

Who are DAFS?

We are a caring not-for-profit group created for 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 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.

Support Meetings

MON – fortnightly face-to-face evening group at Willen surgery – MK & monthly at The Lighthouse – Linslade & The Salvation Army, Conniburrow – MK

TUES – fortnightly face-to-face evening group at Newport Pagnell surgery – MK

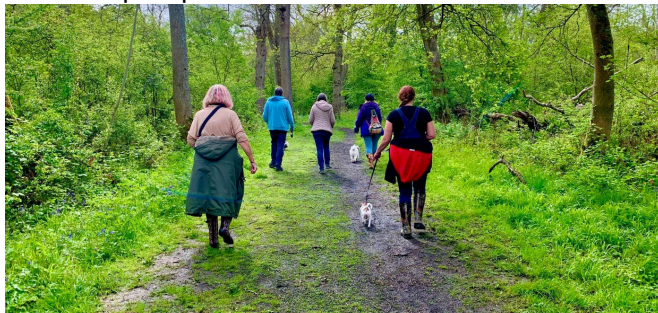
WEDS – fortnightly face-to-face evening group at Westcroft – MK & Quaker Centre – Bedford

WEDS – monthly online SIBLING evening group (via Zoom)

THURS – monthly online evening group meeting (via Zoom)

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

We organise Guest Speaker events, 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 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"
(service user's testimonial)

What 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 sessions on Zoom for those who may have difficulties attending groups
- A monthly online SIBLING group
- A confidential online community including Facebook, WhatsApp & Messenger groups, offering informal support
- Guest speakers events to build knowledge & fundraising events
- Well-being & creative sessions

"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 & you are worried about your own safety or that of another person, call 999 or for mental health support services call 111, option 2

Please be aware that our phones are manned from 9am-5pm, Monday to Friday only

Call us:

07598 346244 or 07874 849659

Email:

info@dafsmk.co.uk

Website:

www.dafsmk.co.uk

Facebook:

DAFS-Drug & Alcohol Family Support



INSPIRING HOPE!

www.dafsmk.co.uk



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