

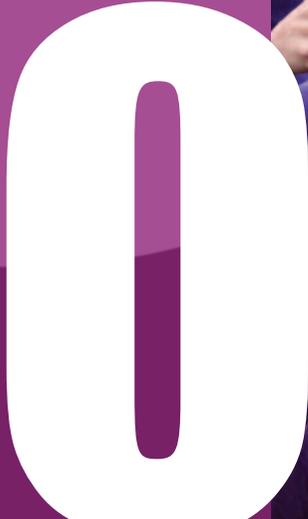


Visible  
Vocal  
Valuable



### Celebrating 10 years of the UK Recovery Walk

- LIVERPOOL 2009
- GLASGOW 2010
- CARDIFF 2011
- BRIGHTON 2012
- BIRMINGHAM 2013
- MANCHESTER 2014
- DURHAM 2015
- HALTON 2016
- BLACKPOOL 2017
- SHREWSBURY 2018**



**SHREWSBURY**



**“OUR PRIMARY PURPOSE AT FAVOR UK IS TO ENGAGE THOSE WHO ARE STILL LIVING WITH ADDICTION AND CREATE A WORLD IN WHICH RECOVERY IS SUPPORTED”**

For the last nine years, the walks have been organised by local community groups and in partnership with treatment agencies, people in recovery and their families and friends. This helps to demonstrate that permanent recovery from alcohol and other drugs is not only possible but a reality in the lives of hundreds of thousands of individuals and families.

Recent years have seen unprecedented increases in the number of drug related deaths across the UK, with rates now higher than deaths from road traffic accidents. We know that the single biggest factor is the poor physical and mental health of people who have been using alcohol & other drugs including tobacco for several decades, while other insidious contributory factors include poverty, poly-substance use, the entrenched socio-economic deprivation resulting from decades of “austerity” and changes to drug treatment and commissioning. This has led to many commentators in the field claiming that “recovery” is a failed policy and should no longer be the guiding principle for the commissioning and delivery of services. FAVOR UK rejects this argument for a number of reasons. Firstly, the term “recovery” was hijacked by politicians a decade ago and redefined to support the welfare reform agenda. Recovery is an individual journey and has to be defined by the individual themselves.

Secondly, while national strategies and policies are now focused on recovery as the guiding principle, very little has actually changed on the ground in professional services. The majority of support for individuals in long term recovery continues to come from mutual aid and community recovery organisations, though some professional services now recognise the benefits of positive social networks in recovery and facilitate their clients joining them. We do sometimes receive reports of appalling practices by services trying to improve their “successful completion” rates and these practices are contrary to clinical guidance and the evidence base and result from ignorance of what “recovery” is.

FAVORUK’s position is very clear: recovery is a lived reality for thousands of people and services must be aspirational for the people who use them. At the same time, recovery will be a long and winding road for many people due to chronic ill health, entrenched trauma and the lack of any social capital. The primary response of services must be to keep these people alive and support them to improve their health and wellbeing. A continuum of evidence based interventions exists, from needle exchange and heroin assisted treatment to 12-step facilitation, and all of them will benefit different

individuals at different times. Let us not throw out the baby with the bathwater – recovery must be the guiding principle of treatment services but the road to recovery often begins with safer injecting advice and clean needles and may or may not lead to long term abstinence recovery. It is time for the recovery community to reclaim the word “recovery” from politicians and policy makers and ensure that the road to recovery is an inclusive and broad highway.

Our primary purpose at FAVOR UK 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.

The focus of the UK Recovery Walk is a public education and outreach campaign that communicates by offering living proof of the reality of long-term addiction recovery. We also highlight the many pathways and styles of such recovery to the public, policymakers, the media and communities. At the events, people in recovery, their families and friends are encouraged to share their stories as a demonstration that long-term recovery is a reality in their lives.

This year marks the tenth anniversary of the UK Recovery Walk. We started in Liverpool in 2009 and have visited 9 amazing towns and cities as we have continued to spread our message. The numbers have grown significantly, from 300 at the first walk in Liverpool to almost 10,000 at last year’s walk in Blackpool. Not for one minute did we think it would capture the imagination like it has.

Our 2018 UK Recovery Walk will take place on the 8th of September in the beautiful town of Shrewsbury in Shropshire. Once again, we hope you and your families will join us as we walk proudly together confirming and upholding that recovery from addiction is not only possible but a reality.

**Anne Marie Ward**  
**CEO - Faces and Voices of Recovery UK**

## FOREWORD FROM

# The Mayor of Shrewsbury



On behalf of the town I would like to extend a warm welcome to everybody taking part in the tenth UK Recovery Walk here in Shrewsbury. I write these notes prior to the weekend and I hope the sun is shining!

There has been a real collective effort from many volunteers, organisations and various Shropshire Council departments, who have contributed to both the organising and the running of the event. I'd like to thank each and every person involved. Special thanks must also go to the University Centre Shrewsbury who provided the use of the Guildhall for planning meetings and the annual conference free of charge, and also my colleagues at Shrewsbury Town Council who have provided the use of Quarry Park free of charge for the day of the walk.

We hope that The UK Recovery Walk will give a boost to the continuing development of recovery across our county. It has provided a fantastic opportunity for our recovery communities and professionals to come together and, not only host a great event, but produce a legacy that we will build on, one that will continue to benefit the people of Shropshire for years to come.

Have a great weekend!

**Cllr Peter Nutting**  
**Mayor of Shrewsbury**

# Public Health England



Public Health England is delighted that the 10th UK Recovery Walk will be returning to the West Midlands on 8th September. The event, the largest of its kind in Europe, will provide a focal point for all the work currently going on across the West Midlands building visible recovery in communities. It will also provide a great opportunity for individuals and groups in the West Midlands to form new relationships with the wider recovery community from across the UK.

It has been a privilege to be involved in planning and promoting the 10th UK Recovery Walk and the annual FAVOR UK conference on 7th September which this year is focusing on sustaining long term recovery through positive social networks, safe and stable housing and employment, volunteering and meaningful activities. We look forward to building on the legacy of the 2018 UK Recovery Walk, inspiring individuals with alcohol and other drug problems, bringing hope and healing to their families and improving the wellbeing of whole communities.

**Tony Mercer**  
**Health and Wellbeing Programme Manager**  
**Public Health England West Midlands Centre**

# THE HYGROVE EXPERIENCE

*Nestled in the tranquil countryside in Gloucestershire you will find sanctuary in Hygrove House, a place to fully reconnect and renew.*



Set in 45 acres of beautiful fields with a fishing lake, orchard and plenty of space to connect with nature, The Hygrove has a unique style of rehabilitation treatments to rebalance you. We are set to transform the way drug and alcohol addiction is tackled, with a balance of clinical, therapeutic and emotional wellbeing treatments mixed with a range of leisure pursuits to help challenge you whilst providing a sense of accomplishment, building trust and self-exploration.

With 31 bedrooms, the setting is more like a hotel than a traditional therapy centre, nothing is too much trouble for the staff and your needs are fully catered for, both during and after your stay.

## THE HYGROVE

RECONNECT | RENEW

Hygrove House, Hygrove Lane, Minsterworth,  
Gloucestershire, England, GL2 8JG

TEL: 0800 182 2121

E-MAIL: [connect@thehygrove.com](mailto:connect@thehygrove.com)

[www.thehygrove.com](http://www.thehygrove.com)

The Hygrove is part of the Abbeycare Group



## THE FIRST UK RECOVERY WALK

# Liverpool 2009

The first UK Recovery Walk was held in Liverpool in 2009. Approximately 300 people walked through the city streets that day and little did anyone know how much momentum would be gained over the next nine years. Here, Simon tells us his story of the day.

I'd joined the UKRF sometime before the walk took place, and remember attending a UKRF (now FAVOR UK) meeting in Liverpool to discuss the walk, and the UKRF Strategic plan. Jacqui J-L was a friend of some good friends of mine, and got me involved in the walk itself. I was asked to speak on the steps of the Town Hall, mainly I imagine due to my long membership of a fellowship.

The walk was most memorable for me because of the people who emerged from the many pubs and clubs along the route, who applauded us as we walked. It had never occurred to me that they would do that, and it was a real surprise.

Speaking in public is always daunting, but energising at the same time, and I felt I got to say the things I'd planned to. It really seemed that we were doing something important - for the first time in the UK at least.

The idea of making Recovery visible to those not in recovery was so exciting, and to be a part of it - especially as it was organised from outside the 12 Step community, alongside it, is probably a better description of how it was done.

