

BEYOND»»

Upcoming dates...

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Bereaved young adults through alcohol and drugs

Formally The Nicholas Mills Memorial Project

October 27th - 12.30 arrival – 1pm - 5pm - Creative Workshop

Work + Play 3 at Malmaison, Piccadilly, Manchester, M1 1LZ

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November 10th - 12.30 arrival – 1pm - 5pm - Unload Session

Portman Lounge, Marylebone Project, Elgood House,
10 Daventry Street, London, NW1 5NX

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January 12th - 12.30 arrival – 1pm - 5pm - Unload Session

Work + Play 3 at Malmaison, Piccadilly, Manchester, M1 1LZ

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February 9th - 12.30 arrival – 1pm - 5pm - Creative Workshop

Portman Lounge, Marylebone Project, Elgood House,
10 Daventry Street, London, NW1 5NX

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March 8th - 12.30 arrival – 1pm - 5pm - Creative Workshop

Work + Play 3 at Malmaison, Piccadilly, Manchester, M1 1LZ

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April 5th - 12.30 arrival – 1pm - 5pm - Unload Session

Portman Lounge, Marylebone Project, Elgood House,
10 Daventry Street, London, NW1 5NX

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May 3rd - 12 30 arrival – 1pm - 5pm - Unload Session

Work + Play 3 at Malmaison, Piccadilly, Manchester, M1 1LZ

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June (TBC)

Portman Lounge, Marylebone Project, Elgood House,
10 Daventry Street, London, NW1 5NX

If you would like to sign up to any of the sessions or have any further questions please email Sophie: sophie@drugfam.co.uk

Gives young adults who have lost a family member through addiction the opportunity to...



... look **beyond** their loved one's addiction, to remember the person, their memories, and the light they brought into everyone's lives...

... look **beyond** their own journey, through meeting others in a similar situation, sharing their stories and experiences with each other, and accessing their emotions in a safe and supportive environment...

... look **beyond** perceptions to break down the stigma for young people bereaved by addiction; reduce isolation; and provide a place where young people can express themselves without fear of judgement.



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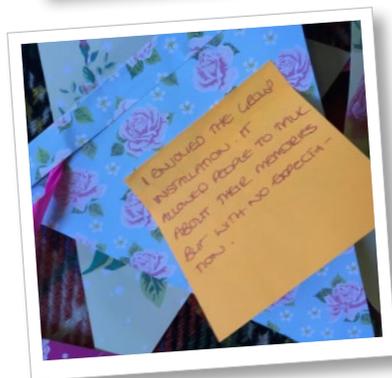
“I feel comforted being able to talk to people who may understand.” (Participant, 2015)

Our current programme offers **creative workshops** and **‘Unload’ sessions**.

All of our sessions aim to create an environment, which enables honest disclosure and respectful discussions to occur. We provide a place where participants can express themselves without fear of judgment and a place where they can remember the person and not the addiction – something that we really believe is truly beneficial.

A lot of focus can be given to talking about; the reasons why a loved one has died; the issue that contributed to the bereavement; and the series of events surrounding the bereavement; which often leaves little space for remembering the person that is no longer with them, the childhood memories they had together and the qualities of their loved one who made them unique.

“Being able to express my feelings and expressions today with people who understand has been beneficial.” (Participant, 2015)



Sophie & Kate
Group Facilitators



Creative Workshops...

We facilitate creative exercises that allow participants to explore their emotions in a different way.

“Using the objects to create scenes made me look at everyday things differently. It allows you to focus.” (Participant, 2015)

Creative activities are used as a tool – a tool for exploration – a tool to give participants a focus. Activities which feel achievable and don't feel exposing, but are specially designed to allow discussions to occur – discussions that leave room for the participant to think about their situation, think about memories of their loved ones, think about their emotions and think about their process of grieving and remembering – but only if they want to and there is space to – there is no pressure to do so if this isn't right for them at that moment.

Unload sessions...

We have responded to the need for sessions where participants have the opportunity to take the lead on discussion topics. In our 'Unload' sessions the facilitator will offer a theme or subject to explore, and then gives time and space for the participants to think about this theme and then take the discussion wherever it needs to go.

There is also time within these sessions for participants to think specifically about how they can actively break down the stigma associated with drug related bereavement and look at awareness raising.

“It was nice to be with people that are in the same situation and able to talk freely.” (Participant, 2015)