



# resolutions

your journey - our support - your success

LUTON BID  
UK RECOVERY WALK 2019

We are stronger with partnership.

Our bid for the 2019 UK Recovery Walk is proudly supported by...



The development of recovery across Luton is highly important, and the UK Recovery Walk would convey our support for the concept of recovery – which we hold very close to our heart. Luton is a diverse town, and we would be proud to demonstrate that the messages of recovery, hope, and progress transcend culture and background. We are keen and confident to produce a legacy that will not only benefit the people of Luton, but also those attending from across the country.

As someone who is passionate about Luton, and passionate about community values, I, along with several others in the area, support and welcome the opportunity for Luton to host the Recovery Walk in 2019.



**Cllr Naseem Ayub**  
Mayor of Luton, 2018-2019

The Recovery Walk in Luton 2019 would highlight to residents the amazing journey, struggle and successes of those recovering and healing from all walks of life.

It would also complement our Art and Sport Strategy which strives to support the whole person.

We want every Luton resident no matter their journey in life to benefit from the £1.5 billion of investment and 18,500 new jobs coming to Luton in the next 20 Years.



**Cllr Jacqui Burnett**  
Lewsey Ward FMATT, MCMI, Portfolio Holder for Customer and Commercial (Traded Services)



“Luton represents so much of what the UK can be. If we can find the will, the spirit and the healing here, we can find it everywhere—and we know we can. Solvitur Ambulando.”



**Colin Salmon**  
Actor, former Luton resident.



I think the Recovery Walk should be held in Luton as there is a whole side to recovery that doesn't get seen or mentioned in the press, radio and TV. Everybody is quick to acknowledge the problem and concentrate on the problem of addiction but not much is spoken about the recovery from addiction that Luton plays a massive part in.

As well as bringing awareness to the problem let's acknowledge the positives and the impact that Luton has to offer regarding recovery. Lets light up Luton with recovery.



**Shane Hardyman**

Head of Hospitals & Institutions, CA

As Associate Director in the Luton mental health and wellbeing trust, I work to promote mental well being across Luton.

As part of that I have worked closely with partners to promote the link between physical activity and good mental health. A recovery walk would be a brilliant vehicle to take this a step further across our community.

I also think that Luton is so ready for such an event as our community seeks ways to improve cohesion and hold events which cut across cultural barriers.

I am happy to be a local supporter of this event both on a professional level, involving NHS and social care colleagues and as a local community member.



**Gail Dearing**

Associate Director of Social Care (Bedfordshire & Luton), ELFT



# Service user opinions on Luton UK Recovery Walk 2019

“ I moved to Luton 6 months ago and find that there is amazing recovery in Luton. There is also a lot of dedication and time to supporting those in need. ”

**Frank**  
ResoLUTiONs Hub Service User



“ Luton is a vibrant but troubled town with a diversity of people, cultures, problems and solutions. ”

A recovery walk would raise awareness of addiction, mental health and related issues and create vital links between communities, organisations and individuals ”

**Anon**  
ResoLUTiONs Hub Service User



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# 1.0 Luton

Luton is located in Bedfordshire, England and is 20 miles east of Aylesbury, 14 miles west of Stevenage, 30 miles northwest of London, and 22 miles southeast of Milton Keynes. Its neighbouring boroughs include Bedfordshire, Central Bedfordshire and Hertfordshire. As a result of its location, Luton enjoys both the urban nature of being a London commuter-belt town, whilst also embracing its rural, green surroundings.

A young, forward thinking, and vibrant town, Luton is home to one of Britain’s major airports and The University of Bedfordshire.

The most recent mid-year population estimated that Luton’s population was 214,700 and had a growth rate of 1.8 per cent; faster than the national growth rate of 0.8 per cent (Luton, 2016). Embracing and enjoying its status as a multi-cultural hub, The Department of Environment and Regeneration, 2015 also found that Luton’s diversity in population was approximately four times above the average for England and Wales; 53% of Luton’s residents were born in either Luton or Bedfordshire with the remainder originating from elsewhere. Approximately 35% of residents were from a Black or Minority Ethnic or EU background with over 200 spoken languages spoken. **Diverse, cultured, and energetic, Luton is proud to be a focal point for communities, businesses, leisure and tourism.**





## 2.0 Luton's Recovery Partnership

### 2.1 Vision & Legacy

Luton has recently undergone a huge transition with regards to the available recovery services. Previously there were five different drug and alcohol services, however, in April 2017 ResoLUTIONs (CGL) launched and became the commissioned recovery service.

