

Scottish Recovery Workbook Launch and Seminars: Our Reflections April – July 2014

The Scottish Recovery workbook was published in April 2014 and was created to support early recovery from addiction. It is a personal workbook that is equally useful to treatment providers as it is to recovery communities that support people in recovery. The workbook has been written entirely by and for people in recovery. The book is available free for recovery communities and at cost price to treatment providers. We will be promote the workbook in a series of seminars that will be held throughout the year.

Official Launch

The workbook was launched on Saturday 26 April at the office opening of the new SRC office building and 25 people attended from recovery communities, SRC memberships and stakeholders

An introduction to the Scottish Recovery Workbook: Aberdeen

On Friday 23 May Kuladharini held a workbook seminar at AiR recovery group in Aberdeen and 20 people attended from Aberdeenshire and city areas. Positive feedback was received and the group confirmed that the workbook and seminar were helpful to both personal recovery and treatment practice.

An introduction to the Scottish Recovery Workbook: Edinburgh

A workbook seminar was held at LEAP in Edinburgh on Monday 30 June and 20 people attended. From this group of participants, 10 identified as people in recovery and 10 as treatment providers. Feedback confirmed that the workbook and seminar were helpful to both personal recovery and treatment practice

An introduction to the Scottish Recovery Workbook: North West Communities

On Saturday 5 July a workbook seminar was held for North West Communities in Glasgow which was attended by 12 people; 11 people in recovery and 1 treatment providers.

An introduction to the Scottish Recovery Workbook: West Scotland Communities

A workbook seminar was held on Thursday 17 July which was attended by Inverclyde Recovery Community and Recovery Ayr staff. In total 7 people attended, 6 people in recovery and 1 treatment provider. Positive feedback was received and the group confirmed that the workbook and seminar were helpful to both personal recovery and treatment practice.

