



Faces and Voices of Recovery UK would like to thank our sponsors for their continued support.



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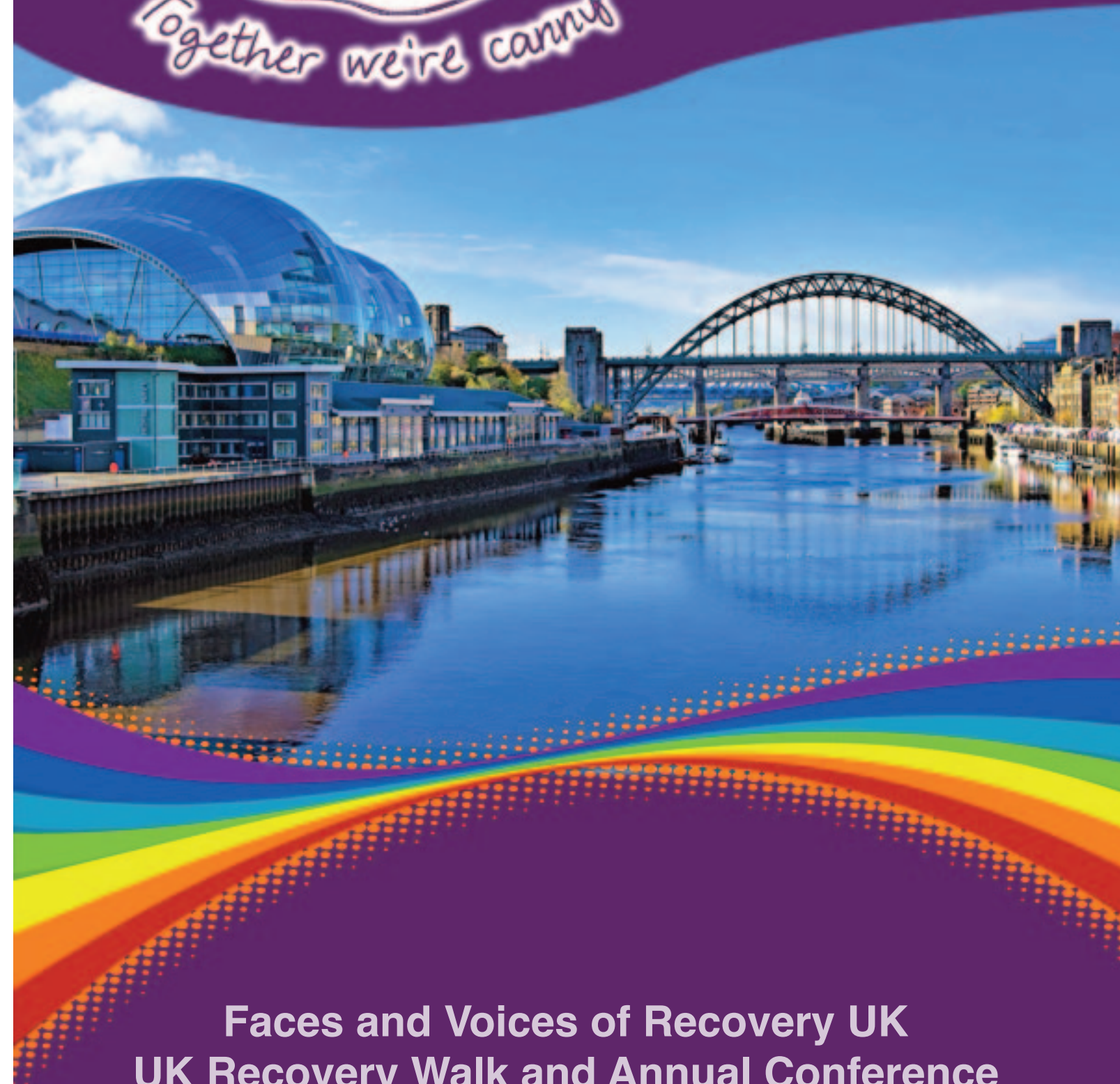
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Faces and Voices of Recovery UK
UK Recovery Walk and Annual Conference
Newcastle 2021



Annemarie Ward

Chief Executive - Faces and Voices of Recovery UK

Our 2021 UK Recovery Walk will be a much smaller scaled down version in Newcastle this year but you will have the opportunity to tune in online with us all.