ResoLUTIONs (CGL) provides a person centred drug and alcohol service whose vision statement aims to '**create healthier and safer communities**' by supporting individuals to achieve their recovery goals; raise awareness; and promote social integration by challenging and educating communities to see past societal stereotypes and labels that are often placed upon individuals.

### 2.2 Our mission & objective

**Our mission** is to deliver exceptional services that encourage and empower people to overcome problems and disadvantages in their lives and achieve their goals and ambitions.

**Our objectives** are to deliver a service which inspires our service users and their families to be ambitious and thrive for recovery-orientated outcomes, which enable:

- Good physical health
- Good mental wellbeing
- A safe & happy family environment
- Stable & secure housing
- Securing employment or training opportunities
- Discontinuation of offending activity
- The development of a strong and positive support network
- Reduction in sexual health problems and blood borne viruses
- Reduction in related domestic violence



## 2.0 Luton's Recovery Partnership [Continued]

### 2.4 Values

Our customers are at the centre of the work we do. We are governed by our values which reflect this, and include:



#### Focus

We focus on the service user as the way to achieve positive change for the individual and community at large.



#### Empowerment

Allows service users and employees to reach their full potential and achieve their ambitions.



#### Social Justice

A shared commitment as individuals and as an organisation.



#### Respect

For each person we engage, without reservation or judgement.



#### Passion

Being driven by innovation and determination – to bring about the safest, healthiest outcomes for individuals and communities.



#### Vocation

Our work is more than just a job.

### 2.5 Services

We offer a range of services to ensure that we are proactively achieving our missions and objectives and this is fundamental in establishing recovery across Luton. These include, but are not limited to;

- Structured treatment interventions
- Group work
- Access to pathways into inpatient and community detox/residential rehabilitation
- Criminal Justice Interventions
- Hospital Alcohol Liaison Service
- Online support
- Prescribing treatments towards your recovery
- Blood Borne Virus (BBV) Interventions
- Needle Exchange
- Access to Education, Training & Employment
- Aftercare Support at the Recovery Hub
- Activities and workshops
- Volunteering and peer mentor opportunities



# Luton's Recovery Partnership

## 2.5 Services [Continued]

We also have a **Recovery Hub** which is an aftercare service for individuals who have graduated from our main drug and alcohol service.

The Hub's vision is to **'create a recovery community which helps people to succeed'**. It empowers individuals to make changes in their lives and work towards positive outcomes in volunteering, work experience, training and employment.

It provides a safe space which supports abstinence based recovery, helping people to achieve independence and self-reliance by providing a social space where individuals and their families can meet and offer each other support. The Hub provides a focal point for related services and support groups to promote positive health and well-being. In addition, The Hub proactively supports re-integration, which will be a true community asset.



