

Making recovery visible



In Sheffield we know that there are 100's if not 1000's of untold stories (often shared in closed groups) that the general population don't get to hear about. Sheffield Recovery Forum is STILL on a mission to change that.

SHSC - Anonymous

What was life like for you?

My drinking was out of control, I was holding down a job, but I was suffering from the shakes and had started drinking first thing to get me through the day. I knew I couldn't go on like this.

Deciding to stop was hard but it was getting out of control, it was controlling me, and I didn't want to be dependent.

What was the turning point for you?

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. 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.

What helped?

I got a lot from SMART groups and from my detox, spoke to workers and wasn't judged. The SMART and drop ins have been most useful, I knew it was ok to be there. 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.

How are things different?

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. My life was filled with voids, empty spaces, now if I feel empty I just fill it with things and it's not empty any more

My advice to anyone would be to 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!