Over the last 13 years the walks and annual conference (this year's theme being LGBT) have been organised by local community groups and in partnership with treatment agencies, people in recovery and their families and friends, to show that permanent recovery from alcohol and other drug problems is not only possible but a reality and this year is no different. Our primary purpose is to engage those who are still living with addiction and create a world in which recovery is supported and celebrated.

We walk and talk 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.

I wish to extend our heartfelt thanks to all of our loyal individual and corporate supporters and donors, to our volunteers who worked so hard at our various events and activities throughout the year, and to all those who took part in fundraising events around the country. We certainly couldn't do our work without each and every penny and person who willingly and freely gives us their time, energy and support. I would also like to share my deep appreciation of the hard work and loyalty that our many volunteers have shown throughout the busy year. It never ceases to amaze me how such a small team can achieve so much I very much look forward to welcoming you all on our Facebook live events all through September for Recovery month.

Annemarie Ward
Chief Executive
Face and Voices of Recovery UK

NO MORE EMPTY PROMISES

#BackTheBill



Andy Hackett

Public Health Team - Newcastle City Council

What a rollercoaster of emotions the planning of the UKRW has been so far!

The tension of the vote in 2019 to the excitement and passion of the planning group with so many people wanting to be involved. Then came Covid-19 and the bitter disappointment in June 2020 of having to cancel the Conference, Spiritual Service, and the Newcastle UKRW.

But we didn't get despondent and we delivered an on-line recovery event and set our sights on the 'real thing' for 2021. But alas, Covid-19 had other plans for us all and again the full 2021 UKRW was postponed.

So, we accepted our powerlessness over the situation and the planning team committed to deliver all the elements of the UKRW just on a smaller scale.

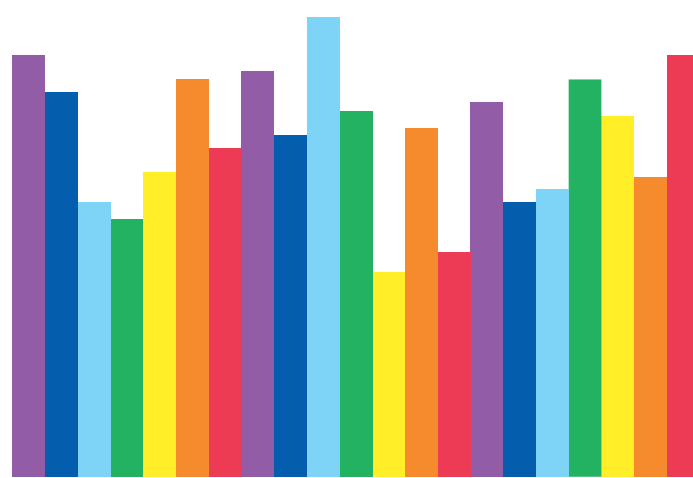
As a result, this year we have not 1 but 2 smaller walks, an online conference and a spiritual service and a recovery event at our amazing recovery venue - George Street Social.

We are very grateful to FAVOR UK for allowing us to keep the UKRW in Newcastle for 2022 so we can host the event that we wanted to deliver in 2020 to celebrate the miracle of recovery in all its forms, and to welcome people from all over the country to our wonderful city.

We look forward to seeing you all in 2022.

Andy Hackett

Public Health Team
Newcastle City Council



GEORGEST SOCIAL

45 - 51 GEORGE STREET
NEWCASTLE UPON TYNE
NE4 7JN

Saturday, 18 September 2021

13:00

Welcome from Annemarie Ward - CEO, FAVOR UK

13:10

Welcome to George Street Social

13:20

Presentation from Forward Trust

13:40

Newcastle Recovery Share

14:00

Francis Adelaide talk around foetal alcohol syndrome

14:20

Newcastle Recovery Share

14:40

AKA Mandilee

15:10

PROPS Share

15:30

Share from Forward Trust member

15:50

Closing thanks from Andy Hackett

Throughout the day:

Musical artists

Silent disco

Introduction to meditation and mindfulness sessions

Rapid Respond free food

Please note that the times and running order are subject to change

FAVOR UK ANNUAL CONFERENCE 2021

Friday, 17 September 2021: 10:30am - 4pm & Saturday, 18 September 2021: 12:00pm - 4:00pm



This year's conference will focus on addiction and recovery within the LGBT community, and will aim to increase understanding of the increased prevalence of addiction to alcohol, drugs and other risky behaviours in the community, and increase knowledge of good practice in drugs and alcohol outreach, treatment and recovery support services in addition to recovery initiatives led by the LGBT community itself.