	Monday 9am - 5pm	Tuesday 9am - 5pm	Wednesday 12pm - 8pm	Thursday 9am - 5pm	Friday 9am - 5pm	Saturday 10am - 3pm	Sunday 10am - 3pm	
AM	<b>10.00 - 11.30</b> Foundations for Life  <b>12.30 - 1.30</b> Family Drop in  <b>12.00 - 2.00</b> Arts and Crafts	All Day Volunteer Training  12 - 1.00 Big book Study Group	<b>Hub Closed</b> <b>open at 12.00</b>	<b>10.00 - 11.30</b> What Next group. (supports positive re-integration within society)  <b>10.00 - 12.00</b> 1-1 Art Therapy	<b>12.30 - 1.30</b> Acupuncture  <b>10.00 - 12.00</b> 1-1 Art Therapy	<b>12.30 - 1.30</b> Acupuncture  <b>11.00 - 12.00</b> Smart Recovery group	<b>10.00 - 3.00</b> Recovery Saturday  <b>11.00 - 12.00</b> Smart Recovery group	<b>10.00 - 3.00</b> Social Sunday  Socialise in a relaxed environment  Chat, watch films, play board games etc.
PM	<b>2.00 - 3.30</b> Barriers To Employment  <b>3.30 - 4.30</b> BME Recovery Forum First Monday of Every Month	<b>1.30 - 2.30</b> Motivational Singing  <b>3.30 - 4.30</b> BME Support Group	<b>2.00 - 3.00</b> Mindfulness <b>3:00 - 4:30</b> Past, present and Future group.	<b>1.30 - 2.30</b> Service Users Group  <b>3.00 - 4.30</b> Managing Emotions	<b>2.00 - 3.30</b> Snack and Chat (socialisation)	<b>1.00 - 2.00</b> Acupuncture group  <b>2.00 - 3.00</b> Service user involvement group.		
Evening			<b>5.30 - 7.00</b> Relapse Prevention <b>6.00 - 7.30</b> Family and Friends Support Group <b>8.00 - 9.00</b> CA Group meeting	<b>7.00 - 8.00</b> BME Islamic 12 Steps Programme Once a Fortnight	<b>5.00 - 6.00</b> Women only Fellowship Group			



### 3.0 Recovery Community

“Without a sense of caring, there can be no sense of community” (D’Angelo, 1993)

ResoLUTiONs (CGL) is aiming to continue to develop and expand the recovery community in Luton.

Hosting the UK Recovery Walk 2019 will help make recovery visible in Luton and act as a stepping stone to promoting the new recovery model and encourage individuals and the wider population to invest into our vision.

Luton is well known for having one of the most diverse demographics in the country and the UK Recovery Walk 2019 will be a unique opportunity for individuals from various backgrounds to come together and support and celebrate each other by sharing one common goal.

The walk will act as a catalyst to bring individuals from ResoLUTiONs and recovery partnership services, fellowships and their friends and family to join together; wearing the **green, orange** and **white** colours to take a stand, build an inclusive recovery community and support each other. This will be the key drive in encouraging others to ‘take a step’ to start their new life and make new connections with others and their community. We envisage this event to be a **celebration** that shows every individual’s strength and determination to make positive changes in their lives, feel included within the community, gain freedom and form a collective.

CGL (Change, Grow, Live) has over 120 sites across the country.

In our first year, ResoLUTiONs conducted over 700 triage assessments.

We provide services in Polish, Urdu, Punjabi, English, Czech, German and Russian.

In Luton, we provide services in conjunction with 32 partner agencies.



## 4.0 Service User Feedback

My one to ones have really helped me understand addition a lot more and how to help myself handle my situation and how to look after myself first. It has helped me realise I have other issues, to do with my own feeling and health. Without my one to ones I would not have coped.

I am so excited for the next part of my life. I am truly blessed that they worked so hard to get me here. Thank you so much.

ResoLUTIONs helped me get my life back on track, and I'll be eternally grateful for the support and guidance I have received. Recovery is a long and difficult journey, but only you can make that first step.

The Recovery Hub is a place where you can develop positives from your negatives – just like a photograph.

Without the support of The Hub community I wouldn't be here, addiction free.

The Recovery Hub has changed my life. I enjoy the socialising, and I am now a volunteer. I look forward to helping others who are in a position I was once in.



## 5.0 Recovery Walk 2019

### 5.1 Previous Experience in Holding Similar Events

Luton has a wealth of experience in running a number of incredible and successful events throughout the year that are attended by thousands of people. Every year Luton sees a bursting calendar including:

Luton Carnival – Celebrating its 42<sup>nd</sup> year on 27<sup>th</sup> May 2018

