



# Reconnection

W E L C O M E !

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**Welcome to our monthly Issue of Reconnection!**

Hello and welcome to our first monthly issue of Reconnection. We hope to publish monthly from now on gathering together poetry, pictures and prose from across the wide CGL and partner family.

This month we have gathered 6 word thoughts about coming out of lockdown. The words are powerful and thought-provoking. This challenging time has touched all of us.

We have also included the wonderful creativity of our poets and wordsmiths this month. More of the same please. It is our intention to gather together a poetry anthology by the end of the year. We are also collecting a music playlist. Your tunes please.

We want to hear about issues that affect you. What makes you happy, what riles you. Lets be controversial if necessary and have debates. This is a magazine for everyone so we want to hear from you.

We hope you enjoy.

If you need support please reach out to your GP, call 111 option 2 for mental health support. Lifeline and Lifeline plus are open from 9am-11pm on 0808 808 2121.

In emergencies go to A&E.

The CGL four main service hubs across Cambridgeshire and Peterborough are open for needle exchange as well as Community Pharmacies (signed up to the scheme). If individuals cannot get out

to pharmacies, or their nearest CGL hub, they can make contact with CGL who will help facilitate access to needle/syringe equipment.

It is so important to continue looking after your health during this time and reaching out when you need to.

We are here for one another. Let's stay connected!



If you would like to get involved, please send your ideas, suggestions and photos to any of the following –

[Tracy.Thompson@cgl.org.uk](mailto:Tracy.Thompson@cgl.org.uk)

[Bex.Poyser@cgl.org.uk](mailto:Bex.Poyser@cgl.org.uk)

[Emma.William@cgl.org.uk](mailto:Emma.William@cgl.org.uk)

[Gracie.Rosemin@cgl.org.uk](mailto:Gracie.Rosemin@cgl.org.uk)

Don't forget to check out our Recovery Service Facebook page for regular updates and ideas.



COMING OUT OF LOCKDOWN



We asked everyone how they felt about the process of coming out of lockdown in 6 words. Here they are..

Connection, Change, Uncertainty, Opportunity, Hope, Creativity

Distance, Smiles, Mask, Humanity, Contact, Unsettled.

Daunting, Apprehensive, Hopeful, Anxious, Emotional, People

Worried, Unhappy, Angry, Fighting, Mind, Beaten

Happiness, Worried, Smile, Facemasks, Safety, Bacterial gel

Hopeful, Challenge, Adjustment, Confusion, Opportunity, Connection

Curious, Free, Connecting, Planning, Hope, Diet

World, Anxiety, Confusion, Friends, Worry, Future



COMING OUT OF LOCKDOWN

*Opportunity, Chrysalis, Unnerving, Exciting, Kindness, Togetherness*

*Neighbourly, Community, Struggle, Worry, Family, Together*

*Touch, Hope, Intimacy, Change, Music, Sunshine*

*Resilience, Sharing, Smiles, Respect, Kindness, Care*

*Life, Choices, Health, Mental awareness, Giving, Care*

*Enthusiastic, Mindful, Eager, Reluctant, Grateful, Energised*

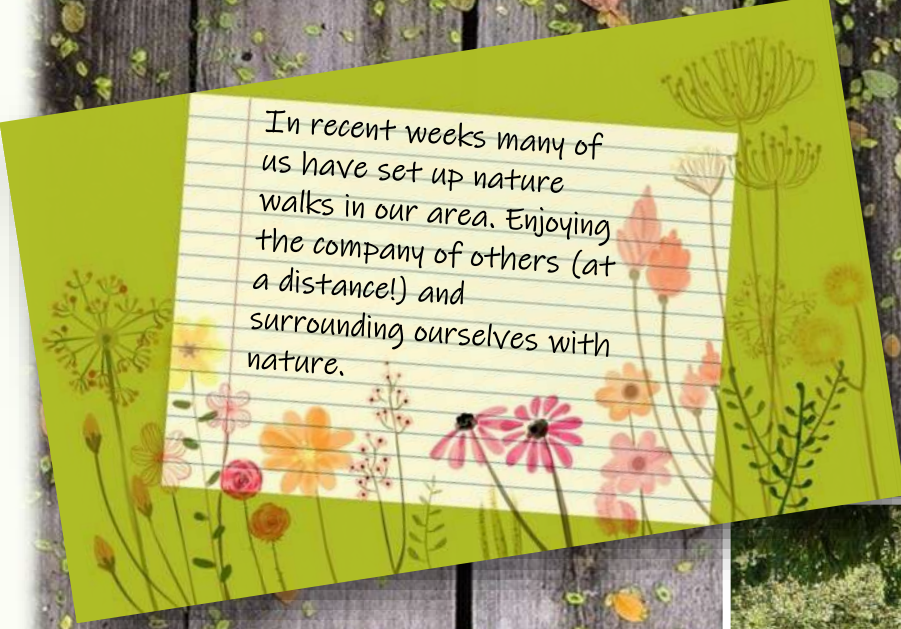
*Hopeful, Uncertainty, Family, Holidays, Future, Thankful*

*Premature, Masks, Capitalism, Home, Safety, Patience*

*The Sun Network, Apprehensive, Excitement, Worried, Relief, Safety*



## OUR NATURE WALK

Recovery  
Service

In recent weeks many of us have set up nature walks in our area. Enjoying the company of others (at a distance!) and surrounding ourselves with nature.

On Friday 7th we ventured on our second walk to the nature reserve in March. 12:30 saw nine of us plus two doggo's leaving the cars, distributing snacks and water, and setting off. No babes in arms this time, it was too hot at 30+ degrees.



A gentle wander past one of Her Majesty's Establishments. Past the warning "CAUTION It Is Illegal To Deliver Things Over The walls with Drones" sign, and onwards. There was a bit of a breeze and plenty of shade along the way so it made the heat bearable. Learning from our last visit where the halfway stage had no shade, we stopped a little early for snacks and chatter in the dappled shade of the trees.

## OUR NATURE WALK

*On the way back the lake was a little too enticing and one of the group could not resist a swim to cool down after chasing a ball most of the way along the walk! Fortunately, it was one of our canine friends otherwise there might have been some explaining to do.*

*We arrived back at the farmhouses cars around 2pm, a little warm, but refreshed by our taking in the countryside.*

*Recommended to all*

*-Derek*



Wisbech & March





# OUR NATURE WALKS

## Huntingdon



*Our weekly social distancing nature walks are a fantastic time to connect with one another and appreciate our beautiful surroundings . An opportunity to relax, chat, explore ,using our art packs at times to draw nature pictures. From castle hill, riverside park and Hinchingbrooke park, a great time to unwind at the end of the week. With ice cream, soft drinks and lots of sunshine , time for mindfulness and even roly-polies down the hill! Sitting within the beautiful willow tree near the river . A safe calming time with wonderful scenery ,trees, flowers, boats, ducks ,ducklings and even cows too. Every week brings something new. A breath of fresh air and something to look forward to. Good exercise physically and mindfully.*

*-Teresa*



*The flowers oh so sweet,  
the security of the ground beneath my feet.  
One foot in front of the other,  
true happiness I can once again meet.*

*-Teresa*

## REMEMBERING EGYPT

I remember my dark days in Egypt, dancing to the tune of the taskmasters whip. The devil held me tight, firmly in his grip. Oh will I ever leave this dark land of Egypt?