The walk, and the whole day really cemented the idea in my mind that Visible Recovery has an important place in our communities. It reinforced the simple idea that most people had seen addiction, its' causes and its' aftermath, but not many had ever 'seen' Recovery - especially like this.

I have become much more visible and overt in my Recovery since this event, and have only missed one subsequent walk. I'm also now a Trustee of FAVOR UK.

### Need Support in the Liverpool area?

**Community Voice** - User led group run by people who have been affected by alcohol or drug use. **Tel: 07882 240148**

**The Social Partnership** - Prepares drug and alcohol misusers to live addiction free lives with structured training and education. **Tel: 0151 258 1199**

**Action on Addiction** - Structured day treatment programme with 22 places for men and women. **Tel: 0151 703 0679**

**Young Addaction** - Free confidential service for young people aged 10-19 with transition service for 19 - 24 year olds. **Tel: 0151 706 9747**



## THE SECOND UK RECOVERY WALK

# Glasgow 2010

The second UK Recovery Walk took place in Glasgow on a sunny Saturday in September 2010. Despite the fact that it was only the second annual walk, the turnout was huge. Here Paul tells us his story and how the UK Recovery Walk in Glasgow changed his life forever.

My name is Paul and I am a person in long term recovery. I haven't used alcohol or other drugs since September 27th 2010. I wasn't actually at the walk in Glasgow that year because I was still in active addiction but it is because it took place that I'm now free from all mind and mood altering substances.

My mum and dad had been out walking in Glasgow green that day and came across James, a boy I used to go to school with. James and I had been great childhood friends, regularly hanging out in each other's homes that was until he moved to Aberdeen when we were around 15 years old. After a few minutes chatting James had let my mum and Dad know that he was now in recovery from severe alcohol and drug use. My mum tells me that because James was so candid about his own history, she chose to share her despair about me and my situation to people - I later found out they were manning the Narcotic Anonymous public information stall.

My mum invited James and Gary, one of the other guys from the stall, to lunch on the Sunday in the hope that I would show up (probably looking for money) which I did. The rest as they say is history. I went to my first mutual aid meeting that night and I can honestly say I haven't used and mind altering chemicals since.

Finding people who can live a happy life without using drugs was a revelation to me and I haven't looked back since that day. In 2016 at the age of 44, I graduated from the University of Glasgow with a degree in English History. I now run a community project for young people in one of the most deprived areas of Glasgow that teaches kids to express themselves positively through music, poetry writing and other creative arts. I have a relationship with my 14-year-old daughter that wouldn't have been possible and I am no longer worrying my Mum and Dad into an early grave. They know where I am and they know I am free from addiction.

### Need Support in the Glasgow area?

**Second Chance Project** - Community rehabilitation programme for those recovering from drug and alcohol misuse. **Tel: 0141 336 7272**

**Scottish Drugs Forum (Addiction Workers Training Programme)** Employment training developing those with lived experience to develop careers as Addiction Workers by using their previous skills and experiences **Tel: 0141 221 1175**

**Abbeycare Scotland** - Specialist Addictions Recovery Clinic. **Tel: 01603 513091**



## THE THIRD UK RECOVERY WALK

# Cardiff 2011

The third UK Recovery walk took place in Cardiff. Over 1,500 people walked through the streets of the city that day - five times more than the inaugural walk in Liverpool just two years previously. Here, Wynford tells his story of the day.

THE motto for the 2011 UK Recovery Walk was 'Its a good day to be in recovery' ('Mae'n ddiwrnod da i fod yn adfer') and this was emblazoned on the 2,000 t-shirts we had purchased and distributed free of charge to everyone.

The walk itself started outside City Hall in the civic centre and was led by the Lord Mayor of Cardiff and other dignitaries; some like Professor Keith Humphreys and John Shinholser, travelled from the U.S. to be with us. The Walk followed a route through the centre of Cardiff and there was immense goodwill shown by car drivers who were stopped by the police who, along with staff from the Event's Team, acted as marshalls.

Over 1,500 people walked triumphantly through the city centre and he percussion band that led the marchers made sure everyone's attention was drawn to this unique event in Cardiff's history.

The walk ended back outside City Hall and a stage and marque had been erected so that the proud recoverees could tell their life stories and share their joy at attending this outstanding event. The press got involved and there was excellent copy and photographs in the local papers.

I felt proud at having led the organising team and at the magnificent sight, as I looked back at the procession from the head of the walk, of all the wonderful people putting such an attractive face to recovery and showing everyone that recovery is achievable and it's there for everyone who wants it. blessed years.

God bless you all; thank you for all that you do to spread the message of Hope to others; and bless all who 'trudge this road to happy destiny' and those who have yet to start on this the most exhilarating journey of all.

### Need Support in the Cardiff area?

**Taith Drug & Alcohol Service** - Free and confidential drug and alcohol service for adults in Cardiff. **Tel: 0300 300 7000 (Option 1)**

**DAN 24/7** - Free confidential drugs helpline. Calls are free from public telephone box **Tel: 0808 808 2234**

**CADT** - Services for anyone who is experiencing details as a result of alcohol or drug use. **Tel: 0300 300 7000**



## THE FOURTH UK RECOVERY WALK

# Brighton 2012

The fourth UK Recovery Walk was held in Brighton. The word was spreading as this year, almost 3,000 people converged on the south coast to advocate for recovery. Here, Pete tells us his story of the day and the legacy of the walk.

It all started after a day of SMART training in 2011 when two people who worked for local DAATs invited a few of us to a short meeting about something called the UK Recovery Walk. None of the half dozen of us had heard of the event. Myself and James (a volunteer in local services) went off to fact find at the 2011 Recovery Walk in Cardiff and returned inspired and uplifted that people were prepared to walk together and proclaim the benefits of recovery from alcoholism and addiction.

It became apparent that among our peer group that we had the skills to organise the 2012 walk and with the support of the local authority and CGL (CRI) and after some emotional blackmail as there was initial suspicion from both the council and police as to addicts and alcoholics descending on a city that is infamous for decadence, the 29th of September 2012 saw 2,500-3,000 recovering people from around the country walk through a city that for a number of years had topped the drug related league table. peaceful day he had been involved in.

As the sun heated the afternoon to a comfortable 22 degrees centigrade, people danced to bands including Chris Difford from Squeeze and The Should Be Deads in a local park. The sense of achievement (and relief) while we packed up the P.A. system, picked up litter etc. under a huge harvest moon, was immense and life changing.

All those involved are still in recovery and have gone on to employment and education. I myself have set up a charity called Cascade Creative Recovery, providing a coffee shop to socialise in and offer peer to peer support, we run a choir, drama collective, creative writing and mutual aid groups. In the heart of our community. Using the arts for self-expression, cohesion and connection. It gave me some belief in myself and more importantly it showed me that individually and collectively, in recovery, our dreams and ambitions can be realised.

### Need Support in the Brighton area?

**Pavilions Drug and Alcohol Service** - Support for anyone 18+ struggling with drug or alcohol issues. **Tel: 0800 014 9819**

**CGL** - Children and Young People's Drug and Alcohol Wellbeing Service offering support for people up to aged 24 years. **Tel: 0300 303 8677**

**CGL** - Worthing Drug and Alcohol Wellbeing Network providing tailored support to all adults over 25. **Tel: 0300 303 8677**

**Family Substance Misuse Service** - Holistic treatment service to parents who's children are involved in childrens services. **Tel: 01323 841470**



Drug & Alcohol  
Services  
throughout  
the North

“For me, it was 27 years of addiction, making wrong choices, going down a different path that I didn't expect. The drugs got a massive grip on me and, basically, it ruined my life.”

Garry Craven  
service user, Leeds

“I got off the rollercoaster through the detox team at Forward Leeds. And today, I'm volunteering... and hoping to get work in the future.

You need somebody to understand you because if you don't get understanding and a bit of compassion it can send people the wrong way.

Today, I'm doing well, that's the main thing. I'm very grateful. ”  
I'd recommend it for anybody that's trying to get out of addiction.

