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Caring for someone using alcohol or drugs who has serious health problems

Directory of support and services: **Liverpool and Sefton**



Support for Family, Friends and Carers

August 2022



Acknowledgements

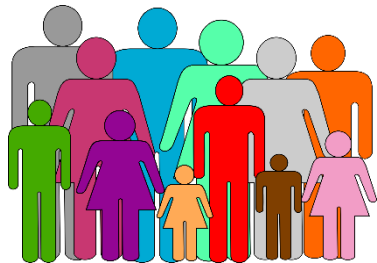
This directory was compiled by Dr Gemma Yarwood and Dr Sam Wright and edited by Professor Sarah Galvani, Department of Sociology, Manchester Metropolitan University, Manchester, England. It was accurate at the time of compilation – August 2022.

The directory is one of a number of resources available from a programme of work exploring palliative and end-of-life care for people using substances, and for the families and carers who support them. Online access at:

[End of life care for people who use substances | \(endoflifecaresubstanceuse.com\)](https://endoflifecaresubstanceuse.com)

A special section for family members can be found here:

[Family caregiver | End of life care for people who use substances \(endoflifecaresubstanceuse.com\)](https://endoflifecaresubstanceuse.com)



The aim of this directory

This directory is for anyone who cares for someone using alcohol and other drugs who has ongoing poor health. If you are a relative, friend or carer who is worried about their health, then this directory aims to identify services you may access for yourself or those you care for. The directory covers regional and national support services which are both online and face to face. We are all different and have different support needs at different times. With this in mind, this directory includes diverse information including formal statutory services, charities, books written by people with lived experience and even social media peer support groups.

What do we mean by alcohol or other drug problems?

If someone uses alcohol or other drugs so often that it causes them harm and worries the people who care about them and for them, then that may be a problem – even if they say it isn't. The person may not agree that they are struggling to cope with life, but if you feel that their alcohol or other drug use is a problem, then you need support for yourself, even if they keep turning down help.

What do we mean by 'serious health problems'?

People may become seriously ill because of their alcohol or other drug use or they may have a long-term health problem that started beforehand and exists alongside their use of substances. Mainly we are thinking about serious ill health that is likely to get worse over time and is likely to result in them dying.

You deserve support and care too

- Everyone - absolutely everyone - deserves access to support services. Caring for someone who is using alcohol or drugs and who has serious health problems can be extremely challenging.
- As a relative, friend or carer you are likely to face challenges which can cause physical, mental and emotional health problems; financial worries; family breakdown; your own substance use or other problems.
- The person you care for may refuse to get help but you, and possibly other members of your family, will still need support for yourselves.



Getting help in your own right is hugely important for your own health and wellbeing. If you don't find the right help on your first attempt, keep trying other options.

- There are many people who know what it is like to care for someone who uses alcohol and other drugs a lot. But many do not. You need to be able to talk openly and frankly about the difficulties of caring for someone who uses alcohol/drugs - so that people understand what advice and support you need.
- This directory aims to identify a selection of support services available to families, friends and carers.

Things to know about this directory

- We know that some of you prefer to speak to someone in person, whilst others prefer to gain support online.
- You may feel that you need to 'learn more about what's out there' before making an informed choice about what services to contact to best meet your needs.
- This directory aims to offer you a range of options for support and lists services and resources in alphabetical order for ease of use.
- When using the directory, please remember that not all have a named contact person. We know how important it is to feel you are being listened to and not have to tell your story over and over again to different practitioners. However, services do change over time, staff get new jobs or leave. That said, all those listed here are committed to ensuring everyone has the right to good care and support which includes empathy, respect, privacy, anti-discriminatory practice and confidentiality.





Adfam aims to improve support for families affected by drugs and alcohol. It has a directory of family support groups across the UK and its website includes videos explaining how families can understand drug or alcohol use and learn to help themselves.

Adfam@Home is an online service of one-to-one and group support. <http://www.adfam.org.uk/>

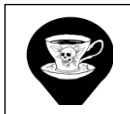
Al-Anon Family Groups

provide support to anyone whose life is, or has been, affected by someone else's drinking - regardless of whether that person is still drinking or not; is no longer part of their lives or has died. <http://www.al-anonuk.org.uk/> Helpline: 020 7403 0888



Being Better is a private therapy practice with special expertise in substance use. Based in Yorkshire, England it is run by Corinne and David Yeadon who draw on their own lived experiences of substance use and family care. For more information, visit their website where you can make a self-referral or learn more about their services. Corinne writes a blog, sharing lots of her own experiences including this one [*Reflecting On My Husband's Alcohol Addiction And Recovery.*](#) Call: 07483 132552 or email: hello@beingbetter.org.uk

Death Cafe



Death and dying are universal but there are differences in experience and circumstances of death and dying. Death cafes happen around the world, including Merseyside, with people, often strangers, discussing death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session. Death Cafes are always offered on a not-for-profit basis, are an accessible, respectful and confidential space and have no intention of leading people to any conclusion, product or course of action. For information about Death Cafes including Liverpool Death Cafes (run online) then visit <https://deathcafe.com>



DrugFAM provides safe, caring and professional support to families, friends and carers who are struggling to cope a relative/friend's addiction to drugs or alcohol. Through their range of services, they give families the strength to break free from the cycle of addiction and rebuild their lives.

