



THE 9TH UK RECOVERY WALK BLACKPOOL

UK RECOVERY WALK 2017

12PM – 9TH SEPTEMBER



AN ADDICTION CHARITY PROMOTING RECOVERY

Introduction...

Our 2017 UK Recovery Walk will take place on the 9th of September in Blackpool where we hope to see over 8,000 people turned out for recovery. We hope you and your families will join us to take part in the coming years as we walk proudly together confirming and upholding that recovery from addiction is not only possible but a reality.

Over the last 9 years the walks have been organised by local community groups and in partnership with treatment agencies, people in recovery and their families and friends, to show that permanent recovery from alcohol and other drug problems is not only possible but a reality in the lives of hundreds of thousands of individuals and families from across the UK.



Annemarie

Our primary purpose is to engage those who are still living with addiction and create a world in which recovery is supported and celebrated. We walk each year to remind ourselves of this and to send a message to those still wounded, that we can and do recover.

One of the key messages of each walk and the charity itself is that there are many pathways to long-term recovery from alcohol and other drug problems and that all are a cause for celebration.

Those advocates who have forged the grassroots Recovery Movement across the UK represent a broad spectrum of religious, spiritual and secular pathways to recovery, with a variety of recovery practices within these different pathways. We come together at each walk, united, together to celebrate them all.

Increasingly we are targeting our work more effectively to the groups and areas where our help is most needed. Education and raising awareness remains a key focus in our efforts. We continued this work on a number of fronts in 2016/17 particularly through our film: We are you the affected: focusing on the stigma busting idea of what a person with a substance use disorder looks like.

The film now translated into Portuguese at the request of FAVOR Brazil has been viewed almost a quarter of a million times across the world over several different social media platforms. To say that this is a phenomenal achievement for such a small charity is an understatement when compared to other similarly focused much better funded organisations, we are rightly proud and significantly boosted in our belief that we are indeed on the right track.

I wish to extend our heartfelt thanks to all of our loyal individual and corporate supporters and donors, to our volunteers who worked so hard at our various events and activities throughout the year, and to all those who took part in the many imaginative fundraising events around the country. We certainly couldn't do our work without each and every penny and person who willingly and freely gives us their time energy and support.

I would personally like to thank our Chairperson, Jon Royle, for his commitment, drive and enduring support and to our Board members who work so hard behind the scenes and give up so much of their personal time and effort in supporting the charity's work on a voluntary basis. I would also like to share my deep appreciation of the hard work and loyalty that our volunteers have shown throughout the busy year. It never ceases to amaze me how such a small team can achieve so much.

I hope everyone has a great time everyone this year in Blackpool and see you next year in Shrewsbury for The 10th UK Recovery Walk.

Annemarie





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UK RECOVERY WALK 2017

12PM – 9TH SEPTEMBER

Date of walk:
09/09/2017

Time:
12.00pm - 16.30pm
12.00pm - Warm-up
Zumba and prison
count-down

The FAVOR
Recovery walk
starts at noon
at South Pier,
finishing at the
Winter Gardens
for an afternoon
of fun, wellbeing
stalls and live
entertainment!

The walk takes place each September, during Recovery Month, and raises awareness of substance use disorders and RECOVERY from addiction.

The point of The UK Recovery Walk is to celebrate the achievements of individuals in recovery, and to acknowledge the work of prevention, treatment and recovery service providers.

Each September, and throughout the year, Recovery Month encourages Recovery Communities worldwide to spread the message that prevention works, treatment is effective, and Recovery from addiction is a lived reality in millions of people's lives.

The UK Recovery Walk is organised by Faces And Voices Of Recovery UK and people in recovery from the local area.

FAVOR UK is a policy advocacy movement that is taking on issues of discrimination, social justice and service access.

The Walks are an opportunity for us to announce our presence and, in time, mobilise and organise our community.

