

#UKRW2023



**UK Recovery Walk & Conference
22 - 23 September 2023**

About Faces and Voices of Recovery UK

FAVOR UK (Faces and Voices of Recovery UK) started life in 2009 with the primary aim of connecting people with living and lived experience of addictions to alcohol and other drugs.

We did this through our well-known and respected National Recovery Walks which have taken place in towns and cities across the UK and this year brings us to Hull. These walks gave our communities the strength in numbers to walk together and be open about our experiences with substances, and to show wider communities that we were ordinary people - breaking down the stereotypes and stigma that normally surrounds us.

We officially registered as a charity in 2012, taking pains to recruit a board of trustees with their own lived experiences in order that the concept of 'lived experience leadership' remained at the heart of what we do. We recruited a CEO with the passion, drive and eloquence that we needed to spearhead what we wanted to achieve.

For those who have met Annemarie Ward or heard her speak, you will no doubt agree that although our charity is small, our voices are not.

The important work we do at FAVOR UK is only possible thanks to you, our friends, family, members and sponsors.

Every year people generously donate their own money and take part in fundraising activities on our behalf. Whether you're in recovery yourself, a recovery service provider, family or friends of someone in recovery, or simply want to help, there are many ways in which you can get involved and support our work. Please visit our website for more information.

Finally, the work the charity does would simply not be possible without the support and donations from our sponsors and funders shown opposite. Thank you for your continued and unwavering support.



**Change
Grow
Live**



Embracing joy on the path of recovery

Welcome to this year's UK Recovery Walk, a celebration of resilience, strength, and the power of transformation. As we gather to honor the incredible journey of recovery, we do so with hearts full of hope and determination. This event stands as a testament to the perseverance, love and hope of all the remarkable individuals and communities that have come together to support one another in their pursuit of brighter, healthier futures for ourselves, our families and our communities.

Recovery is a journey that is often characterised by its challenges, victories, setbacks, and triumphs. It's a path that is unique to each person, marked by their own experiences, choices, and growth. While we gather to celebrate the joys of recovery, we must also acknowledge the somber reality of the continued rise in alcohol and other drug-related deaths across the UK.

The lives lost are devastating, and the pain of loss is a burden we all share. Yet, even in the face of this sobering truth, the Recovery Walk serves as a beacon of hope. It reminds us that every step taken towards recovery is a step away from the grip of addiction. It reaffirms that there is strength in unity, and that by coming together, we can create positive change and reduce the toll that addiction takes on our communities.

We are united by the desire to create a better tomorrow, where access to effective treatment, support, and resources is a reality for all who seek it. This year's walk is a declaration of our commitment to fostering an environment where recovery is celebrated, nurtured, and championed. It's an opportunity to raise awareness, reduce stigma, and advocate for the comprehensive care and resources that every individual in recovery deserves.

It also presents an opportunity for us to express our heartfelt gratitude to all the services and individuals who have played a role in assisting us, as well as those who continue to provide support to those who are still in need.

So as we embark on this uplifting journey, let us remember that while we celebrate the joys of recovery, we also carry the memory of those who have been lost. Let us use this event as a platform to amplify our voices, to call for change, and to remind the world that recovery is possible, that lives can be transformed, and that together, we can make a difference.

Thank you for joining us in this inspiring and heartfelt occasion. Let us walk hand in hand, step by step, towards a future where recovery flourishes, and where the shadows of addiction recede before the light of hope.

With gratitude, PERSEVERANCE and determination,

Annemarie Ward
CEO - Faces and Voices of Recovery UK





As the service lead for drug and alcohol provision in Hull, I am honoured and privileged that our city, in partnership with FAVOR UK, has been selected to host the 2023 Recovery Walk. The event will take place on Saturday, 23rd September.

Unfortunately, drug and alcohol addiction remains a significant issue in our society, affecting individuals, families, and loved ones without discrimination. The Recovery Walk presents an excellent opportunity to combat stigma and celebrate the fact that people can and do recover.