But things got yet worse when he asked for bricks without straw, the devil stripped me of my resources but still demanded more. I stooped to new lows, lows I hadn't stopped to before. Oh the pain and misery of the bricks without straw.

Then God sent a redeemer and I saw my chance to be free. I made a dash but ended up caught between the devil and the Red Sea. But with courage and faith I put my trust in he, that parted the tides and made a way for me.

Now I have my freedom, in the wilderness wandering free. But when the desert gets hot, Egypt still looks appealing to me. I can build golden calves and again be burdened by the yoke of slavery. Or I can stand firm and remember, it is for freedom that Christ has set me free.

-Iain



## ARTIST OF THE MONTH

Recovery  
Service

## Roland Burt

I grew up in North Yorkshire as part of a large Caribbean family. My passion for making things and painting on almost anything - kitchen towels, canvas, wood, concrete blossomed from an early age and as I grew up it became a conduit for life's stresses and challenges. I'd return to my art whenever I found myself needing a sanctuary and a reprieve from pressure.

I've always been a bit of a magpie of cultural influences. I remember being totally fascinated at school by Neolithic cave paintings, Art Deco, West Indian and African art. My life and work took me to France, Canada, Italy, Turkey, Bulgaria to name a few, and everywhere I found something local to be fascinated by.

Painting has always been the key to who I'm today. Painting for me is storytelling. The story takes precedent over shapes and colour. Also, painting is like dreaming – dreaming in multicolours, in bright images and perpetual restless movement.

Find out more about Roland here-

[djiboart.co.uk/about-roland-burt.php](http://djiboart.co.uk/about-roland-burt.php)



**A Bullish Situation**

Water is the source of life- we all need it to survive.



**A Mother's Fear**

A beautiful sunset followed by possible dangers.



**ROLAND BURT**

I created Transitions because I lived through so many changes in my life and this was one of the ways to explain it in colour and shapes. The animal kingdom is so close to my heart, in that they live and feel many of the issues we experience.

For me it is about the rise and fall it is about the beginning and the end. It is about the journey we all take in life. It is about who is top of the ladder and those trying and failing to get there. It is about family it is about the many paths we take and the many choices we have in life and the impacts of decisions made. It is about helping each other to reach and be the best we can to live the best we can it is about aspirations. It is about transitions at different parts of our lives. It is about looking and really seeing what is and what we think we see.

My vision within Transitions isn't just a painting it's a snapshot of what was and what is today. It is also a window into what could be.



Transitions

**What is your story and is it in here?**

My hope is that this most valuable offering inspires you to rise above what difficulties you have in life and as this simple vision shows there are many stories that can give your life new meaning



I use pens, charcoal sticks, highlighters, crayons, oil paints, pots of household paints, canvas, wax, an ironing board and an old bath to dip my canvases into. Each stroke, each colour is fixed with wax and ironed flat. I love this technique because it gives my subjects luminosity and depth. There are certain elements of batik, but on the whole, my technique is unique to me.



Find Me In Dance



Would You Like To Dance?

**CREATIVES!**Recovery  
Service

# Looking For Creatives!

Do you have time to spare?

Would you like to get involved with your local community?

Do you have creative skills that you would be excited to share?

Get in touch with Emma for more information

[emma.william@cgl.org.uk](mailto:emma.william@cgl.org.uk)



**THINGS TO DO!**

- **Theatre**

-10 Plays and Musicals That Only Need 2 Actors

[playbill.com/10-two-actor-plays-and-musicals](http://playbill.com/10-two-actor-plays-and-musicals)

-Stage shows, musicals and opera you can watch online now for free

[whatsonstage.com/london-theatre/stage-shows-musicals-opera-free-stream-online](http://whatsonstage.com/london-theatre/stage-shows-musicals-opera-free-stream-online)

- **Nature**

-Celebrating nature

[walkwithtrees.com/the-woodland-bard/celebrating-lughnasadha](http://walkwithtrees.com/the-woodland-bard/celebrating-lughnasadha)

- **Art**

-Artist Draws Wholesome Watercolour Comics Where A Cat Is Giving Out Mental Health Advice

[boredpanda.com/watercolour-artist-cat-comics/](http://boredpanda.com/watercolour-artist-cat-comics/)

-Artist Turns Coffee Stains into Mischievous Monster Drawings

[mymodernmet.com/coffee-monster-drawings-stefan-kuhnigk/](http://mymodernmet.com/coffee-monster-drawings-stefan-kuhnigk/)

- **Books**

-Lynda Barry's Illustrated Field Guide to Keeping a Visual Diary and Cultivating a Capacity for Creative Observation

[brainpickings.org/lynda-barry-syllabus-book/](http://brainpickings.org/lynda-barry-syllabus-book/)

-How to Be a Good Creature: Naturalist Sy Montgomery on What 13 Animals Taught Her About Otherness, Love, and the heart of our humanity

[brainpickings.org/how-to-be-a-good-creature-sy-montgomery/](http://brainpickings.org/how-to-be-a-good-creature-sy-montgomery/)

-How Bach Will Save Your Soul: German Philosopher Josef Pieper on the Hidden Source of Music's Supreme power

[brainpickings.org/josef-pieper-only-the-lover-sings/](http://brainpickings.org/josef-pieper-only-the-lover-sings/)

**GARDEN MURAL**

We are currently brainstorming ideas for mural designs in our garden areas across the county. Get Involved!

We'd love to hear your ideas and suggestions so please get in touch -

[emma.william@cgl.org.uk](mailto:emma.william@cgl.org.uk)



# POETRY CORNER

Recovery  
Service

## 'The First Days of Liberation'

Now I've got a story that's a bit weird,  
It never got real, til I had my shit smeared.  
I was a bit pissed, delirious I witnessed,  
My life down the drain, in pain I didn't fit this.

Sniffing slugs, nose plugged, feeling tough, it was Christmas. K'd up from above, looking down like "what is this?"

Another zombie on the scene unprotected,  
I had defected, to a life of drugs which I loved. Dragged down so low to the life of a scrub.

Wubba-lubba-dub-dub. Please help me.

Used to believe life was contrary,  
Put in a society, so uncaring.  
So scary, I had to be daring.  
Staring down the mirror, I was a low-life king,  
Broken inside in a fucking whirlwind.

Smashing coke to make my heart sing,  
It pulled on my heart strings. So I bitch binged.  
It was hardly surprising.  
I crowned a polo proud, my powdered nose stood out.  
In my head I could shout, no words came out.

But now it's about, time to correct all the things I ignored, people I adored, to make something more.  
A bit more sure.  
A bit more rich and a bit less poor.  
A bit more real and a bit less raw.