If you would like further information, please visit the FAVOR UK website: facesandvoicesofrecoveryuk.org

The Route

The recovery walk will start at Blackpool's South Pier, travelling along the promenade towards North Pier. We will then turn right into Church Street, making our way along Church Street and through the pedestrian area towards the fabulous Winter Gardens to finish at St Johns Square for the opening ceremony. The journey is 2 miles. However a shorter walk is available for those who cannot walk far. Or... you could just jump on one of our famous Blackpool trams!



Catering

There are lots of catering establishments around St John's Square, ranging from sandwich shops and burger bars through to pizza parlours and restaurants. The Winter Gardens also has a cafe serving coffee, cakes and sandwiches at reasonable prices. Free water is available at South Pier and Central Pier.

Lost Children

Please ensure that your children are supervised at all times. They are your responsibility. In the event of a child becoming lost, please contact the lost children desk in the Horseshoe Pavilion in the Winter Gardens.

Your Safety

Please be vigilant at all times and contact one of the FAVOR UK team if you have any concerns. There is a Safeguarding Lead on duty, so please alert one of the stewards with high-vis vest if you need assistance.

First Aid

There are a number of First Aiders on site. In the event of any minor injury please locate one of the First Aid team. In the event of a serious injury or fall, please telephone 999 and ask for the ambulance.

Toilets

There are plenty of toilets, including some with disabled access within the Winter Gardens. Further toilets are available at many locations across Blackpool town centre and in the Piers.



Recovery Walk Sleepover

Come and sleepover with us - Bring your own sleeping bags to a sleep out to help raise awareness of homelessness and recovery from addiction.

The Venue

Comfort Zone Community

North Shore Methodist Church,
Dickson Road, Blackpool, FY1 2AP

Friday 8th September 6.00pm

Saturday 9th September 10.00am

Cost £10

Please register on the FAVOR website.

The event, held for the 3rd year, will take place on Friday 8th September 2017 and is organised by Faces And Voices of Recovery UK (FAVOR UK) in partnership with the addiction services in Blackpool.

UK Recovery Walk

UKRW



Mutual Aid Meetings



Derham Lounge

2.30pm - 3.30pm

Narcotics Anonymous
Alcoholics Anonymous
Families Anonymous

3.30pm - 4.30pm

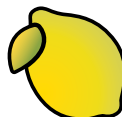
Cocaine Anonymous
SMART

Acceptance and Commitment Therapy

**Alcoholics Anonymous, Narcotics Anonymous,
Cocaine Anonymous and Families Anonymous are
not affiliated with each other or FAVORUK**



UKSMART Recovery®
Self-Management and Recovery Training



ACT Peer Recovery



FACES AND VOICES OF RECOVERY UK ANNUAL CONFERENCE 2017

Friday September 8th 2017

Salvation Army

Citadel Raikes

Parade Blackpool

FY1 4EL

“Our recovery stories have power and hope”

When people share their recovery stories, it helps others to see that they're not alone. This year's conference will feature 11 inspirational recovery stories of power and hope. The conference will also include sessions by academics explaining why narrative and ethnographic research approaches are essential for treatment services, commissioners and policy makers to better understand what support individuals suffering with addiction need for long term recovery.

9.30am - 10.00am – Registration & Coffee

10.00 Official welcome (Shughie Morrison)

10.05 Official opening (Jane Winehouse)

10.25 Introduction to the day – Chair (Tony Mercer, Public Health England)

10.30 Recovery narratives – an academic perspective (Mark Gilman, Discovering Health)

10.50 Telling our stories – an advocacy perspective (Annemarie Ward, FAVORUK)

11.10 “Our recovery stories have power and hope” Speakers

Speaker 1

Speaker 2



11.40am - 12.10pm – Break

12.10-1.10 “Our recovery stories have power and hope” Speakers

Speaker 3

Speaker 4

Speaker 5

Speaker 6

1.10pm - 2.10pm – Lunch

2.10 “Our recovery stories have power and hope” Speakers

Speaker 7

Speaker 8

2.40 Narratives of Recovery from North Wales
(Wendy Dossett, University of Chester)

3.00 “Our recovery stories have power and hope” Speakers

Speaker 9

Speaker 10

3.30 **Activism and the Academy:** An Ethnography of the UK
National Recovery Walk (Liam Metcalf-White, University of
Chester)