# Because we are Humankind

formerly DISC

[humankindcharity.org.uk](http://humankindcharity.org.uk). Find us on Facebook and Twitter



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

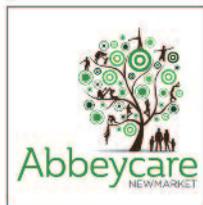


Medically supervised detox  
Minnesota 12 step model  
Cognitive behavioural therapy  
Tailored recovery care plans  
Holistic therapies and mindfulness  
Access to spa and gym facilities  
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Hygrove Lane  
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Gloucestershire  
GL2 8JG

T: 01452 222840



Kentford Manor  
Jeddah Way  
Newmarket  
Suffolk  
CB8 8JY

T: 01638 811 993



Murdostoun Castle  
Bonkle  
Newmains  
Wishaw  
ML2 9BY

T: 01698 386 013



**For enquiries or admissions,  
please contact us on:**

**T: 01603 513091**

**E: [Info@abbeycare.co.uk](mailto:Info@abbeycare.co.uk)**

**W: [www.abbeycare.co.uk](http://www.abbeycare.co.uk)**



WELCOME TO

# Shrewsbury



Shropshire is located in the West Midlands, and covering 1,235 square miles it is the largest inland county in England. The county is rural with only approximately 6% comprising suburban and rural development and continuous urban land.

Shropshire has many historic towns and villages amongst mile after mile of captivating countryside. The geography of Shropshire is diverse. The southern and western parts of the county are generally more remote and self-contained and have been identified as a rural regeneration zone.

The landscape provides the backdrop for the market towns as key focal points for communities, businesses, leisure and tourism. Shropshire is inland and its borders have importance for the

people living at the edges of the county – as people may have historic, family or work connections with the bordering areas of Mid Wales, Cheshire, Staffordshire, Telford and Wrekin and onto the West Midlands, Worcestershire and Herefordshire.

The 2011 census recorded Shropshire's population as 306,100. With a population density of 237.7 people per square mile, measured against the national average of 1037.3 people per square mile, Shropshire is one of the most sparsely populated counties in the UK.

Shrewsbury is one of the finest medieval towns in the UK, packed full of Tudor buildings, narrow winding streets and decorated with flowers, Shrewsbury being awarded Britain in Blooms Champion of Champions Award 2014. Shrewsbury is a town of character and beauty. Being recently voted the 8th happiest place to live in the UK you can be sure of a happy welcome.

## SHREWSBURY...OR IS IT SHROWSBURY?

Shrewsbury, Shropshire's county town, founded by the Saxons and most extensively developed by Tudors, lies within a giant loop of the river Severn and is famed for its castle, spires, abbey, parklands and half-timbered medieval houses.

Scrobbyrig to the Saxons, the county town of Shropshire is first mentioned in a charter of 901. Shrewsbury is stunning

historic town with over 660 listed buildings and some very strange street names - Dogpole and Mardol, Gullet Passage and Grope Lane.

The population of Shrewsbury, the county town located in the centre of Shropshire, is 71,715, 23% of the total Shropshire population.

A MESSAGE FROM

# Clr Jane Mackenzie



I'm delighted to welcome you all to our beautiful town of Shrewsbury. This historic medie-val place is circled by the river Severn. The tree lined avenues of the Quarry park lead you back towards the cobbled town centre where you'll be delighted by the fascinating array of independent shops.

While I was Mayor of Shrewsbury, I decided that I would support people in recovery from addiction as my chosen charity. Shortly afterwards, we were thrilled to win the bid to host the 2018 Tenth Anniversary Recovery Walk.

It has been a priority for me to challenge the stigma that surrounds substance abuse, and to raise awareness about the benefits that recovery brings for the individual and the whole community. Here in Shrewsbury, we have a vibrant recovery community, which is supported by a network of groups designed to enable individuals to face their problems and thrive.

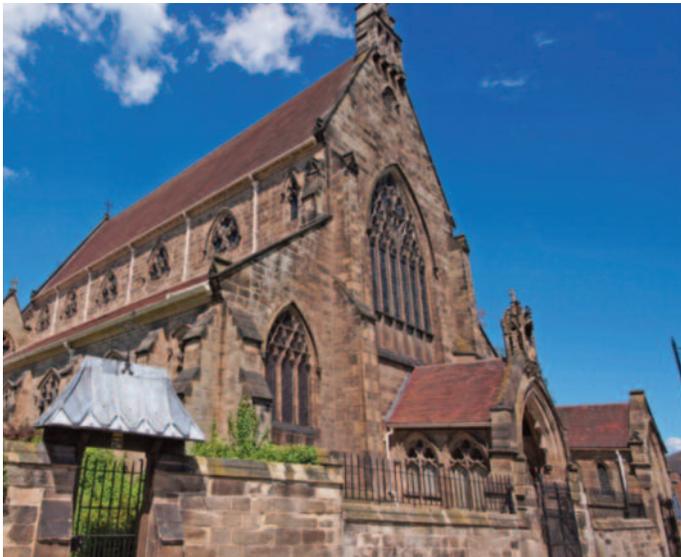
Substance abuse is complex and misunderstood condition, and I will continue to support people suffering from this, through my new local charity, Share. Share Shrewsbury brings together those who wish to share their time and skills with those needing help. We will also provide much needed support for the friends and family of those addicted to substances.

Clr Jane Mackenzie

FACES AND VOICES OF RECOVERY UK

## Church Service

Friday, 07 September 2018



This years church service will take place at Shrewsbury Cathedral on the evening of Friday, 07 September 2018 at 7pm.

The service has a spiritual theme and there will be an opportunity for people to share their stories.

Refreshments will also be served.

**Shrewsbury Cathedral  
Cathedral House 11  
Belmont  
Shrewsbury  
SY1 1TE**

**TAG US IN YOUR PHOTOS!!**

Use the following tags  
**#UKRW  
#UKRW18  
#FAVORUK**

# Annual Conference 2018

Friday, 07 September 2018

University Centre Shrewsbury, Guildhall, Shrewsbury, SY3 8HQ



## Sustainable Recovery...friends homes and jobs

The National Drugs Strategy states that “We know recovery is only achievable through a partnership-based approach with action taken across a range of services” and highlights the crucial role of “jobs, friends and homes” in recovery from addiction:

**“Access to employment and meaningful activity is a critical element of recovering from substance misuse and dependence and sustaining recovery”**

**“Peer support is an essential component of effective recovery and should be easily accessible before, during and after formal structured treatment”**

**“Stable and appropriate housing is crucial to enabling sustained recovery from drug misuse”**

The conference will examine the role of employment and meaningful activity, positive social networks and stable housing in recovery from addiction and how local leadership and partnership working are essential to create an environment in which recovery capital can flourish. We will hear from national speakers, local services and service users themselves. The intended audience for the conference is local leaders and practitioners who can mobilise recovery capital resources to support individuals and build recovery communities.

### 9.15am - Coffee & Registration

- 9.45am** **Welcome to Chester University:** Professor Wayne Morris, Director of the School of Humanities, University of Chester
- 9.50am** **Welcome to FAVOR UK Conference 2018:** Prof. Rod Thomson, Dir. of Public Health, Shropshire Council
- 10.00am** **Keynote Speech:** Dr David Best, University of Hallam
- 10.45am** **National Perspective:** Sarah Burwood, Programme Manager, Public Health England
- 11.05am** **Local Perspective:** Kully Chahal, Partnerships Manager, Shropshire, Department of Work and Pensions
- 11.25am** **Service User Perspectives**

### 11.40am - 12.00pm - Break & Networking

- 12.00pm** **National Perspective:** Chris Brill, Policy Manager, Homelesslink
- 12.20pm** **Local Perspectives:** Better Tomorrow
- 12.40pm** **Service User Perspectives**

### 1.00pm - The Shropshire Recovery Awards 2018

### 1.20pm - 2.20pm - Lunch & Networking

- 2.20pm** **National Perspective:** Mark Gilman, CEO, Discovering Health
- 2.40pm** **The impact of positive social networks for Participants at Penrhyn House Recovery Community, Bangor:** Liam Metcalf-White, Chester Studies of Addiction, Recovery and Spirituality Group Project Officer, University of Chester
- 3.00pm** **Service User Perspectives**

### 3.20pm - 3.50pm - Panel Q&A

### 3.50pm - Plenary & Close

# 10th UK Recovery

We have a walk route that highlights Shrewsbury in the best possible way. The route is also tried and tested, being used for the annual Shrewsbury Carnival, an ever popular event in the town's calendar. The total route is 1.6 miles and takes around 35 minutes to complete from start to finish.

The walk will begin and end in the Quarry Town Park, a beautiful 29 acre parkland encircled by the River Severn that features The Dingle, a wonderful sunken garden designed by Percy Thrower of Blue Peter fame. The Quarry is the perfect place for walkers to gather, mingle and prepare themselves before we set off around the town.

The walk route will begin by leaving the Quarry and following the River Severn along Victoria Avenue, passing the Grade II listed Welsh Bridge, built in 1795.