The sickness claws, big old horns and an ungodly sword. Stabbed inside chucked out the door,  
Every time I breathe it feels like a chore. Cos the devil comes out every time I yawn,  
"Go on just a little bit more, one more bag".

But my nose is sore.  
I'm chewing on my arm, laying on the floor,  
Big bloodshot eyes, just another draw,  
"One more hit, then I'll quit. I'm sure"



Things I've learnt it's not as easy as that.  
To be suckin, on my thumb, cluckin like a twat.  
Pissing on the bathroom mat,  
Wishing I was somebody that,  
Didn't fall foul to the drugs dat,  
Twist up my mind, so unkind and flat.

Give me a life worth living for,  
just some time to treasure or,  
a heart which doesn't hurt to the core.  
Maybe it's one big metaphor.

If I were to die before I'm old,  
Then I was the boy who was never told,  
That if I sniff that line, my whole life unfolds.  
They said I'd cry, be left in the cold.

Coming back to the 'Bridge, I was understated,  
but it all came down to this image I created.  
Just a little lost boy, with his soul jaded.  
I'd become someone that society hated.

Addictions affliction is pure nonfiction,  
Next level highs made me a sick one.  
Reality paused, a whole life ignored.  
Jumping in a K-hole, I was massively bored.

Every clouded dream, and every cloud it seemed.  
Was a zombie-like face staring down at me.

But now I'm on the road to recovery,  
Writing my list, to wish my will back quickly.  
Sober days, just gaze to amaze. You'll see,  
I can do anything that I want to be.

**-ZEPH FENN**



*What is the deadliest weapon of all  
More damage than a gun can be caused  
The pen and paper are the deadliest weapon of all  
It can start all sorts of wars  
It can leave you scars that can't be seen at all  
Once you pick up that pen  
And let it hit the paper  
The ink will start flowing  
With all you hold in  
You start to tell your story  
Your fears, dreams and hopes  
You will start to see  
You can even write about  
Where you want to be  
You can't change your past  
But your future is free  
Start writing it down  
And find out where you'll be  
Learn about yourself  
And that there's so much more to see  
Then the person you believe yourself to be  
You can change your world by writing you see  
Maybe someone will read it and take it all in  
Help you understand  
The troubles you've been in  
Touch them so deep  
They can't help but weep  
Writing things down has more an effect  
Way more than talking  
And thinking about what to say next  
The pen just keeps on going  
Not giving your mind a rest  
Giving you courage  
To take your next steps  
The pen can help you heal  
The paper can make someone else  
Feel unreal  
Maybe you can't say what you want to say  
Write it down and let them take it away  
They'll read it and read it  
Over again  
All you can do is hold they see the light  
Pen and paper are the deadliest weapons of all  
But use them wisely  
Don't play with them at all*

*-Andrea*

I just got nothing  
Just a heart pumping blood  
I'm only just asking  
What's right for this bruv

Abstinence and order  
Don't cross that border  
Be a great thinker  
That thinks a lot more broader

Horizon is widening  
The worlds more of a beautiful place  
Don't be alone and only hiding  
That way is a life in waste

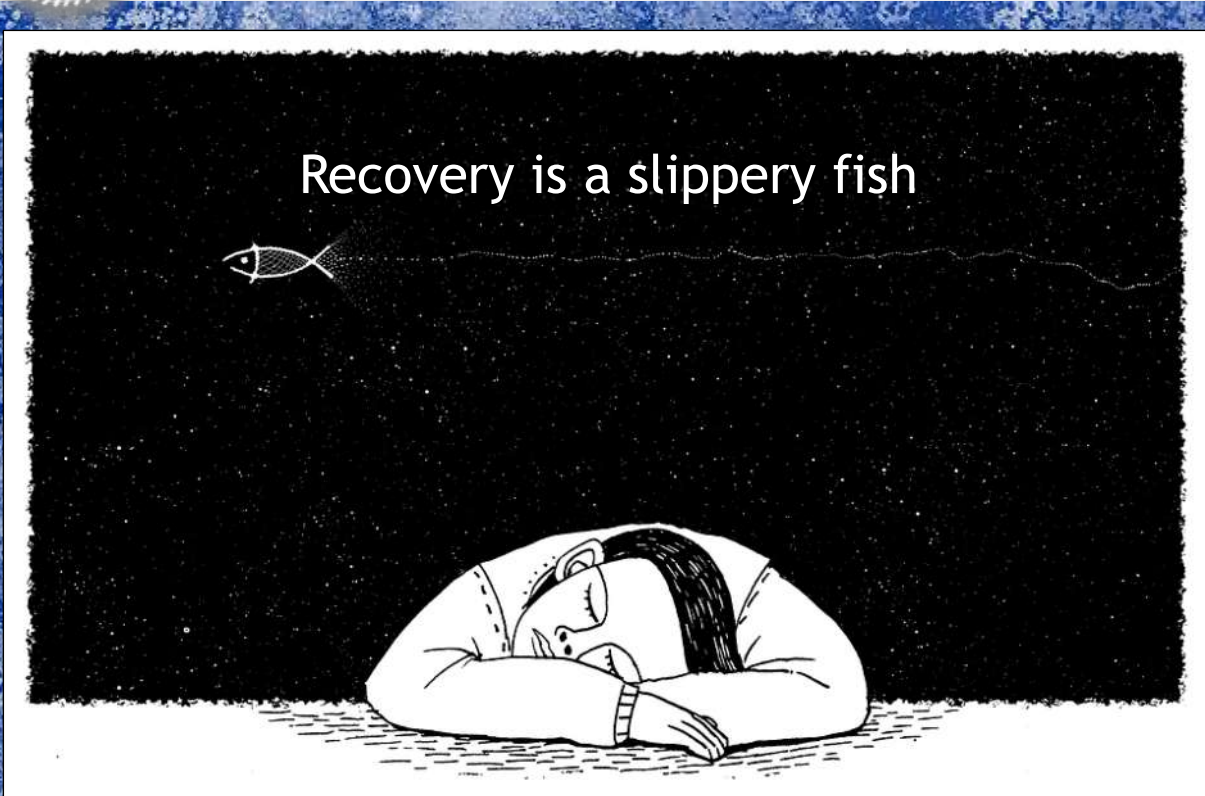
Out there is establishments  
People n services  
Giving empower to people  
To make their own  
Accomplishments purposes

It's not the end  
Just keep persisting  
Open world

Unique Shofia

## DERMOT'S SHORT STORIES

## Recovery is a slippery fish



I sit here once again thinking about where it went wrong. I have of course relapsed. I am angry and disappointed. I am guilty. I have failed. The most sickening fact is that I have fallen at the point where it seemed to everyone (including myself) that I might make it to the finish line. That this might be the time I succeed. I am humiliated, and I have let everyone down. My family nearly broken by sadness and anger. But all I can do is get back into recovery. Don't give up. Don't forget that this is what failure feels like. This might help. I might still make it. I can change. I have reservations though. I listen to the advice yet in the back of my mind there is a reluctance to fully commit to change. This comes from experience. The repeated experience of a genuine, and deep rooted desire to break free from the bonds of addiction. The cumulative understanding that I will never make it because up until now I never have. I reach out, I make the phone calls, I say the right things. I am not being disingenuous. The truth is that I don't believe that a permanent change is possible for me. Too much water under the bridge. Too many failed attempts. Too much, it is all too much. Too much for me and too much for you.