<https://www.carnivalarts.org.uk/>

Luton Peace Walk

<http://www.hopechurch.co.uk/events/peace-walk-2017/>

Love Luton Half Marathon

<https://www.loveluton.org.uk/halfmarathon/>

Luton Fireworks Spectacular Display

<https://www.ukfireworksdisplays.co.uk/luton/luton-fireworks-spectacular>

Luton St Patricks Day Festival

<http://lutonirishforum.org/whats-on/event/st-patricks-day/>

Love Luton Summer in the Sun

<https://www.loveluton.org.uk/summerinthesun/>

Imagine Luton Festival

<https://www.luton.gov.uk/events/pages/eventdetail.aspx?eventid=1258>

Luton Aid

<http://www.lutonaidmusicacademy.org/lutonaid/>

Luton Mela

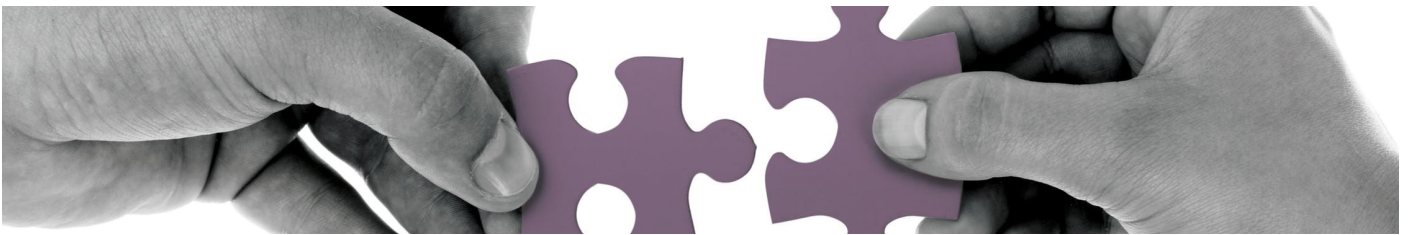
<http://www.lutonmela.co.uk/>



## 5.0 Recovery Walk 2019 [Continued]

### 5.2 Service User Support

The Luton Recovery Walk has the support of the Luton recovery community. As a part of our organisation, we have an established service user forum that recognises the potential need of bringing the UK recovery walk to Luton as an opportunity to include individuals across Luton into a dynamic and inclusive recovery community. The Recovery Walk will include service users, local community groups such as CA, friends and their families from our Family and Carers Service, will all contribute to help organise and participate in the Recovery Walk. Our aim is to highlight that recovery from substances is not only possible, but also a reality in the lives of thousands of individuals and families across the UK. We wish to engage and help promote those living with addiction and create a world in which recovery is supported and celebrated by recognising and celebrating the achievements of individuals in recovery.



### 5.3 Multi-Agency Support

As an organisation, we also work in partnership with a variety of organisations in which clients can access to help to support with their recovery. These organisations include Noah, Penrose, Mind BLMK, Stepping Stones, Intuitive Thinking Skills and local GPs. This joint working and networking aims to improve the awareness of services, empower the service users and to strengthen the community partnerships by promoting the development of recovery.

Luton services are fully committed to bring their dedication, experience and expertise to the table to ensure that we deliver a memorable Recovery Walk in 2019.



### 5.4 Political Support

We know that we can deliver a recovery walk to be proud of and are fully committed to do so. We have secured both strategic and operational buy in from Luton Borough Council. We have been fortunate enough to have had visits from local councillors at the time of the opening of our Recovery Hub and also the High Sheriff who has supported our local service user events, handing out achievement awards to our service users.

# 5.0 Recovery Walk 2019 [Continued]

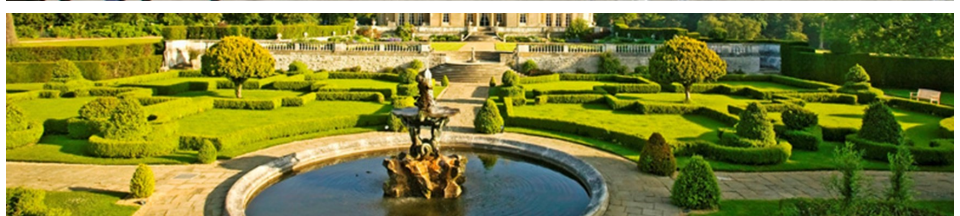
## 5.5 The Route

Despite being a relatively young town, Luton is lucky to be home to several cultural and historical attractions – including St. Mary’s Church, Wardown House Museum, the Hat District / Cultural Quarter, and the vibrant and diverse Bury Park district. Luton has the pleasure of being surrounded by lush green spaces and manages to combine a wealth of architectural influences.

