

**Think  
Family**



**Families  
IN FOCUS**

## **North area Families in Focus Bulletin**

### **Information and Support about Corona virus for Children and Young People**

Hi all,

Welcome to this slightly different approach to the Families in Focus bulletin. In these unusual times we thought it would be useful to share with you a range of information about corona virus, ways to stay and keep yourself and those around you safe, and updates from local services about how they will be running in order to offer continued support. This bulletin comes in 3 parts:

[Part 1: Information and support about Corona Virus for Children and Young People](#)

[Part 2: Information and Support about Corona Virus for Parents, Carers and Families](#)

[Part 3: Information and Support about Corona Virus for Professionals working with families](#)

Please note that this information is being shared by Families in Focus but if you require any further details you are best off contacting the relevant organisation / team. All information is provided by the organisers and Families in Focus hold no responsibility for their contents. Bristol City Council does not endorse the organisations or activities and you should make your own checks to satisfy yourself of the quality of the services and guidance on offer. If you would like information in other languages or in different readable formats, please contact the original agency who will hopefully be able to help you.

Thank you to everyone who sent information to be included in the Spring Bulletin, we apologise if we have not included it in this edition due to the changes to the format. We are going to send out more regular updates to all our partners during these unusual times with up-to-date information about services available so please send any updated information about your service to [familiesinfocusnorth@bristol.gov.uk](mailto:familiesinfocusnorth@bristol.gov.uk) so that we can circulate your information in upcoming bulletins.

We hope that you all stay healthy and well

Families in Focus North

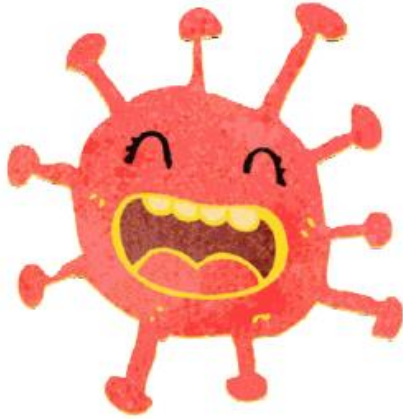
# Information and Activities for Children and Young People

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# HELLO!

I am a **VIRUS**,  
cousins with the Flu and  
the Common Cold



My name is **Coronavirus**

MANUELA MOLINA - @MINDHEART KIDS  
WWW.MINDHEART.CO  
CC BY-NC-SA 4.0 INTERNATIONAL PUBLIC LICENSE

I love to travel...



and to jump  
from hand to  
hand to say Hi

**HIGH  
FIVE**



Have you heard about me?

YES

NO

And how do you feel when  
you hear my name?



Relaxed



Confused



Worried



Curious

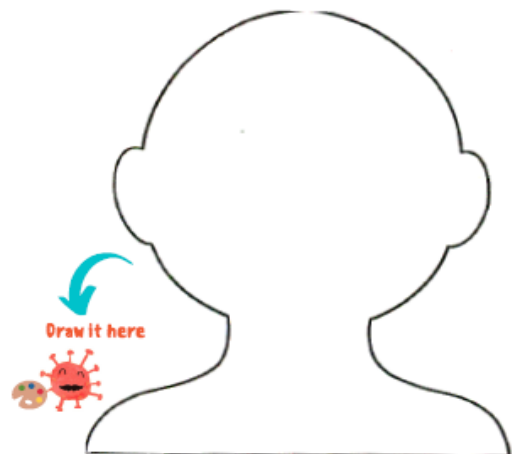


Nervous



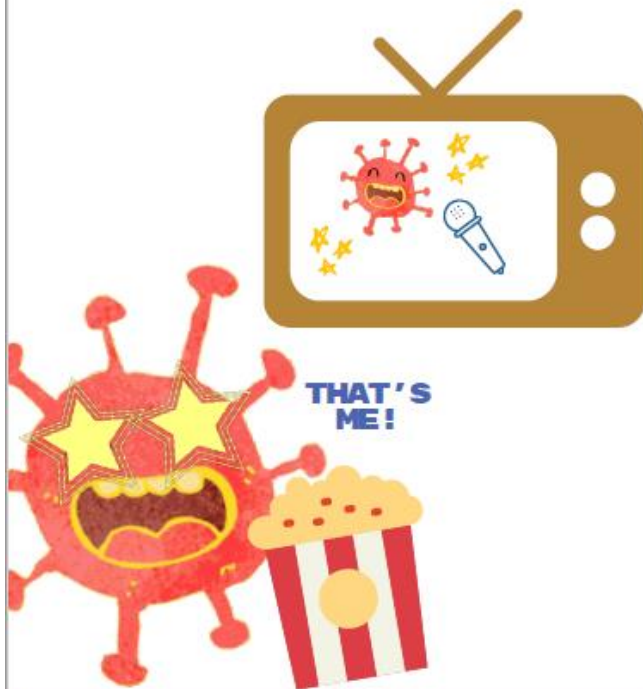
Sad

I can understand you  
feel...