3.50pm - 4.00pm – Close, Chair





INSIDE STAGE

1.00pm - 4.00pm



0% Proof

1.00pm - 1.30pm



Fallen Angels Dance Theatre

1.30pm - 1.45pm

Red Rose Recovery Choir

1.45pm - 2.00pm



Nicola Hayton

2.00pm - 2.25pm



Matt Phillips

2.30pm - 3.00pm

Recovery Walk handover of the baton, open mic session if there is time

3.00pm - 3.15pm



Bosh Clarets (closing act)

3.15pm - 4.00pm



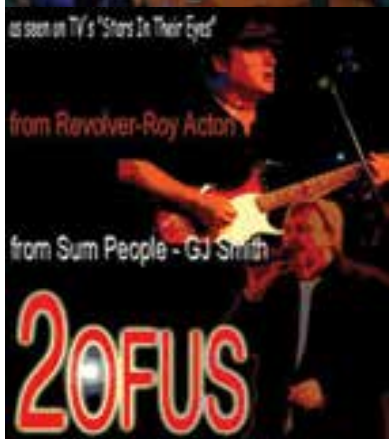
OUTSIDE STAGE

1.45pm - 4.00pm



Cornelius Font

1.45pm - 2.15pm



2 of us

2.15pm - 2.45pm



Matthew Roberts (acoustic singer)

2.45pm - 3.15pm



Daniella Gallagher

3.15pm - 3.45pm

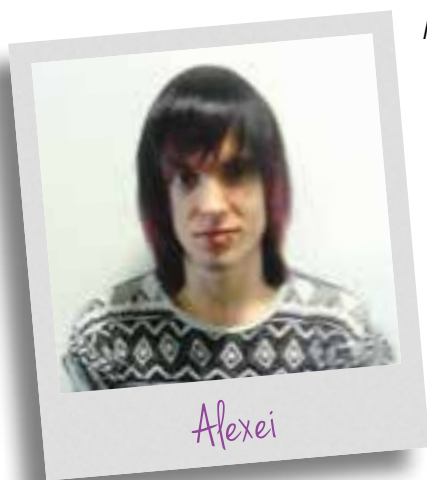
Close (Annemarie/Open Mic)

3.45pm - 4.00pm

My Recovery Story... Alexei



My name is Alex and I used to be a drug user. I used to take absurd combinations of substances that people haven't even heard of, just to see what would happen. My goal in life was to try every drug at least once. I have tried at least 40 different drugs. I was forced to go to Aspire by my hostel manager but I didn't want to as I didn't see myself to have a problem. I could control my drug use. I wasn't addicted. I just had a passion for escaping reality.



My journey of recovery began on the 9th October 2016, and it was when I was at the lowest point in my life. I felt depressed and suicidal because my most valuable possession was stolen while I was under the influence. Shortly after that I prayed, and a series of coincidental events happened which made me feel like some Higher Power wanted me not to give up just yet. This is when I felt that it was God's presence. I suddenly turned from being extremely depressed to extremely happy.

There was a church nearby that my parents go to called Kingsgate, and it was a Sunday, so I just felt like going there. After the church service I put my hand up when the pastor asked if you want to give your life to Christ raise your hand and you will be prayed for. That's what happened and that's how I became a born-again Christian that day.

After that I got back into the hostel and one of the staff members who also went to that church told me that Jesus and drugs don't mix. So from those words I no longer had lust for drugs. On the next day I handed in to my manager a bag of all my drugs, drug paraphernalia and weapons, something I would never expect myself doing. If I didn't do this on that day I would probably be living on the streets as I was on the verge of eviction due to my drug use.

