



“It’s all about the Activities – Recovery Month Project– 23/9/23

Press enquiries: Steph Kelsey – kffcic@gmail.com

Main Headline: New Funding for an event delivering family activities and celebrating life in recovery for those affected by substance misuse

Event information:

- Date:** 23/9/23
- Location:** Secret Rural Location close to Belper
- Event/Activity Title:** “Its all about the activities”

Section 1 - Introduction:

Kelsey Family CIC has been successful in securing funding from DCC to deliver a Recovery Month event to help celebrate and raise awareness of recovery from substance misuse - not only those suffering from substance misuse addiction but also the family members who are also affected.

"It's all about the activities" is a project designed to deliver an Activity Day to showcase recovery, increase the visibility of recovery and reduce stigma attached to life in recovery. Built on lived experience, we found that there are huge barriers in regards what life in recovery looks like - recovery is stigmatised and portrayed to many as "boring". To both those in recovery and those affected around them, there is a worry in regards to how time can be filled and what life in recovery looks like. Within our family, part of our recovery entailed trying new experiences and activities together. For those with substance misuse issues days are normally centred around planning where they would/could get their next fix from. These days open up in recovery and although can feel daunting in the first instance, provide opportunity for cementing recovery further by continuously challenging the mind to operate within a growth as opposed to a fixed mindset- therefore generating more recovery capital.

Section 2 – Recovery Month

September marks National Recovery Month, which started in 1989 with the tagline, “Every Person, Every Family, Every Community,” emphasizes that recovery is possible for everyone. It is a national observance held every year to promote and support new evidence-based treatment and recovery practices, the nation’s strong and proud recovery community, and the dedication of service providers and communities who make recovery in all its forms possible.



SAMHSA (substance abuse and mental health services administration) aims to increase public awareness surrounding mental health and addiction recovery. In the years since Recovery Month launched, SAMHSA has timed announcements of initiatives and grant funding during Recovery Month, while collaborating with private and public entities to celebrate individuals during their long-term recoveries.

Kelsey Family CIC – “Its all about the Activities”

Set in a rural location activities will be centred around mindfulness and connection to nature and will be based on experiencing new things, challenging mindset and teamwork.

Activities will include:

"Smashing Stigma" - Boxing Taster Session. Boxing has been shown to be beneficial to those in recovery and their affected others. Sessions will promote activities such as how you respond to the unforeseen and how you protect yourself, such as building and utilising recovery capital and employing self-care methods. You take a stance and build from there.

"Anything is possible" - Cold Water Ice Baths and Breathwork - the shock of the cold water prompts the fight or flight response in the body, and each time the process is repeated, the stress response is diminished, which means there is more control over the responses and people are better able to manage anxiety when it arises. Sessions will focus on the creation of a growth mindset.

"Footloose and Free" - Barefoot Walking - Walking barefoot helps connect to the present moment, forces people to slow down, awakens senses, and increases connection to the ground through a process called earthing. Regarding overcoming addiction, Bhante Jason suggests that "walking barefoot is a great reminder that a little short-term pain can lead to long-term gain."

"Ignite your Inner Fire" - Fire starting sessions - teaching fire skills provides a fantastic catalyst for the development of perseverance, patience, teamwork, nature connection, responsibility, community and survival skills. "Geocaching Gains" - promoting teamwork, perseverance and community. One of the keys to recovery is balance within mind, body, and soul, Nature is central to this. Geocaching gets people active and out into nature, is accessible to all and creates a sense of fun and connection which are both essential within recovery.

"Turning Tables with TikTok"- designed to engage flow and creativity, sessions will be centred around effectively using social media as a support tool and creating content designed to reduce stigma surrounding addiction and recovery.