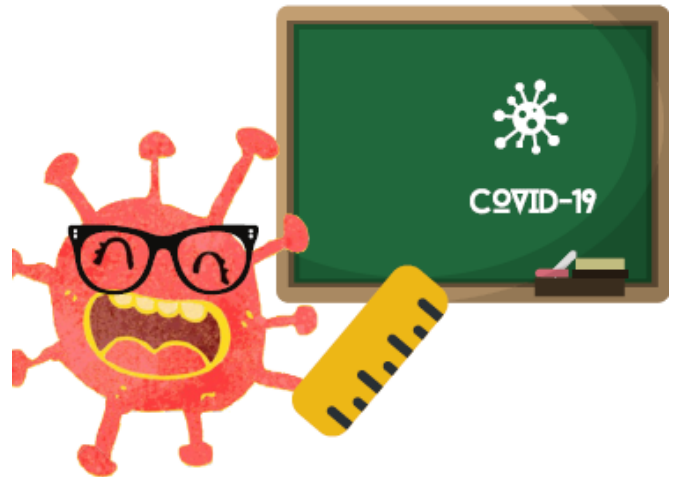


...I would feel the same way

Sometimes adults get worried when they read the news or see me on TV



But I am going to explain myself...

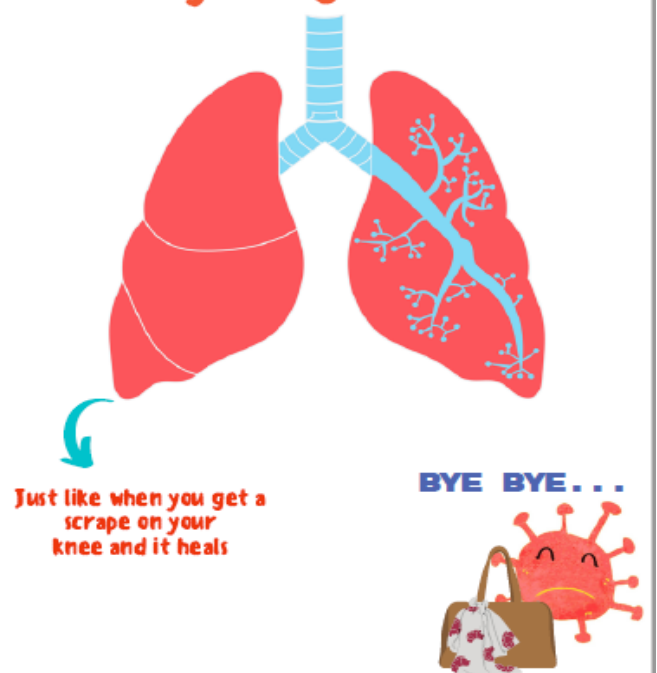


So you can understand...

When I come to visit, I bring...



But I don't stay with people for long, and almost everyone gets better



**Dont you worry!**

**The adults who take care of you:**

**will keep you safe**



**And you can help...**

**1**



**By washing your hands with soap and water while singing a song**



**You can sing your favorite song, the happy birthday song, or the alphabet song**

**2**



**By using hand sanitizer and letting it dry on your hands**



**Without moving them count to 10**

**1, 2, 3, 4, 5, 6, 7, 8, 9, 10**

**Once your hands are dry you can get back to playing!!**

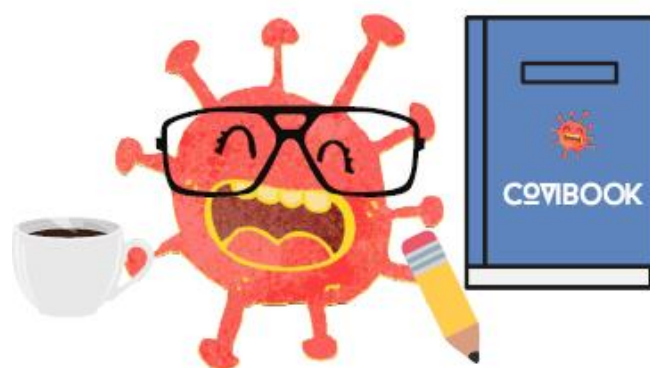
**If you do all that I will not come to visit**



**while the doctors work to find a vaccine that will allow me to say hi without getting you sick.**



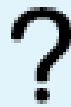
**THE END**



**Download this PDF here:**

**[www.mindheart.co/descargables](http://www.mindheart.co/descargables)**

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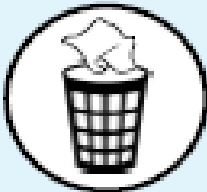
# How to stop germs spreading