I extend my heartfelt gratitude to the wider city partnership and local authority for their invaluable support in making this event possible. It is designed to be a family-focused occasion, offering a diverse range of activities throughout the afternoon to be enjoyed by people of all ages.

I warmly invite the people of Hull to join us in the celebrations and use this platform to showcase our city, which we are truly proud of. Together, we can demonstrate our commitment to supporting those in recovery and building a strong, inclusive community.

Di Hilton
Service Manager, ReNew

ReNew

Provided by

 **Change
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SCAN ME FOR
MORE INFORMATION

11:00am
Zebedee's Yard

ReNew

Provided by
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01482 620 013

    @CGLHull

www.facesandvoicesofrecoveryuk.com/UKRW23

'Europe's Largest Celebration of Recovery'

Saturday 23rd September

Faces and Voices of Recovery UK Annual Conference 2023

Homelessness, Addiction & Recovery
Friday 22nd September 2023

Jubilee Central
62 King Edward St
Hull
HU1 3SQ

This year's conference will seek to explore the mutually reinforcing nature of homelessness and addiction as well as learn about solutions that have tackled homelessness and addiction.

Conference Schedule

- 9.30am** Welcome from Phil Irvin, Jubilee Centre
- 9.45am** Introduction - Annemarie Ward, FAVOR UK
- 9.50am** Emma Hardy, MP
(Special Video Message)
- 10.00am** Keynote Speaker - Dame Carol Black
(Special Video Message)
- 10.25am** Paul Anderson, Sheffield Hallam University
- 10.50am** Shaun C

- 11.05am** Break

- 11.35am** Ryan Snape, CGL & Hull City Council
- 12.00pm** John M

- 12.15pm** Lunch

- 1.15pm** Robin Ince, Big Issue
- 1.40pm** David Ford - CEO, Expert Link
- 2.05pm** Luke S
- 2.20pm** Lesley Howard, CGL Homelessness Lead
- 2.55pm** Panel Q&A

- 3.30pm** Close

OUR KEYNOTE SPEAKER

Introducing Dame Carol Black



Dame Carol Mary Black is a British physician, academic, specialising in rheumatology. She was President of the Royal College of Physicians from 2002 to 2006, advised the British Government on the relationship between work and health from 2006 to 2016, and was Principal of Newnham College, Cambridge from 2012 to 2019. She is an expert on the disease scleroderma.

She has authored four independent reviews for the UK Government: of the health of the working-age population in 2008 as National Director for Health and Work; of sickness absence in Britain in 2011 as co-chair; and of employment outcomes of addiction to drugs or alcohol, or obesity, in 2016; and of illicit drugs in England, Part 1 on supply and demand, and the market for drugs of which was published in February 2020, and Part 2 on prevention, treatment and recovery was published in 2021.

She was made a CBE in 2002 in recognition of her research work on scleroderma. She was appointed DBE in 2005 while President of the Royal College of Physicians. She was awarded an honorary doctorate of science by the University of Bristol in 2003 and she was conferred with an honorary Fellow of the Academy of Medical Educators in 2010.

We are delighted that Dame Carol is able to be a part of this weekend.

To purchase tickets for this year's conference, please visit
<https://www.tickettailor.com/events/facesvoicesofrecoveryuk/944645>

OUR GUEST SPEAKERS

Paul Anderson



Paul has been in the Recovery world for over 11 years after his first (of four) visits to Rehab in 2012. Academically, he is currently a Casual Researcher at Sheffield Hallam University and is also just completing his PhD into "The Importance of Places for People who have Experienced Homelessness". He has a Bachelor's Degree from Oxford and a Distinction level Master Degree in Research specialising in legal Homelessness Policy.

Paul was homeless himself on several occasions earlier in life which still profoundly effects his daily life and ended up working in the field of homelessness from 1994. This work involved a number of front-line, strategic and political roles for charities and councils before he returning to University life in 2017. He helped devise the way that 'rough sleeping' is calculated in England and is -still involved in the yearly estimate of the number of people on the streets. As part of this he worked with local agencies in Hull in 2018 to verify how many people were rough sleeping in the city that year.

