

## **Team Consortium Presents: Thursday 12 June 2014 NHS Unison shop stewards Recovery Awareness Session**

### **How did this opportunity arise?**

The Glasgow branch of NHS Unison shop stewards invited Team Consortium to address their stewards as part of a training day in Glasgow. This invitation was a result of our participation in Glasgow Trades Council May Day rally.

### **What did we do?**

We delivered an hour long interactive session where we small groups heard a recovery share from one of the five Team Consortium members on the team for the event. Unison provided group chairs to keep the share short and to facilitate the question and answer groups that followed. We then held whole group feedback and ended with 'how can you help' mini talks.

The team that delivered the session was made up of 5 recovery activists, 4 of whom are in work and one who is a student. Several members of the team had connections with the NHS and others with the Trades Union movement. The Team met up in advance on the morning and talked through the plan as had been developed by a couple of team members.

### **Initial Recovery Impact**

The training was delivered to 50 shop stewards who were immediately in connection with the lived experience of recovery from addiction. They were drawn to ask questions very easily from their own personal experience as well from their role as an employee or trades unionist. Around 4 people at the event were immediately expressing concerns about their own or a family members alcohol/ drug use.

### **Recovery Bounce**

Unknown as yet. Informal feedback is highly positive about the session and the impact that is had.

### **What did we learn at the SRC?**

The need to have Team Consortium organised to actively seek out and make more opportunities to deliver recovery awareness sessions like this. Fortunately this is now in hand. Also we need not underestimate the de-stigmatising power of people in recovery who speak openly and confidently on experiences the culture hides. We could also do recovery commitments at sessions such as this in future.

Kuladharini  
Chief Executive  
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