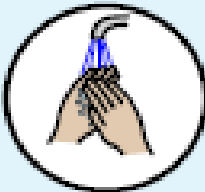
## If you cough or sneeze



use a tissue



bin it



wash hands



## If you don't have tissues



sneeze in your elbow fold



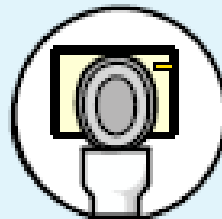
## Wash your hands with soap and hot water or hand gel



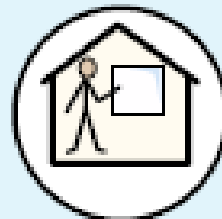
before eating & cooking



after breaks & activities



after using the toilet



arriving at school



before leaving home



## Try not to touch



eyes



nose

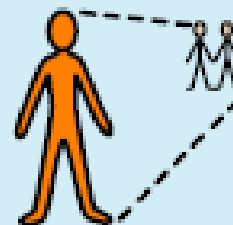


mouth

with unwashed hands



## If other people are unwell



Give them space



You might have heard about the 'coronavirus' on the news.



The coronavirus is just like the flu, it might make you feel ill for a few days.



Most people get better with rest, water and medicine



or



about the



Coronavirus, you can talk to:



The school nurse



your class team



people at home





# Coronavirus - Staying Safe



People are talking about Coronavirus because it is a new type of flu



Just like with all other colds or flu it is important to be healthy



Children and adults are very good at fighting the flu



Just like all colds or flus it can be harder for older people to stay healthy from flu



I can stay healthy by



When preparing food



**FREQUENTLY WASH HANDS WITH SOAP**



After sneezing or blowing my nose



Before eating



After using the bathroom



If they are dirty



Coronavirus: Here's some advice if you're worried about it

## Advice if you're worried about the coronavirus

© 18 Mar 2020

There's a lot in the news at the moment about the coronavirus.

Some of what you see or hear might sound confusing or scary, so it's normal to have some worries about a big story like this.

But if sometimes you feel like your worries are becoming too much, psychologist Laverne Antrobus has some tips, including:

- > Don't bottle up your worries - talk to a trusted adult.
- > If you're worried about elderly relatives, find different ways to keep in touch with them, such as video calling.
- > Get your information from trusted sources.
- > Don't worry about what you can't control, but do what you can to help, for example washing your hands regularly.
- > Do things that you enjoy and keep yourself busy.

## Quarantine Activities

by Caroline Jenkins | Mar 14, 2020 | Family Photography | 5 comments



### *Beating the Coronavirus Boredom and Stress*

If the state of other countries is anything to go on, then it is just a matter of time before schools and nurseries are closed in a bid to contain as much of this corona pandemic as possible. And let's face it, there are probably not many of us parents who are excited by the prospect of having the kids at home for goodness knows how many weeks, with no idea how to entertain them, educate them and generally survive.

Whether you're the parent who maintains some sort of school routine, the parent who wings it or the parent who sets up countless activities and theme days, it is not going to be easy, and we will all be stretched financially and in terms of resources, not to mention the stress of it all, so I decided to try and collate some quarantine activities below that should be relatively easy, cheap and fun. Now initially, my idea was to create some sort of 'Top Ten' list of activities, but there have been so many people who have contributed amazing ideas that I thought I would just list them all, and you can take from it what works or inspires you and your kids! Thank you to everybody who suggested ideas – they really have been amazingly inspirational!

Good luck and lets all hope that these aren't needed. This stupid virus can do one as far as I'm concerned – it has caused enough damage to enough people and I am so over it already!

## Indoor Quarantine Activities:

1. Baking
2. Uno
3. Clay
4. Colour / letter / number matching games with milk bottle tops (with said colour / letter / number written on the top) and a sheet.
5. [Cosmic yoga](#) (available on youtube)
6. Bingo
7. Arts and craft (start saving those cereal boxes and toilet rolls now!) If you need inspiration then Pinterest has loads of ideas on junk modelling.
8. Homemade putty with cornflour and water (and food colouring I'd imagine as well?)
9. Discos
10. Board games
11. Decorate plain baseball caps / t-shirts etc
12. Playdoh
13. Pillow case race (for hard floors only). Kneel on a pillow case and race around a track!
14. Cooking challenges
15. Role play - set up your own museums / shops / vets etc. They could make signs and price lists (if you wanted to make it more about reading and writing and maths).
16. Cinema afternoons
17. Flatten a cardboard box and turn it into a race track or city for car
18. Stair slide! Get a load of strong boxes, duct tape to the stairs, mattresses, quilts and pillows at the bottom! They fly down and have loads of fun.
19. Make your own slime
20. Hair / make up / pamper days
21. Selection of bath activities - disco bath, calming bath with candles, glow stick bath
22. Make your own sensory area under a table
23. Make towers using jenga pieces, dominoes or duplo
24. Marble runs - whether it's using actual marble run resource or junk modelling. How far can you make the marble travel?
25. Hangman
26. Pictionary
27. Experiment with different ice lollies using smoothies / ice cream / juice
28. Decorate plant pots before you plant seeds
29. Build a cardboard car or robot
30. Make paper aeroplanes and then race them
31. Work on jobs and chores together and encourage children to take the same level of responsibility for their home as they do in school (otherwise can you imagine the mess and carnage?)
32. Make cards to send to elderly relatives or neighbours - people who could be vulnerable on their own and may not get any company from one day to the next.

