



# 2022 Newcastle





## Annemarie Ward

### Chief Executive - FAVOR UK

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Finally, we can officially welcome everyone to the 14th UK Recovery Walk! It's been far too long since we saw each other and had the hugs we all need to stay connected.

In the last year we have been working on The Right to Recovery Bill. The bill, which has been developed by people in recovery, has the potential to make sure the law states that anyone anywhere in Scotland, and in time across the UK, has access to the 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.

This bill would deliver everything Dame Carol Black recommended and more and we would ask everyone in the sector to read the bill in full and throw their weight behind it.

FAVOR UK will still continue to celebrate recovery and make recovery as visible as possible. We will remain vigilant to the gatekeeping, bed blocking, ideological zealots 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 & hope to those who seek recovery.

We will remain Visible, Vocal and Valuable on your behalf as long as you need us to and as long as our work is supported.

We will always promote the message that there are many pathways to recovery and that all are a cause for celebration.

We hope you all have a wonderful and celebratory weekend here in Newcastle.

**Annemarie Ward is CEO at FAVOR UK**



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# RECOVERY WALK SLEEP-IN

If you want to join us for the UK recovery walk but cost and accommodation are a barrier, please don't worry.

The Newcastle Cathedral will be hosting a sleep-in for 25 individuals.



**NEWCASTLE**  
CATHEDRAL



Scan the QR code or register on the website!

<https://www.tickettailor.com/events/facesvoicesofrecoveryuk/746070>



## Cllr Karen Kilgour

### Newcastle City Council Deputy Leader and Cabinet Member for a Healthy, Caring City

A journey we started in 2019 is about to come to fruition as Newcastle and its planning team host the 14th UK Recovery Walk on the 17th September with FAVOR UK.

It feels like a long time ago since 2019 when our city first won the vote to host the UKRW. Since then, we have all lived through the challenges of Covid and the disappointment of two cancelled walks. However, the enthusiasm and passion from all involved to deliver a UKRW in Newcastle has not diminished.

I must extend my thanks to our local services - Newcastle Treatment and Recovery, PROPs, the Road to Recovery Trust and George Street Social - as well as the recovery community and our local authority officers who have worked with colleagues nationally and regionally on this event.

This year we have seen more people wanting to be involved than ever

before. Some new faces and some 'old hands' who have been involved since the start. This gives us the opportunity to celebrate recovery in its broadest forms - from addiction, offending, mental ill-health, homelessness and of course recovery for families as a whole - as well allowing us to show that recovery is possible.

We have planned a walk through the city and a festival at the beautiful Exhibition Park, as well as a conference on the 16th September focused on veterans, a Spiritual Service at Newcastle Cathedral and a chance to sleep overnight in the Cathedral on the Friday before the walk.

We are counting the days until we can welcome people from all over the UK and abroad to join us in celebrating the joys of recovery.

We look forward to seeing you all for a wonderful weekend in Newcastle.

Newcastle City Council would like to thank the following organisations for the enormous contribution they have made to the 14th UK Recovery Walk



In partnership with



# 6 THINGS YOU MAY NOT HAVE KNOWN ABOUT NEWCASTLE

St. Nicolas' Cathedral was also used as a lighthouse to guide ships up the River Tyne. Ever heard of a lighthouse in the middle of a busy city before?

We sure have!

Since its construction in 1448, a fire would be lit inside the lantern tower of the cathedral. This was one of the main navigation aids for ships for hundreds of years!

Newcastle was the first city in the world to build a combined road and rail bridge.

High Level Bridge is the oldest of the ten existing bridges crossing the Tyne between Newcastle and Gateshead.

Opened in 1849, it was designed to create a continuous line from London to Edinburgh.

Newcastle Central Station was the first covered train station in the world and was inaugurated by Queen Victoria on August 29th, 1850.

Previously, railway passengers all over the world had to weather the storm while they awaited the arrival of their train.

The day was declared a public holiday in Newcastle and has been ever since.

Grazing cattle are no strangers to Newcastle City Centre. Yes, you read that right; dating back to the 14th century, Newcastle council still maintains the tradition of communal grazing.

This takes place from Spring to Autumn each year. The Town Moor act of 1774 states the right to practice this unusual tradition.

Mosley Street in Newcastle was the first in the UK to be lit by electric light. In 1879, Mosley Street was lit for one night by Joseph Swan's incandescent lamp.

Joseph Swan and Thomas Edison both independently invented versions of the lightbulb between 1860 and 1880. After a court battle to name the original inventor of the lightbulb, it was Swan's patent that was upheld in court. They later joined forces to found the electric light company, Ediswan.

