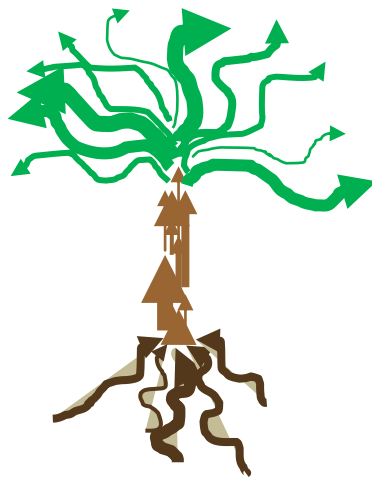


# Recovery Roots



**WELCOME!** This is a newsletter about the first Recovery Conversation Cafe that took place on the 30<sup>th</sup> November last year in Dalkeith Arts Centre and Library.

It was arranged in part by the Scottish Recovery Consortium (SRC) a national recovery charity, Midlothian and East Lothian

Drug and Alcohol Partnership (MELDAP) and other stakeholder s.

You can see a picture of this lot on the next page!



Coffee, cake and lunch provided the fuel during the day to get stuck into the real filling: the chat... and the chat about recovery in particular!

## The Day?

The day looked at Recovery in Midlothian and East Lothian and brought together people from all walks of life to have a chat about it. There were no labels, no titles just sharing and relating eyeball to eyeball.

## The Questions

The first two questions got the thought juices flowing and the mouth pieces moving.

1: "What's the difference between living and existing?" and 2 - "When does recovery start?"



## THE FEELING'S MUTUAL

There are already some great things to get involved with. Check out the following mutual aid groups.

**SMART** Self help meetings that use motivational, behavioural and cognitive methods.

**Wednesdays:** 11.30 - 1 @ Musselburgh Fisherow Esk Centre (from 11<sup>th</sup> Feb)

**Thursdays:** 11 - 12.30 @ MELD office, Dalkeith.

**Fridays:** 1.30 - 3 @ Haddington Townhouse and 12.45 - 2.30 @ Lasswade High School, Community Lounge.

**NA** new group 7.30-8.30 Cafe @ St Nicholas Buccleuch, Dalkeith, every Thursday.

**AA** many groups across the area <http://www.alcoholics-anonymous.org.uk/> or 0845 769 7555

For more info call MELDAP 01875 818 270



## THEMES

A selection of the feedback of what people felt the themes for the day were.

- Building a real recovery community
- Breaking the "them and us" beliefs
- Everybody's experience is different
- Experience of addictions very beneficial in helping others to achieve recovery
- Honesty
- Self esteem is important
- Relationships
- Recovery is Great!

## LIGHT BULB MOMENTS

What *struck* people about the event:

- Enthusiasm
- Differences
- Workers look normal
- Tolerance
- Hope (for a difference)
- Diverse Perspectives
- Differences
- Trust
- Openness
- Communication
- Visibility of workers



# What Next?

"What next for recovery in Mid and East Lothian?" Was the final question and the one we thought would be best to share here. The main themes from this question were:

**Communication:** About what's happening and how to get involved but also about challenging stigma and public perception eg "do not hide recovery get it out in the open."

**Connecting:** A focus on peers and creating a recovery network of meaningful interactions and opportunities eg "Develop Social Network."

**Develop support:** This included support from current services and new ideas eg "social enterprise recovery 'charity' shop."

Other themes mostly crossed these but service delivery was a keen focus as people put forward many ideas they felt would improve the current system. Some of these included: evening services;

links with housing; more outreach workers / home visits; aftercare in mid and east.



## "More of this..."

This was another answer to the last question and one that the Steering Group are keen to pursue. More Recovery Events that foster 'real and visible' local recovery.

The steering group just met up to discuss how it went and another theme that emerged was the need to connect people in early recovery with people in mature recovery.

More events like this are imminent and we will keep you posted.



A big thanks from the Steering Group to those that got stuck in. (that's us except super Joanne!)