### *Outdoor Quarantine Activities:*


1. Skipping ropes – both individually or in small groups
2. Homemade hopscotch
3. Nature-spotting
4. Geocaching
5. Painting the wall or fence with water
6. Make a wormery, snail farm or slug zoo.
7. Lots of nature crafts with sticks and leaves
8. Make / decorate a bird feeder and then make / use a bird identification table
9. Chalk / decorate the patio
10. Collect fir cones and then decorate them
11. Water fights
12. Sand and water play
13. Make small worlds outside – I went to a local garage and asked for any old tyres which they gave me for free. I then painted them and got them ready for the kids – I filled one with mud for a general digging area, one filled with dinosaurs and plants for a dinosaur world and the last with sand which we used for ponies and fairies!

### *Quarantine Activities that can done Indoors or Outdoors:*

1. Nerf wars
2. Hide and seek
3. Den-making with chairs, sheets etc
4. Tuff trays with various activities set up on them. There's some great facebook groups dedicated to tuff tray and sensory play work – just search under tuff trays and you should get a selection.
5. Cats cradle
6. Rainbow challenge – children need to collect as many different items in the different colours of the rainbow and create a masterpiece from it!
7. Potion-making. Could you link it to a story that you read them initially?
8. Circuit training
9. Mini Olympics
10. Treasure hunts
11. Grow your own plant / veg (you could link this to literacy by then writing about it, or maths by measuring it etc)
12. Assault course
13. Simon say
14. Collect stones or rocks and then paint them

# 30 Day LEGO Challenge

Follow the instructions for each day. The only rule is to have fun and use your imagination!

		Day 1	Day 2	Day 3	Day 4	
		You were hired by an amusement park to create a new roller coaster.	NASA needs you to build a new rocket.	Your parents want to build a new home and they want you to build it.	Hollywood hires you to build a movie set for a new Star Wars movie.	
Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11
You enter a contest to build the world's tallest tower. Will you win?	You are stuck on Mars and need to build a new ship to get home.	Ford hires you to create the toughest pick up truck in the world.	You and 4 friends are stranded on an island. Build a boat to find a way home.	Captain Hook needs a new pirate ship and wants you to build it.	You and your friends decide to build a tree house.	Prince Charming hires you to build a castle for him & Cinderella.
Day 12	Day 13	Day 14	Day 15	Day 16	Day 17	Day 18
Dr. Who hires you to build a new TARDIS.	You are asked by the President to build a new monument to George Washington.	Mr. Hilton hires you to build a new hotel.	There is a circus in town. Build a place for the performance.	Help your fellow pioneers build a wagon to make it across the country.	Build the fastest car around and join the big car race.	Do you wanna build a snowman? Get in the winter mood and build a snow scene.
Day 19	Day 20	Day 21	Day 22	Day 23	Day 24	Day 25
The city wants you to build a bridge to connect one side of the town to the other.	Pizza party! It is up to you to make a pizza for all the guests.	You are hired to build a brand new hospital.	The fence is broke and the dog keeps escaping. Build one he can't get out of.	You are now in medieval times. You are commissioned to build a jousting arena.	The local bank keeps getting robbed. Build a safe no one can crack.	Design and build your dream bedroom.
Day 26	Day 27	Day 28	Day 29	Day 30		What was your favorite day?
You are elected ruler. Build a flag for your land.	Allens are invading and you need to build a war robot to defeat them.	The allens have taken over. They are impressed by your robot. They want you build one for them.	You are hired to build a house entirely out of yellow Legos.	There is blizzard. You will need to build a snowmobile		



## 1. PAINTED ROCKS

Are you ready for an adorable and easy Arts & Crafts project that the whole family will love? (Big kids too!) These easy DIY painted rocks from [Glitter Inc.](#) are fun to collect, make, and decorate the house with! Plus, everyone will have a blast making them! Go crazy with your creativity here!



## 2. DIY GALAXY JARS

[Bitz N Giggles](#) has shared these cool DIY Galaxy Jars – A gorgeous craft for kids, teens or even adults who love color and glitter! Simply layer cotton balls, acrylic paint, water and glitter shapes to create your own galaxy in a jar! You will love this craft and these jars are so satisfying to make.

