



Adfam

IMPACT REPORT

2024-25

About Adfam

Adfam is the leading families and addiction charity in England. We are here for all the millions of people affected by someone else's substance use or gambling by:

- providing direct services to support families and friends while ensuring they have the opportunity to be seen and heard
- building the confidence, capacity and capability of frontline practitioners to provide effective services.
- influencing decision-makers to understand the needs of thousands of people coping with the negative effects of the substance use of a family member or friend.

Our reach

We have continued to grow our social media following:



1,985 followers



1,657 followers



677 followers



293,274 page views on our website including:
170,892 new users
21,241 views to our 'For Families' information page.

We supported over 500 family members affected by substance use through referrals to our services, providing a lifeline to those in need

Adfam @ Home:

In 2024-25, Adfam continued with its flagship Adfam@Home service, which offers those affected by a loved one's substance use up to six remote 1:1 support sessions with a professional support worker. The sessions are delivered via Zoom or over the phone.

Of those who have received support through Adfam @ Home in 2024-25:

- **93%** of clients said they found the support useful
- **82%** of clients felt they had a clearer sense of the way forward following the support
- **80%** of clients found the support helped them to cope with their situation.
- **80%** of clients reported the support helped to increase their knowledge or understanding

Our Adfam@Home service received an average rating of 4.8 / 5* from clients who received support in 2024-25

4.8★

average rating



Adfam@Home – Feedback

“

I was in a desperate situation when I got in touch with Adfam. I can not thank [my support worker] enough for all the support I received from her. I was able to be at my most vulnerable without fear of judgement. I honestly don't think I could have got through without our weekly sessions. I learnt so much not only how to protect myself and set boundaries but about self care and knowledge of addiction and the effects it has on families as well as the addict. Thank you for being there in my time of need. You shone light in to my darkness.

“

I completed my sessions with [my support worker], who was amazing. She was really calm, non – judgement and provided me with gentle proactive suggestions on how to set boundaries and put myself first in my situation. I finished my sessions feeling empowered and more in control of my life.

“

No one ever before understood what I am going through. During the sessions I felt heard, my emotions were valued. My pain was seen. I did not feel as hopeless and as lonely with my battle for my son. Thank you from the depths of my heart.

“

[My support worker] was fantastic. I gained a lot of help and advice to go forward with coping with my son. I am very grateful for the support at a difficult time in my life. Thank you.

Adfam also delivered a range of other dedicated services to families affected by substance use



We supported families in East Sussex via our hybrid service, offering both in-person and remote support, including 1:1, counselling, peer support groups, info & skills sessions and mental wellbeing workshops.



In partnership with the NHS Midlands Gambling Clinic, we offered support to families of people experiencing gambling-related harm.



We delivered a dedicated remote Adfam@Home service to families living in London, as well as specifically in Gateshead and Coventry (in partnership with CGL), Greenwich and Lambeth.



We supported family members of serving military personnel struggling with their substance use.



We provided 1:1 and group support to kinship carers affected by substance use in Cambridgeshire.



We continued our self-funded Adfam@Home, for people in a position to pay for their own support sessions.

Adfam organised training and events for professionals attended over 1000 times in 2024-25

We supported the development of frontline workers delivering 38 days of CPD-accredited training on families and substance use, with a total of 355 participants.

Our most popular courses were:

- Families, Drugs & Alcohol: Essential Skills
- Parental Substance Use: Essential Skills
- Parental Substance Use: Advanced Skills
- Alcohol and Parental Conflict
- Dual Diagnosis and Families

Adfam also worked with the charity Kinship to deliver a series of free workshops for kinship carers on understanding the effects of drug and alcohol misuse on kinship families.

Of those who completed our feedback form:

- 95% said they had gained new skills and knowledge that will be helpful in their work
- 95% agreed that the course content met the learning objectives
- 95% agreed that the activities and presentation were appropriate and effective
- 96% felt valued as learners

Adfam organised 10 online forums, events and webinars for frontline practitioners and other professionals, signed up by 639 participants

Sessions included:

- Kinship care and substance use
- Faith, families and substance use (in partnership with Alcohol Change UK)
- Supporting carers affected by substance use (in partnership with Carers Trust)
- The role of storytelling in helping children affected by parental substance use

Adfam also supported the Anti-Stigma Network with their webinar series on the effects of stigma on people affected by substance use.

Research and Campaigning

Adfam continued to produce new research and evidence on the effects of substance use on families, as well as campaigning for change

Above and Beyond

Adfam published a research report highlighting the key role families play in helping their loved ones achieve and maintain recovery from addiction. It drew on the testimonies of over 100 people who had previously been in active addiction and were now in recovery. Three quarters of participants in the study said that their family members had played a significant part in their recovery, including housing, financial support and taking on caring responsibilities for children.

Start Counting

Adfam submitted Freedom of Information (FOI) requests to 154 local authorities across England to gather data on their work supporting the families and carers of people with alcohol or drug problems. Less than half could provide data for the money spent supporting families and carers from substance misuse budgets, and of those that did, an average of just 1.58% was spent. Adfam used this data to campaign for reporting mechanisms to be introduced, calling for local authorities to be required to measure how many families they are supporting.

Journeys

With support from Nexus Values, Adfam relaunched its Journeys series, a free selection of online booklets for families affected by substance use. The resources provide information, guidance, practical tips and case studies to help family members throughout their journeys. They cover several different topics that relate to the impact of substance use on family members, as well as different familial relations and experiences.

Campaigning Alliances

Adfam continued to provide secretariat for two key campaigning alliances, The Alcohol & Families Alliance, and The Alliance of Family Support Organisations.

In addition to regular meetings between representatives of the respective organisations, the Alliances published two policy manifestos for the attention of the government following the General Election in July 2024.

Adfam turned 40!

In 2024, Adfam celebrated its 40th year!

Adfam celebrated its 40th birthday in 2024 and organised a range of activities over the course of the year to mark the occasion. This included a series of monthly articles from a range of experts involved in the families and substance use space, including those with lived experience, professionals, practitioners, academics and sector leaders. The articles reflected on what's changed for families over 40 years in terms of support and practice, and where we still have progress to make.

To mark the occasion Adfam also brought back its Carol Concert at St Bride's Church, Fleet Street, a key event in Adfam's history since it was first held in 1997, which includes the winning entries being read out from Adfam's Family Voices creative writing competition.

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Adfam was founded by the mother of a heroin user, who set up Adfam because of the lack of support available to others like her dealing with the devastating effects of a family member's substance use. Over those years Adfam has worked tirelessly to provide vital support to the many family members affected by this issue, and campaign to raise awareness. After forty years, Adfam is still here, fighting for the many families affected by this critical issue. We couldn't have achieved this without all the help we've received from our supporters, without whom our 40 years of work would not be possible.

**Vivienne Evans OBE
Chief Executive - Adfam**

Thanks to our funders and partners in 2024-25



Get in touch



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