## DERMOT'S SHORT STORIES

Recovery  
Stories

The darkness runs deep in the mind. I struggle. I try. I fail. So, the cycle, sometimes broken, continues to turn. The wheel of life. The wheel of addiction turns into seeming infinity. Perhaps until my end, where my body and mind can take it no more - death. I will this on. This permanent solution to a problem that is seemingly insurmountable. You will love me more than I love myself and I will let you down again. Countless and fleeting moments of sobriety in a dark and stormy sea. My craft pitches and rocks as this obvious metaphor is lashed by the waves of an impenetra-

ble addiction. An obsession well known and yet misunderstood. We addicts don't mean to do it but we will hurt you, we will let you down, again and again. The support network will flex and bend in those same stormy winds. Eventually they may break, and you will be on your own. What then? No help, no support. It will be too late. It could have been different. But now you are truly lost. No hope, no direction, no way back. You will never change. You remember before all this and you want to go back but you are adrift, a victim of desire. A student of dark arts and nefarious circles. Living in the shadows, within the cracks in the pavement. Lost in the pipeline. Too far gone. Too much lost time. It is easier to go on than to change. I am an addict. I am selfish. I am lost. I don't think I can do it. I succeed for a moment until my choices drag me back to that darkest of places.



So what is the point? I stumble through dark streets consumed by my want. I pursue my own destruction until all is gone. All resources, all that is healthy, all that is good and real. Instead I cut my own throat. All I see is light, all I see is a diversion from my duty to others. I need altruism, or as close as I can achieve. This is no way to live - not for me, not for you. We stand in strange places waiting for a delivery. Meeting other addicts. Forming self-serving acquaintances, relationships of pipe and needle. What a waste. No kind of humanity. Simply a barter, a transaction, everyone out for themselves. No kind of life at all. Yet we go on. We go on until the bitter end. Accepting failure. Fueling the inner addict. Feeding a flame that can never be extinguished.



**DERMOT'S SHORT STORIES**Recovery  
Service

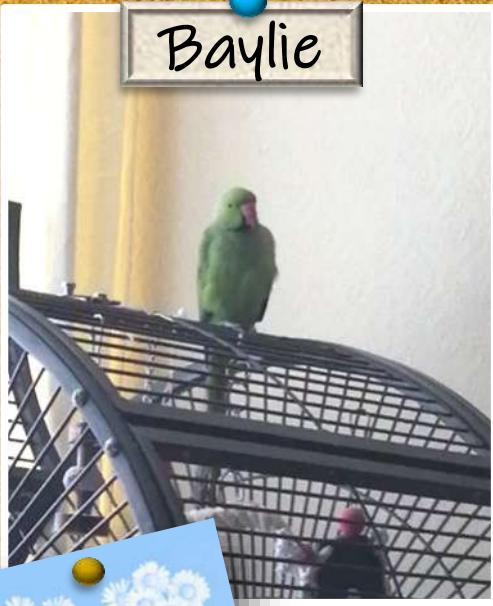
There is however another way. It might be twelve step. Going to meetings. The "rooms". It might just work. Why not try it? You have nothing to lose except for ninety minutes and maybe, just maybe, your addiction. You could go to rehab, it could be the answer to that impenetrable problem of yours. You can have a better life. You can choose to listen to that long dormant voice of yours. The voice of a child lost in a forest of bracken. Trying to find a way out. Every step leaving it's mark. Thorns cutting the skin with every attempt to break out. It might seem impossible. Yet if you keep trying and don't lose hope it could work out for you. The last thing you should do is give up. It could all be so different. You might find religion. Rediscover yourself through spirituality. Ultimately use the tools faith can give you and free the silent soul that was always inside you. The method you use is irrelevant. All that matters is the end result doesn't it? So close one door and open another. Travel forward through the doors of perception into an alternative reality that is waiting there for you. Recovery is about a paradigm shift in how you manage your life. How you approach struggle and the inevitable obstacles that lie ahead for all of us. It is an effort to process the passage of life in healthier ways. Not acting out. Not destroying yourself. Breaking your spirit step by step. Instead you can learn how to regain your strength and identity a path away from the destruction you have perpetrated through the missteps of your addiction. Only you can do this for yourself, no one else can do it for you. Believe me you really are worth it.

- by Dermot



# PAWS FOR THOUGHT

Baylie



Baylie is a green ring tail parakeet, he is a very vocal bird who loves to mimic the various noises from his red voice ball. He loves to have a fly about but is a pain to get back in his cage.



Lola is a lurcher cross and is known as little mouse. She is 12 weeks old and is very playful and gets into a lot of mischief.

-Sam

Lola





# JOIN US!

Recovery service

## QUIZ NIGHT

ALL WELCOME IN THE RECOVERY COMMUNITY  
Saturday 7.30pm

<https://zoom.us/j/7235511005>  
Meeting ID: 723 551 1005

QUIZ NIGHT DATES  
SAT 22/08/2020  
SAT 05/09/2020  
SAT 19/09/2020  
SAT 03/10/2020

What you'll need—  
a pen, paper & five questions for the quiz!

## Cambridgeshire Recovery Service Playlist!



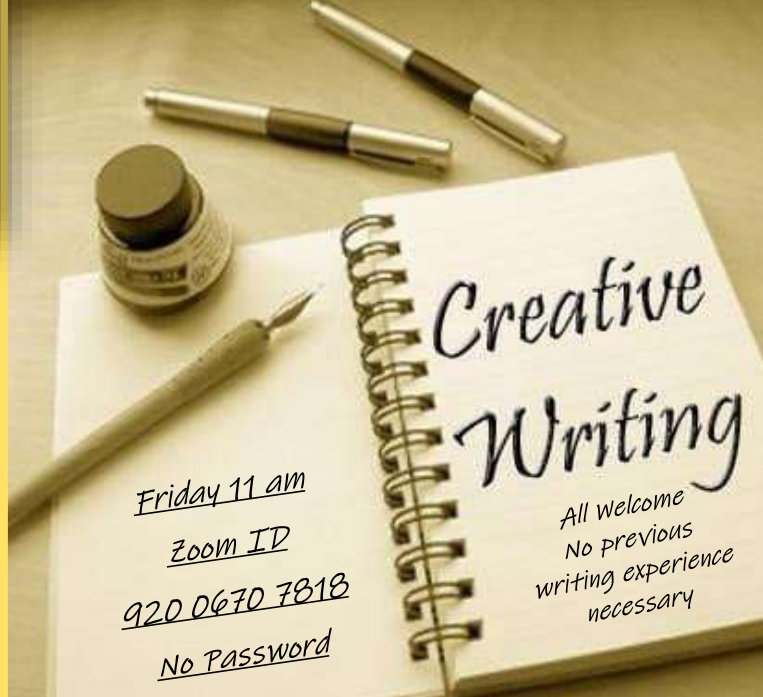
The Recovery Service are compiling a playlist of all your favourite songs. Get in touch & let us share your favourite tunes!