## 3. NO-SEW T-SHIRT BAG

[Happiest Camper](#) shows us how to make this easy no-sew craft to turn that t-shirt you have outgrown into a great tote! Perfect for using that stained t-shirt or even something headed for the thrift store to give it new life and you a brand new bag!

## 4. WATERCOLOR MASON JARS

These [watercolor mason jars](#) are the perfect solution for storing painting and craft supplies or to use as a simple vase for fresh flowers. I love simple and easy mason jar crafts and this helps with organizing, too. A win-win!

## 5. DIY NECKLACES AND BRACELETS

Have you been itching to create your own necklaces, chokers or bracelets but don't know how to make them NOT look homemade? With this easy tutorial, you can learn how to start and finish a beaded necklace or bracelet with this beginner's guide to jewelry making from [Rhythm of Play](#).

## 6. MAKE YOUR OWN HAIR WRAPS

Want to bring in some warm weather vibes? Grab some colorful embroidery floss and try hair wrapping! Check out this great DIY from [Pink Stripty Socks](#). Now you don't have to visit a tropical country to get the vacay look at home.



## 7. DIY ESSENTIAL OIL LOTION BARS

Make your own [lotion bars](#) with essential oils in just a few simple steps! Aren't these so cute? They will have your skin feeling ah-mazing, too! You'll thank me for this one.

## 8. T-SHIRT YARN BRACELETS

Recycle your old t-shirts into cool bracelets and chokers. [Blue Bear Wood](#) shows us how with these t-shirt yarn bracelets! This is actually super easy, but you can use this yarn tutorial for tons of projects.

## 9. MACRAME RAINBOW CHARMS

Make a macrame rainbow charm to hang from a handbag or backpack with this fun tutorial by [Moms and Crafters](#). This is a grown-up version of crafts you've been making for years!

## 10. DIY CHALKBOARD CALENDAR

Keep track of what day it is when you make this fun and vibrant [chalkboard calendar](#). Use two clips for the date and a paint a chalkboard for the month. Add your own creative spin with a little acrylic paint to personalize it. You won't find yourself wondering what day is it yet? You can also use this as a countdown calendar for a special event, too.

## 11. DIY SUGAR HAND SCRUB

Make your hands super soft with this easy and customizable sugar hand scrub by [That Kids Craft Site](#)! You will have your very own spa treatment from the comfort of your own home.

## 12. DIY JEWELRY STAND

With just a few basic supplies, you can make your own DIY Jewelry Stand like this one by [Artsy Fartsy Mama](#). Get all of your bits and bobbles organized in style. Use your favorite paint colors so the stand will match the decor in your room or bathroom.

## 13. DIY HOT GLUE EARRINGS

These DIY earrings by [Mama Smiles](#) are easy to make, and you'd never guess that they're made out of hot glue! Grab those sticks of hot glue and get crafting. These make great handmade gifts, too.

## 14. WOOD SHIM CHALKBOARD FRAMES

Make a quick picture frame or chalkboard when you piece together a few wood shims. You don't need any advanced carpentry skills to make this easy [wood shim chalkboard frame](#). Wood shims are super inexpensive to use for crafting

## 15. PERLER BEAD CANDLE HOLDER

Make your own candle holders with perler beads with [The Art Kit Blog](#)! You won't believe how easy and fun these are to make. Perfect for gift giving too! I love all of the colors and the channeling your childhood vibe with the perler beads is awesome.

## 16. GALAXY PAINTED POT

Grab a pot and paint and make your own galaxy painted pot like this one from [The Craft Train](#). This is so fun and easy to make with supplies you have already at home. Bonus if you are able to find a cool aloe succulent plant to use.

## 17. DIY HAND SANITIZER

This [DIY hand sanitizer](#) is easy to make and takes 3 simple ingredients and 5 minutes! If your hand sanitizer is running low or almost impossible to find, don't worry! This homemade hand sanitizer recipe that is easy to make and only takes a few simple items.

## 18. HOW TO EMBROIDER A HAT BY HAND

See how to hand embroider a hat and add a floral stitched pattern for summer with [Swoodson Says](#). You can really make this craft your own with the design you choose for your hat.

## 19. DIY DENIM TASSEL EARRINGS

Whip up your own pair of stylish tassel earrings. [Sum of their Stories](#) shows us how to make fun lightweight tassel earrings by upcycling scraps of denim. Make a few pairs to match your favorite outfits!

## 20. COTTON CANDY LIP SCRUB

This cotton candy flavored lip scrub is perfect for sweet, kissable lips! This recipe by [Bitz N Giggles](#) is one of the best homemade sugar scrubs out there!

## 21. STRING WRAPPED HOOP EARRINGS

Update an old or boring pair of hoops with some simple knotting from [Moms and Crafters](#).