The manager told me that if I stayed drug-free for a whole month and engaged with Aspire then she would let me stay there. So that's what I did. I stopped smoking, drinking and drugs all at the same time and started engaging with Aspire. Most importantly I didn't just do this because I had to, but because I actually WANTED to change.

I no longer need to escape reality because God has made it so much better for me. I have now moved from the hostel into a shared house, with the help of a Christian charity called Hope into Action.

I am also now a peer mentor and have been volunteering for 7 months. I feel like I have finally found a career that's right for me. I've met some great people here and it's what I enjoy doing. I want to help people change just like God has helped me.

My Recovery Story... **Dean**

I've been in recovery three times over the last 20 years for alcohol. It's been a lifelong battle really, since I was about 16, I came straight out of school and into the music industry, and was quite a small part of quite a successful band in the 80s. My first job really was sex, drugs and rock and roll.



So the years of abuse, of alcohol, the wild partying years one day just took their toll and I was rushed into hospital with acute stroke chronic pancreatitis. It's like a car - if you run it 100 miles every day, somewhere along the line it's gonna break down.

After I started peer mentoring, I had my lightbulb moment. I woke up one morning, and thought "No, I can't go back to work, I can't do that anymore, I've done that for fifteen years" and I realised that this is what I was supposed to be doing.

I'm fifty years old, this is what I'm supposed to be doing, this is my vocation. It's not a word I usually use, but I use it now because I feel like this is me, this is what I need to be doing for the rest of my life. And not just to help other people, because if I can help one person or twenty people I know now from a selfish point of view this is my best chance for me.



Doing the counselling, getting involved in the Service User Council and the Peer Mentoring, those have been the three things that have really made a difference in my recovery this time, it's really made the difference.

My Recovery Story... **Peter**



I left Abbeycare Scotland on the 24th of December 2015 after completing treatment to address my addiction to alcohol which had spiralled totally out of control, and led to my life becoming utterly unmanageable.

The treatment I received at Abbeycare has, to date, ensured that my life has been completely transformed from its previous way.

As I said at the beginning, my first day out of treatment was Christmas Eve, and the prospect of spending Christmas without my usual alcoholic crutch was, to say the least, extremely daunting!! However with the help of my immediate family I set about involving myself with the usual festivities and armed with all my "tools of recovery" supplied to me by the team at Abbeycare. I survived my first day out with the cocoon of the rehabilitation centre.



I quickly found AA meetings in my area, and as suggested, I started attending meetings on a daily basis, something which I continue to do today. I have kept up with this routine up till today, It has become a very important part of my life and the programme gives me a disciplined structure which was something that was totally lacking previously in my normal (?) day to day life.

When I was at Abbeycare Scotland I was encouraged to speak about my illness and this helped me to participate in AA meetings. After I had become more comfortable attending them, I gradually found that by telling people at the meetings how I was feeling I learned that I was indeed not alone out in the larger world and there were plenty of people ready and willing to offer me assistance along the start of this new journey, and indeed this has been my experience since.

I have more GENUINE friends in AA than I have ever had in my life previously. I was also greatly encouraged to be an active member in my meetings and since I have "joined" my home group in AA I have followed this advice and have managed to take on a responsible position within one of my home groups and I thoroughly enjoy it. I also continue to attend the Abbeycare aftercare group every Monday evening and I'm an active participant and it also supports me in my continued journey of recovery.

Life has not been a "bed of roses" since I left Abbeycare Scotland, certainly not!!!!!! But what I can say with one hundred percent accuracy is: "Without the help and encouragement of ALL the staff at Abbeycare and also the many many friends I have in the fellowship I would have found it extremely difficult to cope with life on life's terms.

Am I enjoying Life??? Oh yes, without a shadow of doubt that is definitely the case today. Someone remarked to me when I was in the latter stages of my planned recovery at Abbeycare that I was always whistling or humming a tune to a song to which I replied "if I am singing or whistling I am very happy and when I don't whistle or sing I'm not! Since I left Abbeycare I've done a hell of a lot of both!!!!!!

