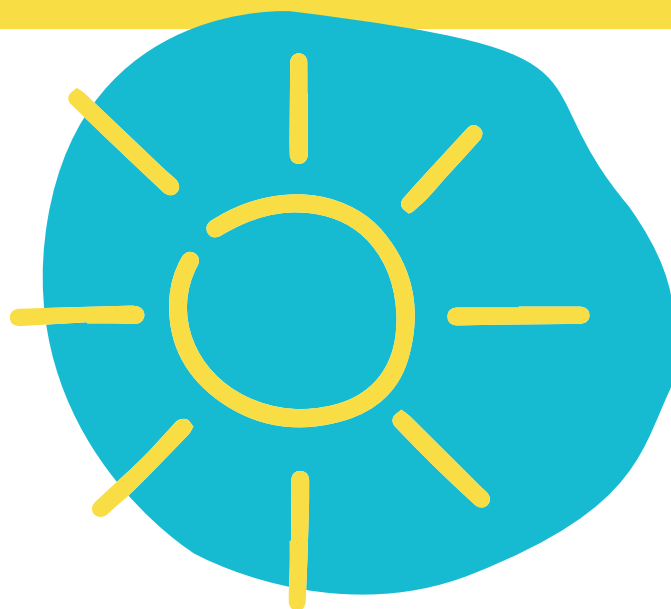


Update on activities and events since our Spring Newsletter in April 2022



Summer 2022

People

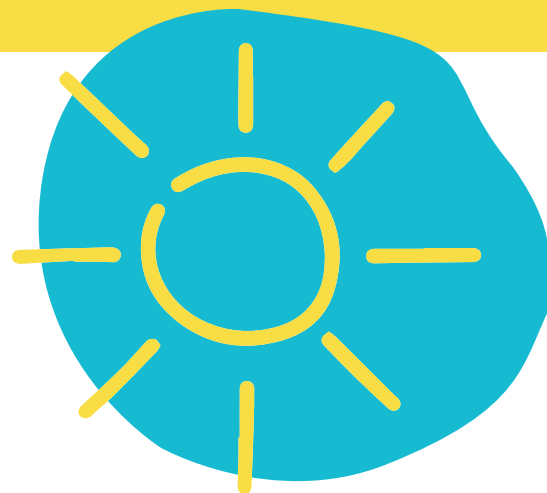
We are delighted to announce that in May Laura Furness joined us as our new Chair of the Board of Trustees.

Since 2015 Laura has been the Head of Funding, and a member of the England Leadership Team, at the National Lottery Community Fund, during which time she had a secondment as the Head of Engagement with the Royal Society for Public Health. Before that she was a Policy Advisor in the Office for Civil Society in the Cabinet Office and for ten years prior to that held a variety of roles in drug and alcohol services. Laura is also the Chair of Reach Out for Mental Health and a Trustee of 52 Lives (one of the charities chosen by The Duke and Duchess of Sussex as their 'Forces for Change').



Laura said *"I'm incredibly excited and honoured to take this role. I've known about DrugFAM for a long time and am constantly impressed by what you all do. The DrugFAM mission is one very, very close to my heart for both personal and professional reasons and I can't wait to see where we can take this hugely important issue. I very much look forward to meeting you all and hearing what matters to you and the people you are supporting."*

We would like to thank our outgoing Chair, Charles Owen-Conway, for his leadership, direction and support, during a particularly challenging period – especially considering he stayed in the role for three years having originally offered to give six months of his time as interim Chair. Thank you Charles!



New volunteers

Since our Spring Newsletter in April, we received nine new volunteer applications from people wanting to take Helpline calls or facilitate support groups. Six of these have started training. We are delighted that three new volunteers completed training during the period and are now taking calls.

Leaving volunteers

We say a fond farewell and a huge thank you to four of our volunteers Chris Addison, Jane Ralls, Anna Ruggiero and Muriel Smith.

Award

In May Gill Owen-Conway, our Bereavement Support Worker and Helpline Training Facilitator, was awarded the actual British Empire Medal (BEM), in recognition of her services to the community, following the announcement in the New Year Honours List.