Our proposed walking route aims to emphasise and accentuate the link between the town’s historical elements and more recent modern, cultural and artistic developments. Our route has similarities with the route used for the annual Love Luton Half Marathon, and a route used in the past by in the Luton Carnival – another beloved local event that celebrates the community and the nature of collaboration.

As well as acknowledging some of the culture, our proposed route for the UK Recovery Walk 2019 passes through the town centre, and passes the front of Luton Borough Town Hall – demonstrating our commitment to publicising the value of recovery, and in our attempt to inspire more local individuals and service users to take up the cause, and remind them that collaboration – and strength in numbers – improves the recovery journey.

The total route is a loop that is 2.81 miles long, and takes around an hour to complete from start to finish. As well as being a route that is highly picturesque, it also manages to encapsulate and reflect several different elements of the “5 Ways to Wellbeing” – and we have outlined where these different ways link in to a recovery journey.





# 5.0 Recovery Walk 2019 [Continued]

## 5.5 The Route [continued]

Area	'5 Ways to Wellbeing' Link	Information
Stockwood Park (Start/Finish)	Learn	A beautifully scenic area of green space, featuring a golf course, rugby club, and an athletics stadium. The park is also home to the Stockwood Discovery Centre – a free attraction which plays host to one of the largest collections of horse-drawn carriages in the UK; some of which were used as props in Ben-Hur. Stockwood Discovery Centre also has ornate and beautiful gardens full of exotic and wild flowers.
London Road	Take Notice	The main road into the heart of Luton that features beautiful traditional Victorian homes; some of which are Grade II Listed.
Castle Street	Connect	Home to the ResoLUTiONs Recovery Hub – staff and service users will be on hand to cheer you on along the route and hand out some goodies and refreshments to keep you going!
High Street & The Galaxy	Connect	As well as being home to some of the UK's finest retail establishments and some smaller, more local enterprises, the High Street in Luton gives us the perfect chance to demonstrate the idea of recovery proudly – and recruit more local people to the cause! Walking through the town centre will also give attendees the chance to explore the juxtaposition of some old architecture with some more modern buildings and features from the ornate stonework of the 1930s, through to the stunning glass, green spaces, and water features of today.
Luton Town Hall	Give	The walk will pass along Luton's Grade II listed Town Hall - home to Luton Borough Council and the Mayor of Luton. With neoclassical influences running right through the building, it was built with no less than seven million bricks. Having been burnt down twice before being rebuilt, Luton Town Hall is a beautiful statement of perseverance, which is an important feature in any journey of recovery.
Chapel Street	Connect	On the return leg of the walk, attendees will pass ResoLUTiONs' base as they walk along Chapel Street. The street, which used to be known as Hogg Layne prior to 1814, gained its current name after a Chapel was built on the road.
Farley Hill	Be Active	The last section of the walk goes up Farley Hill, one of the highest and most picturesque parts of Luton. See birds-eye views of the entire town and the lush, green surrounding areas. The views from the hill are breath-taking, and guarantee a brilliant finish to the 2019 UK Recovery Walk.



Luton Bid for the 2019 UK Recovery Walk  
ResoLUTiONs

## 5.0 Recovery Walk 2019 [Continued]

### 5.6 Venues

#### 5.6.1 Recovery Appreciation Event

As well as having access to the delightful and quaint Stockwood Park as the starting and ending point for the walk, we plan to also have an event to celebrate the people, process, and pathway of recovery. Along with cultural food-stalls, and the opportunity for walkers to rest and recuperate; embrace old acquaintances as well as developing new ones, we plan on having performances by the ResoLUTiONs Recovery Choir, along with a host of other local talented performers - all in marquees and in the open air.