## THINK TANK NEEDS YOU!!

Service User Forum  
held online every  
Friday at 14:15

<https://zoom.us/j/7235511005>  
Meeting ID: 723 551 1005

Have your say

## Creative Writing

Friday 11 am  
Zoom ID  
920 0670 7818  
No Password

All welcome  
No previous writing experience necessary



**Change Grow Live**

Change Grow Live Manchester would like to invite you and the people who use your service to join our choir on Zoom!

Every Tuesday 6pm until 7pm  
Meeting ID 350 074 3187  
Password 5KUs57

For more info and the songs we will be singing, contact  
[louise.byron@cgl.org.uk](mailto:louise.byron@cgl.org.uk)



Phoenix Rising

Recovery  
Service**THE EDGE****Edge Recovery Group Meetings**

Edge Recovery Zoom meeting

- Daily x 7 days
- Time: 12.30-1.10
- ID: 160 596 836
- Password: 007707

**Edge Recovery Writing**

Recovery Writing Zoom meeting

[www.zoom.us/recoverymeeting](http://www.zoom.us/recoverymeeting)

- Day: Tuesdays
- Time: 1pm
- ID: 828 5439 8400
- Password: 048398

**Edge Record-Stay connected!**

Keep up to date with online groups & activities by following their Facebook page & to join their WhatsApp group

**Woolly Wonders at****The Edge**

Flowers, bring me joy and a smiley face.

I have tasked myself with creating a flower a day.

I need yours - all of them; big, small, multi-coloured loveliness

Leaves too if you so desire.

I want to showcase all of them at a later date, as a symbol of our connectedness through creativity

I will introduce you to the lovely, inspirational and amazingly uplifting blogger Lucy @ Attic24, this is her pattern for teeny tiny flowers - I love her joy and zest!

Click [Here](#)

These are some of my currently unfinished fleurs - easy-peasy, smiley-miley!!

- Gail



Have a go!  
Get  
involved!

**FOOD BANK INFORMATION**

The Edge Café-  
**01223 212478**

Monday to Friday  
12-2pm

*"Without the edge cafe I seriously wouldn't be able to live. These guys have helped god knows how many ppl, they're all pretty amazing and love them all so much, Please recognise all they do and have the utmost respect for them, what they do and have done for us and still they help, PRETTY AMAZING by all accounts, thank you so very much guys"*

-Sally xxxxxx

*"Helps me and my parents who are in isolation bump up our food so we can survive"*

-Sharron

Recovery  
Service

## THE SUN NETWORK



*'The SUN Network is an independent Organisation that is steered by its members. Here to ensure your voice is heard. Our vision is that everyone in Cambridgeshire will have equitable access to high quality Mental health and/or Drug & Alcohol interventions and services at the time when it is needed.'*

The Service User Network is an independent organisation that exists to amplify the voices of service users. We are a small team who work with service users to get their feedback on mental health and drug and alcohol services in Cambridgeshire and Peterborough so people with lived experience can shape their services.

KC focuses on substance misuse (drug and alcohol addiction) by working closely with CGL as well as mental health services across our county, making use of the wealth of knowledge his colleagues have about mental health services. Many who want to work on their addiction recovery have other mental health struggles that contribute to their problems and we work with the individuals needing help and the services who provide that support.

The SUN Network helps people's experiences (good and bad) be known to workers and decisionmakers by services and commissioners. Highlighting weaknesses and gaps in service is key to continuing to make service better and better. We believe celebrating success is equally as important as highlighting issues that need to be improved so service users experience the best care possible.



## THE SUN NETWORK

Recovery  
Stories

### A bit more about KC and his work-

KC's time is spent meeting service users and hearing their stories of addiction and recovery, which is how our online [Addiction Recovery Stories](#) came about. He is inspired to hear and share stories that are powerful, hopeful, bring understanding and can break the stigma around addiction. It's an honour and privilege to listen to people from all walks of life and all around our county. Signposting people to services offered by CGL, mutual aid groups and mental health services is rewarding and meeting people who are working to recover and those who are working to help others recover, is fantastic! KC shares some of what he's learning on the SUN Network [blog](#).



Before Covid-19 KC led a collaboration with Change Grow Live, Cambridgeshire, our [Five Values Project](#), where we sat down face to face with about fifty service users, workers and volunteers across the county to find out what service users thought was working best and what they thought should be improved. Everyone involved learned a lot, strengthened relationships, and the experiences of the service users will help us all to make addiction recovery better in our communities. This project had several service users working alongside the SUN Network and CGL, as we strive to involve people with lived experience in all that we do. Anyone who wants to talk to us can share their feedback or offer to be involved via our [website](#), our [social media](#), [by text](#), [telephone](#) or [email](#).

Sometimes service users raise issues that are helpful to follow up on. We are working with services to be able to report back things like, "[you said](#) you didn't know when you'd hear back from the service after your assessment, [we did](#) training with our staff and volunteers that everyone should get a call back within a week from their assessment.". This '[you said, we did](#)' feedback loop should help everyone to be heard, make improvements, and to hear how being heard has helped.

Some of KC's time is spent in addiction recovery meetings, which are safe places to talk vulnerably and honestly about our struggles while supporting each other. As a member of a 12-step addiction recovery group, KC finds it rewarding talking about the psychology of addiction (like they do in [SMART Recovery](#)) equally the spirituality of recovery (as practiced in 12-step groups like [AA](#) and [NA](#)). The anonymity and confidentiality of mutual support groups, with passionate and sensitive facilitators, make for a beautifully healing environment—where we might find some laughter as well as a few tears.

# NEEDLE EXCHANGE

*Recovery  
Service*

## Needle Exchange Service

We would like you to know that all our needle exchanges are still open at CGL.

Extra precautions are being carried out during this period for example observing the 2 meters distance.

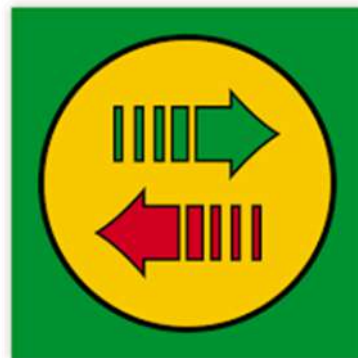
- **Wisbech 9.30am-4.30pm Monday to Friday**
- **Cambridge 9.30am-4.30pm Monday to Friday**
- **Huntingdon 9.30-4.30pm Monday Wednesday and Friday**

As usual you are more than welcome to come in and carry out an exchange or collect new if you need to. Needle exchange is a very important part of our work here at CGL as we want to make sure our clients get the best harm reduction and equipment they can.

