



Game to learn more: Andy Slingsh from Members Equity Bank had a hands-on tour of Foundation House

Reaching out for the family

Addiction is a disease that likes company. According to Foundation House general manager John Baldwin, every addict has a widening circle of people on whose lives the addiction impacts.

Friends, relatives, parents, lovers and children are often emotionally and sometimes, physically, hurt by the addict's behaviour. Foundation House is now running a Family Support Group for people who have someone undergoing rehabilitation at the centre.

"What I've know for many years is it is not only the user that is affected," Baldwin says, "but everyone they come into contact with."

"Through the Support Group I encourage family members to see how they are affected so they can work through their own difficulties. In most cases they are dealing with the addiction cold sober. They've no magic wand to hide behind and in many cases they become as emotionally bankrupt as the user."

Baldwin cited one example where a wife rang up "distraught". "She had been married for 10 years and had three little kids and said it was like having another child in the house," he said.

Baldwin, who recently celebrated his first 12 months at the House, said many partici-

pants at the evenings felt a sense of relief from talking to others who understood what they were experiencing and feeling.

The group meeting is held every second Tuesday from 7.30pm to 9.30pm.

The only requirement is that there needs to be a link between that person and the resident or prospective resident. However, children under 18 years are not encouraged to attend.

Tour for workers

In an effort to spread the word about Foundation House, workers and managers from CBus and Members Equity were recently invited for a tour of the Rozelle-based centre and its facilities.

After a barbie out the back, with views down to Sydney Harbour, Drug and Alcohol Program Education Officer Tom Simpson took them on a tour, before letting General Manager John Baldwin outline the rehabilitation centre's philosophy.

"The more people that know about us the better," Simpson said.

"There are literally people out there who don't get help because they don't know there is help available.

"If these guys (from CBus and ME) run into someone with a problem then maybe they can direct them this way."

ME didn't come empty handed with mobile lending manager Sam Folino handing over a cheque to Simpson.

"It's awesome to hear what they actually do," Folino said, "and it helps us to pass on the message on what Foundation House is all about."

For more information about The Building Trades Group of Unions Drug and Alcohol Program and the Family Support Group or the treatment services offered by Foundation House, please ring 9555 7852.



It's a deal: ME mobile lending manager Sam Folino hands over a cheque to the Drug and Alcohol Program's Tom Simpson