Walkers will then continue to follow the route of the river along Smithfield Road passing 'The Quantum Leap', this sculpture was erected in 2009 celebrating both Charles Darwin, Shrewsbury's most famous son and geological diversity of Shropshire, which contains 10 of the 12 geological periods.

The route will continue follow the river before turning up Castle Gates, passing the Grade II listed train station. Above Castle Walk, route walkers will be able to see Shrewsbury Castle, an impressive Grade I listed building that was constructed in 1067.

On the right walkers will also pass the Grade I Shrewsbury Library. Built in 1550 the building was originally home to Shrewsbury School, where Charles Darwin spent his school days.

At the top of Castle Walk, the route turns left to follow St Mary's Street, passing the beautiful St Mary's Church before turning onto Shrewsbury High Street lined with an eclectic range of independent shops.

Walkers will pass the Town Square, home to both the Old Market Hall, built in 1596 and now an intimate contemporary cinema, and the Shrewsbury Museum and Art Gallery. Finally, the walk will be completed following Shoplatch and St John's Hill, turning right onto St Chads Terrace and then immediatly left where you will re-enter Quarry Park.

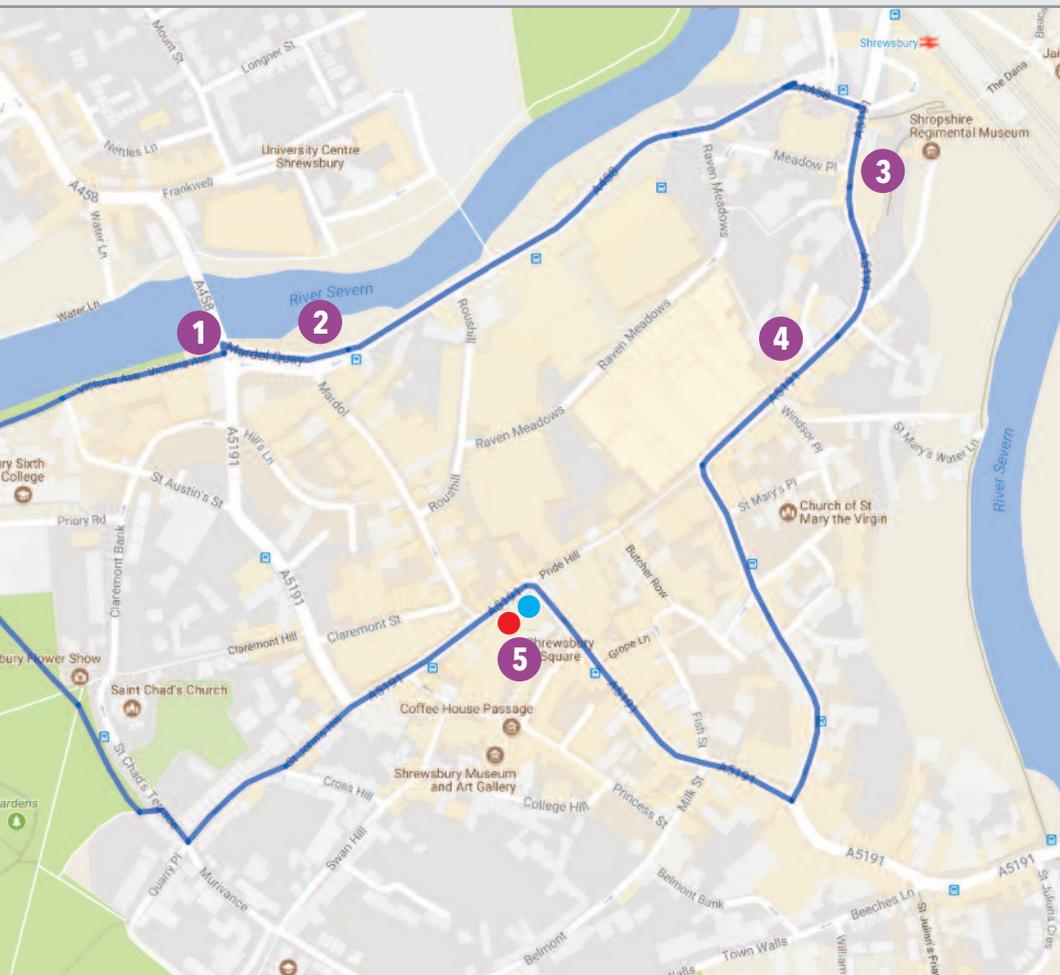


The Grade II listed Welsh Bridge was built in 1795 and crosses the River Severn. The bridge is 266 feet long.



The Qu... was cr... bicen...

# ery Walk Route



Quantum Leap sculpture created to celebrate the centenary of the birth of Charles Darwin.



Shrewsbury Castle was constructed in 1067 as a defensive fortification for the town which was otherwise protected by the river

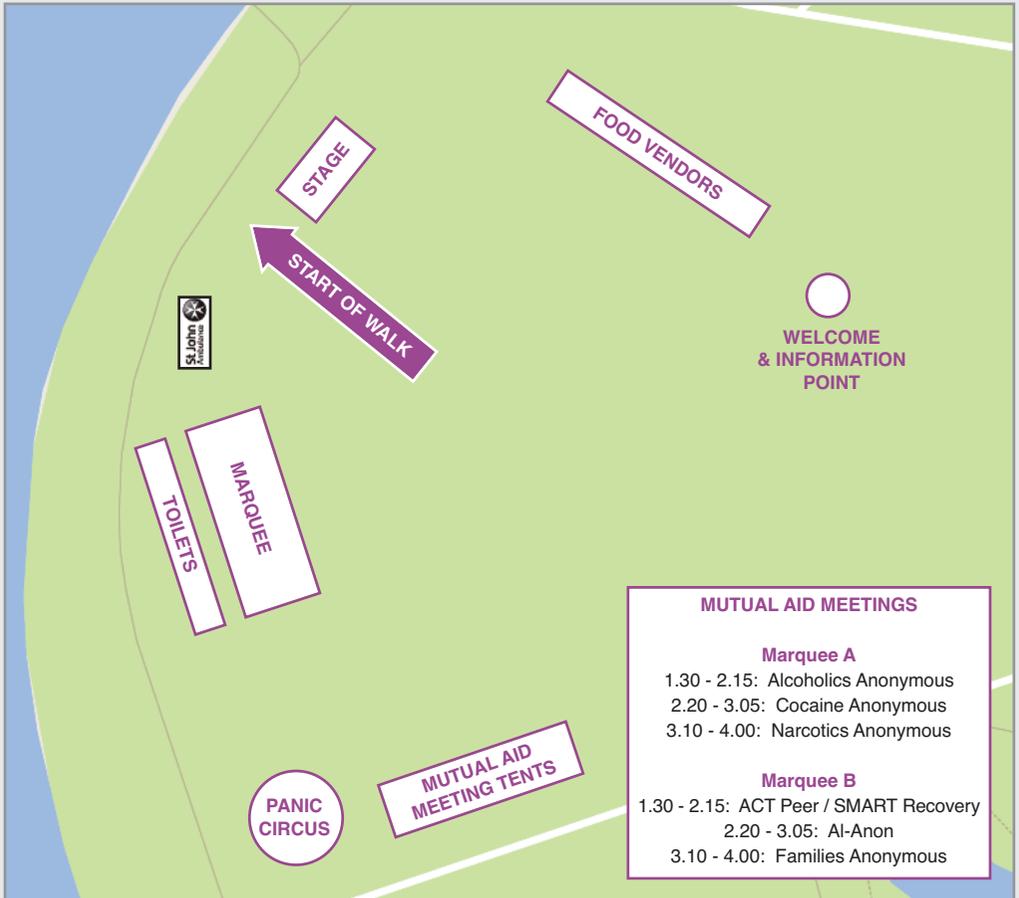


Shrewsbury Library was built in 1550 and served as a school until 1882 when it was converted to a library and museum.



The Old Market Hall was built in 1596 and was originally occupied by the Shrewsbury Drapers Company who sold Welsh cloth.

# Quarry Park



The Mutual Aid organisations are not affiliated with the UK Recovery Walk or with each other. For more information about Mutual Aid groups in your area visit the websites below or ring the telephone helplines.

