

Who are we and why do we do what we do?

Who We Are

DAFS is a small, dedicated charity committed to supporting families (18+) affected by the addiction of a loved one. Founded in 2018 and run solely by volunteers with lived experience, we are driven by a passion for making a real difference in the lives of those who need it most.

Who We Help

We support parents, partners, grandparents, siblings etc. in the areas within Milton Keynes, Bedford and Leighton Buzzard. We also support those family members who have suffered bereavement of a loved one to the disease of addiction.

The Issues We Address

The challenges our beneficiaries face are social isolation, shame, guilt, financial burden, trauma and anxiety. Many are caring for grandchildren as their loved ones are unable to parent their children, and this has a huge impact on older people whose lives are changed considerably through these new responsibilities. These issues and the helplessness and sheer sadness of their situations all create barriers that prevent individuals and families from thriving in their communities.

How We Are Addressing These Issues

Our work is focused on ensuring that family members do not continue to suffer the considerable isolation, shame and social stigma. We also believe that if they are able to CONNECT with others in similar situations in a safe, confidential and non-judgmental environment, they can feel heard and understood and have HOPE that things can change for the better.

We take action by bringing people together to share their experiences, to learn from each other as well as through guest speaker events from external services. We hold well-being and creative sessions to improve mental health and self-care awareness, as well as funding professional mentoring sessions. Through our work, we provide not only immediate relief but also long-term solutions to empower those we support.

The Changes We Want to See

Our vision is a world where families no longer feel judged and stigmatised by a loved one's addiction and that they feel accepted as being part of the solution to recover from this devastating disease. We long for societal change where understanding, not judgement or condemnation is levelled at affected families. These families are already struggling to get through each day and are doing the best they can in traumatic situations.

Working together with our supporters, volunteers, and partners, we strive to create lasting, positive change in the lives of those who need it most.

Join us in making a difference. Whether through donations, volunteering, or spreading the word, you can help us bring hope and support to those who need it.

Contact: info@dafsmk.co.uk

Website: www.dafsmk.co.uk

Facebook: DAFS (Drug & Alcohol Family Support)

Donations: <https://www.givey.com/dafsdralcoholfamilysupport>