



This is the fourth monthly newsletter of the National Family Support Network, a way for us to promote events and spreading news throughout the network.

## News

### 10 Years of Supporting Families

This year marks 10 Years of NFSN as an autonomous organization, and we'd like to thank you all for the support throughout the years. Without you all we wouldn't be able to do all of the work that we do to support families, and we are eternally grateful. To celebrate our achievements and look forward to all that is to come, we're hosting a celebration event on the **6th of December**, in **St. Andrews Resource Centre, Dublin 2**. At this event we'll have a number of speakers looking back at our history, achievements and future plans, and we'll also be launching our **Valuing Family Support report**, which looks at the important social value that is created through investment in family support services. We'd love for you all to join us, so if you're interested please RSVP by contacting us by email ([info@fsn.ie](mailto:info@fsn.ie)) or by phone (01-898-0148), as there is limited spaces. See you all there!

## Upcoming Events

### 5-Step Method Training

Our next session of training for the 5-Step method will take place on **Thursday & Friday, the 7th & 8th of December** in the **NFSN Offices, 5 Gardiner Row, Dublin 1**. This is a great opportunity to receive training in the 5-Step Method, which research has shown to be a very effective intervention for family members faced with the stress of familial addiction. The training session costs **€395**, and this includes two full days of training, lunch on both days, and accreditation costs. For more

information on the training or to book a place, please call **01-898-0148** or email [training@fsn.ie](mailto:training@fsn.ie). More information on the method is available on our website: [5-Step Method](#)

### **Other Events**

Meitheal Facilitation Skills Training

Meitheal are now accepting enrollment for their spring 2018 facilitation training courses, both basic and advanced. Details are available on their website:

<http://www.meitheal.ie/>

## **Network Highlights**

### **Annual Conference**

This year's Annual Work Conference was a huge success, with over 400 attendees. The speakers, chaired by Anna Lee, were Sadie Grace, Minister Catherine Byrne, and Dr. Sharon Lambert were enjoyed by all, as were our workshops and holistic therapies. This year we hosted a World Cafe on the topic of Kinship Carers, which was very successful and sparked much discussion among the participants, and will continue to influence our future work. We'd like to thank you all for making it another successful conference, and we're looking forward to next year already.

### **South East Region Conference**

Last weekend the South East Region Family Support Network held their Annual Respite and Work Conference in Wexford, which was a great success. Attended by our own CEO Sadie Grace, the conference featured a number of speakers, discussions and workshops on the topic of self-care and recovery, and it was highly enjoyed by all involved. We'd like to congratulate the South East Network on the success of their conference, and wish them all the best with next year's conference.

**If you have any events or information that you would like to be shared in future newsletters please contact us directly before the 18th of December. You can email us at [development@fsn.ie](mailto:development@fsn.ie) or call 01-898-0148.**

Best,

The NFSN team