**Alcoholics Anonymous** - 0800 9177 650  
[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

**Narcotics Anonymous** - 0300 999 1212  
[www.ukna.org](http://www.ukna.org)

**Cocaine Anonymous** - 0800 612 0225  
[www.cauk.org.uk](http://www.cauk.org.uk)

**Al-Anon** - 020 7403 0888  
[www.al-anonuk.org.uk](http://www.al-anonuk.org.uk)

**Families Anonymous** - 0845 1200 660  
[www.famanon.org.uk](http://www.famanon.org.uk)

**SMART Recovery** - 0330 053 6022  
[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

## FEATURED PERFORMERS

# Fallen Angels Dance Theatre

**“Digging down into the soul of these people and bring out such beautiful intricate superb movement and turning this into an amazing piece. I'm overwhelmed with happiness I commend you”**

**Audience member**

Fallen Angels Dance Theatre (FADT) is a high quality dance theatre company which exists to support those in recovery from addiction to transform their lives, and to share the recovery journey with the wider public, through dance, performance and creativity.

FADT was founded by Artistic Director Paul Bayes Kitcher, in recovery himself and former soloist dancer with Birmingham Royal Ballet. It was through exploring his own addiction and recovery journey that he began to share and engage with people in recovery and led to the formation of the company.

We currently operate across North West of England with projects in Chester, Liverpool, Leigh and Salford in Greater Manchester. Supporting people in recovery to increase confidence and self esteem. Our projects are a platform for achievement and developing social networks, in a safe and caring environment.

Our performances reach out wider through live, recorded dance theatre and public speaking. Real life journeys for and about people in recovery. We do this to raise awareness, breaking down barriers and stigma. Highlights of this are performing at Royal Opera House,

FADT have been performing at UKRW since 2014 in Manchester. Our mission as you will see above is to share the recovery journey, with the wider public which we do through our touring productions. However UKRW allows us to share our dance theatre with a recovery audience, which is closest to our heart.

“We are excited to be performing at UK Recovery Walk this year, as it is really important for all at Fallen Angels to perform and to share our journey's with our community”. says Claire Morris

This year we have lots of performances during Autumn. You can catch our performances of “Acts of Recovery” at Birmingham Hippodrome on 14th September. As well as performances in Chester, Northwich and in London, where “Hooked Angels” a multi-media performance can be found at Science Gallery within Kings College. During their opening season of Art and Science exploring addiction..

This year at FADT we have just completed support from Royal Opera House through their “ROH links” programme, and we are Company in Residence at Storyhouse Chester's £37million new Cultural Centre, where we recently visited by the Queen and the Countess of Wessex! We now have 2 TEDx films online as well as lots of films and links on our social media and websites.

Learn more about falling Angels Dance Theatre below.

**Website:** [www.fallenangelsdancetheatre.co.uk](http://www.fallenangelsdancetheatre.co.uk)  
**Instagram:** [fallenangelsrising](#)  
**Twitter:** [FallenAngelsDT](#)  
**Facebook:** [Fallen Angels Dance Theatre](#)





**EXPANSE**  
**10.45am**  
**Stage**

Expansive are a Shropshire based duo creating dance music over the past two years. Music is our passion and expansive is our way of expressing this passion. If you want to have a listen to our own music it's available on most music platforms. We hope you enjoy the recovery inspired mix for today's event! Unfortunately you won't see us on stage as we will be volunteering.

**FACEBOOK**  
@expansiveduo



**JUICE SAMBA**  
**1.30pm & 2.45pm**  
**Ground**

Juice Sustainable Recovery Group has been in operation since 2010 and has grown to become the largest network of people in recovery in the Burnley and Pendle area.

Juice believe in building resilience through friendship and a supportive network of people who have re-established themselves in the wider community. Their ethos is that sustainable recovery is an ongoing process and they aim to provide the necessary support and friendship through their fun activities.

**FACEBOOK**  
@juice\_samba



**TWO FACED TOM**  
**1.10pm**  
**Stage**

Two Faced Tom and the Bootleg Boys are a four piece band from Shrewsbury who play timeless music from the golden age of Americana.

Over time they have built up a fanbase and now play at many high profile boutique festivals throughout the UK.

Two Faced Tom deiver music that has it's feet in the Rockabilly/Americana/Roots camp and play a carefully chosen mix of well known and sometimes obscure tunes from the 30's, 40's and 50's.

**FACEBOOK**  
@twofacedtomandthebootlegboys

**THE RECOVERISTS**  
**1.35pm**  
**Stage**

Warrington band The Recoverists formed two years ago after founding member, Sean Taylor, had completed his treatment and was working as a peer mentor while helping to run the music group for Creative Remedies.

Band members, Sean Taylor, 42, Paula Kenyon, 43, David Cooper, 41, John Clare, 45 and Stuart Greaves, 40, all attended the Pathways to Recovery service, led by health charity CGL (Change, Grow, Live). The integrated drug and alcohol treatment service provides a full range of treatment options, guidance and support and a clear pathway to recovery for people affected by drugs and/or alcohol misuse.

Lead singer and guitarist, Paula Kenyon and drummer, David Cooper, said: "Being part of the group is a big part of our lives as we formed not long after we came into recovery and met some really nice people. When we play together, we really enjoy it and are getting better all the time – we get a real buzz off it!"

**FACEBOOK**  
The Recoverists



**HELIUM BELIEVERS**  
**12.45pm**  
**Stage**

Helium Believers are a Shrewsbury based band playing a wide variety of music from different eras and genres.

Covers will range from Britney Spears and Beyonce to OneRepublic.

**FACEBOOK**  
@HeliumBelievers



**MARK RILEY**  
**1.50pm**  
**Stage**

It was at art college when Mark picked up the guitar and learned to play. Before long he landed in London and started gigging, recording and knocking on record company doors. Ten years passed and he was drinking heavily - another decade and he fell crashing into a brick wall! Eventually he sought help and began another long journey.

Mark is now four years into his recovery, grateful for this life and the opportunity to play music once more. He's extremely grateful to those patient souls who guided him back to health.

**FALLEN ANGELS DANCE THEATRE**  
**1.05pm & 2.20pm**  
**Ground**  
For more information on our featured performers, please see the previous page.



## HENRY MAYBURY

**2.25pm**  
**Stage**

As a young singer and songwriter, Henry has already had his share of life changing experiences. Quickly recognising that a sports career was a fading dream due to a serious illness followed by arthritis, Henry turned his focus to something else he loved; music.

As his musical talent developed, Henry began to perform at festivals wherever he could, from local gigs to national competitions for unsigned acts. But as success appeared around one corner, tragedy appeared around another; Henry's oldest brother Tom died from an alcohol related illness.

Motivated to tell others about his experiences in life, Henry began writing songs that expressed his own personal experiences, both good and bad. Henry's EP was released in 2014 and features his debut song "Lost Days" which has achieved over a million views on YouTube.

### WEBSITE

[henrymaybury.com](http://henrymaybury.com)

### FACEBOOK

@henrymayburyofficial



## GOT2SING

**2.00pm**  
**Stage**

Got 2 Sing® has over 800 members in 11 choirs across the Midlands and as well as performing at local events since 2011.

They have had 3 sell out shows at Birmingham Symphony Hall and raised over £100,000 for national and local charities. Not the usual "stand behind the music" sort of choir, their high energy performance and unique arrangements of popular songs will have you tapping your feet and singing along!

Led by Olivia Thomas, Got 2 Sing Shrewsbury meets on a Wednesday night from 7:30pm to 9pm at The Wilfred Owen School, Monkmoor Campus, Woodcote Way, Shrewsbury, SY2 5SH. New members are welcome to join at any time and there is no audition or need to read music – just a love of singing!

Why not pop along for a Free Taster Session? You will be warmly welcomed.

### WEBSITE

[got2sing.co.uk](http://got2sing.co.uk)

### FACEBOOK

@got2singuk



## COSMIC RAYS

**3.30pm**  
**Stage**

Cosmic Rays are a local band who are championing original music in Shropshire. They are primarily an indie rock band, but there are elements of pop, jazz, and even electronica is there too. The band also features local legend Charlie Adlard, the illustrator for the Walking Dead comics.

Cosmic Rays originally started as a gimmick in 2006 when a bunch of comic creators got together for the first Birmingham Comic Show, organised by now lead singer Shane Chebsey.

The guys are currently working on a new album which they hope to release later this year and they will be playing more gigs around the UK and Europe.

While they still do the odd comics show, but these days we are more interested in people coming to see us for our original music than for any other reason.

### WEBSITE

[cosmicraysband.bandcamp.com](http://cosmicraysband.bandcamp.com)

### FACEBOOK

@cosmicraysband



## ZACH SAID

**2.50pm**  
**Stage**

Zach Said is the grandson of Michael Jackson. But this particular Jackson ran a disco night, back in the day, in Shrewsbury... a long, long way from LA and Neverland.