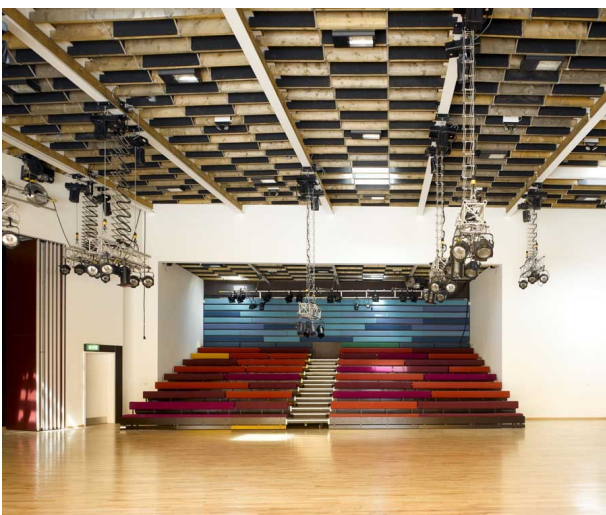
#### 5.6.2 Recovery Conference

The Luton Carnival Arts Centre, one of Luton's premier conference venues, will play host to the FAVOR UK Recovery Conference - a brilliant opportunity to spread the positive message of recovery, and the message of collaboration and progress.

The venue offers first class facilities with a main auditorium offering a capacity for up to 550 delegates alongside a number of break out rooms for workshops and activities. A highly flexible and versatile event venue, the Luton Carnival Arts centre will be able to accommodate the needs of the conference in a variety of forms.

We plan to make use of a wealth of local resources, experts by experience, and captivating speakers from the field of recovery, speaking about the concepts involved and ensuring an engaging conference for all attendees. We will work along with our close partners and FAVOR to deliver a conference experience to remember.

Reasonably priced and high standard accommodation is available for delegates at both chain and local hotels, including the Premier Inn, the Thistle Express, Travelodge, easyHotel, the Stuart Hotel and many more, which guarantee easy access to the conference hall, and the opportunity and convenience to explore Luton town centre and all it has to offer - including a variety of restaurants, shops, and cultural attractions.



## 5.0 Recovery Walk 2019 [Continued]

### 5.6 Venues [continued]

#### 5.6.3 Sleepover

We recognise that the Friday night sleepover has become a tradition and an important 'rite of passage' and networking opportunity on the eve of the walk, and we would like to continue this with the 2019 Recovery Walk.

We hope to hold the Recovery Walk 2019 Sleepover at Stockwood Park Academy - a local school with a large sports hall, which would offer more than enough space for those who wish to stay. Showers, and facilities for hot drinks and breakfast will be made available for individuals who are staying, and the Academy is a mere 5 minutes away from the starting location of the walk, and some of Stockwood Park's well-reviewed cafés.

#### 5.6.4 Recovery Church Service

St. Saviour's Church will host a recovery church service on the Friday evening, extending a warm and inclusive welcome to all who would wish to attend. The church is a short walk from the venue for the Sleepover. Refreshments will also be provided for attendees of the service.



## 5.0 Recovery Walk 2019 [Continued]

### 5.7 Transport Links

#### 5.7.1 Travel by Rail

Luton is served by the Thameslink rail line, which links Luton with several major cities with direct trains to/from Brighton and Central London – in high speed, and comfortable trains. Along with three well-served railway stations (Luton, Luton Airport Parkway, and Leagrave), by making one change of train, people can make their way to/from cities around the country, including Northampton,

Peterborough, or even as far as Edinburgh.

Using Thameslink, Luton is only 22 minutes away from London.

#### 5.7.2 Travel by Car

Luton is served by excellent road links on both a national and local level. The town as a whole is served by the M1 motorway route, allowing individuals to conveniently and quickly travel to the area from several major cities around the country, including:

**London** in less than an hour

**Chelmsford** in an hour and a quarter

**Cambridge** in just over an hour

**Birmingham** and **Leicester** in around an hour and half

Luton is also only 10 miles away from the M25, linking the town with all other major motorways in the south of England.

