

REAL LIFE EXPERIENCES

Two girls in Kingston talk about their difficult experiences with their parents who have had problems with drugs and alcohol

MY MUM AND DAD ON DRUGS

ME, MY MUM, MY DAD AND MY LITTLE BROTHER ALL LIVED IN A BED AND BREAKFAST AND IT HAD ONE BEDROOM . IT WAS A SHARED KITCHEN AND A SHARED TOILET AND BATHROOM,BUT WE PUT UP WITH IT. THEN MY MUM AND DAD WERE TAKING HEROIN AND CRACK SO I HAD TO LOOK AFTER MY 2 YEAR OLD BROTHER AND I WAS ONLY 7 YEARS OLD MYSELF. I HAD TO LEARN TO COOK,CLEAN AND I HAD TO EVEN LOOK AFTER MY MUM AND DAD WHEN THEY TOOK THE DRUGS ,BECAUSE THEY GOT ILL (FROM ADDICTION).THEN WE MOVED TO A PLACE IN KINGSTON, WHERE I LIVE NOW AND WE HAVE BEEN HERE FOR 7 YEARS. MY MUM AND DAD'S ADDICTION GOT WORSE BECAUSE OF ALL THEIR FRIENDS THAT WERE TAKING DRUGS AROUND THIS AREA, SO IT WAS HARDER FOR ME BUT MY NAN WAS THERE TO HELP. I NEVER WENT TO SCHOOL BECAUSE I HAD TO LOOK AFTER MY BROTHERS ,BECAUSE BY NOW MY MUM HAD ANOTHER CHILD. MY DAD WENT INTO PRISON FOR THE 4TH TIME AND MY MUM MOVED INTO MY NAN'S FOR A YEAR. THEN WE MOVED TO BOURNEMOUTH FOR ABOUT 18 MONTHS. NOW MY MUM WAS CLEAN FROM DRUGS. THEN MY DAD GOT OUT OF PRISON THINKING MY MUM HAD AN AFFAIR WITH A MAN AND FELL PREGNANT, BUT IT WAS MY DAD'S BABY. THEN WE ALL MOVED BACK TO MY NAN'S AND ONE WEEK LATER ME ,MY OLDEST BROTHER AND MY LITTLE SISTER WENT WITH MY DAD TO KENT TO GET A HOUSE. THEN MY DAD WOULD NOT LET MY MUM HAVE ME AND MY BROTHER BACK. SO MY MUM LIVED WITH MY NAN AND MY MIDDLE BROTHER. ME AND MY OLDEST BROTHER HAD TO GOT TO SCHOOL AND WE DIDN'T LIKE IT. THEN WE STARTED GOING TO MY MUM'S AT THE WEEKEND. MY MUM HAD TO COME AND PICK US UP ON A FRIDAY AND TAKE US BACK ON A SUNDAY. THAT WAS GOING ON FOR ABOUT 18 MONTHS. THEN MY DAD WENT TO PRISON FOR THE 5TH TIME AND ME AND MY BROTHER WENT BACK TO MY MUM AND MY SISTER WENT TO MY NAN'S IN KENT. SHE LIVES THERE TO THIS DAY. MY NAN ONLY LETS US SEE OUR SISTER WHEN SHE FEELS LIKE IT WHICH IS NOT OFTEN. IN THE END MY BROTHER AND I GOT WHAT WE WANTED AND MY MOTHER HAS SORTED HERSELF OUT. I HAVE HAD A REALLY HARD

