

NAME	A
What made you want to get into treatment?	I was in hospital, having an operation, holding down a job and was getting the shakes, had to have a drink to start the day. I listened to a friend, I wanted to change jobs and I started a degree which I had to leave for a year and I wanted to go back to it.
How long for	1 year ago
What treatments did you find most helpful, What did you get out of them?	I got a lot from SMART group and from my detox, spoke to workers and wasn't judged. SMART and drop ins have been most useful, I knew it was ok to be there.
What was the hardest bit about getting started	Deciding to stop was hard but it was getting out of control, it was controlling me and I didn't want to be dependent. Organising my life for a detox was hard, I had to go to a friend's, rearrange work and care for my child. I needed time off my job as well. I didn't think 'I can never have a drink again' because that was too scary. I didn't think like that, I did it bit by bit.
What have been the best bits	SMART group and support at Fitzwilliam, staff are open to all questions. Doing volunteering at SASS and courses at NOMAD. Got funding to do some artwork. I have gone back to being creative, writing and making things. I have opened up to a lot of new things.
What does recovery mean to you	'I got my life back' I made decisions that I wanted to make – instead of just carrying on. 'I've taken charge again' 'I can say that I am happy rather than just chugging along.'
What advice would you give to someone about to leave treatment and try to maintain their recovery	Look at all the support groups and drop ins' 'Ask for help you need' 'Try out groups' I was a bit shy and it was daunting but everyone was really nice and comforting. I didn't feel shy after 10 minutes! You have got an empty space but you just fill it with things and its not empty any more.
Have you signed consent form?	yes