

Family & Friends Support Group

The impact of someone's drug problem on their family and friends is all too often overlooked. Coping with a loved one's problem drug use takes a toll on their family's health, wellbeing, their finances, social lives and relationship with others. Family and friends often feel isolated. They often try to support their loved ones, but are not sure of the best way.

Addaction, supported by the DAAT, are running support groups throughout Cambridgeshire. The groups offer opportunity to share ways of coping with others with a similar situation. They will offer a safe and confidential place to talk, and will look at:

- Learning ways to live with and manage their emotions.
- Listen to and learn from each other's experiences.
- "Tough Love", how to remain loving and supportive whilst not colluding with behaviour.
- Reclaim the right to a life that has nothing to do with all the problems and difficulties.

There are four groups across Cambridgeshire. They meet once a month in each location. People can choose to come to whatever groups are most convenient to them. They may choose to come to one or all of them. Each group lasts for an hour and a half and is run by an experienced counsellor.

The group details are as follows:

- Cambridge – Meeting at the YMCA, Queen Ann House, Gonville Place.
1st Monday of each month. 6.00 - 7.30pm
- Chatteris – Meeting at church rooms, Emmanuel Church, East Park Street
2nd Wednesday of each month. 6.45 - 8.15pm
- Ely – Meeting in the Cathedral Centre, Palace Green, (opposite cathedral)
4th Thursday in each month. 4.00-5.30pm
- Huntingdon – Meeting in the Education Block, Hinchingsbrooke Hospital
3rd Monday of each month. 6.00-7.30.

If you would like to talk to someone about the groups before coming along please phone the local office:

Cambridge and Ely tel: 01223 723020
Chatteris (Fenland) tel: 01945 584444
Huntingdon tel: 01480 413800

Group facilitators, Grace Cooke (Wisbech/Huntingdon) and Tracey Thompson (Cambridge/Ely), or the co-ordinator Pat Gale, will be happy to tell you more about the support group. Grace can be contacted directly on 07766 442556 and Pat on 07920 190809.

In addition, for those who currently offer a large amount of support to someone they care for, a Carer's Assessment can be arranged to see if further advice or assistance can be offered. For this please contact your local office, and ask for the social worker who can arrange an appointment to discuss this further with you.