



# NEWSLETTER

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February 2006

**W**e 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

## CHRISTMAS PARTY

It seems a long time since Christmas but the Children's party this year was attended by well over 100 children. The Galleon Centre donated the use of their facilities once again and local businesses donated food and gifts for the children. Any suggestions on how to improve the event next year or any feedback from the children who attended would be appreciated.

## TRIP TO AMAZONIA

Children associated with our group had a wonderful time on our recent trip to M&Ds Amazonia, an indoor rainforest attraction situated in Strathclyde Park.

The children were introduced to the various animals that live in the rainforest. There was even a chance to get up close and personal with creepy crawlies such as snakes, spiders and millipedes during a private handling session



## DRUG INFO - CANNABIS

Cannabis comes as a solid lump called Resin as leaves, stalks and seeds called grass, or sticky dark oil. **Immediate effects** users feel relaxed, may have a sharper sense of colours **Short term risks** Users may feel confused, distressed and may suffer from anxiety, panic and suspicion. It also damages the ability to learn and carry out tasks **Long term risks** Regular and heavy use can lead to the development or worsening of mental health (particularly in teenagers), smoked with tobacco it increases the health risks associated with tobacco use.



## RESPIRE

The Foundation has access to the Glasgow Association of Family Support Groups caravan situated at Berwick upon Tweed. Anyone wishing to book a caravan should contact the office

## CARAVAN APPEAL

The Foundation have launched a 'Caravan Appeal' to raise funds to enable us to purchase a caravan of our own. The target is £20,000. Any contributions, large or small, will be gratefully received. We will keep you updated with our progress.

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



## A CLIENTS POEM

*She Cries herself to sleep at night  
Hoping that he will be alright  
Sometimes she wishes there was a knock at the door  
To say she has a son no more  
Yes, a terrible thought for a mother to think  
And she often drowns herself in a bottle of drink  
She's also thought of doing herself in  
To get rid of the anger and frustration within  
But that's just selfish cose she's got two other brood  
And a husband who never says much but wishes he would  
But deep down inside she don't really mean  
Her son any harm, she just wishes he'd get clean*

## EAST AYRSHIRE - HOUSING OPTIONS SERVICE

The Housing Options service offers assistance, support and advice on a wide range of housing and related issues. They provide services and advice on:

- **Housing options** - including homeless advice
- **Support** - if you are experiencing problems coping at home
- **Referral services** - to other agencies
- **Housing rights** - information and advice
- **Leaflets** - on a large selection of housing and related topics

If you would like to get in touch with The Housing Options service you can contact them at 16 College Wynd, Kilmarnock, Tel: 01563 554 554  
Fax: 01563 576 636, email: [housing@east-ayrshire.gov.uk](mailto:housing@east-ayrshire.gov.uk) and at [www.east-ayrshire.gov.uk](http://www.east-ayrshire.gov.uk)

## EASTER EGG COMPETITION

We are having a design an Easter egg competition for children visiting HMP Kilmarnock. To enter collect a colouring in sheet from the Lighthouse Foundation at the visits desk. There are 2 categories; primary school age and secondary school age.

Every entrant will receive a Cadburys Cream Egg and the winners, to be judged by Malky McCormick will each recieve an Easter egg.



## FORTHCOMING PROJECTS & ACTIVITIES

8th March	Group Meeting
22nd March	Group Meeting
5th April	Group Meeting
19th April	Group Meeting

**Guest speakers from Phoenix house, Jericho House, Castle Craig and Turning Point will hopefully be attending meetings in the near future. If you would like us to invite a representative from a service you wish to know more about please let us know.**

**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) or can be delivered to groups or clubs that you are involved with. The presentation will be available from April. To take advantage of this please call 01563 521343

## WEBSITE

We have recently had a website built for us by Kylie McGoldrick one of our volunteers, containing news, articles, photos and more. It should be available by the end of April. The address is:  
[www.lighthouse-foundation.org](http://www.lighthouse-foundation.org)

## THANKS GO TO.....

The Howard Arms for kickstarting our Caravan Appeal and Susan at West Sound Radio for her continued support.

## GARDEN PLANTS NEEDED

Our garden is looking a little bare! If you have any spare garden plants they would be gratefully appreciated.

## FINALLY

On a lighter note..... Kathleen recently received a telephone call from a person who had bought an island near Ghana...they wanted information...on how to obtain planning permission to build a Lighthouse for the village fishermen! Unfortunately on this occasion we were unable to help

*The Lighthouse Foundation*