

# 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.*

**Danny Webb**

## **Danny, 62 is a Alcohol Support Worker STAND TO Project supporting Ex Forces with Alcohol Issues**

I had a pretty average upbringing, both parents worked to keep the mortgage paid, and I had a normal State School education left in 1974 with 1 O Level and 8 CSEs (God knows what they equate to now). My ambition was always to join the army, but because of my age when I left School I was too old for Junior entry and too young for Adult entry, so I got an apprenticeship as a plumber and did really good at it. At 20 yrs old I joined the Army and loved it, did 22 yrs and left as a Sergeant Major at the end of my contract.

Now in the Services there is a real drinking culture, alcohol is widely used for gifts, prizes, social events and anything else that can be used as an excuse to drink. So when I left the Army I was already quite a heavy drinker. I didn't like civvie street, civvies were aliens and of a completely different mindset to me, they are always complaining about something, cant work through their break, the managers I worked for had really fancy titles, good money and fuck all idea how to manage people and Projects.

A I started out as a trainer and when I eventually got to a Programmes Manager Post for SYorks and Notts, I was basically kept out of the Management loop, as I was seen as a threat to some senior managers in the Company, all this had an affect on my drinking as it steadily got worse and worse. When me and my wife came to the conclusion that I needed help, my first port of call was AA and once I had accepted I was an alcoholic I started to do something about it.

That was June 1st, 2009. During this past 10 yrs I have had long periods of sobriety and short, this works out that I have been sober for 7 yrs, but by fuck was the 3 years I was drinking filled with problems. I have had 2 rehabs paid for by myself, 3 attempts at suicide, home detoxes, been arrested, and spent 4 months in jail for drink driving and affray. Fighting downtown with any fucker who would take me on, and I was the best dressed street drinker in Sheffield at one stage.

### **What was your turning point**

All this at the tender age of 57 After my last detox in hospital when I relapsed having just been released from prison, I nearly died while fitting in hospital, this was my turning point.

I immersed myself completely into finding out everything about addiction and mental health, joined various groups, volunteered, did presentations anything to keep me busy and in the recovery loop.

This was enhanced when I saw on FB that Sheffield Recovery Group were looking for people to share their stories on video to be shown in various places, including the Town all for the Celebration of recovery event.

So I did and have never looked back. I have met some wonderful and inspiring people who I have become friends with, something I didn't think I would have after the Army.

Through these people and groups, I now have a job supporting Ex Forces so they have the option of not going down the same dark route as I did I have been sober for nearly 5 years now and life is good My bit of advice is "Recovery is hard work but worth it, always keep trying and it will happen".text