

Footprints – About Us

Footprints' purpose is to offer carers the same kind of care, concern, support and encouragement that they give to those who depend on them. The dependent person need not be living with you, but is someone you care for and are supporting in some way. You might be a spouse, partner, parent, sibling or friend.

How can Footprints help?

- By growing to understand your personal and unique journey
- By providing support via email, telephone or letter
- By hosting group meetings

In What Setting?

One to one, face to face contact – a place for you with others in a group setting. Here you will find others who walk a similar path to you. Others who also have to find ways of coping on a daily and sometimes nightly basis. Others who cope with difficult situations and problems similar to yours.

Why Footprints?

Although there are very competent organisations already established, we understand that what works for some does not necessarily work for everyone. Our aim is to work *with* you and not to impose upon you what we think you should and should not do.

Founder of Footprints

The founder is Carol Dass, whose partner, Paul, died in January 2003. His death was the result of his dependency on alcohol.

Carol supported Paul through his dependency on alcohol and accompanying emotional turmoil.

During this time she often wished that a group existed so she could talk to others who were walking a similar path and could identify and empathise with her. What she didn't want was to be told what to do. Neither did she want to be talked to as if she was just a carer who had to get caring right for the sake of the dependent person.

Carol's dream, after Paul's death, was that such a group would exist to give support to the carers, no matter what decision they would take regarding their relationship. A group which would respect and support the decision taken by the carer and not try to persuade the carer in any direction

It was the Carol beneath the label of carer who was suffering personally. It was Carol and others like her who needed and deserved to be heard and understood.

All too often the needs of the dependent person cloud the needs of the carer. This realisation gave Carol the idea for a group and the name Footprints.

The main and most important difference between Footprints and other organisations would be the focus, focus solely on the carer with reference to the needs of the dependent person and not the other way round.



Some questions you might have:

How can talking about my situation help me?

It might not help you, but experience tells us that there can be a great relief in sharing our thoughts and feelings with others who are receptive to us.

Won't listening to other people's problems just make me feel worse?

It's true to say that some people's stories will be upsetting to hear. At the same time the group is about sharing on many different levels. Laughter is as important as tears in bringing our feelings to the surface. Out of some of the worst situations we can find humour, some very funny things can happen in the lengths we have to go in trying to support someone we love. There will be a rich source of experiences to share within the group setting.

When I go out or do anything for myself the person I care for reacts badly and although I'd really like to come to a group I'd rather not rock the boat. What can I do?

This is a very difficult situation and we can understand why you might opt to keep the peace. However, while looking after someone who needs you, it would be good for you to take a break and slowly move towards putting into place things that you like to do. This is the kind of issue we will explore together. Many behaviours surrounding dependency can lead to you as the carer becoming as much a prisoner to the dependency as the dependent person is.

Footprints Core Belief

As an individual and carer you are unique and we believe that we can learn from each other the kind of support that will be of greatest value to you. This will be best achieved in an atmosphere of acceptance, empathy and confidentiality, and this is what we aim to provide.

There is no commitment to attend every meeting every week. You come when you can and when you need to. You are also welcome to contact Footprints by email, telephone or letter.

Confidentiality

Confidentiality is very important to us. At the beginning of every group meeting we will agree between us all that what is said in the room will be kept strictly confidential.

Group Meeting Details

Dates: Every Tuesday evening
Time: 7.30 – 9.30
Venue: Countywide Specialist Substance Misuse Service
44 London Road, Gloucester

There is a car park with plenty of spaces.

If you are not familiar with Gloucester, 44 London Road is at the town centre end of London Road, the turning is on the left, if you are heading towards town, just before a bus shelter, opposite BBC Radio Gloucestershire. It is a large pale green building surrounded by a brick wall.

A map is available on our web site, or you can telephone for more detailed directions.

Contact Details:

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Email: carolsfootprints@hotmail.com
Web Site: www.footprints-support.org.uk

Footprints

Are you supporting someone dependent on alcohol or drugs?

Do you feel adequately supported yourself?

How much of your time and thoughts are dominated by being a carer?

Have you ever wondered if there are others out there in the same situation as you?

Have you ever wanted to reach out but don't know where and what good reaching out might do?



There is a light at the end of the tunnel