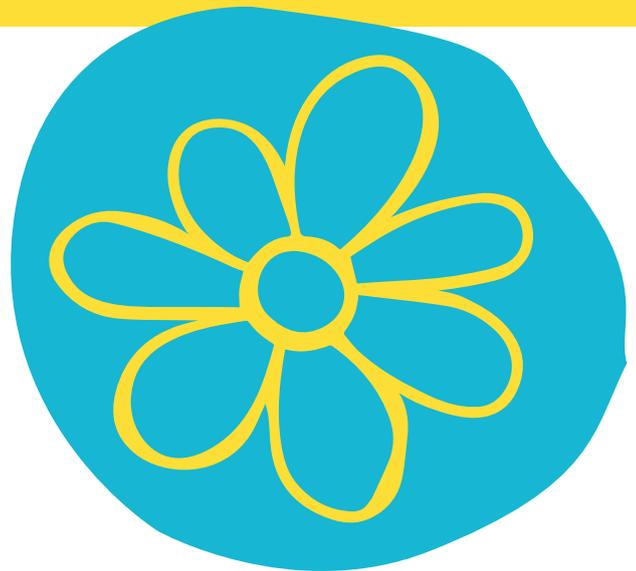


Here is our newsletter to keep you up-to-date with all things DrugFAM.



Spring 2022

Our work in 2021

- 3,086 people helped
- 4,775 telephone contacts
- 475 one-to-one consultations
- 7,261 email contacts
- Almost 9,000 Helpline hours

Supporting our Bereaved Clients in 2021 and 2022

Our thirteenth Annual National Bereavement Conference that took place in October 2021 was attended by 70 people. This year's Conference is scheduled for Saturday 8th October, to be held at The Crown Plaza Hotel in Gerrard's Cross in Buckinghamshire and streamed online.

Dear Bereaved Friends of DrugFAM

I would like to invite you to our Spring support on **Sunday 13th March** 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. Please Contact our bereavement counsellor again forward leaving you all. The details will be as follows:

1. The first and longer part of the afternoon will look at the impact of bereavement on parents who lose a child of any age, why it occurs them on it, and, and resources ideas for parents to cope with their grief.
2. The second and shorter part of the session provides an opportunity to share or hear from others who are bereaved in small groups. For anyone wanting the help of a bereavement counsellor, please contact our bereavement counsellor or leaving your contact details.
3. To request your free place please contact elizabeth@drugfam.co.uk by **Friday 11th March 4th 2022**. Of course if you would like to make a small donation to our bereavement support you may wish to do so too. Please do not feel you have to do this, it is entirely optional and can be done via the regular ONSHC website.
4. Finally please do make sure that you have read the additional information from DrugFAM about confidentiality and procedures at our on the zoom meeting.

Elizabeth Burtin-Phillips
 (Bereavement Counsellor)
 Founder and Trustee

DrugFAM Bereavement Support Group for Parents
Sunday March 13th 2022
 Online using Zoom
 at 2.00 - 5pm
 (break for 15 - 20 minutes half way through)

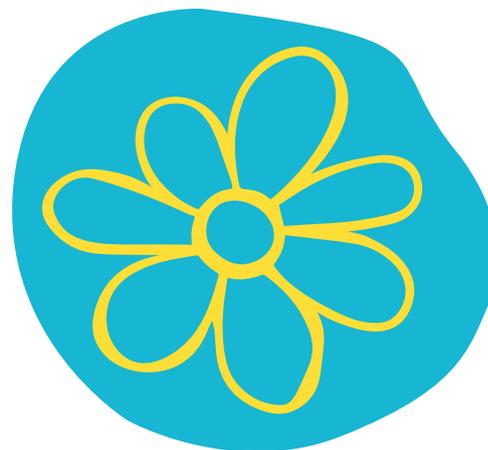
Helpline: 0300 066 3000 (Mon-Fri)
 7 days a week
bereavement@drugfam.co.uk
www.drugfam.co.uk
 Registered Charity No. 10398

DrugFAM Offices, 6 Castle Street, High Wycombe, Buckinghamshire, HP12 6RF

We have received some heart-warming feedback and testimonials from the people we help. Any feedback is always appreciated. Please feel free to write to office@drugfam.co.uk

In February we held our first six-weekly support group of the year for people bereaved and held our Spring Quarterly Bereavement Support Group on Sunday 13 March. The Summer Quarterly Bereavement Support Group is planned for Sunday 3rd July.