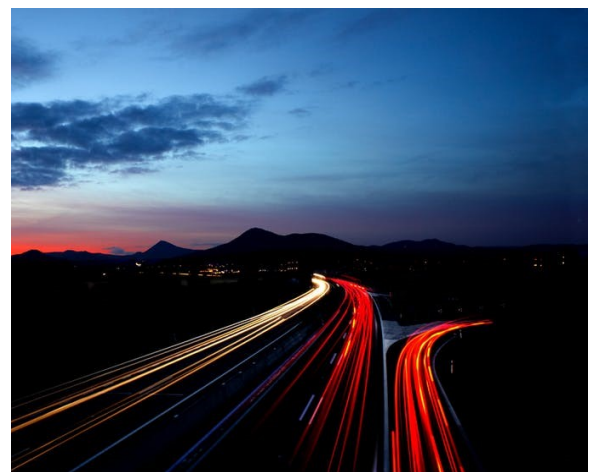
Luton also has plenty of parking in the centre of town, with a variety of parking areas close to our proposed recovery route, which include:

Stockwood Park: LU1 5NR

NCP Regent Street: LU1 5FA

Old Court House: LU1 2SL

The Arndale: LU1 2HN



## 5.0 Recovery Walk 2019 [Continued]

### 5.7 Transport Links

#### 5.7.3 Travel by Coach or Minibus

We recognise that many people travel to the UK Recovery Walk by coach or minibus – and Luton is lucky to have a coach operating company that has made significant investments in environmentally friendly coaches that link the town with other major cities, and also provide a variety of convenience features for passengers - including Wi-Fi and USB charging ports.

There is existing, free coach parking at Stockwood Park at the start and end of the walking route.

Luton Borough Council will also ensure that additional coach and minibus parking is provided to meet demand on the day of the walk.

#### 5.7.4 Travel by Air

Luton is lucky to be home to the fifth busiest airport in the UK, as London Luton Airport is only a 5 minute train ride away from the town centre, with flights connecting the town (and the whole of the South of England) to destinations across Europe and beyond.

As a result of the excellent rail links and local transport infrastructure, Luton is also accessible from London Gatwick Airport, London Heathrow Airport, and London City Airport.



## 5.0 Recovery Walk 2019 [Continued]

### 5.8 Practicalities

#### 5.8.1 Security

We want the Luton 2019 UK Recovery Walk to be a celebratory event and for everyone who attends to feel safe and secure throughout the entire day.

Throughout our bid planning meetings, we have been devising plans around road closures to ensure that the walk route is clear and safe for all participants.

Key partners, including Bedfordshire Police, will work together to ensure that every aspect of the walk is considered, planned and is delivered without a hitch.

#### 5.8.2 Health / Emergency Services

Full health and emergency service provision will be provided throughout the day, delivered through the St Johns Ambulance Trust and Bedfordshire police.

Some ResoLUTiONs staff members in attendance on the day will also be aware of basic first aid treatment techniques to deal with minor injuries, should they occur on the walk.



## 6.0 Costing

Area	Cost	Potential Income from FAVOR UK and Registrations
Partnership Administrative Function	Offered in kind	
<b>Civic Reception: July 2019</b>		
Luton Council Chamber (Venue)	Free of Charge	
Catering	£200	
<b>Celebration Event: July 2019</b>		
Venue	£120	
Catering	£200	
<b>FAVOR UK Conference</b>		
Carnival Arts Centre	£560	
Catering	50 Delegates: £517.50 100 Delegates: £927 150 Delegates: £1,312.50	50 Delegates: £750 100 Delegates: £1,500 150 Delegates: £2,250
		To be paid by delegates - Based upon 30% of delegates being professionals and paying £50 fee. – Service users to attend conference free of charge.
Speakers	£950	
<b>Friday Night Sleepover</b>		
Stockwood Park Academy	£1,134.13	50 Attendees: £550 100 Attendees: £1,100 150 Attendees: £1,650 To be paid by attendees (£11 p/h)
Staffing	£254.22	
<b>Friday Night Recovery Service</b>		
Service at Hope church	No Charge	
Refreshments	£140	
<b>Recovery Walk</b>		
Traffic Marshals	£710	
Policing	None	
<b>Post Walk Celebration Event</b>		
Stockwood Park Hire	None (£475 cost waived by Luton Town Council)	
Stage Hire	£2,750	
Toilet Hire	£1,423	
Entertainment	£3,850	
First Aid Provision	£833.20	
Waste / Litter Disposal	£23.45	
<b>Contingency Fund</b>		
	£4,825	
Potential FAVOR UK raised sponsorship		£15,000
<b>TOTAL</b>	<b>£18,900.00</b>	<b>£18,900.00</b>