- **All our equipment is totally free of charge,**
- **You do not need to be a client of CGL's or any other service provider to use the needle exchange.**
- **As well as needle exchange, we also provide condoms, harm reduction advice and sign posting for other useful agencies you may need.**
- **If you are unable to make it down to the service during this period, you can also carry out an exchange at many local pharmacies. Check to see if they have a sticker or small symbol like this with in the pharmacy.**

Please always feel free to contact us at CGL if you want to ask questions, would like harm reduction advise or even check what we have in stock, we would always rather hear from you than not.

**Telephone: 0300 5550101**





Recovery  
Service**OVERDOSE AWARENESS DAY**

## International Overdose Awareness Day 31st August 2020

International Overdose Awareness Day is a global event held on 31 August each year and aims to raise awareness of overdose and reduce the stigma of a drug-related death. It also acknowledges the grief felt by families and friends remembering those who have died or had a permanent injury as a result of drug overdose.

- International Overdose Awareness Day spreads the message that overdose death is preventable.
- Thousands of people die each year from drug overdose. They come from all walks of life.
- Do you recognise the signs and symptoms of overdose?  
What is the impact of drug use and overdose on family, friends and those experiencing it?

*“There wasn’t any white light. I didn’t make out Jesus or see my dead family members. It was just oblivion and it was very frightening.”*

<https://www.overdoseday.com/downloadable-resources/#advocacy>

## RESOURCES



## LGBTQ+ Peer Support Group

THURSDAYS 6:30-7:30PM  
MEETING ID: 723 551 1005

THE LGBTQ+ PEER SUPPORT GROUP IS A SAFE SPACE TO CONNECT WITH OTHERS IN THE RECOVERY SERVICE COMMUNITY.

MOST MEMBERS OF THE LGBTQ+ COMMUNITY HAVE EXPERIENCED SOCIAL INJUSTICE, DISCRIMINATION AND BIAS AT SOME TIME; THIS HAS CONSEQUENCES FOR OUR MENTAL HEALTH, RELATIONSHIPS AND ALL ASPECTS OF LIFE. RESEARCH SUGGESTS THAT PEOPLE WHO IDENTIFY AS LGBTQ+ ARE 3 TIMES MORE LIKELY TO DEVELOP MENTAL HEALTH CHALLENGES AND/OR SUBSTANCE ABUSE.

OUR AIM FOR THE LGBTQ+ PEER SUPPORT GROUP IS TO PROVIDE A SAFE ENVIRONMENT TO DISCUSS THESE CHALLENGES AND CULTIVATE RELATIONSHIPS WITH OTHERS WHO RELATE TO YOUR EXPERIENCES.

ALL MEMBERS OF THE LGBTQIA+ COMMUNITY ARE WELCOME.

PLEASE EMAIL US  
AT RECOVERYSERVICECAMBS.SPOC@CGL.ORG.UK IF YOU HAVE ANY QUESTIONS OR WOULD LIKE MORE INFORMATION.  
THE PEER SUPPORT GROUP IS FACILITATED BY STAFF WHO IDENTIFY AS PART OF THE LGBTQ+ COMMUNITY.

## Ex-Forces Zoom Meeting

You are not alone.  
Join fellow ex services for a "Naafi Break"

*'You may not wear the uniform any longer, but you still carry the pride'*

The details are:  
Naafi Break  
ID: 862 0906 5939  
Every Tuesday  
11am

*Adrian at CGL has my husband in a therapy group called NAFFI BREAK. This is for ex service men who are all suffering with being alcoholics mostly because of the effect of their time in the armed services. It is doing my husband so much good, he really looks forward to it and the realisation that he is not the only one suffering in this way has really changed his attitude to life and alcohol and the light on the other side.*

*I can't thank Adrian and the CGL enough. not only have you got hubby wanting to live again, you have given me back the man I fell in love with 40 years ago*

[www.careopinion.org.uk/](http://www.careopinion.org.uk/)

## Friends & Family Zoom Group



We recognise the impact on the whole Family of Living with someone who is a substance misuser .

Our aim is to support and educate family members about substance misuse and teach them coping strategies so they are better able to help their loved one overcome their dependence and achieve recovery.

This group is open to friends and family of those involved in substance misuse, regardless of whether those individuals are in treatment .

Join us **Wednesdays at 3:00pm on Zoom**

**Meeting ID: 723 551 1005**  
**Password: Talk**

For any reason that you do not feel you can join us in the meeting, or do not feel safe to talk, you can always email or call the service.

Please feel free to get in contact with the family service.

**Email: [RecoveryServiceCambs.SPOC@cgl.org.uk](mailto:RecoveryServiceCambs.SPOC@cgl.org.uk)**  
**Telephone: 077781-45427**  
**CGL Service: 0300 555 0101**

Follow the Recovery Service  
[www.facebook.com/RecoveryServiceCambs](https://www.facebook.com/RecoveryServiceCambs)

RECOVERY SERVICE & CGL  
CAMBRIDGESHIRE

LET'S TALK

# Recovery

ZOOM MEETING

JOIN US

**Wednesdays - 10:30 AM**

**Meeting ID - 723551  
1005**

**Password - Talk**

1. [RECOVERYSERVICECAMBS.SPOC@CGL.ORG.UK](mailto:RECOVERYSERVICECAMBS.SPOC@CGL.ORG.UK)
2. FOLLOW THE RECOVERY SERVICE  
[WWW.FACEBOOK.COM/RECOVERYSERVICECAMBS](https://WWW.FACEBOOK.COM/RECOVERYSERVICECAMBS)  
[WWW.CHANGEGROWLIVE.ORG/DRUG-ALCOHOL-SERVICE-CAMBRIDGESHIRE](https://WWW.CHANGEGROWLIVE.ORG/DRUG-ALCOHOL-SERVICE-CAMBRIDGESHIRE)

## Family service

It can be the hardest thing to watch a family member struggling with addiction. The feelings of helplessness, anger and fright can be paralyzing and often it seems that there is no one who will understand and nowhere to turn.

The substance misuse service has for many years run a family service which supports all those affected by someone else's substance misuse. Within the groups we have supported those family members who are over 18 and we have signposted those under 18 to appropriate help. This work continues in these Covid times and we run a family support group every Wednesday via Zoom at 3pm. Please see the poster below for details on how to join. We also provide 1-1 support for those who cannot attend on a Wednesday and this is accessed by calling [Tracy Thompson on 07778145427](tel:07778145427). There is no problem too big or too small and the support and understanding gained from other people who are going through the same experiences is invaluable.

Please don't struggle alone. Call us now and we will do our best to walk beside you at this time.

## RESOURCES



### Services and service adjustments made at [CPSL Mind](#) in response to Covid 19



If you need a listening ear. Lifeline Plus is a new helpline for adults in Cambridgeshire and Peterborough. Trained staff can discuss issues affecting mood and wellbeing during this time, or signpost to other sources of support.