Advocacy

In December DrugFAM became a member of the [Alcohol and Families Alliance](#), which exists to reduce the harms experienced by children and families affected by alcohol use. It does this by bringing together organisations and individuals from both the alcohol and children/family sectors to examine and inform new policy positions as the basis for strategic policy and influencing work.



National Bereavement Alliance

In March we became a member of the [National Bereavement Alliance](#), which will give us the opportunity to collaborate strategically with other members to provide a collective voice representing those supporting bereaved people.

Client satisfaction

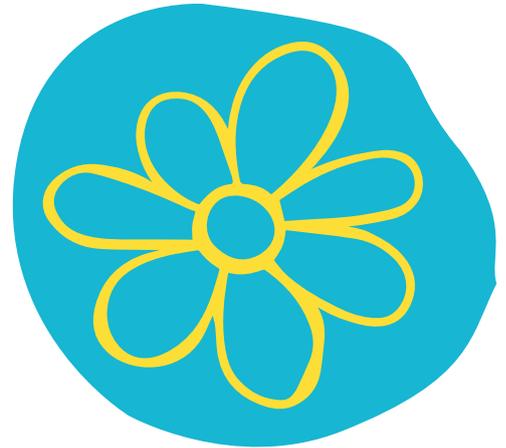
We have recently launched a new online Client Satisfaction Questionnaire to help us understand how well we are doing and how we can improve. If you have received support from DrugFAM please take five minutes to complete it by clicking [here](#).

Fundraising opportunities

Inspired by one of our trustees, we have obtained four tickets to run in the Royal Parks Half Marathon on Sunday 9th October 2022, starting and finishing in Hyde Park, London. We are looking for three more supporters to run the Royal Parks Half Marathon to raise money for DrugFAM. We will provide your entry ticket, branded vest, advice and guidance on how to get sponsored and support on the day. All we ask is that you raise at least £1,000 in sponsorship.



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Join staff and volunteers on the Thames Path Challenge 10/11 September to raise money for DrugFAM. Visit the [website](#) to find out how to take part - The full stretch is an impressive 100k, but the route is divided into four more manageable stretches of around 25k which you can opt to run, jog or walk.

Branded DrugFAM running vests are available and the organisers will provide regular refreshments stops along the way. This is a lovely route with no hills! It should be fun.

Two more DrugFAM supporters have signed up to run Great North Run in September and The Scarborough 10k in April, whilst another of our supporters has been raising money for DrugFAM with a 100m abseil down the Spinnaker Tower in Portsmouth Harbour on 30 April.

To celebrate her 'special' birthday and raise money for us, DrugFAM volunteer Sheila Allen hosted a Circle Dancing tea party fundraising event on 23 April 2022. Everyone had a lot of fun and so far, almost £1000 has been raised. Thank you Sheila! You can donate [here](#).



A BBC RADIO 4 APPEAL



In September we heard that our application for a BBC Broadcast Appeal had been accepted and that we have been offered a BBC Radio 4 Appeal at 7.55am on Sunday 5 June 2022. Make sure you and your friends and family tune in.

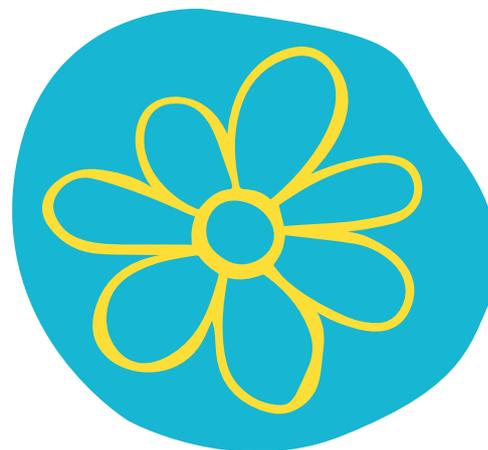
Other planned fundraising events for later in the year are a 'Ladies Lunch' hosted by an influential friend of DrugFAM and an Art Auction, for which we have already started collecting works of art. If you know any artists who might be interested in donating a piece for the auction please let us know.

Contact our Finance and Fundraising Manager Natalie Archer on natalie@drugfam.co.uk if you would like to take part in any of our fundraising activities and events or want to plan your own.



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Spring 2022



Thank you

In July 2021 Stuart Dorrill, who lost his partner in 2020 organised the 'Working Together To Break The Stigma' fundraising campaign for which there is a page on Just Giving. To date this campaign has raised just over £3,300 plus gift aid – thank you!



