentations, with at least eight more in the diary.

Substances, Children and Young People.

Bohunt School, Arborfield.

Parents presentation Wednesday 12th May from 6 - 7.15pm

A presentation to the pupils in Years 7 and 8 from 11.15am - midday and to Years 9 and 10 from 2.40 - 3.30pm on Tuesday 11th May.

"Addiction is an equal opportunities destroyer of family life - it takes the soul of the addict and breaks the hearts of everyone who loves them. It is the easiest thing in the world to have an opinion about, but the hardest thing in the world to go through".

Elizabeth Burton-Phillips MBE, founder of DrugFAM.

www.drugfam.co.uk

Parents, please book your places for our online presentation watch the Live by Experiences of two mothers, one a former addict, the other a manager. They will speak openly about Actions and Consequences and 'DM for Details' which highlights how young people today's modern day social media platforms.

Health Talk organised by The Patient Participation Group at The Bell Surgery

ACTIONS and CONSEQUENCES

13th April 2021 6pm - 7.30pm via Zoom

Substances, Children and Young People

"Addiction is an equal opportunities destroyer of family life - it takes the soul of the addict and breaks the hearts of everyone who loves them. It is the easiest thing in the world to have an opinion about, but the hardest thing in the world to go through".

Elizabeth Burton-Phillips MBE, founder of DrugFAM.

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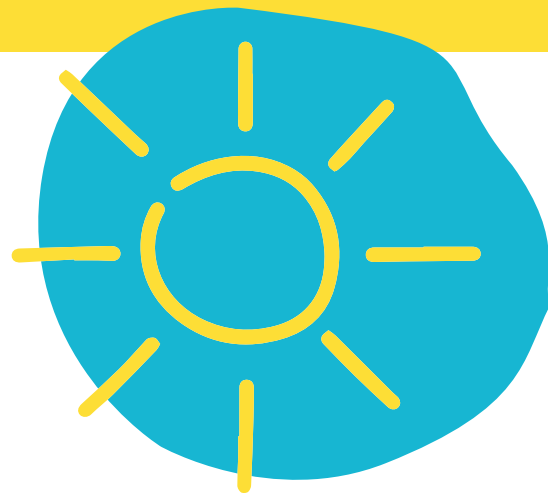
Elizabeth and her colleague Sharon from the charity DrugFAM will share their lived experiences and their knowledge about how substances can impact on family life.

This talk is relevant to young people, parents, grandparents, and anyone wishing to understand the challenges that young people face in today's world.

- Could you spot the dangers of County Lines?
- Are your children or grandchildren using social media inappropriately?
- How would you know if they are?
- Do you know the emojis used to groom young people on Snapchat, Facebook, and Instagram?

To register your place please contact Janet Waters, PPG Chair either via email jwatersassociates@btinternet.com or call 07730 468561

The Bell Surgery



Feedback from attendees including parents, teachers and pupils has been rewarding. Thanks to the online method of delivery, attendance numbers have been close to 100 a time.

"It was incredibly impactful in the right way. Thank you both very much for sharing your stories. Never an easy thing to have to relive so we are very grateful."

"The pupils were transfixed, and we had lots of questions after lunch with pupils clearly having taken on board what you said. Parents and pupils are excited to receive any resources you can provide."

Drug and alcohol misuse in England

Statistics provided by Public Policy Exchange in April 2021 show that the number of alcohol-driven anti-social behaviour incidents has risen sharply increased over the last year.

Alcohol misuse is also the biggest risk factor for death, ill-health and disability among 15 to 49 year-olds in the UK, and according to the Global Burden of Disease, alcohol is one of the top five risk factors that cause premature deaths in England.

As pubs and bars reopen those at risk of alcohol dependencies and their families will need further support. In February the NSPCC, revealed that the number of people who have contacted them about a drug or alcohol problem among parents has increased from an average of 700 a month early in 2020 to an average of 1,178 since the first lockdown.

The second report from Professor Dame Carol Black's independent review into the misuse of illegal drugs in England is expected to be published soon. We hope that the issues facing families and loved ones will be addressed.

