

# FASD Hub Scotland



## Family Support Services

### What is the FASD Hub Scotland Family Support Service?

The **FASD Hub Scotland Family Support Service** is a one-to-one service open to all parents and carers of children/young people with a history of **Prenatal Alcohol Exposure (PAE)**, with or without an FASD diagnosis. Parents and carers are matched with an **FASD Advisor** who is a member of staff with lived experience of parenting a child with a PAE history. Together you will identify areas where the FASD Advisor can offer support and advice. They can listen to any concerns you have, offer advice and suggest further support services as necessary. They may be able to make a further referrals onto other services with the organisation. We do not offer support directly to children and young people through this service.

### Who can access the service?

Any parent or carer (adoptive, biological, foster, kinship, special guardian or step) parenting a child or young person with a confirmed or suspected **prenatal alcohol exposure** history and living in Scotland can access the service. The child/young person must be living with you, and you must either hold parental rights or gain permission from the person who does. Please speak to us if this is a barrier to you and we will offer further advice. Access to our enhanced services is available to adoptive, fostering and kinship families.

## What kind of support do you offer?

Working with your FASD Advisor, you will identify areas where support may be beneficial. This may include accessing an FASD **diagnosis**, issues in **education**, parenting **strategies** or simply a **listening ear**. We may on occasion be able to support you at meetings however this will be on a case-by-case basis. We are not able to offer advocacy services, however can support you in becoming a stronger advocate for your child.

## How does it work?

You will be asked to complete an **online form** expressing your interest in making a referral to the service. This form asks for your contact details and basic information about your family. After we receive your expression of interest form, one of our team will be in touch with you to arrange a **Referral Meeting**. This will be held on **Microsoft Teams** at a time convenient to you. At this meeting, you will be asked to describe how your child/young person's presentation of prenatal alcohol exposure affects their life and your family life. This might include some of the challenges you encounter at home, difficulties your child is experiencing in accessing education or questions you have around diagnosis. After the meeting, the member of staff who met with you will discuss your referral at our monthly **Family Support Meeting**. This meeting is led by our Clinical Psychologist and senior members of the FASD Hub team and all new referrals and current families receiving support are discussed. You will be made aware of the outcome of the meeting, which will either be to add you to the waiting list for support from an Advisor, or that your referral does not fulfil our criteria, in which case you will be signposted to appropriate support.



"The support given to our family has been, and continues to be, absolutely invaluable"

*Family Support  
Service User*

## Then what happens?

If the decision is made to allocate you an FASD Advisor, you will be added to our waiting list and asked to complete a set of '**Outcomes and Measures**' that allow us to track the benefits you gain from accessing the service. You will also be asked to complete these measures at the end of the service provided to you. Some of this information is anonymised and used for reporting purposes and other aspects are used by your FASD Advisor to review the progress made. Allocations are made on the basis of shared experience between you and an FASD Advisor, and also on your stated availability to meet. It should be noted that if your availability is restricted then you may wait longer to be allocated an Advisor. You will also be asked to sign a **Service Agreement** form that sets out what you can expect from us and your own commitment to the support provided. We will inform you when you have been allocated an FASD Advisor and they will contact you to set up your first appointment.



"Prompt professional knowledge and friendly individuals with lived experience and a calm listening ear"

*Family Support  
Service User*

## What is the commitment?

The service usually lasts around **6 months** and you would meet with your FASD Advisor on a **fortnightly basis** for 1 hour. The day and time of these meetings are arranged between yourself and your FASD Advisor who will send a link to join a Teams Meeting. If you prefer a telephone call then that can also be arranged. The support we offer you is reviewed after 3 months by your FASD Advisor, and at the 6 month mark by a senior member of the FASD Hub Team. Most cases close at this 6-month mark, however under certain circumstances an extension may be possible.

If you are frequently unavailable for appointments, or do not respond to invitations then we may review the service we provide. This may include returning you to the waitlist or closing your case to enable us to provide support to another family.

As part of the programme, you will be expected to complete our 'Outcomes and Measures' pack at the start and close of service.



*Family Support  
Service User*

## What about record keeping?

Your personal information will be securely recorded on our database. After each meeting with you, your FASD Advisor will add some notes to the system which allows for an accurate record of the support offered to be held, and also informs the senior managers of any issues to be aware of, for example, that a review meeting is due or further advice required. You can read our full privacy policy on our website [here](#).

We have a statutory responsibility to contact local social work services if we have any concerns that fall under our safeguarding policy. If this occurs, we will do our utmost to ensure you are aware of this. You can read more about our safeguarding policy and procedures [here](#).

## How do I express my interest in the service?

If you would like to express an interest in accessing the Family Support Service, please complete our online form here: [FASD Hub Referral Form](#). A member of our team will then be in touch to arrange to meet you.

If you would like any further details on our service or to receive a link to refer, you can contact us via our Advice Line on 0300 666 0006 (option 2) or by emailing [fasdhub.scotland@adoptionuk.org.uk](mailto:fasdhub.scotland@adoptionuk.org.uk)

## Who is FASD Hub Scotland?

**FASD Hub Scotland** offers a support service to all families in Scotland affected by prenatal alcohol exposure, with or without an FASD diagnosis. We also act as a point of reference for professionals working in education, the Third Sector and who supporting adoptive, foster or kinship families.

FASD Hub Scotland is funded by the Scottish Government and managed by Adoption UK.

## What other support is available?



### Advice Line

**0300 666 0006**

Tues – Thurs 10am – 2pm

Fri: 10am – 1pm

or leave a message and we'll call you. You

can also email us at

[fasdhub.scotland@adoptionuk.org.uk](mailto:fasdhub.scotland@adoptionuk.org.uk)



### Peer Support Group

Join our friendly Peer Support Group of people who 'get it'.  
Search Facebook for " FASD Hub Scotland Peer Support Group"



### Community Groups

Monthly meet-ups online for parents & Carers

Join our peer support group or get in touch for details

**To find out more or make a referral, contact us via our Advice Line, or email [fasdhub.scotland@adoptionuk.org.uk](mailto:fasdhub.scotland@adoptionuk.org.uk)**

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Adviceline 0300 666 0006 (Tues-Thurs 10am-2pm, Fri 10am - 1pm)