

NOTE OF INTEREST

RECOVERY WALK 2018

This initial approach is from a 'The Recovery Walk Action Group' who are individual's with personal experience of Alcohol and Drug Treatment and Recovery services, Mutual Aid and other associated groups across the Bradford and Airedale district. It is also supported by local Alcohol and Drug services, the Local Authority and its Commissioners along with Local Businesses.



The Local Recovery Community & Recovery Walk Action Group considers that Bradford is an ideal location for the 2018 Recovery Walk

A growing number of individuals with a wide range of appropriate skills and experience, in Recovery, want to become actively involved in establishing, organising and running the event, ensuring the 2018 Recovery Walk is truly 'Recovery Focussed'. Additional support from local substance misuse services, mental health services, individuals, friends and supporters of Recovery in its widest context is also developing rapidly

Across the district, there are currently over 4,500 clients engaged within substance misuse services which reflects the wide range of cultures and backgrounds within Bradford and Airedale, within which there is an active and thriving recovery movement seen as 'inspirational, sincere and lifesaving' by those within it.

Some local examples of weekly Recovery Groups, Activities and Opportunities include:

MAA*EZ – Making Alcoholics Anonymous* (and Narcotics Anonymous) Easier and a 'Step Up Group'.

Families Anonymous, AA, C A, NA and SMART (providing over 100 meetings each month across the district).

Action into Motivation Group, Band of Brothers Men's Group, Parents in Recovery Group and a Ladies Only Group, additionally Reflexology, Creative Recovery Art Group, Friday Bike Club and Cook and Eat Club are also available.



There are regular social events including Comedy Nights, Bands, Plays and Specialist Gatherings held at Unity and Progress (two local dedicated Recovery venues). Throughout the year, many social events are successfully organised including football tournaments, Walking Groups, Trips, Visits and more, for anyone including, volunteers and peer mentors, all of whom are in active Recovery



Facebook plays a major role in keeping people informed and in touch and includes the 'Bradford Recovery' Facebook page (available to all), 'Recovery Volunteers' page, A 'Women's Only Group' page, a 'Cannabis, Spice & Legal Highs' page and 'Bradford & Airedale SURFBook' page, specifically for issues related to service user involvement, experiences and support. A monthly Recovery Activity Guide is also produced and widely circulated

The Walk

There are a wide range of city centre routes suitable for the 'Bradford Recovery Walk' highlighting that Recovery is 'Happening' through the visual impact of the considerable numbers expected and the resonance which the event will have on those lucky enough to witness it. By working closely with the City Centre Management team, Events and Publicity teams and Environmental teams it's planning, development and success is assured



Participation and Support

Bradford is geographically central within the UK and is ideally placed to attract 'new walkers' while welcoming the many thousands who have attended previous Recovery walks. Reaching Bradford by road, rail or air couldn't be easier.

Conclusion

The Bradford offer would provide:

- A unique service user organised event
- Public demonstration of active 'Recovery in Action'
- An Increase in public understanding about Recovery
- A reduction in the stigma surrounding Recovery from substance misuse
- A boost to All local and wider Recovery Communities
- An accessible venue for all
- A brilliant city centre open space
- Top class conference facilities and locations
- A wide range of affordable local accommodation
- Opportunities to embrace the 'Bradford Experience'
- Substantial local authority support including 'specialised expertise'

Finally, an opportunity to showcase' vibrant and diverse recovery communities which are helping to restore lives'



Photograph of Bradford Mirror Pool and City Hall by Curtis Malinowski

This Note of Interest was drafted on behalf of the 2018 Recovery Walk Action Group by Kevin Doherty –Concerned Other and SURF Coordinator – Substance Misuse Commissioning - Public Health - City of Bradford Metropolitan District Council Department of Health and Wellbeing,