



The University of Life in Recovery Winter Programme 2014/15

Our second pop up University opened in November 2014 and ran till March 2015. There were 7 individual courses offered at weekends for people in sustained recovery from addiction, their families and supporters. Our goal in the University is to contribute to individual's long-term recovery in the community.

The Winter Courses

- What Next? A weekend on theme of co-dependency
- Buddhism and Recovery
- Self Compassion
- Courage to Change – men's spirituality
- A Journey to Wholeness - men's recovery journey
- Big Girls Don't Cry - women's recovery journey
- Women Mean Recovery Business – social enterprises for women

The 7 tutors, who delivered this programme are all volunteers and are either part of the SRC board or members, staff team or team consortium. They are in long-term recovery and are sharing an aspect of the work of long-term recovery from addiction that they are passionate about.

University on Tour...

Two recovery communities took up the offer to have local seminars from the University. Perth Prison recovery community has its own recovery café every Friday. They invited tutor Peter Charad to give a seminar based on his 'What Next' material. Restoration café in Fife also took the seminar offer up. They loved it.

"I've heard a lot of people say a lot of things over the last year but Peter hit the nail right on the head in just over an hour. So much sense and it was actually really comforting."

The same two communities invited Gerry Murphy to give a seminar based on his 'Courage to Change' workshop. The organiser of the visit said you could hear a pin drop while he was speaking. The combination of his long-term recovery and life wisdom was transformative for participants, one of who said:

"I took so much away from his talk and was very inspired to make sure I make the most of this life."



The Numbers

There were a total of 109 participants in the 7 workshops and 4 touring seminars. 100% of the participants said that the workshop or seminar they took part in helped them with their recovery journey. There were 404 years 2 months of recovery from addiction among the participants collectively.

More participants' comments:

"More days like this needed to keep recovery going" "It's given me a different perspective to my recovery" "Totally magic honest!"

Learning

The length of time from beginning to end of winter programme may have affected attendance at some of the workshops towards the end. After Christmas there were large differences between registrations and attendance. The communities are slowly picking up the idea of the seminars on tour and this will help with future programme uptake. The university has 'legs' as we say - it's an idea that is supported in the community and it needs greater support from within the SRC. A new member of staff is being appointed who will be able to give this work more attention before the summer programme is developed.

Recovery Impact

The University is creating a new forum for the development of long-term recovery. It covers material beyond the scope and range of treatment and outside the primary purpose of many mutual aid fellowships. It is clearly not designed to replace any of those necessary supports to recovery from addiction, but to complement them. As 100% of participants attested, it is doing this.

Bounce

We are growing a new generation of Scottish recovery wisdom carriers by developing and giving space to new tutors to share their passions with others in recovery and their friends.

We are contributing to the further development of the local recovery group volunteer 's and recovery activists. This allows those young in recovery activists contact with their community elders and to share in their experience and reflections on a life lived in recovery.

Conclusion

University of Life in recovery is an idea and programme the SRC will continue to support next year: 2015/16.