Training

We are constantly reviewing, updating and developing our training programmes to ensure we make it an enjoyable and fulfilling learning experience for our trainee Helpline and Support Group volunteers.

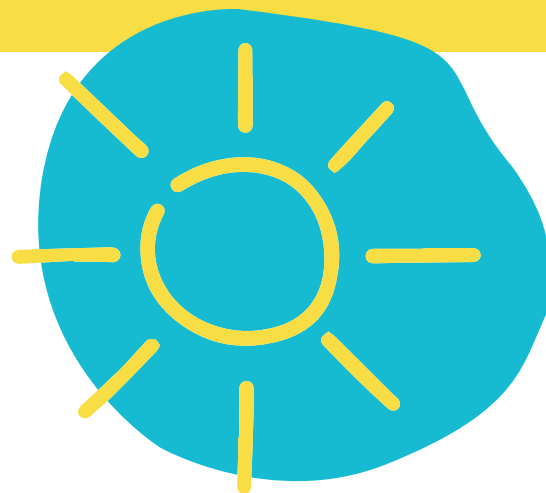
We will soon be introducing new 'learning platform' or 'course management system' software called Moodle, to help us create an effective online 'learning environment' for our trainees and we'll be using video, audio, multiple choice tests, quizzes and animation to ensure it is an engaging experience.



In August staff and volunteers attended a presentation by Rethink Mental Illness on the Mental Health Act so we can better inform our clients. In August all Family Support Workers undertook training in the evidence-based outcome evaluated 5-Step Method and we are currently planning to pilot the service within the coming months.



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Training (continued)

Other training undertaken by staff and volunteers during the period includes:

- Supporting those affected by a loved one's harmful gambling
- Families, Drugs and Alcohol – Essential and Advanced Skills
- Introduction to supporting people bereaved through a substance related death
- Parental Substance Use – Advanced Skills

Client support

Affected

Since June 39 new clients have been added to the Support Group waiting list. During the period 17 people have been offered and accepted places.

Bereaved

To address the increase in numbers of people bereaved by the loss of a loved one we have extended the bereavement team to include two volunteers who we hope to be able to bring on board as part time staff in the future. One of our Family Support Workers is also helping the team.

At the end of April, we held one of our regular (six weekly) support group meetings for people bereaved by the loss of a son or daughter. In early July we held a summer 'Quarterly Bereavement Support Group' with 15 clients attending. Some feedback provided below:

Please pass on my very grateful thanks as I found it very useful and nice to know that I am 'normal' after all.

This presentation and the support from DrugFAM has been a great help to our family.

I would like to thank you for yesterday, I was so emotionally tired last night, you have helped me to be able to understand my grief a bit better, thank you.



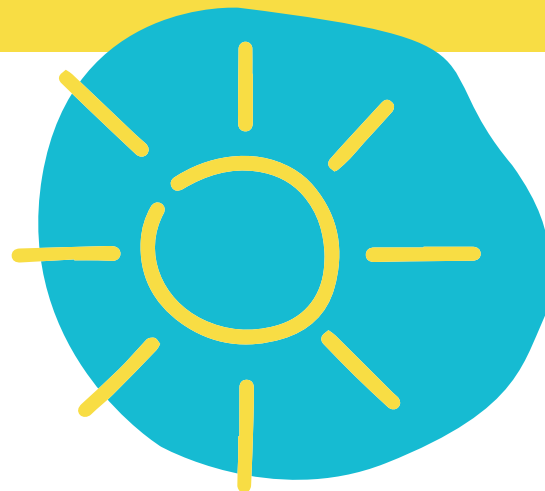
Education & Awareness

At the end of July Elizabeth gave one of her well received presentations to pupils and teachers at Queensbridge School in Birmingham.



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Monitoring and evaluation

During the period 90 new clients were asked to register and complete our evaluation tool, the Short Warwick Edinburgh Mental Well-Being Scale (SWEMWBS). To date 44 of the 90 have done so.