MY MUM WAS AN ALCHOLIC

ME, MY MUM, MY DAD AND MY OLDER BROTHER ALL LIVED IN WALTON. I WAS 5 YEARS OLD AND BOTH MY MUM AND DAD WERE ALCHOLICS. I DIDN'T REALLY NOTICE IT UNTIL I WAS 10. MY MUM GOT PREGNANT AND MY DAD WASN'T VERY HAPPY WITH IT, SO THEY WERE ALWAYS ARGUING. I WAS SO YOUNG SO I DIDN'T REALLY UNDERSTAND WHY. MY MUM HAD A LITTLE BABY BOY AND MY DAD'S DRINKING GOT WORSE AND MY MUM COULDN'T HANDLE IT SO SHE TOOK ME AND MY BROTHER'S AND DISAPPEARED UP TO KINGSTON. WE LIVED WITH MY AUNTIE FOR ABOUT 3 YEARS, I WAS 6 BY THEN. WE GOT A PLACE AS WE JUST FOUND OUT MY DAD HAS GOT CANCER AND HE HAD NO WHERE TO LIVE SO HE WAS LIVING WITH US. MY NAN CAME AND TOOK MY DAD UP TO BOGNOR AS SHE DIDN'T THINK IT WAS FAIR THAT WE SAW HIM LIKE THIS. HE DIED IN JANUARY 20TH 2000. I WAS ONLY 10 AND I WAS DEVASTATED. MY MUMS ALCOHOL PROBLEM GOT WORSE WHILE SHE WAS WITH HER NEW BOYFRIEND. SHE WAS ASHAMED OF HER PROBLEM BUT SHE NEVER TOLD ANYONE AND JUST BOTTLED IT ALL UP WHICH MADE THINGS WORSE. MY MUM WAS WITH HER BOYFRIEND FOR 4 YEARS BECAUSE HE CHEATED ON MY MUM. THIS MADE HER FURIOUS SO SHE WENT AND SCRATCHED HIS CAR. I WOKE UP THE NEXT MORNING TO BE TOLD BY MY NEIGHBOURS THAT MY MUM HAD BEEN ARRESTED. WHEN SCHOOL STARTED AGAIN I WAS WORRIED ABOUT LEAVING MY MUM AT HOME SO I TOLD MY MUM I WASN'T GOING TO SCHOOL. SHE WASN'T HAPPY WITH THIS SO WE WERE CONTINUALLY ARGUING. AFTER A WHILE I GOT IN TO ALCOHOL WITH ANOTHER GIRL AND BY THEN I WAS ALREADY SMOKING. MY MUM'S PROBLEM AFFECTED ME IN A BAD WAY. I THOUGHT I WASN'T GOING TO HAVE A FUTURE AND I WAS GETTING INTO TROUBLE WITH THE POLICE. I EVEN RAN AWAY FROM HOME. MY MUM REALISED THIS WAS ALL GETTING OUT OF HAND SO DECIDED TO DO SOMETHING ABOUT IT. THIS PROBLEM DIDNT REALLY AFFECT ANY OF MY FAMILY ACCEPT ME. MAYBE EVERYONE HAD GIVEN UP ON HER BUT I HADN'T. ME AND MY YOUNGER BROTHER STAYED AT MY AUNTIE'S WHILE MY MUM WENT INTO REHAB IN PORTSMOUTH FOR 3 MONTHS. WE ALL GOT SUPPORT BUT I GOT THE MOST. ME AND MY YOUNGER BROTHER HAD SOCIAL WORKERS. MY OLDER BROTHER HAD A CHOICE TO HAVE ONE AND HE SAID NO. I'VE HAD SOCIAL WORKERS, EDUCATION WELFARE OFFICERS, CONNEXIONS P.A, CHILD PSYCHOLOGIST, SCHOOL NURSE AND COUNSELLORS. I AM NOW 15, MY YOUNGER BROTHER IS 9 AND MY OLDER BROTHER IS 17. MY MUM IS NOW BACK ON TRACK ,SO FAR SO GOOD! I HAVE A PROBLEM WITH WITH SCHOOL, I ONLY DO HALF DAYS. WHEN I'M OLDER I KNOW WHAT I WANT TO DO. AS SOON AS I LEAVE SCHOOL I'M GOING TO COLLEGE TO DO A IN CHILDCARE AS I WANT TO WORK WITH CHILDREN BUT THIS MEANS I NEED TO PUT MY HEAD DOWN IN MY SCHOOL WORK. MY MUM'S BACK

SUPPORT AND HELP AVAILABLE

Check out www.youngliving.org.uk – the advice section for lots of useful contacts

GENERAL SUPPORT

Magic Roundabout is a local young peoples drop-in centre at 23 Richmond Road, Kingston upon Thames, 020 8974 9252. Provides information, advice and counseling.

Childline

Children and young people can call the helpline on 0800 1111 about any problem, at any time - day or night.

DRUGS, ALCOHOL AND SMOKING

Kaleidoscope Project, 40-46 Cromwell Road, Kingston can provide you with advice and information on drug misuse, contact 020 8549 2681. They also support young people whose parents are drug dependent. Contact the txt line on 07956 512 929.

ID: Information Dealers

If you live in Kingston or go to a Kingston school or youth club and need help & support with a drug, alcohol or smoking problem then you can get info and support from the new substance misuse team. Please Txt4help on 07797 806 523 or email lynn.lock@rbk.kingston.gov.uk and you will get the help you need.

QUIT is the UK charity that helps smokers to quit. Thousands of young people ring Quitline. It's free and counsellors are there to listen and help you about smoking concerns. The helpline is 0800 00 22 00. stopsmoking@quit.org.uk www.quit.org.uk

General info on drugs

[www.sorted4info](http://www.sorted4info.com)
www.talktofrank.com

Bullying

Contact Magic Roundabout (details above)

Useful advice on bullying

www.bullying.co.uk
www.nspcc.org.uk
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