I am extremely GRATEFUL to be sober and extremely GRATEFUL to be here.

My Recovery Story... Sue

I was in a homeless hostel with no money, no friends or family and on the verge of dying from abusing alcohol. I felt that I had nothing to keep going on for. The staff at the hostel arranged my first appointment at change, grow, live (CGL) for me to attend and actually went with me on the day.



I was very sceptical about going as I had attended other services before whilst I was on an ATR and also whilst in the women's refuge and these had just been paper pushing exercises. All I did was to turn up to fill in alcohol diaries which didn't resolve my issues.

At my first appointment with CGL I saw a worker who was really friendly and who seemed really interested in me being there. We laughed a lot as well as doing paperwork and talking about a lot of serious issues. I was given a list of groups that I could attend at the centre.



I went to every single one of the groups for several months during and after becoming abstinent and I have met many wonderful people, some who have become my closest friends. The best parts of going to the centre was feeling like I finally belonged somewhere and being able to talk openly and be understood. I realised that I was well on the road to recovery

when I finally accepted that I would never be able to drink alcohol again and that it didn't scare me.



I have been offered loads of opportunities which I have taken. I have completed the peer mentoring course, helped to set up an allotment project, given a speech at the CGL conference. I now volunteer for CGL and I am passionate about recovery. I get to travel all over the country in my role and thoroughly enjoy it. I'm also a member of the National Service User Council, which I love because it means I get to regularly come to London to discuss issues and make sure that the service user voice is heard.

I have now been three and a half years abstinent, I'm in excellent health, have no money worries and have wonderful friends. This will be my third recovery walk, and I'm really looking forward to meeting up with people from other services and regions that I've met in previous walks.

I love my life now and am so thankful to have been given a second chance. I have learnt so many different ways of coping with my issues and feel that I am in full control of my life now.







Worried about alcohol or drugs?

We are a leading charity, championing people who have faced hardships such as addiction, homelessness and abuse, and supporting them into recovery.

We have over 160 services across England, Scotland and Wales to support anyone who needs us, including adults, young people, families and friends, offenders and the wider community.

There's no magic formula for our success – we're just people who work hard, who care and who absolutely love what we do.