On a less serious note he has supported Arsenal since 1977 and is confidently predicting they will not win the Premier League this year (again).

OUR GUEST SPEAKERS

David Ford



David is the founder and Chief Executive of Expert Link, a peer-led organisation based in England. It champions the voices of people with lived experience of multiple disadvantages (including homelessness, mental health issues, substance misuse, offending and domestic violence and abuse) to allow better policies and services to support them.

Expert Link works to encourage genuine collaboration between policy-makers, service providers and people with lived experience of multiple disadvantages experience of multiple disadvantage, to co-produce policies and services.

Robin Ince



Robin is best known for presenting the BBC radio show The Infinite Monkey Cage with physicist Brian Cox. His books include Robin Ince's Bad Book Club (little Brown) and two volumes of horror stories by comedians, Dead Funny (Salt).

He has received an Honorary Fellowship of UCL, an honorary doctorate from Royal Holloway College (University of London), and is a fellow of the British Science Association.



The UK Recovery Walk unites people in recovery, along with their families, friends, and supporters, from across the country. No need to register - turn up at the start line!

Saturday 23rd September 2023

START LINE

Princes Dock Street

Queueing from 11am - Walk starts at 12pm

(outside Zebedee's Yard)

Route

- Princes Dock Street
- Carr Lane
- Queen Victoria Square
- Paragon Street
- Jameson Street
- King Edward Street
- Queen Victoria Square
- Monument Bridge
- Whitefriargate
- Trinity House Lane
- North Church Side
- Market Place
- Liberty Lane
- High Street
- Humber Street
- Humber Dock Street
- Murdoch's Connection Bridge
- Princes Dock Street
- Zebedee's Yard

- **Fully accessible route**
- **1.8 miles**
- **Walk at your own pace**
- **Accessible rest stops**

*Route may be subject to change. Start line and times will remain

FINISH LINE

We finish outside Zebedee's Yard where you can enjoy activities in the Recovery Village until 4pm

live music | face painting | recovery talks
health & wellbeing activities | refreshments
art & crafts | information & guidance

Zebedee's Yard
Recovery Village)

Introducing your Recovery Village Performers

There's a diverse range of performances for you to enjoy and the entertainment starts at 11am. Here's a rundown of what to expect.



• Billy Hunt ft. Mark Platten

Billy Hunt is a musical comedian based in Manchester. He started writing back in 2020, but after finding he didn't have the voice of Elton John or the sex appeal of Mariah Carey, realised that the audience could overlook this if they were laughing at his music.

Since turning his hand to "less serious music" he's found himself opening the BBC Airwaves Festival in 2021, played to 30,000 people in Stockton-on-Tees, and recorded a summer dance anthem with a bloke called Mark that he met on a beach one evening.



• Daniel Holden

Daniel Holden (also known as Dandelion) is an artist, wordsmith and musician in recovery and we are delighted he is here to join us today.

• Karabelle School of Dance

Karabelle School of Dance is a local, qualified and experienced Dance School that provides classes for children aged 2+ in Ballet, Contemporary, Lyrical, Cheerleading, Street dance/Commercial, Modern Jazz, Acro Dance and Musical Theatre. Adult Fitness and Boot Camp classes are also available.



• Phelix The Rapper

Having performed live for over a Decade in multiple genres, Phelix is a well rounded artist. In 2021 he transitioned into gospel hip-hop and spreads a positive message with his music.



• Ben Miller and Kreye

Ben Miller and the band he works with: Kreye (pronounced "cry") are an East Yorkshire band that focuses on old rock music. The band are inspired by the likes of Queen, Sam Fender, Guns and Roses, Red Hot Chilli Peppers and many more. Kreye aims to adapt these styles and bring about the return of beloved rock music.'

