



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

News

Annual Work Conference

Final call for our Annual Work Conference! It will take place on the 4th of November in the Green Isle Hotel, Newlands Cross, Dublin 22. This year promises to be one of our best yet, with a wide variety of workshops, speakers and holistic therapies available. This year we will also be hosting a World Café on the topic of Kinship Care, which will allow our members to discuss a very pressing topic and share their insights with each other and us. We hope to see you all there!

For more information, rates, and the booking form, please view our website, www.fsn.ie

Mansion House Night

This month we hosted an evening in the Mansion House for family members who have been involved in our Bereavement Support Initiative over the years. The event was a chance to celebrate the hard work done by all involved, and look forward to the future of the initiative, and was a pleasure for all involved. It was attended by Dublin's Lord Mayor Mícheál MacDonncha who presented our CEO, Sadie Grace with a certificate of recognition of NFSN's work for bereaved family members

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**. More information on the method is available on our website: **www.fsn.ie/resources/5-Step-Method**

Peer Supervision for Facilitators

NFSN is hosting a peer supervision session from **10:30am to 2pm on the 20th of November**, in the **NFSN Offices, 5 Gardiner Row, Dublin 1**. This session is an opportunity for members who are currently facilitating groups to share their experiences of facilitation, learn from each other, and provide support. If you are an affiliated facilitator who is interested in attending, please call **01-898-0148** or email **development@fsn.ie**.

10 years of Supporting Families

This year also marks 10 Years of NFSN existing as an autonomous organization. To celebrate this event, we're hosting an 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 and achievements, and we'll also be launching our Valuing Family Support report, which looks at the social return on investment for family support. More information will be available soon.

Other Events, free unless stated

Young Person's Support Programme - Crinan Youth Project, 72 Sean McDermott Street

This is a 10 week programme aimed at providing young people skills to help cope with living with familial addiction, and will start on the **6th of November, 4.30pm**. Please contact **Brenda/Adrienne/Terry at 0857223015**.

Social, Information and Self-Care Programme - Hope Cottage, Kill, Co. Kildare

This 10 week programme aims to provide information and resources for participants to cope with a family member who may have an alcohol or drug misuse problem, and will start on **7th of November, 10 to 12 noon**. For more information or to RSVP please contact **swfsn1@gmail.com** or call on **045-877991**.

Psychology Advice Clinics, North Dublin City and County

On the second and fourth Tuesday of each month from 9.30 a.m. to 12.30 p.m., the HSE holds 'Psychology Advice Clinics' in the following centres:

Blanchardstown Primary Care Centre	01-8297233
Ballymun Civic Centre	01-8467109
Navan Road Primary Care Centre	01-8686802
44 North Great George's Street, Dublin 1	01-8146180
Wellmount Health Centre, Finglas	01-8567700
Vernon Avenue Health Centre, Clontarf	01-8539500

To book a place on a clinic, please ring the centre between 9.00 and 9.30 a.m. on the morning of the clinic. Places are allocated on a 'first come, first serve' basis.

Network Highlights

FAST Strategic Plan Launch

Congratulations to FAST in Finglas who this month held the launch of their Strategic Plan 2017-2020, titled Delivering our Ambition: Recovery for a Better Life. It was a great event, and featured a performance from Christy Dignam and the Forever Young Chorus Finglas, as well as actor and playwright Emmet Kirwan as a speaker. We wish them all the best with the implementation of the plan.

5-Step Method Successes

Congratulations to the following people who have completed their accreditation in the 5-Step Method over the summer:

Joe Slattery – CSMT Limerick

Cathy Whelan – MCDAR Meath

Linda McDermott - Ballymun Child and Family Resource Centre

Caroline Gleeson – Family Support Facilitator, Limerick

Ciara Berkeley – Crinan Youth Project, Dublin

If you'd like more information on the 5-Step Method and future training sessions, please see our website.

If you have any events or information that you would like to be shared in future newsletters please contact us directly before the 25th of September. You can email us at development@fsn.ie or call 01-898-0148.

Best,

The NFSN team