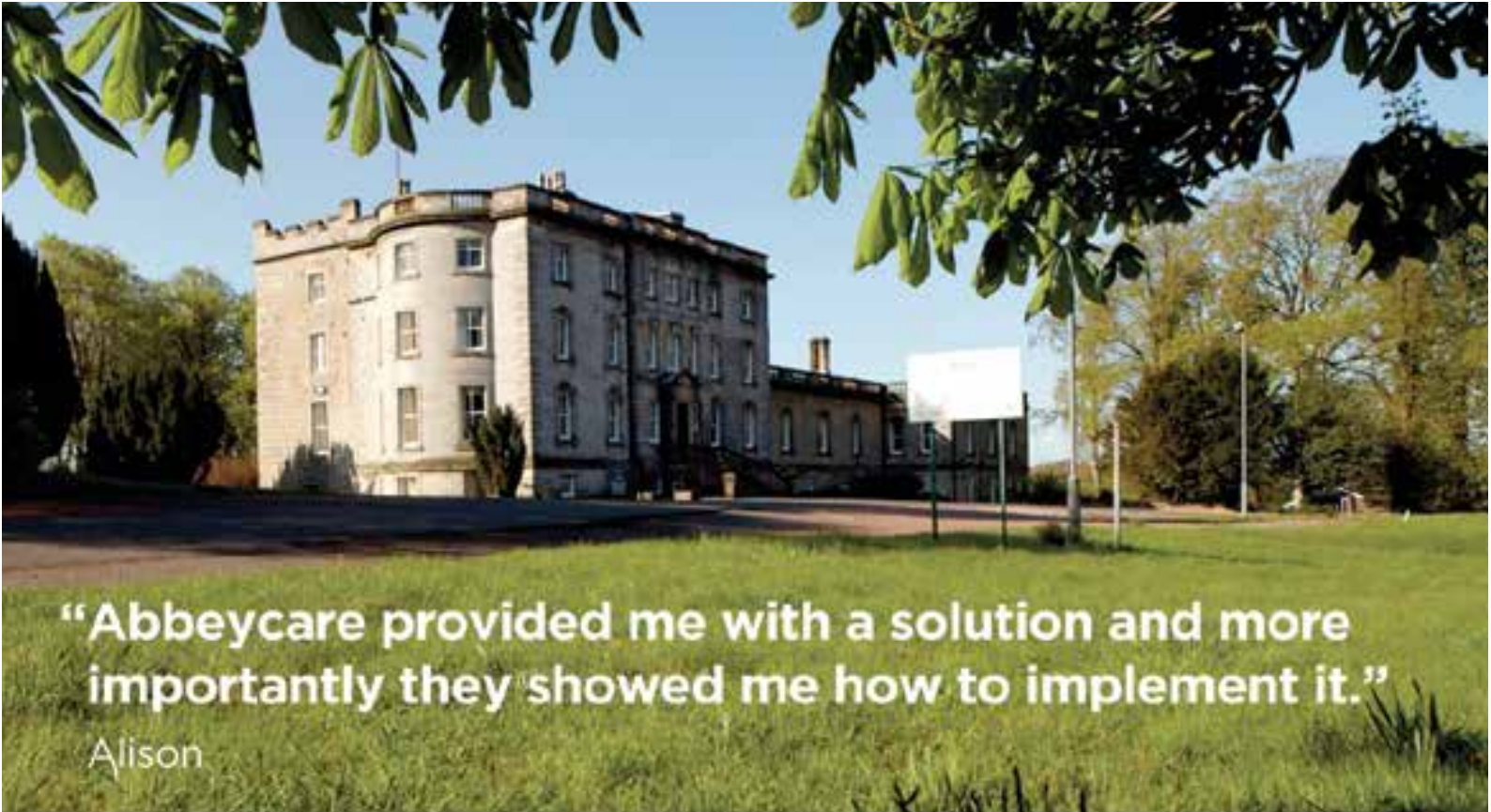
For more information or to
find your local service visit

www.changegrowlive.org

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“Abbeycare provided me with a solution and more importantly they showed me how to implement it.”

Alison

- Medically supervised detox
- Minnesota 12 step model
- Cognitive behavioural therapy
- Tailored recovery care plans
- Holistic therapies & mindfulness
- Access to spa and gym facilities
- 2-year aftercare support plan



For enquiries or admissions,
please contact us on:

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E: info@abbeycarefoundation.com

w: www.abbeycare.co.uk



Abbeycare
GROUP

**SPECIALIST ADDICTIONS
RECOVERY CLINICS**



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Thanks to our
Sponsors



THE 10TH UK RECOVERY WALK

8th September 2018 – Shrewsbury

Attend the Walk

Join thousands of people in recovery, their families and friends for the biggest gathering of recovering people in Europe as we walk through Shrewsbury starting and finishing at Quarry Town Park celebrating and advocating for recovery.

Celebrate Recovery Month

Each September in the UK, thousands of people in recovery as well as projects and services celebrate their successes, and recovery itself, by organising and taking part in events throughout the country. See the website for our official UK Recovery Month Events Calendar for more.

Get Involved, Celebrate and Wear Some Purple

Anyone can get involved. You can join the Walk, attend the many events around the country, speak to us, your local recovery organisation or just wear something purple to show your affinity!

To find out more about the UK Recovery Walk, to register for it, to see what's on during Recovery Month, or simply find out more about how to get involved, please visit:
www.facesandvoicesofrecoveryuk.org

UK Recovery Walk

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