

Recovery month 2024:

some events, resources and mutual aid groups to support local planning



Celebrating Recovery Month 2024



September is International Recovery Month. This annual event promotes and supports new evidence-based treatment and recovery practices, strong and proud recovery communities, and the work of service providers and communities who make recovery in all its forms possible.

There are local, regional and national activities planned to celebrate Recovery Month. Here are some of the available resources, networks and events.

Recovery month events

The 16th FAVOR UK [recovery walk and conference](#) in London. The walk is free, in Crystal Palace Park and on Saturday 14th September 2024. It features speakers, advice, information and performances.

This year's FAVOR UK conference on Friday 13th September is focused on dependence, recovery and respect. Speakers include people with lived experience, Dame Carol Black and Professor David Best. The conference is free for people in treatment and other attendees pay a fee. **Register for the conference:** facesandvoicesofrecoveryuk.org/ukrw24/

The 11th [Recovery Games](#) in Doncaster will bring over 600 people from across the UK recovery community together to compete in gladiator-style games and obstacle challenges on land and water. It is free and on Saturday 14th September 2024. **Watch a [short film about last year's games](#)**. Registration to compete has closed. Spectators are welcome and can enjoy live music from top UK artists.

Related resources

FAVOR UK has a [UK Recovery Month toolkit](#) to help plan local activities. It suggests:

- creating opportunities to tell recovery stories
- proactive and reactive media work
- involving local decision makers. This could include them visiting a local lived experience recovery organisation (LERO) or treatment service, or attending a partnership meeting
- involving the local community and organising community events.



Other recovery and lived experience resources

[Recovery support services and lived experience initiatives guidance](#) supports alcohol and drug treatment and recovery partnerships to understand the evidence for, value of and ways to develop lived experience initiatives and recovery support services. These initiatives and services help individuals and their families sustain recovery long term. It was written in collaboration with Dr Ed Day, National Recovery Champion and the College of Lived Experience Recovery Organisations (CLERO).

[National standards for lived experience recovery organisations \(LEROs\)](#) guide LERO community groups and providers looking to develop, sustain and quality assure their model. The standards were developed by the CLERO with support and feedback from OHID. They cover culture and values, support offer, staff and volunteers and operations and management.

Facilitated access to mutual aid (FAMA) workshops for use alongside the [existing FAMA toolkit](#). Mutual aid can help support and sustain recovery-oriented journeys for people affected by alcohol and drug problems long term. FAMA is a short, simple and effective method for increasing mutual aid participation. The resources include a slidepack, session plan, and handouts on evidence and role play exercises and common questions about mutual aid. Email Laura.Pechey@dhsc.gov.uk for these resources.



Mutual aid organisation information

Call charges may apply on some networks.

Alateen is a part of Al-Anon and is for teenage (12-17 year old) relatives of people who use(d) alcohol problematically. You can call 0207 593 2070 for information and meeting details. al-anonuk.org.uk/alateen/

Al-Anon is a 12-step fellowship for relatives, friends and colleagues affected or concerned by a person's problematic alcohol use. You can find a meeting on their [website](#), call 0800 0086 811 and email helpline@al-anonuk.org.uk for support. al-anonuk.org.uk/

Alcoholics Anonymous is a 12-step fellowship for people who use(d) alcohol problematically. You can find a meeting on their [website](#), and call 0800 9177650, email help@aamail.org and use the website's live chat facility for support. alcoholics-anonymous.org.uk/

Cocaine Anonymous is a 12-step fellowship for people who use(d) any mind-altering substance problematically. You can find a meeting on their [website](#), and call 0800 612 0225 and email helpline@cauk.org.uk for support. cocaineanonymous.org.uk/

Families Anonymous is a 12-step fellowship for relatives and friends concerned about a person's problematic use of mind-altering substances. You can find a meeting on their [website](#) and call 0207 4984 680 for support. famanon.org.uk/

Narcotics Anonymous is a 12-step fellowship for people who use(d) any mind-altering substance problematically. You can find a meeting on their [website](#) and call 0300 999 1212 for support. ukna.org/

Other 12-step fellowships available in the UK are listed on the [All-Party Parliamentary Group on 12-Step Recovery's webpage 12stepsappg.com/12-fellowships](http://12stepsappg.com/12-fellowships)

SMART Recovery has a recovery programme for people who use(d) any mind-altering substance problematically, and a programme for families and friends. You can find a meeting on their [website](#). Some SMART groups are specifically for certain groups such as women and LGBTQI+. There are also SMART Family and Friends and SMART Veterans groups. smartrecovery.org.uk/

Some national mutual aid organisations also use the 'Email a prisoner' service to maintain links with people in custody: [Email a Prisoner emailaprisoner.com/](http://emailaprisoner.com/)

There are also emerging mutual aid groups and peer support options available in local areas and remotely. People can ask their keyworker and peers which groups they've heard or find most useful and select groups to trial based on these recommendations.