The "Recovery Warriors Challenge" will be the culmination of all sessions above and involve an assault course style range of activities including questions and answers surrounding recovery and addiction in which all attendees will be encouraged to get involved in

Refreshments and non alcoholic drinks tasting will also be available



Lived Experience

KF CIC was started as 18 months ago I dropped my husband off at a private drug and alcohol rehabilitation facility. A secret battle with alcohol addiction had left him struggling physically, mentally, and emotionally - the only way he saw to make it all stop - was to take his life. 365 days later, he is still alive, my children still have their dad and as a family we are in recovery.

We made the decision to do it together and although support was out there for us all independently, we found there was a huge gap in services for families who wanted to recover collectively to ensure long term recovery.

QUOTE: - *“Recovery includes so much more than purely the abstinence from the misused substance. Recovery is a process of change through which people strive to reach their full potential. Recovery enables persons affected by substance misuse – both the user and affected others to reclaim their lives back. To re-establish meaningful connections that the solitary nature of substance misuse had stripped away. To regain trust in relationships which have been destroyed and create inner confidence within themselves. To retrieve the independence that had been removed from substance misuse and increase their overall sense of wellbeing in regards to physical and mental health. This is what KF CIC was set up to deliver”*

Steph Kelsey – Director KF CIC

How to get involved:

Free Event Tickets can be reserved at <https://itsallabouttheactivities.eventbrite.com>

Or by contacting - Steph Kelsey – 07733335797 – kffcic@gmail.com – Instagram @kelseyfamilycic – facebook @kelseyfamily

For further help and support our Recovering Together program can be accessed

- For those individuals living or organisations working with individuals in a Derbyshire County Council area – Please get in contact for a fully funded referral/self referral form
- For those individuals living or organisations working with individuals in other areas outside Derbyshire County Council we operate Recovering Together as a privately funded service with some subsidiaries offered (subject to availability) - Please get in contact for a private funded referral/self referral form



- Family Experience Activity Boxes, Recovery Warrior Boxes and Recovery Journals are available to purchase through our shopify channel via instagram - @kelseyfamilycic
- You can also donate to the project via our gofundme page - www.gofundme.com/f/kelsey-family-cic

FACTS

- In England there are an estimated 602,391 dependent drinkers. Only 18% are receiving treatment.
- In the UK, data shows that in 2020 there were 8,974 alcohol-specific deaths (around 14 per 100,000 people). This is a 18.6% increase in deaths from 2019.
- In England, there are an estimated 602,391 dependent drinkers (2018.19) [5], of whom 82% are not receiving treatment.
- In 2019/20 in England, 74,618 people were in treatment at specialist alcohol misuse services, a fall of 19% since 2013/14.
- In total there were 104,880 adults in treatment for alcohol (some with other substance use issues) in 2019/20.
- 21% people in alcohol treatment in 2019/20 in England were parents living with dependent children.
- 81% of the children of people starting treatment were receiving no early help.
- Just under half (47%) of those left having successfully completed their treatment, free from dependence, although statistics indicate 40-60% of these people will suffer from relapse and are referred back into service.
- The total number of people who died while in contact with treatment services in 2019 to 2020 was 2,929

(Statistics gained from Alcohol Change UK and Public Health England Adult substance misuse treatment statistics 2019 to 2020: report)



ENDS.

Notes for Editors.

Details of event/activity:

The fully funded Recovering Together commences on 1/6/23 and can be delivered to individuals residing in the Derbyshire County Council areas. The organisations involved are Kelsey Family CIC and Derbyshire County Council.

For more information contact Steph Kelsey – KF CIC – kffcic@gmail.com - 07733335797

About Kelsey Family CIC:

The Kelsey Family CIC was established through lived experience of substance misuse and our personal lived experience of recovery as a family. It is an organisation set up to help both those suffering from substance misuse and the people around them who are also affected.

follow us on instagram [@kelseyfamilycic](https://www.instagram.com/kelseyfamilycic) and facebook [@kelseyfamily](https://www.facebook.com/kelseyfamily)

Media contacts

For further information, please contact Steph Kelsey on kffcic@gmail.com or phone 07733335797