The lineup of the group is Ben Miller as the lead vocalist and pianist, Harrison Knight as the lead guitarist, Izzy Eldon as the rhythm guitarist, Lily Lingwood as the drummer and Kristopher Murphy as the bassist.



• **Adam Davison**

Adam is an Acoustic singer songwriter playing a mixture of cheesy pop songs and some original songs in an acoustic/rock style.



• **Dave Smith**

Dave Smith is Hull's council estate loveable rouge, audiences are left with a friend for life after hearing his deep depths of self deprecation.

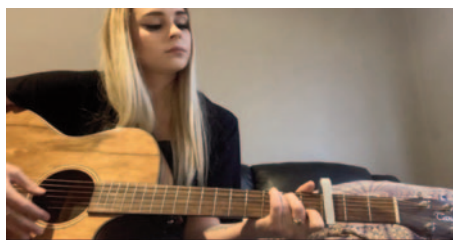
He's a warm energetic comedian who can entertain all , let him take you to the murky truth about sharing bath water with family , or the working class joys of eating chips seven nights a week, and don't get him started about his wife ! Comedy is therapy for Dave, and the audience his therapists, regardless whether they want to listen or not !!



• **Lost Mary**

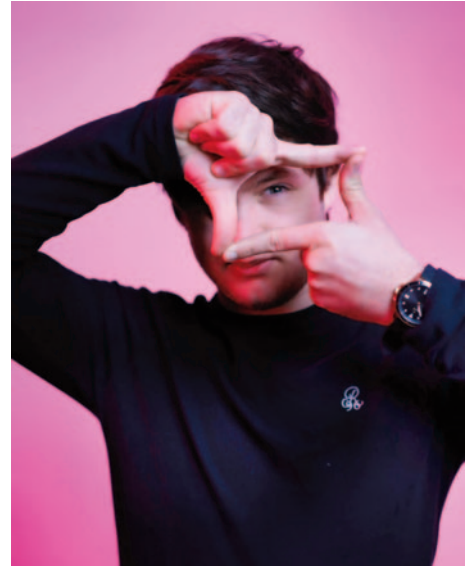
Introducing Lost Mary: an acoustic duo that weaves a musical tapestry of experience and emotion. Comprising Gibson Neil, the soulful guitarist and Lee Pedge, the captivating vocalist, Lost Mary's journey spans over 25 years crafting original compositions that resonate deeply. With a shared history as writers and session players, they've graces stages across the U.K. and U.S., leaving their mark on previous tours.

Rooted in their musical evolution, Lost Mary embraces a return to the essence of sound. Stripped back to acoustic simplicity, their melodies are epic, their tunes catchy, and their lyrics heartfelt. Their upcoming album, "Morning Mr. Crow", poised for a Christmas 2023 release, promised to encapsulate their artistic essence. As a sneak peak the single "You" will drop in November 2023, giving listeners a taste of the enchanting soundscape Lost Mary meticulously crafts. Join them on this musical odyssey, where experience and melody intertwine.



• **Sophie Thomson**

Sophie is a singer/songwriter from York, He plays mainly originals and gets his inspiration from people like bob Dylan, Passenger and folk and country music.



• **Diddie Hair**

Currently referred to as Hull's "next big thing", singer-songwriter and self-taught guitarist Diddie Hair, has been playing the piano since he was just 6-years old, taking influence from the likes of Ed Sheeran and Elton John.

Diddie is currently playing festivals up and down the country which included a well received acoustic set at Glastonbury.



• **Leon Gazi**

Leon is a singer songwriter and recovery worker for Renew

Leon started writing music and performing my songs to inspire people in their recovery to make positive changes and to help them believe in themselves and realise they are not alone.



• **Adam Norrie and The Madness**
 The Madness are a band of musicians passionate about recovery! We came together especially to play the Recovery Walk 23!

Both Adam Norrie (lead vocals) and Rich Syrett (drums) were formerly in The SHINE. Norrie was in a very popular band in the USA, late 90s. The band was called Fanzine!

