

March 2021

Dear parent/carer,



This Me & My FASD Club pack has been produced by The National Organisation for FASD with the support of a Government grant from the Department of Culture, Media and Sport and administered by the Pears Foundation, via Contact, as part of Government's £750 million charities package. The aim of this pack is to support families living with FASD in England who have missed out on the face-to-face support and National FASD Brain Base activities due to the COVID-19 pandemic.

The Me & My FASD Club pack has been produced and edited by a team of parents and carers of young people with FASD with hundreds of years of experience between them, and we still do not have all of the answers! But we do know it's important to find some fun while learning. The content has also been checked by an advisory committee of young people and adults who have FASD and we have had input from an experts committee. Not every activity or resource will work for every person with FASD. Hopefully you will find things that work in your situation. After all, you know the people that you live with best. Please adapt as needed.

By accepting this pack you assume responsibility for supervising your child while doing these activities and for deciding if the enclosed items are safe for your child's use.

We would like to thank all who have contributed to this project, but especially the young people (Andy, Callum, Georgia, Jody, Rachel, Rossi and Tolka) who starred in the films and photos demonstrating how to use the resources that we have supplied in the pack. The filming and production of the pack were undertaken in a COVID secure way, which added an extra adventure for us all. This is illustrated in the magazine.

These materials are linked on the Me & My FASD Club tab on www.FASD.me – an innovative website produced exclusively to support people affected by FASD using a Department for Health & Social Care grant in 2020-21 and advised by an Experts Committee and also an Adults and Young Adults Committee (Andy, Bailie, Claire, Georgia, Lee, Nyrene, Rachel, Rossi and Tolka). We hope that you will find the website useful in your journey alongside a loved one with FASD.

Supporting someone with FASD

We know some days can be long when supporting someone with FASD. We all want to encourage

our loved ones to be the best that they possibly can. As Jan, one of our advisors says, 'we need to help them to find their brilliant'.

A couple of things can really help:

- 1) Developing an understanding about FASD and the strategies that have helped others as a parent, carer, or supporter and
- 2) Helping people with FASD to understand their FASD and strategies that can help them.

This pack is designed to help you to work toward these goals. This is a long game – your loved one will need close support and guidance until (and even after) they have mastered the resources and strategies. You know your child best and that means you are best placed to help them. However, please share this with other people who work with the young person. A shared consistent approach really helps. Please remember that as the parent / carer / supporter of someone with FASD you are an absolutely essential part of their lives and their futures. With that in mind, you must take care of yourself, take the time to relax and destress. The activities in the pack are for your loved one, BUT what do you do to relax and wind down? It is just as important for you to find activities that allow you to step back, even if it is only for an hour or two. Some of these strategies might help you too.

If you have the time, please visit www.nationalFASD.org.uk, the home site for The National Organisation for FASD, where you will find a wealth of information.

Best wishes,

Sandra Butcher
Chief Executive

Brian Roberts
Project Coordinator

P.S. Please complete and return the evaluations to help us do more. We are including a self-addressed, stamped envelope because we value and need your input. We would like to hear your comments about what your child likes, what could have been better and what you would suggest we included in future magazines or packs if we are able to produce them. We would really like to send out more Me and My FASD Club items in the future. Your feedback and the input from your children will help us to do this. Thanks again!