Along with his granddad's disco and soul influence, Zach also grew up listening to '90s RnB, Destiny's Child and Usher. But it wasn't until Zach took drama classes that he learned how to put it all together and express himself, discovering a zeal for music and singing... and, eventually, songwriting.

A computer programming graduate, Zach is a self-confessed techno nerd and is just as comfortable gaming as he is programming beats and producing his own songs – which, like most bedroom-reared songwriters, orbit around romance and heartstrings. Every track is a story of awkward relationships and complex romances, taking inspiration from Frank Ocean, Anderson Paak with added guitar sensibilities from City & Colour and John Mayer.

### WEBSITE

[soundcloud.com/zach-said-music](http://soundcloud.com/zach-said-music)

### FACEBOOK

@zachsaidmusic

# TRAVELLING TO Shrewsbury



## What time do you need to be there?

The start time for the walk is midday from The Quarry SY1 1RW this means you will need to be in The Quarry by no later than 11.30am for pre-event opening ceremony

## Travelling by Car

It is essential that you plan your journey and arrive well in advance of the start time of the event and allow time for finding parking, finding a space and walking to the event. Traffic can be busy and difficult if you do not know the town due to one-way systems so we encourage you to plan well in advance of travel and allow for delays

Main roads into Shrewsbury are the M54 / M6 network or the A49, A5, A53, A458.  
Burrs Field Designated Car Park – Postcode SY3 7AF

## Travelling by Coach or Minibus

If you are travelling by coach on an organised group trip we have identified specific areas for parking for this event.

To help us direct you to the best available location booking and to minimise issues booking is essential so please could you contact us to confirm if you would like a space by emailing [zoe.mortimer@shropshire.gov.uk](mailto:zoe.mortimer@shropshire.gov.uk) with details of the size of coach or minibus and expected arrival time. This will allow us to ensure we park you quickly and efficiently and if required identify a drop off point if the nearest spaces to the event start point are already booked

## Travelling by Train

The nearest rail station is Shrewsbury and it is about a 15 minute walk to The Quarry. For details on timetables please contact [http://www.nationalrail.co.uk/stations\\_destinations/default.aspx](http://www.nationalrail.co.uk/stations_destinations/default.aspx)

Plan your journey here with National Rail journey planner or call 08457 48 49 50.

## Travelling by Bus

Travel by bus and coach is stress-free and cost-effective. For information and timetables call the Shropshire Travel Line on 0870 608 2608

FULL TRAVELLING AND PARKING DETAILS CAN BE FOUND AT  
<http://www.facesandvoicesofrecoveryuk.org/event/shrewsbury>



# Shropshire Recovery Partnership

## Who are Shropshire Recovery Partnership?

Shropshire Recovery Partnership (SRP) is a partnership between Kaleidoscope and Addaction. The partnership has been commissioned by Shropshire Council to deliver services across the region.

Together we provide a range of services across Shropshire to assist and support individuals affected by drug or alcohol use. SRP provides adults and young people with a range of treatments, including one to one and group work support. We also support concerned others who are affected by someone else's drug or alcohol use.

**"They gave me back my family, they gave me back my future and they gave me back my life..." - SRP Service User**

### Our Services include:

- A variety of groups, focusing on developing strengths, recovery and self-resilience
- One to one support via regular meetings with a care coordinator
- Needle Exchange, harm reduction, safer injecting advice, including steroid information
- Provide substitute prescribing with full clinical support
- Blood borne virus screening, treatment, vaccination and support from a specialist nurse
- Access to Counselling to support recovery
- Naloxone training and supply
- Concerned Others Group for family members/ carers /friends who are concerned about someone's drug or alcohol use

**Call us on: 01743 294700**





## THE FIFTH UK RECOVERY WALK

# Birmingham 2013

The fifth UK Recovery Walk took place in Birmingham in September 2013. The walk was now becoming a regular fixture in thousands of peoples calendars. Here, Amanda and Sunny tell their stories of the day and what the Birmingham walk meant to them.

### Amanda's Story

In September 2013 service users, families and friends came together at Birmingham Victoria Park and walked as one to Calthorpe Park. It was one big celebration of recovery.

I walked with my twelve year old son at the time. Our relationship had been affected due to my alcoholism resulting in me being absent from his care for long periods at a time. On this day the pure unity and love for recovery brought us together.

The freedom of recovery was nothing but overwhelming. My son carries this memory and the message to this day, often describing it as "better than going to any football match any day". At the time I was a resident at Summerhill House who supported the walk.

I like to say a big Thank you to all that were involved.

### Sunny's Story

The Recovery Walk is a movement (in more than one sense) that demonstrates the solidarity of those in recovery from addiction. In addition to the personal feeling of togetherness, it demonstrates to the wider society that those with experiences of addiction can move forwards with their lives. It brings about people from all walks of life to celebrate past achievements and future aspirations.

Visible recovery has the ability to tackle stigma and discrimination to those that can experience the harshest treatment from society.

It is not just about the day of the walk itself that ignites passion, but the whole experience of preparing for the day, the journey to the event, the return journey and the lasting memory that is taken'

## Need Support in the Birmingham area?

**CGL** - Reach Out Recovery Birmingham is a free confidential service offering treatment and recovery services for adults. **Tel: 0121 227 5890**

**CGL** - Park House Inpatient Treatment Service offers tailored packages or in-patient detoxification or stabilisation. **Tel: 0121 523 5940**

**STR8-UP** - Specialist service for 11-18 year olds affected by their own substance misuse. **Tel: 0121 788 5390**

**KIKIT PATHWAYS TO RECOVERY** - Specialist community based drug and alcohol support services offering flexible support. **0121 448 3883**



## THE SIXTH UK RECOVERY WALK

# Manchester 2014

The sixth UK Recovery Walk was held in Manchester. The event was now a regular fixture in thousands of people's calendars. Here, Stefan and Peter tell their stories of the day and how the sixth UK Recovery Walk aided them in their recovery.

### Stefan's Story

The Manchester recovery walk changed my life as I was new to the whole recovery thing and was really struggling to keep it together. I was even going to score on the bus on the way up there but thought I'd better not as it was a nice trip and really wanted to go.

I really didn't didn't know what to expect. Then we turned the corner and saw loads of people - they said around 3,000.

I was blown away by how happy everyone was and not one drug in sight. I had an amazing time singing and everyone saying how stopping has changed their life. I will never ever forget it.

There were tears and laughter and it really blew me away and made new friends which have helped me find my way in recovery.

### Peter's Story

I came out of prison in July 2014 and had started going to an NA meeting inside and carried on after release and some of the lads told me about a recovery walk that was happening in September so I agreed to go along.

The whole day blew me away and I never expected so many people to be there. I even met a few lads from Salford and Stockport that I used to use with - all of who were now clean!

I remember walking through the city centre and all the music on the stage afterwards. I couldn't believe that there were so many people in recovery and made some new friends that day that I am still in touch with on Facebook.

It definitely helped me in my recovery and I am now a volunteer peer mentor in a drugs and alcohol service and help to organise a minibus to the recovery walk every year so that other people who are struggling can have the same experience I had that day.

## Need Support in the Manchester area?

**MIDAS** - CGL's teams work in partnership with service users to plan individual treatment plans and support. **Tel: 0161 214 0770**

**ECLYPSE** - Free confidential drug and alcohol service for people under 19 and affected adults. **Tel: 0161 839 2054**

**ALCOHOL CARE MANAGEMENT TEAM** - Community care service for individuals experiencing difficulties connected to alcohol. **Tel: 0161 234 5001**

**TURNING POINT** - Smithfield Detox Unit is a purpose built 22 bed specialist inpatient treatment unit in Manchester city centre. **Tel: 0161 827 8570**



## THE SEVENTH UK RECOVERY WALK

# Durham 2015

The seventh UK Recovery Walk was held in Durham. Sadly the weather wasn't on our side during the day but it didn't stop thousands of people celebrating and advocating for recovery. Here, John tells us his story of the day.

My first UK Recovery Walk was in Durham. A friend who was attending this event suggested that it would be an idea if I was to come along as well. Prior to this occasion I had never heard of the Walk.

I was fortunate enough to attend the conference on the Friday before the Walk and also have the opportunity to explore the centre of Durham.

On the morning of the walk we proceeded to the assembly point where the weather stepped in, or should I say the rain. Luckily this was short lived and as the start time approached it stopped.

There were many groups of people from all over the country congregating on the playing field with a few stands on the perimeter. These groups comprised mainly of people from various rehabs and recovery organisations. I made it a point

to mix and mingle finding all those present welcoming and in good spirits.