Today, after making numerous phone calls to local drug abuse helplines in Leeds and asking for help for my family I was told it would be a 4 week waiting list. Out of total desperation I began searching the internet for help. I came across your website and plucked up the courage to make the call. I want to say a massive thank you to X, in my moment of need she has calmed me down and talked me through the horrendous ongoing family situation I am living through at the moment. We live in a world where people are shy to say thank you and be grateful. I want to thank you from the bottom of my heart, there should be more lovely people in this world like you. Your perspective has given me a better insight. You truly are an amazing person and a wonderful charity. I won't forget what you have done for me today. Thank you from the bottom of my heart. xx

Fundraising

During the period we became registered with The Fundraising Regulator, to demonstrate that our fundraising aims and methods are underpinned by the FR's Fundraising Code.

In April a DrugFAM supporter ran the Scarborough 10k and raised £170 and our volunteer Sheila Allen held a fundraising event that raised £1,100.

At the end of April a supporter completed her abseil down Portsmouth's Spinnaker Tower and has raised £1,174 plus gift aid for DrugFAM.

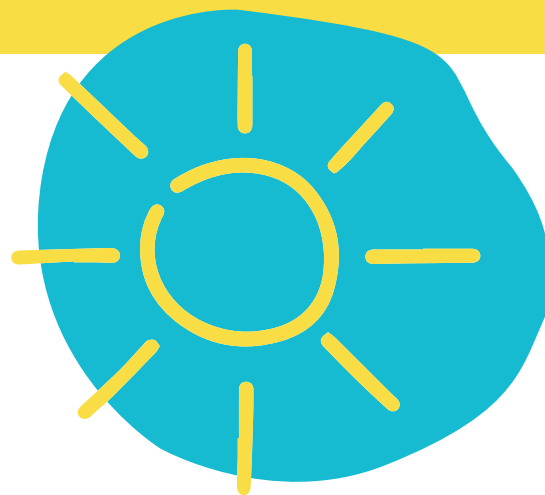


In May our Finance & Fundraising Manager Natalie Archer attended the Bucks New University Union Awards following our appointment as one of their chosen charities. The students raised £2,807 for DrugFAM, which will go towards the running costs of providing our telephone helpline. Thank you very much. We are so pleased to have the support of such a prominent organisation local to us in High Wycombe.



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Fundraising (continued)

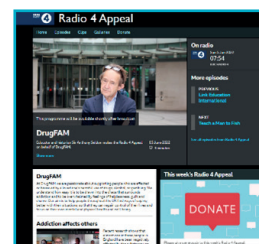


Our support group facilitator, Sheila Allen, and Elizabeth met with the **Mayor of Wokingham** at a 'Thank You' reception event for local volunteers.

In May we were delighted to be awarded a grant of £5,000 by the **Berkshire Community Foundation**, which will enable us to support at least 100 Berkshire families over the forthcoming twelve months.



Our June BBC **Radio 4 Appeal by Sr Anthony Seldon** raised a total of **£14,169**, which includes Gift Aid. **£7,230** came directly from the appeal and **£6,939** came from the Appeal Fund.



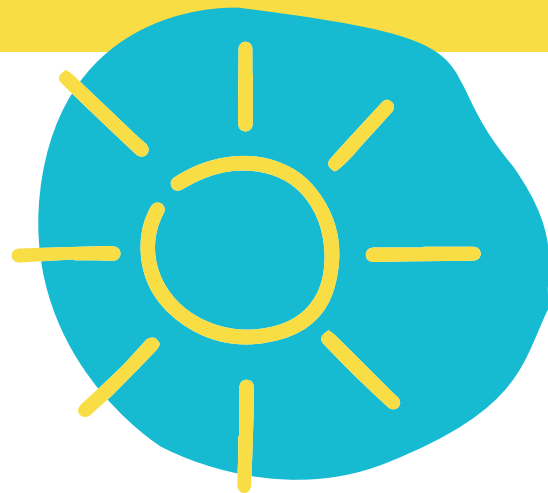
In July **Stuart Dorrill of Caveman Conditioning** continued his ongoing fundraising for DrugFAM, raising **£345** at Riverfest, Olney.

