

Who are DAFS?

We are a caring not-for-profit group created for the families of loved ones who are 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 support 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.

Support Meetings

MONDAY - fortnightly face-to-face evening group at the Lighthouse, Linslade, Leighton Buzzard LU7 2TD

TUESDAY - fortnightly face-to-face evening group at Newport Pagnell Medical Centre, Milton Keynes MK16 8QT

WEDNESDAY - weekly face-to-face evening group at Morrisons in Westcroft, Milton Keynes MK4 4DD & fortnightly at the Quaker Centre, Bedford MK40 2BY

THURSDAY - monthly online evening support group meeting (via Zoom)

We have a separate WhatsApp group for siblings & an online provision for people living outside of the local area

We also have a bereavement provision, for those who have sadly lost a loved one through addiction

We organise various Guest Speaker events, occasional walks, creative sessions & other well-being events



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 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 but we can help families to 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"
(beneficiary's testimonial)

What do we offer?

- A non-judgemental, confidential & supportive SAFE SPACE for you to meet others in a similar situation
- FREE local volunteer peer-led groups that meet face-to-face in the evenings
- Online session on Zoom for those who may have difficulties attending groups
- A separate sibling provision
- A confidential online community including Facebook, WhatsApp & Messenger groups, offering informal support
- Guest speaker events to build knowledge
- Well-being & creative sessions
- We can signpost to other local agencies
- Bereavement support

"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!"
(beneficiary's testimonials)

WE ARE NOT A CRISIS SERVICE

If you need to talk to someone urgently please contact the SAMARITANS free on 116 123 (24/7)
In an emergency & if you are worried about your own safety or that of another person, call 999 or for mental health support services call 111, option 2

Contact can be made by....

Email:

info@dafsmk.co.uk

Website:

www.dafsmk.co.uk

Facebook:

DAFS-Drug & Alcohol Family Support



PLEASE DONATE HERE

You can help support local families with one quick scan - your donation will be made via Givey.com, a secure platform



INSPIRING HOPE!

www.dafsmk.co.uk



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