## 22. DIY SHRINKY DINKS

Who didn't LOVE Shrinky Dinks? There are so many fun ways to use shrinky dinks. Why not make some gifts to send to friends? [Laly Mom](#) shows us how to make them ourselves!

## 23. TIE-DYE SHOES

See how to easily tie-dye shoes for a personalized pair this summer. [Swoodson Says](#) shows us exactly how to do it!

## 24. DIY TOTE BAG

A fun craft activity for a summer lover of any age. Change up an ordinary straw bag and make it your own. [Organized Island](#) shows us a ton of different types of bag decorations we can make!

## 25. HOW TO MAKE FAIRY DOORS FROM PAINTED ROCKS

Make fairy doors from painted rocks, and turn any old tree trunk into a magical fairy house from [Adventures in a Box!](#)

## 26. HYDRO DIPPED TUMBLERS

I have tons of old tumblers sitting around my house. I am so excited to make these custom dipped tumblers for my friends! From [Kim's DIY Tribe!](#)

## 25. DIY LIP BALM

Learn how to make 5 different lip balms. These cool DIY lip balm ideas are the perfect craft to do when you want something unique and fun. Make Starbucks lip balm, soda, bubble gum, ice cream and McDonald's fries lip balm! From [Kim's DIY Tribe!](#) From [Kinspired DIY.](#)

## 26. TIE-DYE USING TURMERIC

Whether you are responding to the summer anthem of "mom, I'm bored," planning matching t-shirts for an event, or just want to have a fun DIY project for yourself or a gift for someone you love, tie-dyeing is always the answer! If you ever wondered if you could tie-dye using more all-natural methods, you stumbled on the right place to learn how. Turmeric creates a brilliant yellow! From [Pink Fortitude](#)

## 27. DIY LAVENDER CANDLES

If you like the look (and aroma) of dried lavender as much as we do, then you'll love how easy it is to use the stems to make these pretty DIY lavender candles from [Crafts By Amanda!](#)

## 28. LADYBUG HAND PAINTED ROCKS

how to make these adorable **ladybug painted rocks**, which you can keep outside in your garden from [Crafts By Amanda.](#)

## 29. EASY WASHER NECKLACES

Easy washer necklaces, but what makes these different is the dimensional magic! Check them out at [Mod Podge Rocks](#)

## 30. HOW TO TRANSFER PHOTOS TO WOOD

If you're wondering how to transfer photos to wood, it's a relatively simple process. See the easy step-by-step process from [Mod Podge Rocks.](#)

# NEW LEAF

**cannabis advice + support\***

- 🍃 **Want to know more about cannabis?**
- 🍃 **Concerned around your smoking?**
- 🍃 **Becoming worried about how you are feeling and what you are doing?**
- 🍃 **Want to cut down or stop?**
- 🍃 **Anxious about someone you care for?**

**\*For young people aged 11 - 19**

0117 987 6009  
newleaf@bdp.org.uk

This project is supported by  
the CHK Foundation.



### Who is this for?

Our families and carers service is open to anyone resident in Bristol, South Gloucestershire or Bath & North East Somerset, who is affected by someone else's drug or alcohol use.

*It was a great relief to be able to talk to someone who showed empathy and understanding, but was also very knowledgeable about the effects addiction has on family members.*

*We found the group incredibly helpful for learning how to deal with the issues of our daughter's alcoholism at a time when stress levels for us had got so bad we were not functioning as we should.*

## webFAM

online self-help tool for families and carers of drug or alcohol users

[www.webfam.co.uk](http://www.webfam.co.uk)

### How to contact us

**Email (all areas)**  
family@dhi-services.org.uk

**Bristol**  
Tel: 0117 916 6588

**Bath & North East Somerset**  
Tel: 01225 329411

**South Gloucestershire**  
Tel: 01454 868750  
Freephone: 0800 0733011



Developing Health & Independence

## Families Also Matter



### Are you affected by a loved one's drug or alcohol use?

### About the service

We can help to reduce the impact of someone else's drug or alcohol use on their families and friends. There are a number of ways that you can get support, depending on your area:

- A dedicated website at: [www.webfam.co.uk](http://www.webfam.co.uk)
- Help from other family members in similar situations
- Structured support groups
- Specialist groups for the parents of teenagers using drugs or alcohol
- 1:1 sessions for support, advice and counselling
- A dedicated annual conference for families and carers.

Where possible, we try to provide whole family solutions.

For more information about how to access our services and what is available in your area, get in touch using the contact details on the back of this leaflet.

### What will the service mean for me?



- A safe and welcoming place to talk
- Learning effective coping strategies
- Finding out more about drugs and alcohol
- Understanding addiction
- Sharing with and learning from others with similar experiences
- Discovering you are not alone!



Developing Health & Independence

### Accessing our Services

We have tried to make the service open and accessible to all. If you feel you may have difficulty accessing the service (e.g. problems with disability, language, or child care) please contact us directly so we can look at what we can put in place to allow you to take up the service.