In July **Elizabeth and Trustee Miranda Dunn** visited **Blenheim Palace** to discuss ideas for a fundraising event to be held in 2024.



At the end of July Helpline volunteer **Tammy McKenzie's** took part in **Tough Mudder** and raised more than **£300**.





camurus At the end of August, we heard back from **Camurus AB** to inform us that our request for a grant has been approved and that they wish to make an unrestricted **grant in the amount of £7,500 GBP** to support our **2022 Annual National Bereavement Conference**.

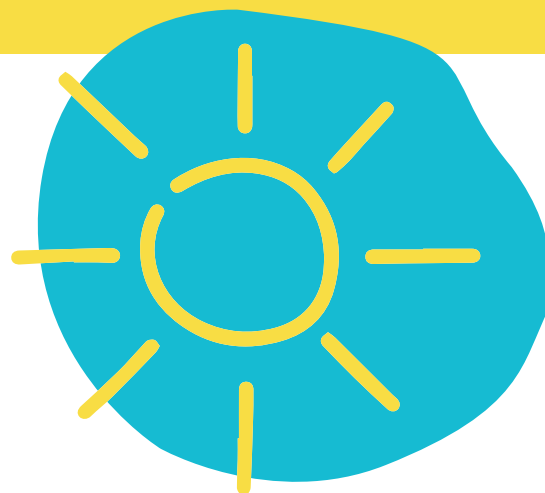
On 11 September Natalie and Family Support Worker **Belinda Slade** completed the **22km Thames Path Walk** and between them raised **£820** for DrugFAM.



On 25th September, **Jerry Harrall** will be running the Rutland Marathon then on 2nd October, Penny Harrall will run the London Marathon, both for in aid of DrugFAM. Jerry and Penny will both be running their first marathons in memory of their son, Royston. They have already raised **£3,410** plus Gift Aid to support DrugFAM's bereavement support work.

Numerous other people have walked, run, sold items on eBay, skydived, baked and undertaken all manner of activities and events to raise money for us. **Thank you to everyone who has raised funds for DrugFAM or is planning to do so.** We have registered for Ultra Challenge 2023 and would love to hear from anyone who wishes to take part in an Ultra Challenge for DrugFAM next year.

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Partnership and networking



During the period we have met with several organisations to explore partnership and collaboration opportunities. These include GamCare, Collective Voice, Cranstoun, Change Grow Live and Humankind. Our support group facilitator, Sheila Allen, and Elizabeth also met with the Mayor of Wokingham at a 'Thank You' reception event for local volunteers.



In mid-June we supported **The Institute for Crime & Justice Policy Research** (Birkbeck, University of London) and the **Centre for Death & Society** (University of Bath) with their important research into bereaved people's experiences of inquests – Voicing Loss: Meanings and Implications of Participation by Bereaved People in Inquests. We contacted a number of our bereaved clients to ask if they would be interested and to date four have been interviewed.

In July Elizabeth and DrugFAM volunteer **Leo Bourne** volunteered at the **Yeldall Manor Open Day**. Yeldall Manor is a drug and alcohol treatment centre for men struggling with addiction that DrugFAM has close ties to.



PROUDLY
SUPPORTING
THOSE WHO
SERVE.

We are delighted to have been approved for the **Armed Forces Covenant**, which enables us to provide services that support the armed forces community and confirms our commitment to do so.

A call for stories and feedback

We love hearing from people about their experiences of DrugFAM's support – good, bad, or somewhere in the middle. It informs our work and can be a great motivator for staff and volunteers. It can also be cathartic for the person writing. Also, many of our funders and grants providers like to receive stories and testimonials from the people we help – with names and other specifics removed.

If you have received support from DrugFAM and are interested, willing and able to write something about the experience, even if it's just a few words, please contact us at office@drugfam.co.uk.

Thank you!



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