Car windscreen wipers were invented in Newcastle! In 1908, Newcastle United Club photographer Gladstone Adams drove to London in 1908 to photograph the FA cup final. On his drive back to Newcastle in the snow, he had to stop several times to clear his windscreen. It was then that he came up with the idea of the windscreen wiper!

Though he filed for a patent for his version of the windscreen wiper, it was never manufactured. American inventor Mary Anderson beat him to the punch, inventing the wiper we use today. Back then, it was a more manual process!





## Calliese Conner

Trustee - FAVOR UK

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Every year thousands of people come together across the country to celebrate Recovery. We see people wear purple with pride. We see individuals, families, organizations and communities come together... but this year I felt it. I am honored to have had the privilege of participating in organizing the much anticipated recovery walk in Newcastle, it's long overdue (3 years in fact).

I'd like to say thank you, Newcastle.

Newcastle has set an example of what a recovery friendly community looks like when we work together. From day one all we're welcome and accepted,

from top organizations to grassroots, families, individuals and allies.

I personally now know what it feels like when a community comes together with purpose, passion and heart.

This Recovery Month is more than a celebration of recovery, it's a celebration of connection, and belonging.

My hope is that you will all join us to celebrate in Newcastle this year, you belong.

**Calliese Conner, RCP-F  
Trustee, FAVOR UK**

# SPIRITUAL SERVICE

Our spiritual service providing an opportunity to remember those who have lost due to addiction and a chance to be inspired by those in recovery.

All are welcome to join, individuals, friends and family of those in recovery and allies!

A service for people of all faiths and none.



**NEWCASTLE**  
CATHEDRAL



September 16<sup>th</sup>, 2022 7:30- 8:45 pm



✉ info@facesandvoicesofrecoveryuk.org

f FAVORUK

🐦 @favoruk



# SUPPORT #OorBill

## WHAT DO WE WANT?

All we want is a day when:

- People are offered the full array of services,
- in adequate duration, intensity, and quality,
- by people who believe they can achieve full recovery.
- provide accurate information and let them choose. (And change their mind).

## THE RIGHT TO RECOVERY

- The Bill enshrines in law the right to seek treatment, and that treatment to lay out ALL appropriate treatment options that the COUNTRY has at its disposal.
- If that care plan was breached for no apparent reason, without consent, or if a treatment option was refused (with written reasons why) then the person can seek advice to raise a judicial challenge.



Help by contacting your local MSP and ask for their support. Scan the code to back the bill.



# CONFERENCE 2022

## VETERANS ADDICTION AND RECOVERY

Friday, 16 September 2022

Newcastle College  
Rye Hill Campus  
Scotswood Rd  
Newcastle upon Tyne  
NE4 7SA

### Timetable

- 9.30**     **Registration and Coffee**
- 10.00**     **Chair's Introduction**
- 10.10**     **Opening video**  
Jo Dukes  
(veteran and family expert  
by experience)  
*A family perspective*
- 10.30**     **Cllr Karen Kilgour**  
Deputy Leader, Newcastle City Council  
*Opening and Welcome*
- 10.40**     **Dr Laura Palmer**  
Lecturer, Kings College  
*What's going on with alcohol misuse?*  
*An overview of studies at King's Centre  
for Military Health Research*
- 11.10**     **Coffee**
- 11.40**     **Dr Sarah Troughton**  
Associate Dean, Health Education  
England Northeast and Addictions  
Specialist, Cumbria, Northumberland  
and Tyne and Wear NHS Foundation  
Trust  
*Moral Injury*
- 12.10**     **Expert by Experience**  
Paul Haigh, Expert by Experience
- 12.30**     **Lunch**
- 1.30**     **Dougie Dunsmore-Dawson**  
Strategic Lead, Tom Harrison House  
*Specialist Addiction Recovery  
Programme for Veterans*
- 2.00**     **Andy Atha**  
Chief Operating Officer, Anonymind  
*Gambling Addiction in the Veterans  
Community*
- 2.30**     **Dr Charlie Orton**  
Chief Executive, SMART Recovery  
&  
**Johnny Allison**  
Veteran Programme Co-ordinator,  
SMART Recovery  
*SMART Veterans Programme*
- 3.00**     **Tommy Watson**  
Director of Operations North  
*Walking With the Wounded - Step  
up/Step down community care*
- 3.30**     **Plenary session and Q&A**
- 4.00**     **Close**



# An introduction to your guest speakers



**tony  
mercer**

**CONFERENCE CHAIR**

It is a great privilege to be asked to chair the annual Faces and Voice of Recovery Conference again this year, which will be exploring addiction and recovery in the veteran's community. As usual speakers will include academics, service managers and people with lived experience.