Both Zac Botham (bass guitar) and Ryan Derwin (lead guitar) are respected musicians who have performed under several established groups, such as The Liberated and Tonic.

They have put together an entertaining and popular set and they hope to hear everyone singing and see everyone joining in!

Your Host - Andy Train



Andy is a professional of many talents who has the ability to make any situation an enjoyable and entertaining one.

Andy began a full time NHS career as a Registered Nurse in A&E and after moving into management and then training became self employed which allowed him to build on his experience of performing at the Edinburgh Fringe Festival. He continues to provide training in his own unique style and performances that include stand up and street theatre talents.

Mutual Aid Meetings

13:00 - 13:30

Narcotics Anonymous (NA)

13:30 - 14:00

Alcoholics Anonymous (AA)

14:00 - 14:30

Smart Recovery (SR)

14:30-15:00

Cocaine Anonymous (CA)

15:00-15:30

Adult Children of Alcoholics (ACA)

15:30-16:00

TBC

Stage Performance Times

| | | | |
|----------------|---------------------------|---------------|--------------------|
| 11.00am | Lost Mary | 2.25pm | Phelix the Rapper |
| 11.15am | Karrabella Dance School | 2.40pm | Dave Smith |
| 1.15pm | Adam Norrie & The Madness | 2.55pm | Adam Davison |
| 1.40pm | Leon Gazi | 3.10pm | Ben Miller & Kreye |
| 1.55pm | Sophie Thompson | 3.30pm | Dan Holden |
| 2.10pm | Billy Hunt & Mark Platten | 3.45pm | Diddie Hair |

*PLEASE NOTE THAT STAGE TIMES ARE SUBJECT TO CHANGE.
 ALL OF OUR PERFORMERS HAVE GIVEN UP THEIR TIME FOR NOTHING TODAY SO PLEASE SHOW THEM YOUR SUPPORT.*



Our Recovery Stories Have Power

I'm Madge and I'm an alcoholic.

My addiction began in my teenage years where I found comfort and escape in binge drinking. This progressed over the years and before I knew it, I was consuming alcohol every moment I was awake and starting my day with a bottle of wine on the drive in to work.

After one too many consequences I hit my first rock bottom and for the first time contemplated taking my own life. This is where my recovery began. Unfortunately, what followed was many relapses and complete despair. I was first admitted to Abbeycare in November and

completed a 28 day programme. Problem was, I hadn't fully surrendered and I wanted to negotiate my recovery. Baffled by the concept of a Higher Power, I dismissed the fellowship and thought I could do it on my own. This led to, what I pray is, my last relapse.

In May this year I returned to Abbeycare and I was finally ready to stop fighting and do what was suggested. With the invaluable guidance from a caring keyworker and incredible support from staff and counsellors, I started to build the foundations of my recovery, have faith and trust the process.



**BREAK THE CYCLE OF ADDICTION.
NO APPOINTMENTS. NO DISCHARGES.
JUST ON-GOING PERSONAL SUPPORT
& COMMUNITY INTEGRATION.
*Get connected at help@oshi.org.uk***

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 there's roadworks on Castle Street are ongoing and have an impact on the usual routes, so we encourage you to plan well in advance of travel and allow for delays.

The main roads into Hull are the A63 and M62

Access from the West/A63/M62

The A63 is a major road in Yorkshire, England between Leeds and Kingston upon Hull.

The slip road from Clive Sullivan Way to Myton Street is currently closed. The diversion is to turn left onto Ferensway, following signs to Princes Quay. Once on Ferensway, turn right at the IBIS hotel onto Osbourne Street. Parking is available at Princes Quay and Osbourne Street. For more information, please visit www.nationalhighways.co.uk/our-roads/yorkshire-and-north-east.