As the walk started, and we proceeded out on to the streets of Durham, I really started to enjoy myself and with the increase in noise I was very grateful to the organisation that had given me a whistle. This was my first experience of making a lot of noise in public and not getting arrested!

During the procession I took a number of photographs, chatted to lots of walkers and blew my whistle. As the walk came to an end we returned for the entertainment and the speeches.

### Need Support in the Durham area?

**CGL** - County Durham Old Elvet provide drug and alcohol services county-wide. **Tel: 03000 266 666**

**Thirteen Residential Care and Support** - 8-bed dry residential rehabilitation facility for adults experiencing alcohol problems **Tel: 0191 372 2244**

**Young People Service** - Support for people aged under 21 experiencing alcohol or drug issues. **Tel: 03000 266 666**

**Sunderland Area Parent Support** - Provides a safe and welcoming environment for all parents/carers affected by substance misuse **0191 520 3444**



## THE SEVENTH UK RECOVERY WALK

# Halton 2016

The eighth UK Recovery Walk took place in Halton in Cheshire. Halton Stadium formed the case for the day as thousands of people made their way to the north west of England. Here, Ann tells her story of the day and the positive impact it had on her life.

Somebody at a SMART meeting mentioned the Durham walk in 2015 and Durham was a city I had always wanted to visit. It helped that they had a coach going so I knew I didn't have to worry about transport. I had relapsed at the time and saw that as a good target to reach (set in April and walk was September).

I wasn't involved with planning for Durham but really enjoyed the walk although the weather was poor. It was the first time I realised that there were so many other people in the same situation as me. It also made me realise that it was ok to be abstinent. There were so many people from all walks of life having a great time. That was what fuelled me to attend the Halton meetings.

The day of the Halton walk was glorious, despite the usual last minute stuff like the coaches not arriving where we had been

sent to meet them. I was disappointed that more health services wouldn't let us advertise at Health Centres and GP practices (I did try).

Particular highlights were the drummers that led us on the walk – that lifted the whole group and was enjoyed by everyone on the walk as attracting public attention. There were plenty of stands, stalls and things to do including dancing. People had donated cakes, jams and stuff to sell.

The walk has helped to sustain my recovery. I see it as a chance to rejoice and celebrate rather than hide away or be embarrassed. It has helped me take steps to tell people I'm abstinent and do not have a problem.

I'm in my fourth year of recovery but it has taken me this long to have the courage to go out and socialise without using.

### Need Support in the Halton area?

**CGL** - Fully integrated substance misuse service offering rapid and open access to assessment and treatment . **Tel: 0151 422 1400**

**Footsteps Warrington** - Charity offering support services to anyone affected by someone else's substance misuse. **Tel: 01925 244524**

**Young Persons Drug & Alcohol Team** - Support for people aged 13 - 18 experiencing alcohol or drug issues. **Tel: 01925 442 440**

**Turning Point Ellesmere Port** - Free support to those affected by drug or alcohol addiction **0151 350 6500**



## THE NINTH UK RECOVERY WALK

# Blackpool 2017

The ninth UK Recovery Walk was held in the famous seaside town called Blackpool, noted for fresh air and fun. Horrendous early morning weather threatened to put a dampener on the day but the sun appeared just in time. Here, Gary tells his story of the day.

Blackpool recovery walk was the third walk I had been involved with following Durham and Halton in 2015 and 2016 respectively. The great difference for me personally with the Blackpool walk was this was in my home town and as a member of the Blackpool Recovery Group and a volunteer at Blackpool Fulfilling Lives I was involved 9 months before.

I remember lots of worry during the final two or three days, as horrendous rain and winds had been predicted, Blackpool promenade in high wind and rain is no fun at all, but the day of the walk was a lovely sunny day and I remember as the walk was in full flow down the promenade thinking to myself well we couldn't have asked for any better than this.

As I was also a volunteer for FAVORUK taking photographs of the event I wore my purple FAVOR hoodie top so all along the route I was asked many times by tourists and locals what it was all about, I told as many people what the UK Recovery

walk was and why this year it was in Blackpool, which was always received with positive wishes of support and smiles, and I remember feeling proud telling them what was happening in Blackpool that day.

One of the great things was seeing so many recovery communities together, seeing people I spoke to at previous walk, making new friends who I know talk to online from around the country that I will hopefully see again this year in Shrewsbury.

As a photographer I wanted to get in front of the parade and stood on a fairly high wall to get some photos of the crowds of walkers and was amazed how far back along the promenade, from the start point at Central Pier all along the front along the Pleasure Beach, you couldn't see the end. I felt a feeling of pride, seeing so many thousands of people in recovery and supporters of recovery but in our town, my town, Blackpool!

### Need Support in the Blackpool area?

**Horizon** - Single point of contact for anybody aged over 25 affected by drugs or alcohol. **Tel: 01253 205156**

**CGL Inspire Fleetwood** - Fully integrated drug and alcohol service delivered in the community and custodial settings **Tel: 01253 877633**

**Young People Service** - Support for people aged under 21 experiencing alcohol or drug issues. **Tel: 03000 266 666**

**Sunderland Area Parent Support** - Provides a safe and welcoming environment for all parents/carers affected by substance misuse **0191 520 3444**

# Recovery Stories



## My Recovery Story...Abdul

I started smoking hash in the 80's when I was 17, I'm 57 now. I was smoking hash for a long time, quite a while. After a while that changed. My friend introduced me to cannabis, Skunk. I'd been smoking it for years and years. At the time you don't know how it will affect you, you just enjoy every bit of it.

At that time, I was smoking it day and night. I didn't like smoking it in the street, for me smoking in the street is just not my style. I enjoyed it more in my house, I relaxed and watched TV. I didn't go anywhere, just watched TV and smoked.

I had a friend stop by in my house, always smoking, smoking, and smoking. If I said I want to stop, my friend would come from nowhere and they'd smoke. If I say I have no cannabis they'd bring it for me. So after a while I stopped everyone who smoked from coming to my house, I said I don't need you coming to my house. They got upset... I said I'm not being rude but I want my own house back.

I had to do something about it, stop cannabis, it was affecting my life. What really worried me was when I blacked out in my kitchen; I feared injuries to my head or I was having a stroke. I live on my own, if there was a fire on the cooker and I passed out, I would have burnt the house down. I was going nowhere so I had to turn to someone who could help me, who'll listen to me. I went to the library and saw a poster about stopping smoking. I spoke to the lady who told me what it was about. I asked to put my name down and told them I was smoking cannabis and wanted to stop. I told her I couldn't fill in forms and she said she could help me. I just had to go where she told me to. She referred me to Reset, she told me that they would help me. I asked if there were other people like me, I didn't want to feel embarrassed but she told me there would be people just like me. That was about 10 months ago.

First session I came here and listened to what cannabis does to you and to your brain, I saw pictures and I was worried. I said to myself I want to stop but I had trouble sleeping. Before, I would smoke an eighth or a quarter but I cut down to one spliff a night, just for sleeping. If I didn't finish it then I left the other half for the next day.

For me to get up in the morning without coughing, without spitting, that is a good move. I listened to the staff, I never missed one day, apart from one in the snow maybe. Now I'm going to the gym thanks to here, which helps a lot and I'm starting to get fitter and healthier.

To tell the truth, I never thought cannabis would have an effect on me, I thought it was just like a cigarette. I never knew about the effects it could have, making me forget, I have serious long-term memory problems. I didn't know about these things until I came here. I'd never been to school in my life so now I can learn and that's the reason I love coming here, I don't like to miss one session. I'm still coming here because I can listen and learn. My worker can explain things so I understand.

It doesn't matter what age you are, just listen. I want to get my life back, my memory might not get better but at least I am not smoking and I feel better. It doesn't matter who you are, cannabis can make you distressed, violent, or it can put you in a mental hospital. For me, I came to the right place at the right time.



Are you worried  
about your drug  
or alcohol use?

Try our self assessment  
quizzes to understand your  
level of drinking or drug use  
and see suggested next steps.  
[www.cgselfassessment.org](http://www.cgselfassessment.org)





# Recovery Stories



## My Recovery Story...**Robert**

My name is Robert and I am a recovering alcoholic. Less than 2 years ago I never believed that I could publicly utter those words. I feel really privileged to be invited to share my experiences of the journey from breakdown, treatment and a recovery in progress – not flawless but one to which I am totally committed and is giving me a life existence that is unrecognisable to what I was previously subjecting myself.