For me personally, being able to explore an addiction and recovery issue each year from all of these different perspectives is what makes the annual conference such an exciting event. Over the last few years, I have learned a great deal about family recovery, the role of telling our stories in recovery, the different pathways to recovery, recovery during the pandemic and addiction and recovery in the LGBTQ community.

I have also learned to approach the conference each year with professional and personal humility and open mindedness and have never failed to be inspired by the passion and conviction of the speakers. I know that this year will be no exception and look forward to seeing you all in Newcastle.



**dougie  
dunsmore  
dawson**

**GUEST SPEAKER**

Dougie is an experienced change leader with an exceptional track record of driving strategic and operational transformation in public, private and third sectors, in prison and in community settings.

By placing clients at the heart of service provision, he has a reputation for successfully delivering difficult and challenging projects within the drug and alcohol treatment sector over the last 20 years.

Dougie is currently the Strategic Lead at Tom Harrison House who provide a specialist addiction recovery programme for UK Armed Forces veterans and emergency services personnel.

Their bespoke 12-week residential programme is designed specifically for those who have served and who may struggle to engage with mainstream, civilian rehabilitation services.



**andy  
atha**

**GUEST SPEAKER**

Following four years with a digital health technology firm working to provide the largest capacity of Digital health appointments in the NHS, Andy has recently joined AnonymMind as their COO.

AnonymMind are a team of psychologists and founders that are extremely passionate about delivering the very best in mental health treatment, delivering an easy-to-use platform for both therapists and patients to get the very best in mental health treatment.

AnonymMind's purpose is to make a real and lasting difference for everyone they support.

They are dedicated to helping people to improve their health and wellbeing, and they understand that for people to achieve high quality clinical outcomes, they need individually tailored programmes, suiting their specific needs.

**To book your ticket visit  
[www.facesandvoicesofrecoveryuk.org/conference-2022](http://www.facesandvoicesofrecoveryuk.org/conference-2022)**





There is parking for coaches, buses and cars at Claremont Rd 21 B1318, Newcastle upon Tyne NE2 4AA right next to the festival venue and 10 minute walk from the starting point at the Civic Centre.

For a full list of car parks in Newcastle visit  
<https://www.newcastle.gov.uk/services/parking-and-permits/car-parks-and-street-parking>

# UK RECOVERY WALK 2022

## YOUR WALK ROUTE AND SOME OF THE LANDMARKS YOU WILL PASS ON THE ROUTE



Newcastle Civic Centre

The walk will begin at Newcastle Civic Centre and the route itself will take in as much of Newcastle City centre as possible. We want to show the centre of our city to our visitors and at the same time show the residents of Newcastle the strength, passion and size of the recovery community. The walk follows the well established route that is used for the Newcastle Pride festival march.



Grey's Monument

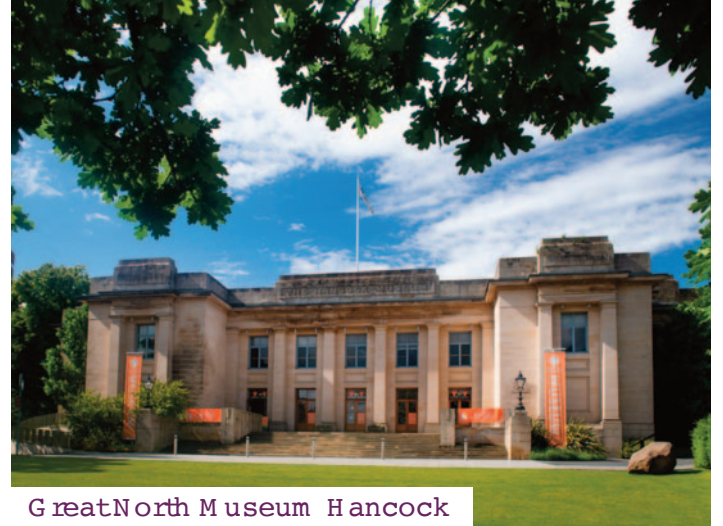
The start location is Ceremonial Way, Newcastle Civic Centre allocated in the Haymarket area. It is the main administrative and ceremonial centre for Newcastle City Council. Designed by the city architect, George Kenyon, the building was completed in 1967 and was formally opened by HM King Olav V of Norway on 14 November 1968. It is a Grade II\* listed building. The Newcastle Civic Centre is the joint eighth tallest building in the city, and stands a total of 200 feet (61 m) tall.

Setting off on the route walkers will initially walk alongside the Civic Centre before the route then takes us into the heart of Newcastle's shopping area, Northumberland Street. A pedestrianised street it's

home to some of the major high street retailers as well as cafes, eateries and a variety of independent street traders. Turning right at the bottom of Northumberland Street and onto Blackett Street the walk passes the entrance to Eldon Square and Grey's Monument.