### Complaints, Compliments, Queries

We aim to give everyone the best possible service. To enable us to do this we encourage feedback about our services, particularly about the below:

- if you are unhappy with the service we have provided you with and wish to complain
- if you want to ask a question about the support or service you have received
- if you have any comments about the service

You can write to the Chief Executive Officer via the details below. We will acknowledge your communication within 5 working days.

DHI Head Office  
15-16 Milsom St, Bath BA1 1DE  
Tel: 01225 478 730  
Email: [info@dhi-online.org.uk](mailto:info@dhi-online.org.uk)  
[www.dhi-online.org.uk](http://www.dhi-online.org.uk)

Charity No. 1078154 Company No. 3830011

### Free helpline

- Information and on-going support
- For all ages
- Your call won't show up on a landline bill
- You can tell us as little or as much as you want
- There is no need to give us your name
- You do not need to tell anyone else you are talking to us
- You can talk as often as you want

**Call**  
0800 358 3456

**Email**  
helpline@nacoo.org.uk

**Message Boards**  
nacoo.org.uk/messageboards

You can also find 24 hour support at ChildLine on 0800 1111

Nacoo was founded in 1990 to address the problems faced by children growing up in families where one or more parents suffer from alcoholism or a similar addictive problem. This includes children of all ages, many of whose problems only become apparent in adulthood.

#### Nacoo's aims

- To offer information, advice and support to children of alcohol-dependent parents
- To reach professionals working with them
- To raise their profile in the public consciousness
- To promote research into the problems they face and the prevention of alcoholism developing in this vulnerable group

Our services are funded by voluntary donations. Please support this vital work by becoming a member, volunteering or making a donation. Together we can make a difference.

Text HELP21 followed by the amount (£20, £10 or £5) to 70070 or visit [nacoo.org.uk/getinvolved](http://nacoo.org.uk/getinvolved)

*"Finding someone I felt comfortable talking to was the beginning of everything changing for me. Without your help, I could have spent the rest of my life watching Mum drink herself to death. Now I know there is help for Mum and for me." Paul, 15*

#### Patrons

Tony Adams MBE - Dilly Berkeley - Celum Best - Liam Byrne MP  
Lauren Booth - Geraldine James OBE - Cherie Lunghi  
Ella Macpherson - Suzanne Stafford CQSW - David Yelland

Helpline: 0800 358 3456 [helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)  
Post: PO Box 64, Bristol BS16 2UH  
Admin: 0117 924 8005 [admin@nacoo.org.uk](mailto:admin@nacoo.org.uk)  
Website: [nacoo.org.uk](http://nacoo.org.uk)

## Some mums & dads drink too much.....



[nacoo.org.uk](http://nacoo.org.uk)

Registered Charity No: 1009143



FREE Helpline 0800 358 3456  
[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

### Do you....

- Feel too embarrassed to take friends home?
- Keep secrets about the problems affecting your family?
- Tell lies to cover up for someone else's drinking?
- Feel guilty and don't know why? Feel different from other children?
- Feel confused when mum or dad change when they drink?
- Feel nobody really cares what happens to you?
- Think no one could understand how you feel?

*"Nobody knows what it's like at home and I don't have the bottle to tell them. I don't think my mum would approve but I need someone to talk to and know what it's like. I really can't deal with it anymore." Charlie, age 12*

### Things to remember

- You are not alone
- When a parent has a drink problem, it affects the whole family
- It's not your fault
- It's OK to hate the problem and love the person who is drinking
- There are people and places that can help you and your parents
- You can feel better even if mum or dad don't stop drinking
- Talking can help you to feel less alone

#### The Nacoo Promise

- We are here to listen
- We won't judge
- We are here to help for as long as you want
- What you say will remain confidential

### Ways to feel better

#### Talk to someone you trust

Talking about how you feel is not telling on your family.

#### Find time for things you like

Doing enjoyable things at school or near home is important. Sometimes worries can take over and taking a break can help.

#### Talk to Nacoo

We understand the problem and you can trust us. You can talk to us on the phone, send an email, or use our online message boards. Talking can help you understand some of the confusing feelings.

#### Read other children's stories

Reading the stories of other children can help you to feel less alone. You can find stories on the Nacoo website.

Visit our website  
[Nacoo.org.uk](http://Nacoo.org.uk) for lots more information and support

0800 358 3456

[nacoo.org.uk](http://nacoo.org.uk)



[helpline@nacoo.org.uk](mailto:helpline@nacoo.org.uk)

## What I did to distract myself... A first hand story from NACOA

For some kids, schools closing early due to coronavirus equates to an extended summer holiday, but for those with alcoholic parents, it's nothing but dread knowing that their safe space, their escape, is being cut off.

