

## Who are DAFS?

We are a caring not-for-profit group created for parents & family members of loved ones suffering from addiction, whether it's drugs or alcohol.

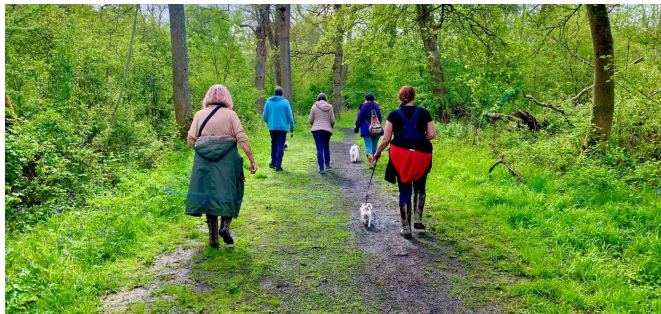
The group is run by volunteers, all of whom have lived experience of coping with an addicted loved one. We all have the passion to help others going through similar circumstances.

### A message from us.....

You have taken the first brave step towards seeking support. We fully appreciate how hard it is to make that first contact & to walk through the door... we are very friendly and EVERYONE is welcome.

### Why attend meetings?

This is an opportunity for you to share experiences, fears & HOPE with others who are going through the same trauma. There is never any pressure to share: we encourage kindness, empathy, honesty, respect & above all else, trust.



## When do we meet?

**MON** - fortnightly face-to-face evening group (Willen, MK) & monthly at The Lighthouse (Linslade, Leighton Buzzard)

**TUES** - fortnightly face-to-face evening group (Newport Pagnell, MK)

**WEDS** - fortnightly face-to-face evening group (Westcroft, MK & Bedford)

**WEDS** - monthly face-to-face SIBLING evening group (Westcroft, MK)

**THURS** - monthly online group meeting (via Zoom)

We also have a provision for people living outside of the local area.

We organise occasional walks, creative sessions & other events where we can all relax & enjoy some down time together as a group of like-minded people.

## We understand.....

Addiction doesn't just impact the individual. It does not discriminate between age, gender, socio-economic background or cultural beliefs. It can affect ANY family.

Addiction is a disease & it causes a huge ripple effect for those who are indirectly affected by watching the suffering of those they love & care about. It is important to learn & accept that it is NOT OUR FAULT.



It is important to remember this is not a fix-it group & we are not professionals.

We help families realise that they

- did not **CAUSE** the addiction
- cannot **CONTROL** it
- cannot **CURE** it.

" A NON-JUDGEMENTAL, SAFE & SECURE ENVIRONMENT. SOMEONE MAY JUST OFFER A PIECE OF ADVICE OR KNOWLEDGE THAT HELPS YOU TURN A CORNER & SEE SOME LIGHT AT THE END OF THE TUNNEL"

(this is a service user's testimonial)

## What do we do?

- We offer a safe, non-judgemental, confidential & supportive environment for you to meet others in a similar situation
- We run FREE local volunteer-led peer groups that meet fortnightly face-to-face in the evenings (7:30 - 9pm)
- We offer one-to-one sessions on Zoom or Whatsapp for those who may have difficulties attending groups or who live out of area
- We run a SIBLING group once a month as we recognise their emotions may be different
- We provide a confidential Facebook community & Messenger/Whatsapp groups offering informal support
- We host guest speakers, group walks & fundraising events

"COME ALONG TO A GROUP & THEY WILL HELP YOU BUILD YOUR STRENGTH. TAKE IT IN YOUR OWN TIME, ONLY YOU WILL KNOW THE RIGHT TIME TO OPEN UP. BUT REST ASSURED WHEN YOU ARE READY, THESE LOVELY PEOPLE WILL BE THERE TO HOLD YOU UP"

"THANK YOU FOR LAST NIGHT'S MEETING, IT REALLY HELPED MORE THAN YOU KNOW TO SAY IT ALL OUT LOUD!"

(these are service user's testimonials)

### **We are not a crisis service**

Our phones are on between 9-5pm Mon-Fri only

If you need to talk to someone urgently please contact the SAMARITANS free on 116 123 (24hrs 365 days a year).

If it is an emergency & you are worried about your own safety or that of another person, please call 999

How to contact us....

#### Call us:

Lynn - 07598 346244

Val - 07874 849659

#### Email us:

[lynn.fox@dafsmk.co.uk](mailto:lynn.fox@dafsmk.co.uk)

[valerie.forsey@dafsmk.co.uk](mailto:valerie.forsey@dafsmk.co.uk)

#### Private Facebook:

[www.facebook.com/groups/](https://www.facebook.com/groups/MKFamilySupportgroup)

[MKFamilySupportgroup](https://www.facebook.com/groups/MKFamilySupportgroup)

#### Instagram:

[dafs.mk](https://www.instagram.com/dafs.mk)

