



NEWSLETTER

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September, 2005

We are here for you, whenever you need us. Even if its been a while, should you have a problem, we will do what we can to help

HMP KILMARNOCK

We now have staff working in the visits centre in Bowhouse Prison. They will be there during visiting hours to offer a friendly face, advice, information and assistance to families who are visiting someone in prison.

Working alongside our Prison advisors will be our new support worker, Lorraine O'Neil who will follow up any problems you need help with. Lorraine will be able to meet you at the office in Portland Road or visit you at home.

BAG PACKING

The Foundation will be packing bags at ASDA to raise funds. This will take place on Sunday 30 October from 12pm - 7pm.

Anyone who would like to help out, even for just an hour, should contact the office. We really need your help with this one!

DRUG INFO - AMPHETAMINES

(From Know the Score website)

Amphetamines come in a grey or white powder form that is snorted, swallowed, smoked, injected or dissolved in drink and in tablet form and these are swallowed. **Immediate effects:** For 3 or 4 hours users feel excited, confident, alert and full of energy. It also reduces appetite and the ability to sleep. **Short term Risks:** Some users may feel tense and anxious while using and afterwards many feel very tired and depressed. The drug can cause sudden death from heart attack or stroke. **Long term Risks:** Frequent high doses can cause panic, hallucination and weight loss. Heavy long-term use places strain on the heart and can cause mental illness.

RELAXATION THERAPIES

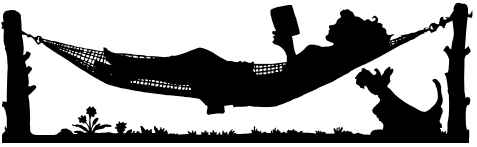
We provide the following therapies **free** to our clients:

Counselling	£40
Massage	£30 - £40
Reiki	£20
Bowen	£25 - £35
Manicure	£10 - £25

The amounts above are what you would pay if you were to access these services outwith The Lighthouse Foundation. *The Foundation pays for these treatments on your behalf* and any appointments which are not attended costs the Foundation money.

Therefore we would ask if you cannot attend your appointment could you *please notify the office as soon as possible* so that the appointment can be transferred to benefit someone else.

Anyone who would like to make an appointment for the above therapies should contact the office. We would ask that clients make a small donation to help towards costs.



BEREAVEMENT GROUP

This is held on a Wednesday morning at 10.30am. It is for families who have suffered a bereavement and helps them come to terms with their sense of loss. Clients who attend are able to progress through the different stages of grief and feel more able to move on with their lives.

The Lighthouse Foundation is a local support group with confidentiality for parents and families affected by Drug or Alcohol misuse

Supported by



A CLIENTS POEM

The Mother doesn't have a life;
The husband a wife,
The kids a mother...
Because the smackhead of a brother
With an addiction like no other
Has lost his mother, sister and brother,
Father, grandfather and grandmother.
She tried to protect you all your life,
To be a good mother and a good wife.
She's tired and wishes she was in a hole in the
ground
Because she can't stand seeing you around.
You broke her heart and ripped her family apart
Due to your drug habit smack.
But as per usual, she'll pick up the tab;
Its not you, but her who should be in rehab.

She took you back, supported you through good
and bad times
But once again she saw the signs.
She loves you but hates you and wishes you were
dead
So she can get on with her life, sleep at night in her
bed
Without thoughts of you running through her head.
Maybe she should have battered you when you were
growing up...
Then at least there's an excuse for you shooting up.
You had a good home and a good life
And she is a good mother and a good wife.
Your sister and brother will get their mother back
'Cose she's learning to deal with the evil of smack.
She'll always think of you but take you back never
You'll eventually fade into the distance forever
But when its all said and done what difference does it
make - NONE
For now Heroin has won.

See you later Devil!!

OUR GARDEN

The garden has now been completely redesigned thanks to the Princes Trust who put in the hard work and the Western Recreation Trust who helped us to buy the play equipment. They have managed to transform an overgrown jungle into a peaceful, child friendly garden. We are looking for some garden plants, so if anyone has some to spare please drop them in.

'DROP IN'

Our Family room is now complete and beautifully furnished. It is there for you to use. Please feel free to drop in for a cup of tea and a chat. If anyone is interested in coming along to coffee mornings please let us know and, if there are enough of you, we will arrange this.

FORTHCOMING PROJECTS & ACTIVITIES

28 September	Annual General Meeting
12 October	Group Meeting
26 October	Alternative Halloween (beauty night)
30 October	Bag Packing ASDA
9 November	Group Meeting
23 November	Group Meeting

Basic Drug Awareness, Overdose Prevention and Resuscitation: This presentation is now available FREE in your own home to small groups (you, your family and your friends). To take advantage of this please call Robin or Dorothy direct on 01563 521442 (Mon/Wed/Fri afternoon)

THANKS GO TO.....

Davy Sneddon, Sugar & Spice, Chaplins Restaurant, Ritchie (UK) Ltd, Flower & Thyme, The Princes Trust amongst others.

FINALLY

If you would like to comment on anything contained in this newsletter or would like to write an article please contact Ceri.

We are here for you, so remember anytime you need a listening ear, a shoulder to lean on, advice or information please give us a call.

The Lighthouse Foundation