

## *Freedom to speak up!*

BY MAEVE\*, PEER MENTOR

For me *the freedom to speak up* sounded almost unbelievable after a lifetime keeping secrets and not knowing how and who to ask for help. Covering my struggles and not being able to open my mouth and speak the truth. I am so grateful today I can share some personal experiences and the strong beliefs, dreams and hopes I have for living in a safe borough. My journey to recovery was a very lonely process. Coming from homeless services in Tower Hamlets and living in temp accommodations in three different boroughs. I have a lot of experiences with organisations and social services outside of Tower Hamlets. Some good, some bad and some terrible experiences I couldn't find a light in those days. I was lucky enough to have the support of CGL, but I also had another service who saved my life, and I believe the lives of my children.

**That service is the Family Drugs and Alcohol Court (FDAC).**

FDAC are a problem-solving court service and one of the underlying principles is the belief that helping families to overcome their difficulties and raise healthy well-adjusted children is the best possible outcome. FDAC understands that no parent wants their child to suffer and that every family in difficulty wants things to get better. However, we also know that parents do not always know how to sort things out for themselves and fear if they ask for help, they will be judged and punished.



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## *Freedom to speak up! - Part2*

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The FDAC approach is to earn parent's trust and respect so that they can be open and honest. The FDAC approach is to take parents desires for something better and say, 'You are not alone now, you can do it, and we will help you'. FDAC gives parents the best possible chance to overcome their problems. I feel blessed for being given that support and the chance to make positive changes in my life and become the best version of myself and the mother I wish I had as a child. I love my mum, bless her. Being in recovery in rooms with the 12 steps program I see addiction passes from generation to generation. Children hate their parents for being addicts and growing up in foster care.

So many children taken and so many parents were not given a chance for change. We are judged being ill and not given the chance to heal.

My hopes and dreams are to see FDAC in Tower Hamlets where I live because I believe the start of helping parents to care for their children and give love and recovery is the key to a better tomorrow. Every taken child grows up with anger, disappointment. feeling unloved and abandonment. They are not the likely to have a healthy lifestyle. More chaos, addiction and criminality.

**If you are a parent, professional or concerned other. For more information please visit - <https://fdac.org.uk/>**

**FDAC**   
The problem-solving court

**“FDAC saved my life and the lives of my children“**

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**“You are not alone now. You can do it“**