During the summer of 2016 my life was falling apart, a situation which I neither recognised nor attempted to address. Ongoing periodic binge drinking which was causing a huge strain on family relationships, my health, lifestyle, appearance and self esteem.

This had been an accelerating problem for a number of years and the first half of 2016 was a demonstration of how it had reached tipping point. There was a complete failure to admit the critical state of the situation, a denial of the obvious. The ultimate car crash that summer, was when I had to collect my son from a train station, under influence, and drive him home. Upon returning, he told me that he had no confidence in my being around with his children/my grandchildren and I had to sort myself out if any meaningful family relationship was to continue.

I arrived at Abbeycare at the end of August 2016. I was nervous and depressed. The question that kept haunting me was why my life had descended to this. Approaching the age of 70 what hope had I in pulling myself together. The only plus point was that I arrived sober and did not require detoxing. At least something was beckoning in the right direction. But, for the first few days, I was a fish out of water. I did not grasp what was required for this programme to succeed in helping me. What chance for an ageing “has been” was there? It took the best part of a week to comprehend what I needed to do. like who I am. I feel a totally different woman to who I was before. It doesn't matter how long it takes, as long as you get there in the end. There is a good life for you but it's what you make it. It has to be your hard work. I'm really grateful I've had so much help and I'm looking forward to giving something back to the community through the peer mentor programme and volunteer with the service.

It was essential to be single minded, selfish even. It was my recovery and I had to set my own Agenda. Your peers are important to you, their thoughts, advice and experience. But do not try and set yourself up as a role model or father figure to them. I rapidly started to understand that, only by looking after oneself, could one be in a position to help others.

My recovery has not been flawless and I have relapsed, Last March 2017. It is important that I am transparent in telling you this. It was a wake up call demonstrating that this is a hard path that will never be easy but can never be given up.

It feels great to be sober, taking interests in others and recognising that from them. I believe that I have rediscovered the merits of being able to listen. My family now want me to be part of our collective lives and join in savouring the joy of children and grandchildren. There have also been improvements to my health, energy and appearance. It is welcome to be told how well one looks!

Just before I started my rehab programme with Abbeycare, I shared my intention with a close friend of mine. He questioned my decision and wondered whether I wanted to submit myself to this at my age, shading 70 years old and whether I was up to it. I replied that it was probably one of the most important decisions that I had ever taken. Nearly 18 months action packed and transformative times later, this Recovering Alcoholic has not changed his mind.



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GROUP

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W: [www.abbeycare.co.uk](http://www.abbeycare.co.uk)

**Changing lives and raising the standard in the comprehensive treatment model**

# Recovery Stories



## My Recovery Story...**Charlie**

The first time I came to Spectrum (Change Grow Live) was 5 years ago. I'd heard about the service from someone I knew and self-referred by the phone. Within a week I was invited in for an assessment. I'd stopped drinking for 3 months and attended the relapse prevention group at Stevenage.

Afterwards, I went through a relapse. I went back to Spectrum because I knew there was support and no judgement there. I started Foundations of Change and went through the whole Foundations of Recovery programme

I sincerely believe that group work is essential for prolonged recovery. Going through the programme with the same group of people working towards the same goal is invaluable.

The groups are also useful for building lasting friendships and the extra life skills needed to deal with life problems you've never had to cope with before without using. Tools like the CRICKET method of solving your problems are learnt in the group sessions.

I am now 12 months sober as a result of the skills I've learned here and I'm now the Service User representative for the Stevenage service. This role has given me back my confidence and self-worth. Before I took the role on, I was looking for something to do next.

I'm doing something worthwhile and I feel needed in this role. It's not just about representing the views of the Service Users in Stevenage, but having a friendly chat in reception and supporting others who are going through the same situation I went through.

This place is a big part of my life and the newfound self-awareness that sobriety has given me tells me that I need the responsibility of this role as much as the service needs me to help out. Keeping myself busy is a huge part of my own recovery and I want to ensure there's a positive legacy for Service User Involvement in the hub, and that I can get others, especially the staff, involved as much as possible!

And finally, any Service User who wants to talk to me about anything at all can find me in Stevenage most days.



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about your drug  
or alcohol use?**

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# The UK Recovery Declaration of Rights



**FACES AND VOICES OF RECOVERY UK** spent a year travelling through England, Northern Ireland, Scotland and Wales, holding consultations with many varied groups. Those in treatment, Harm Reduction and Mutual Aid communities, professionals and families, people who currently and formerly used substances; together we created this Declaration of Rights.

In response to funding restrictions and increasing drug related deaths we feel a need to step forward and to make our voices heard. Our collective hope is that this Declaration of Rights will galvanise all concerned, and contribute to improving the lives and health of those with Substance Use Disorder.

To add your organisation or name to the Declaration of Rights please email: [annemarie@facesandvoicesofrecoveryuk.org](mailto:annemarie@facesandvoicesofrecoveryuk.org)

## FREE FROM STIGMA

We have the right to be **free from the social stigma** imposed upon us, which we experience within the healthcare system and wider community, fuelled by media stereotypes and a lack of understanding of the root causes of addiction.

Stigma attached to substance use disorder makes it harder to seek help and to recover. We call for a **public awareness campaign** on stigma reduction for those of us with substance use disorder, as has been successfully seen with mental health.

## ACCESS TO CARE

We have the right to fully resourced, **easily accessible effective and specialist care**; entry into which is non-punitive and non-discriminatory.

Assertive outreach, out-of-hours support and provision of family-friendly and culturally appropriate services, will increase engagement and outcomes.

## INFORMED CHOICE

We have the right to be given clear, objective and up to date information on all evidence-based pathways; their advantages and disadvantages and suitability for us as autonomous competent individuals at different stages of our recovery and with differing lifestyles and needs. The **principle of informed choice and consent** empowers us to participate fully in our own health and care.

## QUALITY OF CARE

We have the right to investment in the **highest standards of effective, and specialist care**, delivered by a fully trained and competent workforce. We have the right to individualised, patient-centred care. We call for collaborative and integrated physical, mental and social healthcare pathways which are associated with better cost effectiveness and improved outcomes. Best practice treatment, consistency of care, a non-punitive approach and to be treated with respect are vital to our recovery.

## PRISON

We have the right to **health and recovery within the criminal justice system**; to have the same access to quality specialist care and informed choice of pathways as in the community. Continuity of care prior to and on leaving the criminal justice system is an essential part of our recovery.

## POLITICAL REPRESENTATION

We have a right to **meaningful political representation**. People with Substance Use Disorder and their families are a constituency of consequence, deserving of support, commitment to positive change and accountability from our elected representatives. We invite policy-makers to work together with us to actively promote the removal of all barriers to treatment, educational, housing and employment opportunities.

## FAMILIES

We have the right for our families to be recognised as stakeholders in our recovery journey, and to be involved in our path where appropriate.

**Families, including children, also need independent professional support in their own right.**

## AFTERCARE

We have the right to access a comprehensive range of aftercare options so that we may nurture our recovery, lessen the chance of relapse and maintain a healthy and fulfilling life. The ongoing building of connections and recovery capital are important to our survival and wellbeing, and enable us to transition from **dependence to independence**.

## SERVICE USER INVOLVEMENT

We have the right as individuals with lived experience to inform the development, delivery and review of policies and services that affect us. Barriers to effective service user involvement must be addressed. Putting the **service user perspective** at the heart of the decision-making process has been shown to enhance the quality of healthcare, improve patient satisfaction, working relationships and outcomes.

## HUMAN RIGHT TO HEALTH

We have the right to health. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition. When people are marginalised or face stigma or discrimination, their physical and mental health suffers. **Discrimination in healthcare is unacceptable** and is a major barrier to development.

**World Health Organisation**

Endorsed by: ● Abbeycare ● Adfam ● Alcohol Concern ● Alcohol Research UK ● APPG ● Blenheim ● Bridge ● Camurus ● CGL ● CSARS Group ● Disc ● Discovering Health ● DrugFAM, ● DrugWise ● Federation of Drug & Alcohol Practitioners ● Get into Recovery ● The Hepatitis Trust ● Indivior ● Lancashire User Forum ● The National Association for Children of Alcoholics ● National Needle Exchange Forum ● Reach Advocacy ● Recovery Cymru ● Recovery Connections ● Red Rose Recovery ● Scottish Families Affected by Alcohol & Drugs ● Scottish Recovery Consortium ● SMMGP.  
Visit our website [www.facesandvoicesofrecovery.org](http://www.facesandvoicesofrecovery.org) and see who else has endorsed the UK Recovery Declaration of Rights.