



thinkdrinkdrugs

## Spring / Summer Edition.

**Friends and family** members who support loved ones who use drugs and/or alcohol are sometimes called '[the forgotten carers](#)'. There's a lot of unhelpful information out there about 'reaching rock bottom', 'only they can help themselves', and societal stigma can leave carers feeling ashamed or responsible. There are helpful suggestions [here](#), and national and local support for carers too. You are not alone;

"It was such a relief to talk to someone who was sympathetic to my situation and who didn't judge me for having the feelings I had. Talking to someone about how I was feeling gave me the strength to cope with things better." (Adfam website)

[Adfam](#) is the national UK charity supporting families and loved ones of drug and alcohol users, and complements the work of local teams such as the [West Sussex Carers Support Service that has a specialist team](#) for families of drug/alcohol users. Adfam led on a project in March 2017 focusing on older family members who support adult children with drug and / or alcohol issues called '[No-one judges you here](#)', which features voices of real carers and the support they have received, encouraging others to seek support.

If you have a loved one who injects drugs, Adfam would like to interview you to find out more about the impact of hepatitis C on family members, whether your loved one has [contracted Hepatitis C](#) or not, details [here](#).

Adfam and Cruse have also launched a new website; 'Bereaved Through Alcohol and Drugs', ([BEAD](#)) supporting families bereaved by substance use.

Now the evenings are lighter and warmer many people will be enjoying eating and drinking outside with friends and family. Recent research by [CAMRA and Oxford Uni](#) looks at how modest alcohol consumption in pubs can be positive, with the pub as community venue for all, from [younger families](#) to [older people](#). If you're worrying about your waistline from all that [pub grub](#), the amount of [calories in your drink](#) or the potential harms or damage linked to alcohol use, try '[Don't Bottle It Up!](#)', a site with lots of hints and tips.

Do NOT suddenly stop drinking or reduce the amount you drink if you [think you might be dependent on alcohol](#), and/or if you experience [withdrawal symptoms](#) without a drink. Your GP and [CGL](#) can provide medical support.

If you're in recovery and going to the pub is not your choice – why not check out your local recovery café? [Café North](#) in North Street, Eastbourne has a great range of non-alcoholic drinks and great food, as does the [Cascade Café](#) in Baker Street, Brighton. Lovely venues, no agenda, likeminded people, fabulous cake – what's not to love?!