Grey's Monument is a Grade I listed monument to Charles Grey, 2nd Earl Grey built in 1838. It was erected to acclaim Earl Grey for the passing of the Great Reform Act of 1832 and stands at the head of Grey Street. It consists of a statue of Lord Grey standing atop a 130-foot-high (40 m) column. The column was designed by local architects John and Benjamin Green, and the statue was created by the sculptor Edward Hodges Baily (creator of Nelson's statue in Trafalgar Square).

On the right you will see a scenic grass area of old Eldon Square, which in previous years have been used for events such as Cinema on the Green and family friendly activities. The ideas for the alternative usage are devised by Newcastle's Business Improvement District NE1, which organises a range of programmes to bring people into the city centre. These include Alive After Five, the Quayside Seaside, Newcastle Motor Show, and Restaurant Week.



Great North Museum Hancock

Turning right onto Percy Street the route loops back, passing Newcastle University on the left-hand side before turning left at Claremont Road. On the right-hand side will be the Great North Museum Hancock.

The Great North Museum: Hancock is a museum of natural history and ancient civilisations. The museum was established in 1884 and was formerly known as the Hancock Museum. In 2006 it merged with Newcastle University's Hatton Gallery to form the Great North Museum.

Passing the Museum, the walk will then continue back into Exhibition Park base for the festival celebrations.





## EXHIBITION PARK

### YOUR GUIDE TO WHAT'S HAPPENING!



## STAGE TIMES

**12:45pm**

The Illfords

**1:15pm**

Changeover / Shares

**1:30pm**

Daniel Holden

**2:00pm**

Changeover / Shares

**2:10pm**

Simma

**2:40pm**

Bogsey Poet

**2:50pm**

Mandilee

**3:10pm**

Changeover / Shares

**3:25pm**

DJ Wobble D

**3:40pm**

Chloe Castro

**4:20pm**

Closing Speeches





# MAIN STAGE



PERFORMER  
**THE ILFORDS**



PERFORMER  
**WOBBLE D**



PERFORMER  
**CHLOE CASTRO**



PERFORMER  
**SIMMA**



PERFORMER  
**MANDILEE**



PERFORMER  
**DAN HOLDEN**



SPEAKER  
**NAETHA UREN**



PERFORMER  
**BOGSEY**



SPEAKER  
**DAN ZADEH**



# HEALING VILLAGE UKRW

1-1.20pm Group Meditation - Fiona

1.15-2pm Energy Healing Circle- Sally @lushlunar

1.40-2pm Group Meditation - Fiona

2-3pm Kundalini Yoga & Shakti Dance Circle  
@sukhasangatwellbeing

2.30-2.50pm Group Meditation - Fiona

3.15-4.15pm 1-1 Reiki Tasters (x3 15min sessions)  
@innervationsholostics

3.30-4.15pm Breathwork ~ Freedom to Breathe - Sarah & Tania

Exhibition Park | 17th September

# RECOVERY STORY



Please note that the name has been changed to protect the identity of our service user and the photograph depicted is not the person referred to in the case study

## Meet Ralph

Ralph is currently a resident at the Sheffield Residential following his arrival in February and is nearing the end of his treatment. His intention is then to move into the Sheffield supported housing which Phoenix have.

Ralph stated that prior to arriving at the residential for treatment he was using alcohol and cocaine daily and used to “have a few vodka shots and a line before work”. He described that he was a poor partner, and not the best father to his children as alcohol and drugs were his priority.

Ralph decided that “I want to live to an old age” and as such needed to get treatment for his addictions. When he arrived at Sheffield he wasn’t sure about engaging in Recovery through Nature as he said “I never thought I would be interested in nature” and couldn’t see the benefits, however started to attend weekly sessions. He states that “this is my thing now” and it’s “nice to get out”. He has recently achieved his 25 hour John Muir award and is working towards his 50 hour certificate for which he feels a real sense of achievement.

Ralph stated that RtN and the wider treatment program has also given him the confidence to run his own groups which he has started doing on a Thursday afternoon for which he received good feedback on his delivery. He has stated this “makes me want to progress in this field”.

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FUTURES**



Help us speak out against stigma by liking, sharing and following us



**PHOENIXFUTURES1**



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**Change  
Grow  
Live**

**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](https://www.changegrowlive.org)

 @changegrowlive

 @changegrowlive

**FACES AND VOICES OF RECOVERY UK  
WOULD LIKE TO THANK OUR SPONSORS AND  
FUNDERS FOR THEIR CONTINUED SUPPORT**



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



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