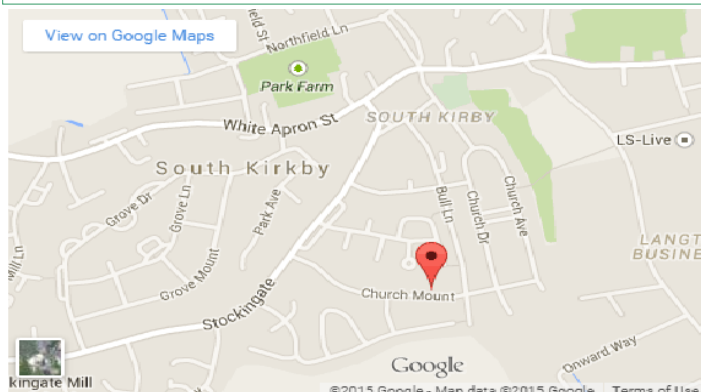




GASPED

Greater Awareness and Support for People Encountering Drugs

South Kirkby Parent, Family and Carer Group



GASPED 2015 group meetings will be held at Burntwood Community Centre.

The services that Roses Socialcare provide includes a Day Care Centre and a variety of Home Care and Support Services. Our professional care staff can come to your home and cater for your personal needs.

For further details please contact 01977 652663 .

Thank you for letting us use your room to offer support to families and carers affected by a loved ones substance misuse.

For further information please contact:

Head Office	Tel 01924 787 501
Wakefield Resource Centre	24HR HELPLINE
5-5a Cheapside	08451460002
Wakefield	resourcecentre@gasped.co.uk

Web: www.gasped.org.uk



GASPED

Greater Awareness and Support for People Encountering Drugs

All meetings are held on the first
Thursday of every month

5.00pm—6.30pm

7th January

4th February

3rd March

7th April

5th May

2nd June

7th July

4th August

1st September

6th October


3rd November

1st December

South Kirkby Support Group 2016

Held at:
Burntwood Community Centre, Church
Mount, Pontefract WF9 3QS

You don't have to cope alone . . .

 GASPED offers information, advice, help and support for the parents, partners, families and carers who care for or who are affected by a loved one using drugs./alcohol.

Our network of community-based parent, family and carer groups are led by specially trained parent/carer volunteers, some of who all have personal experience of living and coping with a drug / alcohol dependant person.

Everyone who attends a GASPED group meeting understands what it is like to support a drug user in the family. Members come together to talk, listen, learn, share experiences and give support to one another.

The meetings are confidential and you can be sure of a non-judgemental, warm and friendly atmosphere, where you will be made to feel welcome.

If you would like to be met outside the venue, please contact us prior to the meeting.

As well as support and information, you also have the opportunity to take part in drug awareness sessions, meet and ask questions of specialist speakers and to participate in other social and training events.

Help us, to help you, to help them

All clients are made aware of GASPED's Confidentiality Policy. This policy is enforced throughout our parent/carer services and group network.

What people say about our Parent, Family and Carer Service/Groups

The comments below are from people who attend our services/support group meetings;

- Since coming to the support group I have felt so much better
- Meeting other people with the same family problems helps enormously
- The support group has meant a lot to my wife and I as we have kept our problems to ourselves for so long
- We have been able to share our troubles with people in the same predicament as us
- Somewhere to come where I can open my heart and say it like it is
- It gives me the strength to carry on
- Realising we are not alone, other parents are just like us
- I come away feeling I am not alone and somehow stronger to enable me to cope
- I'm among friends who care and know what you are going through
- Life was not worth living until I joined a support group. It was then that I realised that I wasn't alone



Helpline
0845 146 0002

Other GASPED services include:

- Helpline
- Drop-in sessions
- Counselling - Individual, couple, family and bereavement
- One to one information sessions
- Monthly creative workshops
- Respite/Social events
- Complimentary therapies
- Database of drug related services
- Library of books and videos
- Training
- Quarterly newsletter
- Community based Family and Carer Support Groups in:

⇒ Wakefield (Daytime)

⇒ Wakefield Evening

⇒ Grandparents Group

⇒ Castleford

⇒ South Kirkby

*HELP US
TO HELP YOU
TO HELP THEM*