METROPOLITAN POLICE

DrugFAM
Addiction - Families need support too
DRUGS • ALCOHOL • GAMBLING

Parents - please be aware

There has been an increase in young people buying what at first appear to be regular **JELLY SWEETS, GUMMY BEARS** or similar sweets.

These sweets are not what they appear to be. They are in fact mixed with **CANNABIS** and have a detrimental effect on those eating them.

Sadly a number of school pupils in London and across the UK have either been very ill or **HOSPITALISED**.

The children in London have been made aware of these incidents. The school staff are being observed and students found in possession will be directed to the police.

Please familiarise yourself with the pictures above and below. Police have seized these sweets and ask you to keep an eye out for similar packets of sweets below. They have **'CANNABIS INFUSED'** or similar written on them.

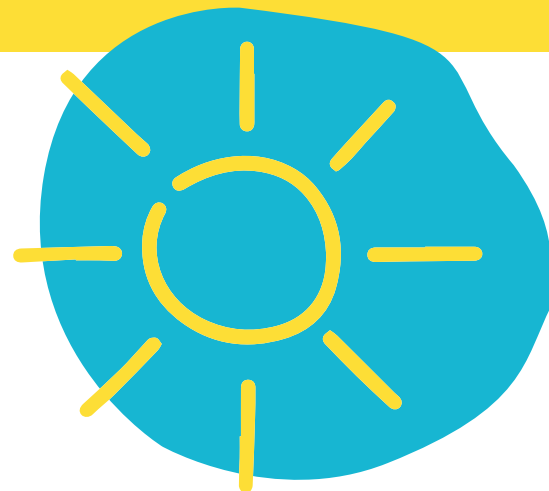
If you find any, then please inform the school or call the police on 101 or 999

DrugFAM Offices, 8 Castle Street, High Wycombe, Buckinghamshire, HP13 6RF

Power of 7 – our founder's digital campaign continues till 5th October 2021

You can add a message to your donation, or donate anonymously. If you donate via JustGiving, adding gift aid is quick and easy too. No paperwork required. The money reaches DrugFAM's bank account within a few days.

Have a quick look! <https://www.justgiving.com/campaign/drugfamspowerof7>



DrugFAM's Annual National Bereavement Conference

Saturday 9th October - save the date!



2021 Bereaved by Drugs, Alcohol or Gambling Conference
VOLUME, LOCKDOWN AND LOSS – HELPING OTHERS WHO ARE BEREAVED
via Zoom Conferencing

Morning Speakers:
Dr Sangeeta Mahajan, Fiona Spargo-Mabbs,
James Sabin (DrugFAM's Junior Ambassador)

Afternoon Speakers:
Gill Owen Conway, Liz and Charles Ritchie and Peter Cartwright.
With performances by Celtic Singer Ado Matheson and Welsh singer Betty Harper

Saturday 9th October 2021

A huge thank you to everyone who supported our online Zoom Conference in 2020 and we do hope you will join us again this year on Zoom. As of June 2021 due to the Covid-19 pandemic, we have taken the decision to hold a virtual conference online again this year using Zoom Conferencing with our very experienced zoom host Jasmine Plowright.

FULL PROGRAMME AND DETAILS OF THE SPEAKERS TO FOLLOW SHORTLY

 **Lives Worth Talking About**



Addiction Support

Don't be on your own. Pick up the phone.

Supporting family, friends and carers affected by someone else's drug, alcohol and/or gambling misuse.

Through our range of services, which also include education and awareness, we support families to break free from the cycle of addiction and rebuild their lives. We are dedicated to what we do because we know it makes a difference.

Helpline: 0300 888 3853

Lines open from 9am-9pm seven days a week

www.drugfam.co.uk



We're Here For You

Over 80% of DrugFAM's income is from charitable donations from individual supporters, charitable trusts and fundraising events.

There are a number of ways you can support us

Donate - Fundraise - Volunteer

DrugFAM is a not for profit charity operated by The Nicholas Mills Foundation