FAVOR UK is delighted to welcome several esteemed speakers who will share their profound wisdom and experience.

Our Keynote Speaker is **Dan Carden MP**, who in the House of Commons spoke about how coming to terms with his sexuality growing up led him into alcoholism, which then led to his recovery in a 12-step fellowship.

Other speakers will include:

Dr Ed Day - UK Recovery Champion
Eugene Milne - Newcastle DPH
Eilish Gilvarry - Consultant Addiction Psychiatrist
Dr Christopher Whiteley - Consultant Clinical Psychologist
Ford Hickson - Associate Professor in Health Promotion
Monty Moncrieff MBE - Chief Executive, London friend
Louise McIvor - LGBT Foundation
Nick Ashton-Hart - Expert by experience
Ralf Rasmussen - Expert by experience

This year's conference is aimed towards those working within the recovery sector or LGBT community, or those with personal interest and experience of the aforementioned.

HOW TO WATCH

The conference will be streamed live on our Facebook page and you will be able to interact with all of our speakers.

You will be able to tune in LIVE interact with all speakers and performers on at 10.30am till 4 here <https://www.facebook.com/FAVORUK> on the 17th & then from 12 till 4pm on the 18th.

TW: @FAVORUK

FB: FAVORUK

To donate to FAVOR UK please visit [paypal.me/FAVORUK](https://www.paypal.me/FAVORUK)

September 17th, 2021

Spiritual Service

St Andrew's Church, Newgate
Street, Newcastle, NE1 5SS
6pm – 7.30pm

Speaker lineup:

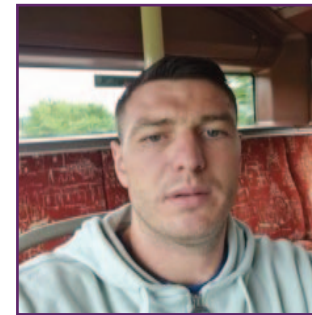
Father Mike - Host

Andrew Lovell – Sound Therapist/Healer

AKA Mandilee - Singer

Sing United Choir

Suzanne Sharkey – Anyone's Child



Rikki's Story

My life was chaotic, unmanageable and dishonest before coming into Phoenix Futures Scottish Residential service. I had experienced overdoses and health issues which led me to almost losing my leg and arm. This was a huge wake-up call that helped me make the decision to go Phoenix.

I started my 6-month programme with Phoenix in September 2020, this was challenging, every other week I wanted to run away from my problems, just as I had done my whole life.

If you put the work in and complete the programme I really believe you can go on to live a much happier life. In my opinion, having good structure in your daily life really does help, it keeps your life on track. These are the tools Phoenix give, but we are the people in control of how we use them.

I now attend a recovery café in my home town of Dalkeith every Monday and Friday, I also travel through to Glasgow every Thursday and stay until the Sunday to volunteer with Phoenix. I am kept

“Everything I previously thought about was negative and that I was worth nothing - now I know different.”

Detox was the easiest I've done by far but I think it was more to do with the safe environment I was in. The seminars and life stories related by my peers helped me a lot with my journey. They helped me get rid of my secrets and this really took a weight off my shoulders.

During my time there, my self-confidence and self-belief has increased, I've learned to control my emotions and not continually act on impulse.

busy with escorting duties, helping groups and staff when needed also giving support to community members. This is also good for me if I need support. My peers and staff are always there for each other.

Everything I previously thought about was negative and that I was worth nothing, I now know different. I know anything is possible with the life skills I have learned from Phoenix.



WE DO RECOVER



Scotland's Annus Horribilus

FAVOR UK Chief Executive Annemarie Ward reflects on another difficult year for the UK, but particularly Scotland where another 1,339 drug related deaths were reported. However, a new bill being launched for consultation in the coming weeks may finally see people given access to treatment.

Across the UK we have seen even more of our friends and family lost to alcohol and other drug deaths. As usual each year we see the usual commentary of aging cohorts, the 'Trainspotting generation' and now the Covid excuse and how basically this is a tragic predictable trajectory. This abject acceptance from those supposed to be in charge of our care has always been abhorrent to me, this pre-ordained narrative has to be challenged at every level. We absolutely can and do recover if we are given the right support to do so.