Call Monday to Friday, 9am-2pm, on 0808 808 2121



**Qwell** is an online community for adults in Cambridgeshire and Peterborough. Find self-help resources and join in peer support through chat. You can also access safe and confidential one-hour sessions with a fully qualified counsellor via instant messaging.



As part of our Good Life Service we offer a number of community initiatives aimed at encouraging community

connectivity and increasing wellbeing skills. These ordinarily take place in cafes and other locations at the heart of our communities. Good Mood cafes are informal 'get togethers' designed to connect individuals to other like-minded people within their communities; offer wellbeing support and share interests and skills. Our Open Door calm spaces offer somewhere to turn if you're looking for a bit of space and tranquillity.

These sessions offer guidance on self-help techniques which can help you to 'ground yourself' and feel better - both in that moment and in the future.

However, we are now bringing these directly to you to participate in from home using Zoom video calls. You can sign up to join the virtual sessions detailed below by emailing us at [goodlife@cpslmind.org.uk](mailto:goodlife@cpslmind.org.uk) or calling us on 0300 303 4363. We'll then send you a private link and password which you can use to safely and securely join.

Our Sanctuary service remains open for dedicated telephone support for those in mental health crisis and is only accessed via the NHS First response Service on telephone 111 option 2.

### FOOD BANK INFORMATION

The Edge Café- 01223 212478

Mon-Fri 12-2pm

Cambridge City Foodbank centres (foodbank vouchers needed contact [here](#)) 07772 538628

Chesterton Methodist Church- Weds 10am-12pm

Church of the Good Shepherd, Arbury- Thu 11am-1pm

Cambourne Distribution Centre- Thu 10am-12pm

C3 Centre- Fri 10:30am-2pm



## RESOURCES



At Caring Together we provide information and advice, run services in our local communities and campaign for carers' rights, so that carers have choices.

How we are doing this at the moment has had to change but our purpose and commitment to carers and the people they look after remains the same.

During this unsettling time, we are certain of one thing, that carers and their families need our support.

We continue to offer a variety of support for carers of all ages and the people they care for. This includes:

- Information, advice and guidance
- Listening Ear and telephone support service
- Help to plan for the unexpected (emergency planning)
- Virtual support
- Homecare (paid for)
- Family Carers' Prescription

We are also able to offer virtual support to other professionals supporting carers at this time.

For the latest information or more details, please visit our website [www.caringtogether.org](http://www.caringtogether.org) or our coronavirus section at [www.caringtogether.org/coronavirus-covid-19](http://www.caringtogether.org/coronavirus-covid-19), email us [hello@caringtogether.org](mailto:hello@caringtogether.org) or ring us 01480 499090.



Wonderfully Made Creative Café

This is an intentional safe space of real community where anyone can come and just be themselves, aimed particularly at those people struggling with mental health difficulties. Our drop-in 'creative cafe' based at Cafe 121, Milton Road, where a different craft activity is offered at each session, is temporarily suspended due to the Coronavirus. However, we have a private and confidential facebook group where we continue to meet and support each other through conversation and livestream events. For more information please visit us here: <https://www.facebook.com/groups/772250209847560>.

We would love to hear from you if you would be interested in joining us. For more information please go to our webpage or get in touch using the contact details below. We hope to be able to meet up again very soon - updates will be posted on our webpage. We are also looking for volunteers to join our team so please get in touch if you are interested.

W | [www.arburyroadbaptist.org/wonderfullymade](http://www.arburyroadbaptist.org/wonderfullymade)

E | [wonderfullymade@arburyroadbaptist.org](mailto:wonderfullymade@arburyroadbaptist.org)

T | 07594 246662 (voicemail)



Richmond Fellowship is now part of **Recovery Focus**, an expert group of charities inspiring individual recovery nationwide.

### Richmond Fellowship Employment Support

Our service provides support in Cambridgeshire for those with mental ill health to retain or regain employment. We can support with CV building, interview practice, job search, support to prepare for and attend employer meetings and provide ongoing support for someone in their workplace. We have a specialist Autism/Asperger's advisor working across the locality.

For more information or to make a referral or to self-refer, please contact 01223 301032 or email [cambs&bedsreferrals@richmondfellowship.org.uk](mailto:cambs&bedsreferrals@richmondfellowship.org.uk)

Visit our website [www.richmondfellowship.org.uk](http://www.richmondfellowship.org.uk)

## USEFUL LINKS



*(This list will be updated weekly)*

There are now thousands of local community support groups across the country to help you during this time. Below is an up to date list to help you find your nearest one, simply type in you're postcode.

### [Local groups](#)

Mental wellbeing while staying at home

[www.nhs.uk/stayingathometips](http://www.nhs.uk/stayingathometips)

Good selection of things to do in isolation as well as good support group

[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

A very good all rounder from support to activities and virtual tours

[www.chatterpack.net](http://www.chatterpack.net)

Stay at home guidance for households

[www.gov.uk/stayathome](http://www.gov.uk/stayathome)

If you have a vulnerable person living with you

[www.gov.uk/stayathome/vulnerable](http://www.gov.uk/stayathome/vulnerable)

Keep Your Head

[www.keepyourhead.com](http://www.keepyourhead.com)

Group for Men with mental health issues seeking mutual NON medical support

[www.menunite.org](http://www.menunite.org)

Harm reduction strategies for alcohol dependence

[www.downyourdrink.org.uk](http://www.downyourdrink.org.uk)

NA meetings online

[www.ukna.org](http://www.ukna.org)

Recovery For Substance or Behaviour Addiction (no spiritual requirement & no labels)

[www.smartrecovery.org.uk](http://www.smartrecovery.org.uk)

Local volunteer hub information

[www.cambridgeshire.gov.uk/your-community-needs-you](http://www.cambridgeshire.gov.uk/your-community-needs-you)

Support and wellbeing community for adults in Cambridgeshire and Peterborough

[www.quell.io](http://www.quell.io)

This service run by CPSLMIND is a free online support and wellbeing community offering Chat based counselling, online Peer support and an online community.

A free support service for those suffering mental distress  
Lifeline 0808 808 2121.

A very good resource for our older clients or anyone who is living with or has elderly relatives. Run in conjunction with Age UK it's a very informative website that has telephone forums, chat rooms and films.

[www.thesilverline.org.uk](http://www.thesilverline.org.uk)

### Adult support

Samaritans -Call 116 123

[www.samaritans.org/how-we-can-help](http://www.samaritans.org/how-we-can-help)

Mind UK - UK Mental Health Charity

with information and an online mutual support community

[www.mind.org.uk/](http://www.mind.org.uk/)

[www.mind.org.uk/support-community](http://www.mind.org.uk/support-community)

Refuge - 07787255821

National Domestic abuse support - 0800 2000247

Men's Advice Line - 0808 8010327

LGBT support - 0800 9995428

### Young people support

[www.kooth.com](http://www.kooth.com)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

If you need urgent help text YM to 85258

[www.childline.org.uk/get-support](http://www.childline.org.uk/get-support)

Chat Health Cambridgeshire (school nursing team) Text-07480635443

### Parenting/carers support

If you need some support looking after your child's mental health, you can call 'YoungMinds' at 0808 802 5544 between 9.30am and 4pm every week day.

