

# Covid-19 Response Grants 2021/22

## Scottish Families Affected by Drugs and Alcohol

### Who are Scottish Families Affected by Drugs and Alcohol (SFAD)?



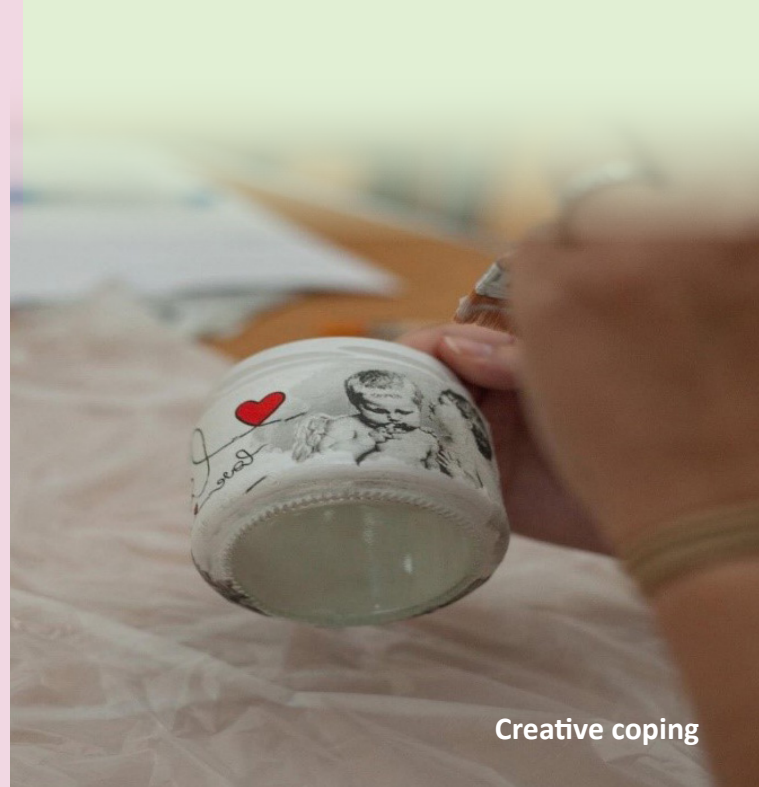
SFAD supports anyone living with the consequences of a loved one's drug or alcohol use across Scotland. The effects of substance use can be devastating and families don't have to manage alone as SFAD are here when people need them, supporting them and their families to move on with their lives.

### How was the grant used?

- During the pandemic crafting became popular with families. It gave them a creative outlet and positive focus and building on this, SFAD launched an online Creative Coping Facebook group in January 2021. The grant allowed SFAD to take the next step and host in-person Creative Coping activities as the funds covered the costs of materials for the group.
- SFAD invited 15 family members to each group and the content of the classes was led by them. For example, the announcement of the very high drug related death statistics in July 2021 was a very emotional time for the families. As a group they decided to mark this by creating memorial pieces for the lives lost to drug addiction.
- The Creative Coping activity in December focused on making Christmas Wreaths using wooden discs. These were personalised using photo mounting techniques to create a lasting item with emphasis on family love and support.
- All the materials that were purchased are transferable for future sessions.

### What had to change due to Covid-19?

- This is a new activity designed to best support families while they are still unable to meet regularly in person. All classes were run initially online and materials posted to participants. After restrictions eased SFAD made the required changes to host the Creative Coping activities in person.





Creative coping

## What difference has the grant made?

- The Creative Coping sessions have brought families together, reducing social isolation and loneliness. They have taught new crafting techniques, giving family members a new skill that they can continue to practise at home, building in crafting as a regular part of their self-care and stress management. Family members agreed they would never have tried these methods before and were surprised by how much they enjoyed the sessions. The groups have offered family members who are often experiencing a very difficult time at home the opportunity for a short break and some time away from their everyday life where they can relax.
- A welcome but unforeseen outcome was that the Creative Coping groups were used as a way for family members affected by parental substance use to come together and support each other. SFAD work with a wide range of family members all affected in different ways and it was positive that these family members found each other and will continue to develop these friendships.

“I would never have thought to try this before, my confidence has always been so low that it would never even have occurred to me that I would be able to do something creative.”

**(Group member)**