**COMMUNITY
FUND**



We are pleased to announce that in November we were awarded a new three-year grant from The National Lottery Community Fund. This award will help DrugFAM to deliver its vital support services, nationwide, throughout the forthcoming three years. We look forward to reaching more people who need our support, adapting to challenges along the way and maintaining a high quality of service delivery. Thank you for believing in us The National Lottery!

We would like to thank the person or people who sold items on eBay between August 2021 and February 2022 and anonymously donated sale proceeds totalling just over £3,000 to DrugFAM. We are so grateful. Thank you for your time, effort and generosity.



We are grateful to The Lions Club in Olney for raising £1,000 for us, which was presented to DrugFAM Family Support Worker, Dawn Sear, by Club President Trevor Aldred. Dawn took the opportunity to thank The Lions and say a few words about our charity, what we do and why we do it.

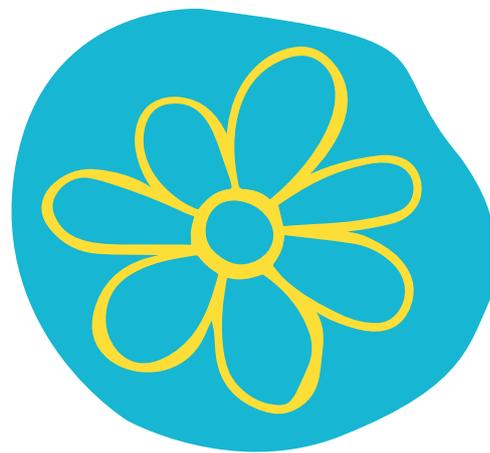
Elizabeth enjoyed meeting Big Bertha, the winner of the Drag Contest. Elizabeth and Natalie will attend a dinner in May where the final sum raised by the students will be presented to DrugFAM.



Thank you to Susan Jackson from Wokingham in Need who handed over a cheque for £1500 at an event at Reddam House school 25 April to support our education and awareness programme in schools.



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We have received just over £15,000 in response to Elizabeth and Paul's call for donations from friends of DrugFAM and current and former clients in November. Thank you all for your support. This enabled us to continue to deliver our services during the busy Christmas and New Year period when other fundraising opportunities have been scarce.

Thank you to our Helpline Volunteer Tahereh Hjarfar who has recently finished translating Elizabeth's book 'Mum can you lend me twenty quid' into Persian (Farsi), so her story will reach a wider audience and help more families in distress.

Grant writing services

We have been fortunate to have been awarded free assistance from a grant writing professional at Involve Community Services, a Berkshire based charity that supports local voluntary groups. Over the course of three months, valuable help and advice was provided for the writing of five applications to charitable trusts and foundations and for researching more potential funders. Thank you Involve!



Awards

One of our Helpline volunteers, Tammy Masefield, has won the Family Award from the Clothworkers' Scots Guards Community Awards for her great work giving presentations to various army regiments telling the story of addiction within her family and of the work that DrugFAM does. Congratulations Tammy!

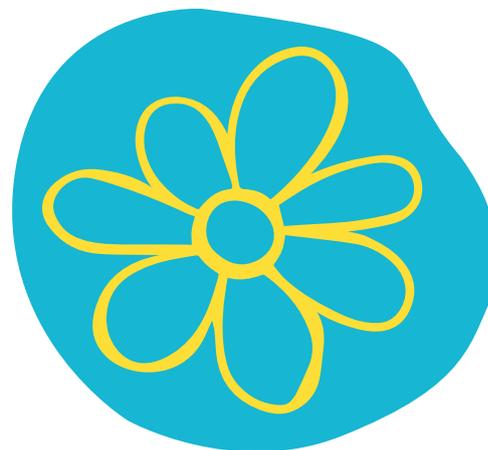
We are delighted to announce that in the New Year's Honours List Gill Owen-Conway, DrugFAM's Helpline Training Facilitator and Bereavement Support Worker, was awarded the British Empire Medal (BEM) in recognition of her services to the community. Congratulations Gill! Keep up the great work!



THE CLOTHWORKERS' COMPANY



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Education and Awareness

DrugFAM is grateful to Trustee Noel McDermott for generously funding the services of public relations agency, Love PR London, who issued press releases in the health and well-being sector in November to coincide with Giving Tuesday and World Kindness Day. This resulted in seven online articles and Elizabeth being interviewed on BBC Radio Berkshire and BBC Radio Surrey and appearing on ITV Meridian and GB News.



The ITV Meridian appearance featured DrugFAM volunteer Leo Bourne in recovery from addiction who shared his story. You can watch a recording [here](#).