Because we continue to witness an outpouring of grief and waves of anger and despair about the lack of access and choice in services, this has required us to shift direction with regards to our aims and how we operate.

Increasing since 2019 FAVOR UK has led a lived experience press and media campaign to highlight our systematic and structural failings for those seeking help. Not only have the press got fully behind us but their reporting is now focused on highlighting the lack of access, choice and investment in

helping people get well. The press and media has adeptly understood that it is no longer acceptable to pitch one potential lifesaving pathway against another. The focus of our press campaign has been to tell our stories and in doing that we have as a community advocated for balanced investment across all evidence-based treatments, this message is now being heard and communicated clearly.

As a result of our campaign in January 2021 we saw the biggest injection of funding in

the history of Scotland's addiction field, worth £50m a year. It includes an annual £20m to offer residential rehab to every person who asks for it. This money will not only help save lives, but it is also an acknowledgement from the Scottish Government that they hadn't done enough, and it was shortly followed by a £148m announcement from the UK government, £80m of which is for tier 4 services in England.

In the coming weeks we will see The Right to Recovery Bill launched for consultation. Written in partnership between us and people in long term recovery, this has potential in time to make sure that the law will state that anyone anywhere in Scotland, but in time across the UK, has access and choice of treatment that they request, ensuring a level playing field across the country in terms of

treatment access and choice. The Bill would seek to provide a statutory right to addiction and recovery treatment services including, but not limited to, the following:

- a) Short-term residential rehabilitation.
- b) Long-term residential rehabilitation.
- c) Community-based rehabilitation.
- d) Residential detoxification.
- e) Community-based detoxification.
- f) Stabilisation services.
- g) Substitute prescribing services.
- h) Any other forms of treatment as a health professional may deem appropriate, in line with guidance from the Scottish Ministers.

Our job now is to remain vigilant to the gatekeeping, bed



“ We absolutely can and do recover if we are given the right support to do so. ”



blocking and other barriers that prevent us from getting access and choice of treatment. We will continue to do this by providing an autonomous and independent voice of conscience and we will continue to offer our experience, strength and hope to those who seek recovery.

One of most important things that this campaign work has shown us is our value as

recovering people. None of this would have happened without the support, persistence and tenacity of the recovery community.

Over the last 12 years we have led the community into becoming more visible and vocal across the UK – that is undeniable, but we hope that through this campaign we can help the recovery community and the

treatment community see how valuable and vital our contribution is. The time for change is well overdue.

**Do you know someone
struggling with drugs
or alcohol?**

**We're here
to help.**

Change Grow Live is a health and social care charity. We're here to help with life's challenges.

If you know someone who needs a helping hand with their drug or alcohol use, we can guide them through their journey to recovery.

Our services are free, confidential, and open to anyone. Find out more and discover your local service at:

W: changegrowlive.org

 @changegrowlive

 @changegrowlive



Richard's Story

I'm 51 now and I'd been using substances since I was a teenager. Around two years ago I was on a prescription to try and give up substance, but I'd hit a wall. I felt like I had no future and was struggling with moving ahead.

Last year my recovery coordinator, Fiona Bamford, recommended that I become a service user representative.

on Zoom at first, but the amount of people we can reach who wouldn't usually be able to get to groups is amazing. But we still have face-to-face too. On Wednesdays we meet up for a walk outside at the park or the local nature reserve. Now I love what I do, I love who I do it with.

I've just got the role of a receptionist here at the Mansfield service. It's only the second job I've ever

***"There are lots of stories like mine,
and they all deserve to be shared."***

I didn't think volunteering would be my way forward, but it turns out it was the best choice I ever made in my life. I've never been happier, I feel good, and that's enough. Last December I had my first every Christmas with no substances in my body, and I never thought I could live like that.

The backbone of all of that has been the work I do at Change Grow Live. I help with the needle exchange, I give advice, I run four support groups a week – two of them over Zoom. I wasn't too keen

applied for in my life. I'm still stunned that I got it! I couldn't have done it without the people around me, here at the service and everywhere else too.

What people have done is show me I can be a decent human being. The things that are most important to me are my own change, my self-growth and development. If I've got that, I can go and do and be anything I want. And the work here, that's just an awesome bonus.



**Change
Grow
Live**

WE DO RECOVER