



Greater Awareness and Support for People Encountering Drugs

## Wakefield Parent, Family and Carer Group



### For further information please contact:

	Tel 01924 787 501
Head Office	HELPLINE
Wakefield Resource	08451460002
Centre	resourcecentre@gasped.co.uk
5-5a Cheapside	Charity number—1072174
Wakefield	CLBG Number 03580793

Web: [www.gasped.org.uk](http://www.gasped.org.uk)



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All meetings are held on a  
Tuesday, fortnightly


12.30pm—2.30pm

8th January	9th July
22nd January	23rd July
5th February	6th August
19th February	20th August
5th March	3rd September
19th March	17th September
2nd April	1st October
16th April	15th October
30th April	29th October
14th May	12th November
28th May	26th November
11th June	10th December
25th June	

# Wakefield Support Group 2019

Held at:  
GASPED  
5a Cheapside, Wakefield, WF1SD  
West Yorkshire

## 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

## 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

## 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
- Community Rehab Programme
- Training
- Quarterly newsletter
- Community based Family and Carer Support Groups in:

⇒ Wakefield (Daytime)

⇒ Castleford

⇒ South Elmsall

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

*HELP US  
TO HELP YOU  
TO HELP THEM*