UK Recovery Walk 2018

Saturday 8th September saw the FAVOR UK 10th annual UK Recovery Walk take place. 5000 people from around the country travelled to Shrewsbury to take part in one of the largest celebrations of recovery in Europe. The whole day was a huge success with a great atmosphere and a wonderful time was had by all.

The event was the culmination of twelve months of planning and organisation which began when Shrewsbury took the baton of official host for the walk at the 2017 Recovery Walk which took place in Blackpool.

The planning of the walk has been a true partnership and would never have been possible without the hard work, dedication and commitment of many local services, organisations and local authority departments.

The day itself would not have been possible without generosity of the 100+ volunteers who gave up their time to make sure every aspect of the day went smoothly.

A very special thanks goes to the Shropshire Recovery Community who have been hugely supportive, who have fundraised throughout the year, promoted the walk and been involved in every aspect of the event planning.

See over for our ‘scrapbook’ with just some of the photos from the day!
Shropshire Recovery Awards 2018

September is International Recovery Month, which aims to raise awareness of drug and alcohol dependency and promotes the benefits of prevention, treatment and recovery services.

Each year, Shropshire DAAT organises the Shropshire Recovery Awards in order to recognise and celebrate the achievements of the recovery community. This year’s awards were presented on Friday 7th September at The FAVOR UK National Conference which took place as part of The Recovery Walk Weekend.

A total of six awards were presented to recipients by Cllr Lee Chapman, Shropshire Council portfolio holder for Adult Services, Health & Housing.

**The Inspiring Recovery Journey Award**: An opportunity for recovery organisation staff to recognise individuals who they feel have overcome huge barriers and achieved great progress on their recovery journey. Awarded to Kirsty Glossop; the person who nominated Kirsty stated the she “astounds me with her dedication to succeed on her recovery journey”.

**The Recovery Community Inspiring Recovery Journey Award**: a chance for the recovery community to celebrate the achievements of their peers in recovery. Awarded to Kirsty Glossop who was described as “an inspiration”.

**The Exceptional Volunteer Recovery Support Worker Award**: to recognise the commitment of those who volunteer to support others. Awarded to Mark Geddes, who’s dedication was described as “nothing short of phenomenal”.

**Unsung Hero Award**: to celebrate the exceptional contribution of anyone who has made a difference to others in recovery.

This year there were two winners of this award. Sonya Jones is the manager of the Young Addaction Team, part of The Shropshire Recovery Network. Sonya was described as being “inspiring and the glue that holds the team together, its clear that Sonya truly cares about the team and the clients we all work with”.

The second recipient of The Unsung Hero Award was Kerry Sprules-Wright, a Recovery Worker with The Shropshire Recovery Network who was described as someone who “maintains a professional, caring and supportive disposition and her demeanour is unfailingly good humoured”.

**The Judges Award**: This year saw the creation of an extra award that the judges wanted to present after reading the recipients nomination form. Jessica Morgan was awarded the Judges Award following the “resilience, determination and hard work” that she has shown in her recovery journey.
Shropshire Schools Drug Education & Drug Related Incident Policy

The Shropshire Public Health Department has developed a universal Drug Education & Drug Related Incident Policy to be utilised by primary and secondary schools across Shropshire. The development of the policy was overseen by the ‘Shropshire Young People’s Drug & Alcohol Group’, a multi-agency partnership which aims to improve substance misuse outcomes and support evidence based drug and alcohol prevention work for young people living in the county.

The policy covers drug education within schools, aiming to ensure that all pupils receive consistent evidence based information which is age appropriate. Also covered within the policy are clear guidelines for schools on the effective handling of drug related incidents and referral information for Young Addaction, Shropshire’s commissioned drug and alcohol service for young people.

Public Health in partnership with Young Addaction and West Mercia Police will be holding a workshop for schools on Thursday 25th October at The Guildhall, Shrewsbury. The workshop will explore several of the themes of the policy including effective evidence based drug and alcohol education and an overview of local services.

The Shropshire Schools Drug Education & Drug Related Incident Policy, as well as booking details for the workshop are available here.

Shrewsbury Job Centre Plus Alcohol IBA Pilot

As many as one in four adults in England drink alcohol at a level that could be harmful to their health. Alcohol Identification and Brief Advice (IBA), a short, effective behaviour change intervention is often utilised in a range of settings in order to engage with risky drinkers and encourage positive changes to drinking habits.

One of the strategic aims of the Shropshire Alcohol Strategy 2016—2019 is to improve the health and wellbeing of the county’s population through the promotion of sensible drinking and the implementation of initiatives that prevent the further increase in levels of chronic and acute ill health caused by alcohol.

The 1st August saw the beginning of a new 12 month Alcohol IBA Pilot Project within Shrewsbury Job Centre Plus. The first of its kind in the West Midlands, the project has seen all work coaches based within Shrewsbury Job Centre fully trained to engage with customers and deliver brief advice.

Public Health England has supported the pilot by providing alcohol ‘scratch cards’ to be utilised within the sessions.
Time 4 You Relaxation Event

Do you work with or know anyone who is affected by someone who uses drugs and / or alcohol?

As part of Recovery Month Shropshire DAAT have organised ‘Time 4 You’, an event which is aimed at carers / those who are affected by family / friends, who have issues with Drug & or Alcohol.

This drop in event is for people to come along and try various relaxation technique taster sessions to help to alleviate general stress. Activities such as mindfulness and yoga sessions will be available to try. There will also be a ‘marketplace’ giving access to a range of support and information services such as MIND, Carers Trust 4 All, Council Support Services and local treatment providers.

The session will take place from 4.00pm—7.00pm, Monday 24th September at The Shropshire Wildlife Trust Visitor Centre, Shrewsbury, SY2 6AH.

Go Sober For October

This October, Macmillan Cancer Support are encouraging people to become a ‘Soberhero’ with their ‘Go Sober For October’ campaign; go 31 days without alcohol and gain Soberhero Powers:

**Pow** Wake up with a spring in your step after sleeping better and snoring less.

**Boom** Increased energy levels.

**Zap** Banish horrible hangovers.

**Whaamm** Healthy looking bank balance.

**Kaboom:** Feel generally healthier in everything you do.

Every penny raised in the campaign will help Macmillan support people facing cancer.

Please see the [Go Sober For October](#) webpage to get involved and for further information including hints, tips and find out how money raised may be help people.