

Making People Matter

## Miles better with Stockton Recovery Group



Stockton Recovery Group has helped to transform the lives of people with drug and alcohol dependency issues, by helping them to triumph over their barriers and issues within the local community.

The Group is supported by Five Lamps and Stockton's Drug, Alcohol, Adult Commissioning Group and supports people and their families with round the clock support through daily drop-ins, a helpline, a social network site and therapeutic walks and activities.



The Recovery Group has a peer structure, where ex-addicts and offenders help those going through similar problems and issues, by utilising the Groups experiences, examples and deep knowledge and understanding. There is real strength and hope in having someone to talk to who has faced and overcome similar issues.



Head Office:  
Eldon Street, Thornaby, Stockton, TS17 7DJ

T: 01642 608316 F: 01642 605933

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E: [info@fivelamps.org.uk](mailto:info@fivelamps.org.uk)  
[www.fivelamps.org.uk](http://www.fivelamps.org.uk)

Since being set up by Jodie Hind, Five Lamps' Integrated Offender Management (IOM) Worker, the group has helped customers to champion a warmly welcomed recovery community within the Tees Valley as well as a number of local prisons.

One of the group members said **“As members of the Stockton Recovery Group we feel the problems we face in our recoveries and community can be shared openly and honestly with those going through similar issues and problems. In doing this we find the answers and solutions to our individual problems and most of all belief in ourselves that we can do it and continue to do so thanks to Five Lamps”**



Jodie says: **“It’s amazing when I see members of the Group stand up and take ownership of their issues and life’s problems and then make all necessary life changing choices to overcome their short falls. It’s the Groups combined strength, experience and support that helps give them the hope they need to believe in themselves. I firmly believe this is a powerful tool within recovery and reform in our community and is bucking a regional and national trend that recovery is possible”**

For more information on Stockton Recovery Group contact Jodie Hind on (01642) 673828 or [jodiehind@fivelamps.org.uk](mailto:jodiehind@fivelamps.org.uk)

*Photographs show the Recovery Group on one of their regular therapeutic walks and also the Group meeting at Five Lamps.*

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