The children who go home to alcoholic parents every day are the ones who will be feeling a sense of despair in the pits of their stomachs, thinking that there's no escape during the day.

If that child or teenager is you, I know how you feel. I promise. My mum was/is an alcoholic, and although I'm older than school age now, I looked forward to going to school each day. I was the one who signed up to after school events just to prolong the time from going home to my mum inevitably being passed out on the sofa. So now that school is closed, I know you'll be dreading the extra time at home if your alcoholic parent is also there.

A few things I did when I was home to distract myself from the situation going on downstairs that might also help you, are below, along with some other tips:

**Write plays with your brother or sister:** No it doesn't involve technology, but it really is fun. I had a little brother who I tried to protect and keep away from where my mum would be drinking, or passed out. We'd go upstairs and make up a story, then write a script for our play and act it out as though we were in a soap opera. It'd keep us occupied and entertained for ages. We'd be conscious of being too loud though! This is a great thing to do if you have a much younger sibling that you need to distract but want to engage with.

**Write a story or keep a diary:** When I was a kid, we had a very slow internet connection and no laptops, so I would write down all my thoughts and feelings on paper. If you have a laptop then you can type up instead. I used to make up stories of the life I wanted, and I'd also write about the life I had. And you know what? When I went to college I studied Journalism and my final major project was to write the beginning of a book. I used the stories I wrote when I was stuck at home and upset with my mum drinking, as the basis for my project. I got a distinction and didn't even have to do any research because it was all based on what I had been through. I then went onto University to study Journalism and I'm now writing a book for children on living with an alcoholic parent, all alongside my day job. I worked really hard at school so that I could be successful and get away from having to live with my drunk mum, and it worked. So, remember that good things can come out of your horrible situations. It won't always be like this.

**Visualise:** When you're going through something horrible and all you can think about is not wanting to be in this situation but having no way out, close your eyes and think about the future you want. There's a good tip used by professionals which is to cross your arms and stroke your upper arms while thinking of a time you were at your absolute happiest. Well, this also works if you think about what your dream future would look like.

Another tip to combat anxiety is to hold your hand to your heart and take 3 deep breaths, close your eyes and think of a time you were really happy.

**Learn:** It may seem boring, having to learn at home when you're off school, but it's also really important. Learning something new by watching learning channels on YouTube and making sure you're really clever will mean you'll get ahead at school and this will enable

your future opportunities in the work place. Trust me, if I did it then you can too. Use your frustrations and emotions of being let down, as fuel to do better and come out stronger. Don't blame yourself for how your parent is behaving, it is not your fault. I thought it was mine when I was your age, I thought my mum loved wine more than she loved me, now that I'm older I realise it's an illness, but that didn't stop me from blaming myself.

**Play:** playing Xbox and PlayStation online with your mates will keep you from feeling so alone during isolation, and ensure you're still in touch with your mates.

I really hope some of these tips work, and remember NACOA are here to help if you ever want to chat.

All my best,  
Tanisha



**Nacōa**

Free confidential helpline for everyone  
affected by their parent's drinking

Monday - Saturday

 2pm - 7pm

 12pm - 9pm

0800 358 3456

[helpline@nacoa.org.uk](mailto:helpline@nacoa.org.uk)



## Other helplines and services

### Childline

[www.childline.org.uk](http://www.childline.org.uk)

- if you're under 19 you can confidentially call, email or chat online about any problem big or small
- freephone 24/7 helpline: 0800 1111

[sign up for a childline account](#) on the website to be able to message a counsellor anytime without using your email address

chat 1:1 with an [online advisor](#)

### Samaritans

[www.samaritans.org](http://www.samaritans.org)

- if you're in distress and need support, you can ring Samaritans for free at any time of the day or night.
- freephone (UK and Republic of Ireland): 116 123 (24 hours)

email: [jo@samaritans.org](mailto:jo@samaritans.org)

### The Mix

[www.themix.org.uk](http://www.themix.org.uk)

- if you're under 25 you can talk to The Mix for free on the phone, by email or on their webchat. You can also use their phone counselling service, or get more information on support services you might need.
- freephone: 0808 808 4994 (1pm - 11pm daily)

### Women's Aid

[www.womensaid.org.uk](http://www.womensaid.org.uk)

- if you think you may be experiencing domestic abuse and you identify as a woman, you can talk to Women's Aid for free and confidential support
- email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

you can also chat to a support worker using their free [instant messenger service](#), Mon-Fri (10am-12pm)

### Citizen's Advice

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

- if you have money or work worries, Citizen's Advice can help
- freephone: 03444 111 444 (Mon-Fri, 9am-5pm)
- text service: 03444 111 445

you can [talk to a debt adviser](#) online for free Mon-Fri, 8am-7pm

for advice on anything else, you can [chat to an adviser online](#) for free Mon-Fri, 10am-4pm