You can also email YoungMinds on their website, out of hours and they will get back to you.

Family Action

Telephone: 0808 802 6666

Text message: 07537 404 282

[www.family-action.org.uk/](http://www.family-action.org.uk/)

The FamilyLine service supports people who are dealing with family pressures in a new and innovative way by using a network of volunteers from across the country to support family members over the age of 18 through telephone calls, email, web chat and text message.

Breaking Free Online is a free, evidence-based treatment support network for anyone struggling with substance addiction.

You can access the site at [www.breakingfreeonline.com](http://www.breakingfreeonline.com) and sign up with your personal email and password, our CGL access code is *cambs11*.


 Recovery  
Service

## USEFUL LINKS

Cambridge Virtual Community Centre (CVCC) on Facebook: <https://www.facebook.com/cambridgevcc/> CVCC is a virtual community space to share positive ideas, support and inspiration, encouraging everybody in Cambridge to remain safe and resilient during the ever-changing Covid-19 pandemic.

Alcoholics Anonymous

[www.alcoholics-anonymous.org.uk/](http://www.alcoholics-anonymous.org.uk/)

Al-Anon Family Groups UK & Eire is there for anyone whose life is or has been affected by someone else's drinking

[www.al-anonuk.org.uk/](http://www.al-anonuk.org.uk/)

Alateen is for teenage relatives and friends of alcoholics. Alateen is part of Al-Anon

[www.al-anonuk.org.uk/alateen/](http://www.al-anonuk.org.uk/alateen/)

A weekly chat

**Heart and Soul Listening Service** is available for people based in Cambridgeshire and Peterborough struggling with isolation or worries around Covid-19 that need a friendly ear. Read more about this service and find their contact details by following the link below-

[www.sunnetwork.org.uk/weekly-for-a-chat/](http://www.sunnetwork.org.uk/weekly-for-a-chat/)

Cocaine Anonymous online meetings

[meetings.cocaineanonymous.org.uk](http://meetings.cocaineanonymous.org.uk)

Marijuana Anonymous online meetings

[marijuana-anonymous.org.uk](http://marijuana-anonymous.org.uk)

Gamblers Anonymous online meetings

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

Sex & Love Addicts Anonymous online meetings

[www.slaauk.org.uk](http://www.slaauk.org.uk)

Chemsex Advice Short Videos from Dean Street

[dean.st/chemsex](http://dean.st/chemsex)

Gay and Sober UK online meetings

[gavandsober.org/england](http://gavandsober.org/england)

Crystal Meth Anonymous online meetings

[crystallmeth.org/](http://crystallmeth.org/)

AA Tamil Spoken Word AA Big Book - chapters on YouTube

[www.youtube.com/channel/UChpva](http://www.youtube.com/channel/UChpva)

AA Polish language helpline

[aachilternthames.org.uk/polish-speaking-helpline](http://aachilternthames.org.uk/polish-speaking-helpline)

Facebook pages

<https://www.facebook.com/HowAreYouCambridgeshire>

<https://www.facebook.com/Nowweretalkingmentalhealth>

<https://www.facebook.com/WonderfullyMadeCreativeCafe/>

Victims of domestic abuse are able to access **safe spaces** at Boots pharmacies consultation rooms where they can contact specialist domestic abuse services for support and advice

[www.hestia.org/news/campaign-launches-safe-space-in-boots-stores-for-victims-of-domestic-abuse-across-the-uk](http://www.hestia.org/news/campaign-launches-safe-space-in-boots-stores-for-victims-of-domestic-abuse-across-the-uk)

<https://uksaysnomore.org/safespaces/>

The CGL four main service hubs across Cambridgeshire and Peterborough are open for needle exchange as well as Community Pharmacies (signed up to the scheme). If individuals cannot get out to pharmacies, or their nearest CGL hub, they can make contact with CGL who will help facilitate access to needle/syringe equipment.

-Mill House, Brookfield's Hospital, Mill Road, Cambridge.

-Hartford House, 2 Hartford Road, Huntingdon

-Inspiration House, Church Terrace, Wisbech

-102-104 Bridge Street, Peterborough

Cambridgeshire CGL 0300 5550101

Peterborough CGL ASPIRE 01733 895624

<https://www.changegrowlive.org/drug-alcohol-service-cambridgeshire>

For further information on safer injecting please review the following resources

[www.harmreductionworks.org.uk/films/cleaningsyringes](http://www.harmreductionworks.org.uk/films/cleaningsyringes)

[www.talktofrank.com/news/coronavirus](http://www.talktofrank.com/news/coronavirus)



# RECOVERY SERVICE TIMETABLE

Mon	Tues	Weds	Thurs	Fri	Sat
<p><b>10 am Wellbeing group</b></p> <p>Meeting ID: 824 349 1216</p>	<p><b>09:30 am Zoom Yoga with lir</b></p> <p>Meeting ID: 885 7538 1927</p> <p>Passcode: 701808</p>	<p><b>10:30 am Let's talk recovery</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>10 am Peer Group south Cams</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>Friday: 9 am Wellbeing group</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>7:30 pm Games night</b></p> <p>Meeting ID: 723 551 1005</p> <p><b>*Every two weeks</b></p>
<p><b>12:30 pm Edge recovery</b></p> <p>meeting ID 160 596 836</p> <p>Password 007707</p>	<p><b>12pm Edge recovery</b></p> <p>Meeting ID 160 596 836</p> <p>Password 007707</p>	<p><b>12:30 Edge recovery</b></p> <p>Meeting ID 160 596 836</p> <p>Password 007707</p>	<p><b>10.30 am The Edge Family Group</b></p> <p>Meeting ID 837 1673 4199</p> <p>Password: family</p>	<p><b>11am Creative Writing</b></p> <p>Meeting ID 920 0670 7818</p>	
<p><b>6:30 pm Let's talk recovery</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>1 pm Edge recovery writing group</b></p> <p>Meeting ID: 892 5883 6870</p> <p>Password: writing</p>	<p><b>3pm Friends and family</b></p> <p>Meeting ID: 723 551 1005</p> <p><b>*family and friends only group</b></p>	<p><b>12:30 Edge recovery</b></p> <p>meeting ID: 160 596 836</p> <p>Password 007707</p>	<p><b>12pm Edge recovery</b></p> <p>meeting ID 160 596 836</p> <p>Password 007707</p>	
	<p><b>6:30 pm Recovery café</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>7pm Media Power Hour</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>6:30pm LGBTQ+ Peer support group</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>1pm Tai Chi with Sam</b></p> <p>Meeting ID: 840 0843 5061</p> <p>Password: 123123</p>	
			<p><b>8:30 pm Recovery café</b></p> <p>Meeting ID: 723 551 1005</p>	<p><b>2:15 County think tank</b></p> <p>Meeting ID: 723 551 1005</p>	