For live travel information visit traffic-update.co.uk

Town Centre Car Parks

There are several town centre car parks but these tend to get very busy particularly on Saturdays so please arrive in plenty of time. Car Parking will be subject to availability when you arrive, however we have identified the following pay and display car parks located nearby:

Osborne Street Car Park - HU1 2QA

6 minute walk to destination / 62 spaces

Princes Quay Car Park - HU1 2NL

7 minute walk to destination / 900 spaces

King William House Car Park - HU1 1RS

8 minute walk to destination / 611 spaces

Marina Car Park - HU1 1UD

11 minute walk to destination / 25 spaces

Visit the Hull Gov website for more information:

<https://www.hull.gov.uk/parking-and-transport/car-parks-and-parking>



Getting to Hull

With certain roads closed on the weekend of the UK Recovery Walk it is important that you plan your journey carefully.

Here's the information that you need to make your journey as easy as possible.

Train

Hull is very well connected by rail with links from the North and Scotland. There are regular direct trains from London which take as little as two and a half hours.

Northern Railway: Advance tickets are great value you can purchase Single (one-way) tickets prior to your visit. Book ahead to take advantage of these great value fares. Advance tickets are made available by train operators up to 8 weeks ahead of travel but, subject to availability. You can still get a last minute bargain up to 5 minutes before travel online and up to the day before in ticket offices. The earlier you buy, the lower the price.

For details on timetables please visit <http://www.nationalrail.co.uk/>

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

Rail Station Car Park - 130 total spaces Monday to Sunday - Open all day

Disabled park spaces available
Toilets Available inside the station
Cycle Storage Availability - Storage location: Platforms 2 & 7

Bus

Travel by bus and coach is stress-free and cost-effective. There are many local services available for further information on the bus schedule and route, please visit:

<https://www.eastyorkshirebuses.co.uk/>

<https://www.stagecoachbus.com/>

<https://www.nationalexpress.com/en>

Park and Ride Bus

The Route - Park & Ride service runs up to every 20 minutes between 0700 - 1840 Monday-Friday and 0700 - 1820 on Saturdays

Location: Priory Park & Ride Site, just off Priory Way. For Sat Nav users, our postcode is HU4 7DY

Free parking, you just pay for your bus ticket

Frequent bus services, running between 06.30am - 18.40pm Monday-Friday and 06.30am - 18.20pm on Saturdays

On-site security, they will look after your car whilst you're gone and we have CCTV on our buses

Comfortable - wait for your bus to arrive in our refurbished waiting room, with toilets and baby changing facilities

Convenient low floor buses which provide easy access and space for buggies and wheelchairs



Recovery Coach Academy provides world-class training and certification.

We are the only authorised providers for CCAR© in the UK. CCAR is a global leader in developing and providing a quality Recovery Coach Training curriculum worldwide since 2008; with over 90,000 Recovery Coaches now trained globally.

Our training courses and workshops

- CCAR Recovery Coach Academy
- CCAR Recovery Coaching Basics
- CCAR Recovery Coaching in Justice Settings
- CCAR Coachervision: Coach Supervision
- CCAR Spirituality for Recovery Coaches
- CCAR Recovery Coach Professionalism
- CCAR Ethical Considerations
- CCAR Recovery Coach Professional

FAVORUK Community Education workshops



Why we do, what we do..

Our family was fortunate to get support from Recovery Coaches and Recovery Communities in the USA, but upon returning to the UK we struggled to find the recovery support we needed. So we created Recovery Coach Academy to share training, resources and create a recovery positive community.

We firmly believe that everyone deserves the chance to access the support necessary to maintain recovery on which ever path they choose to recover.

www.RecoveryCoachAcademy.co.uk





Faces and Voices of Recovery UK would like to thank every single person who made this years UK Recovery Walk and Conference possible and we look forward to seeing you all next year.

If you would be interested in hosting next years UK Recovery Walk and Conference, please email annemarie@facesandvoicesofrecoveryuk.org

www.facesandvoicesofrecoveryuk.org

Faces and Voices of Recovery UK is registered with OSCR with the number SC043961