In December, to mark National Grief Awareness Week Elizabeth joined Helen Jackson of Bush & Co on her Resilience Toolbox Podcast where she shared her experience coping with loss, building resilience, strength and self-care as well as discussing the available support for families dealing with addiction and loss through DrugFAM. You can listen to it [here](#).

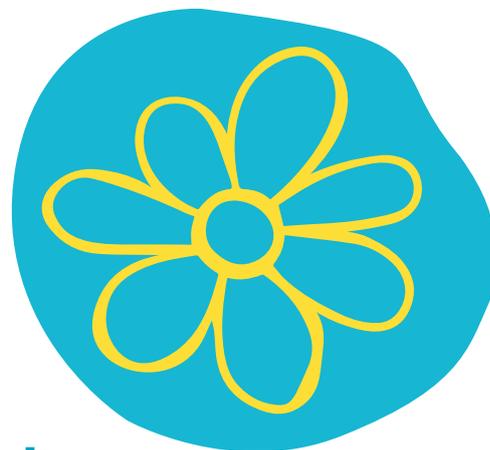
In February and March this year Elizabeth spoke to Year 9 and Year 10 pupils at Reddam House School in Berkshire and she will address the whole staff on their INSET day 25 April. Thanks to Wokingham In Need for their kind sponsorship of these three presentations.

We recently calculated that since DrugFAM was established in 2006, Elizabeth has provided almost 556,000 volunteering hours to the charity – phew!

We have made a few changes to our website, www.drugfam.co.uk, including changing the names and order of some of the sections and pages. We hope to be able to continue to develop and update the website in 2022.

We would like to thank our social media volunteer, Danny Woods, who has assisted hugely this year by providing social media and website support for our fundraising and awareness work.

Spring
2022



Welcome new staff and volunteers!

We would like to give a warm welcome to two new Family Support Workers, Cathie Goodey and Louise Neary, who join us courtesy of our pilot project to support people affected by a loved one's harmful gambling, called 'Six to Ten', in collaboration with Ara Recovery for All and The Beacon Counselling Trust.

In March we were joined by Chris Kemble, our new Operations and Services Manager. Welcome Chris!



And a warm welcome should be extended to our new Helpline volunteers Michelle Rogers, Kathryn Southall, Billy Wakeley, Joe Wright, Holly Caffyn, Tammy Masefield and Lilly Hill who, during recent months, have all started working on the telephone Helpline. Thank you for your time and dedication.

Welcome also to Miranda Dunn (left) who first came to us as a trainee Helpline volunteer and has recently joined DrugFAM's Board as a Trustee. Miranda has been a wonderful source of inspiration and a great help to us thanks to her creativity, entrepreneurial experience and boundless enthusiasm.

Mental health and wellbeing

In the interest of supporting positive mental health and wellbeing, DrugFAM was delighted to be working with wonderful Sherezade Ruano in March to deliver some Comic Relief funded mindfulness and breathing sessions to DrugFAM volunteers, staff and support group clients.

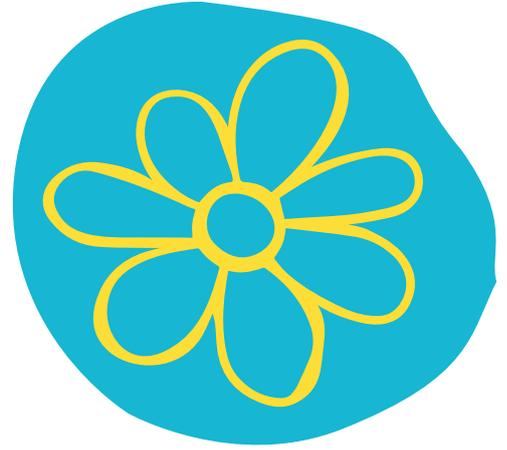


**COMIC
RELIEF**

Spring
2022



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Gambling

In January DrugFAM's CEO Paul Rompani attended a parliamentary reception hosted by the founders of Gambling with Lives, Liz and Charles Richie. This was an interesting and informative session that addressed the need for gambling reform and applied pressure for the Gambling Act review white paper due in the Spring. Paul also attended GambleAware's Annual Conference, which was a useful opportunity to learn about (and establish connections in) the gambling harms prevention and treatment sector.



Recently Elizabeth, Paul, Chris, Louise and Cathie attended the Birmingham launch of the 'Six to Ten' pilot project.

Spring
2022



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



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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