<http://www.drugfam.co.uk/>

Helpline: 0300 888 3853

IMPACT palliative care hub

– This is the Integrated Mersey Palliative Care Team (IMPACT). They are a team of healthcare professionals

(doctors, specialist nurses and specialist therapists) who work locally in hospitals, hospices and in the community to provide support, guidance, information and services for people who live in Liverpool or South Sefton and have a life limiting condition. *This includes families, friends and carers of those with a life limiting condition.* IMPACT is a partnership between Marie Curie Hospice (Liverpool), Mersey Care NHS Foundation Trust, Liverpool University Hospitals NHS Foundation Trust and Woodlands Hospice. For more information contact Tel: 0300 100 1002



The Life Rooms are a free NHS service providing safe spaces to meet other people, find out about a range of opportunities and access community

resources. The Life Rooms offer 24/7 support: *'You or your carer can call us 24 hours a day, seven days a week if you have any concerns about your health. Or ask your healthcare professional to call on your behalf.'* The Life Rooms operate in Walton and Bootle areas of Liverpool and also Southport. You can get access to: volunteering, employment, social activities, advice and much more. There's also a café and IT access. The website is www.liferooms.org.

Liverpool City Council: Careline adult services



Liverpool
City Council

This is a 24-7 contact centre for all general social care enquiries and referrals that can be used by people using substances and their family and friends. For more information contact them online or Tel: 0151 233 3800.

You can:

- Raise a concern about an adult at risk (if an adult is at immediate risk call 101 or 999 in an emergency).
- Request a needs assessment or carers assessment.
- Enquire about casework, individual adult cases or other issues of a sensitive nature.
- Get in touch with a social worker or specific social work team.



Care and support
through terminal illness

In Liverpool, Marie Curie are a partner in STARS (Supportive and End-of-Life Care Service) working with healthcare professionals to ensure

each individual gets the care they need in their final weeks of their life. The team also makes sure families and carers have access to psychological support and advice. For more information contact: Marie Curie Hospice, Liverpool, Speke Road, Woolton, Liverpool L25 8QA. Tel: 0151 801 1400 or email: liverpool.hospice@mariecurie.org.uk

Sanctuary Family Support is

a FREE Confidential Service for families, people using substances and kinship carers. Based in Liverpool,

their mission is to provide caring support to people who use substances and their families (including friends and carers), helping them to achieve a better quality of life. Sanctuary operates in a friendly, non-judgemental manner and has built relationships with the local Brownlow GP surgery. The Sanctuary, 322-326 Upper Parliament Street, Liverpool L8 7QL. Tel: 0151 735 0747



Sharp Liverpool [Self-Help Addiction Recovery Programme]

is an abstinence-based, intensive structured day treatment programme for men and women with drug and alcohol addiction. SHARP Liverpool also recognises the impact substance use can have on families, friends and carers and has recently undertaken training on caring and supporting someone using alcohol or drugs whose is seriously unwell.



They offer private counselling and are keen to work more closely with family, friends and carers of people who use substances and have serious and advancing ill-health. Tel: 0151 703 0679



SMART Recovery® Family & Friends (F&F) aims to provide a network of support meetings for people affected by the addictive behaviour of someone close to them. The F&F programme invites participants to spend time concentrating on themselves and their goals. This also includes exploring whether their habitual responses to their friend/relative are helpful or not. SMART F&F explores ways that participants can look after themselves better and establish healthier relationships with their friend/relative. Online Community at: www.smartrecovery.org.uk

St Joseph's Hospice care for over 200 people annually with life limiting conditions from West Lancashire, Sefton, Liverpool and Knowsley areas. Core values of Compassion, Respect, Dignity, Hospitality and Trust underpin their work. Staff have recently undertaken training on caring and supporting someone using alcohol or drugs whose is seriously unwell. St Joseph's Hospice, Ince Road, Thornton, Liverpool L23 4UE. Tel: 0151 924 3812



Other resources



Anyone's Child: Families for Safer Drug Control is an international network of families whose lives

have affected by current drug laws and are now campaigning to change them. If you want to learn more then go online <https://anyoneschild.org/stories/> or contact: 9-10 King Street, Bristol BS1 4EQ Tel: 0117 452 5408. Email: info@anyoneschild.org

UK Drugs Policy Commission

While the UKDPC no longer exists, this leaflet provided by them provides a lot of information about the effects on family members of caring for someone using substances [Policy report - Supporting the supporters families of drug misusers \(policy briefing\).pdf \(ukdpc.org.uk\)](#)



Families Anonymous is a world-wide fellowship of family members and friends affected by another's abuse of mind-altering substances, or related behavioural problems. FA has groups, spread throughout the country, which meet regularly. More information online at: famanon.org.uk
Helpline: 0207 4984 680; Tel: 0207 4984 680
Email: office@famanon.org.uk



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