



Space 4U

Providing a safe space for children and young people affected by alcohol or substance misuse.

Working in
partnership
with:



Written by a 16-year-old supported through our service.

I can see it in her eyes
when she comes creeping in
she's been spending
all our money on this
horrid horrid thing.

She thinks that I won't see it
she thinks that I can't tell
but she forgets how many times
she's put me through this hell.

How could she possibly sit there
and look me in the eyes?
After all the times I've cried
wishing I wasn't alive
all because the drink took over
and even while
she's sitting right beside me,
she's not really there.

She hasn't been for a while now
the drink has slowly changed her
she's now growing ugly
cold and bitter.

Nothing but heartache pain
and misery,
I understand it now
I get it
she picked it over me.

I try to stand beside her
I try to give her love none the less
I beg her to love me back
more than this
but I'm not good enough
and I don't think anything
or anybody is.

But mummy is dying
killing herself, without a
single care
I wish that she could understand
that this just isn't fair
this is our lives she's
tearing apart
it's not a funny game
it's destroying our family
and things just won't
be the same again.

How we can help

We support 5 to 18-year-olds who are affected by someone else's alcohol or drug misuse. This could be a parent/carer, sibling or close friend. We help to improve their wellbeing and resilience so they can cope better and build stronger relationships at home, school and in the community.

We do this through:

- Individual support and advice on issues that children and young people are worried about. This could include relationships with family and friends, their safety and what alcohol and substance addiction is.
- Access to first aid training.
- Activities to build self-esteem and confidence.
- Identifying other support networks, including extended family, school, college and other agencies.
- Speaking up on behalf of children and young people.



Referrals can be made by anyone who knows a child or young person who is seriously affected by someone else's substance misuse. They can also be made by the young person. For professionals, this needs to be discussed with the child or parent/carer before a referral is made.

Safe and happy childhood



Action for Children protects and supports children and young people, providing practical and emotional care and support, ensuring their voices are heard, and campaigning to bring lasting improvements to their lives.

Space 4 U is a Derbyshire County Council funded service. We work with children and young people across Derbyshire excluding Derby City.

Space 4 U

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