

**DERBYSHIRE COUNTY COUNCIL**

**MEETING WITH CABINET MEMBER, HEALTH AND COMMUNITIES**

**03 November 2015**

**Report of the Director of Public Health**

**DERBYSHIRE RECOVERY WALK 2015**

**1. Purpose of the report:**

To provide information on Derbyshire's recent Recovery Walk to reduce the stigma of substance misuse and make recovery visible in the local community.

**2. Information and analysis:**

September is designated as worldwide substance misuse Recovery Month and is now in its twenty-sixth year. It provides an opportunity for those in recovery, those who aim to be in recovery, and those who work and support people in recovery to celebrate achievements and make recovery visible in communities. Events are held across the UK, with the National Walk this year held in Durham. Such events can help reduce stigma, challenge stereotypes and promote the view that change is possible, giving hope that a substance free life can be achieved. For those still in addiction, visible role models demonstrate that recovery can happen and is valuable and it shows that the recovery goal is attainable.

Like last year, travelling to the National Walk in Durham would have proved difficult for many Derbyshire residents, so it was again decided to organise a Derbyshire Recovery Walk. Once again, both services commissioned by the Authority and service users came together to organise the event: DAAS (Derbyshire Alcohol Advice Service), Hope Springs Recovery Centre, Addaction, Rhubarb Farm, SPODA, Phoenix Futures, Derbyshire Healthcare Foundation Trust, RIOT (Recovery Is Out There) and Shirebrook Christian Centre, along with the Authority's service user engagement officer.

The first Derbyshire walk in 2014 took place in Erewash with twenty-six participants. This year the aim was to increase participation, so the decision was made to hold the walk in Chesterfield alongside promotion of the event across the whole county. Chesterfield Football Club Community Trust kindly offered the Pro-act Stadium as a starting point and a route was devised from the football club into the town, through the churchyard, ending at the Assembly Rooms.

On Friday 18 September approximately 120 walkers set off from the Proact Stadium. The walk encouraged people from all walks of life to interact with each other and informally discuss recovery opportunities. The planning team wanted to add value to the walk by providing a broader event, including the inspirational speakers Professor David Best, an internationally renowned speaker on recovery from Sheffield Hallam University; life stories of Derbyshire people in recovery; the launch of Derbyshire's Recovery Website; and a showing of the film 'Dear Albert', a character-driven, feature documentary about recovery from addiction. The Chesterfield Assembly Rooms provided the end point of the walk, and an ideal venue for the rest of the event.

The event was well-received by all who attended. Feedback was positive:

- *The whole day was incredible*
- *Big thanks for a well organised and successful event*
- *Thank you for doing everything to help people not affected by addiction to understand how hard this illness is on everyone*
- *Coming together with the recovery community gave me a massive sense of belonging*

The joint efforts of Local Authority and the local voluntary sector resulted in a hugely positive day and significantly improved on the number of participants who attended last year's event. The intention looking ahead is to build on the success of the walk further by considering hosting a Regional Walk for the East Midlands in 2016, and possibly make an application to host the National Walk in 2017. The planning team has arranged a follow-up meeting to consider all aspects of the event and will be encouraging attendance by service users to help develop future events in the County.





### **3. Financial considerations**

Each service involved in planning the event donated £100 towards the costs of the day, totalling £600. This amount was matched by the Authority, which provided a total of £1200 for the event.

### **4. Other considerations:**

In preparing this report the relevance of the following factors has been considered: legal, prevention of crime and disorder, equality of opportunity, human resources, environmental, health, property and transport considerations.

### **5. Background papers:**

Report to the Cabinet Member: Derbyshire Recovery Walk 04 November 2014

### **6. Key Decision:**

No

### **7. Call-in:**

Is it required that call-in be waived for any decision on this report? No

**8. Officer's recommendation:**

That the success of the Derbyshire Recovery Walk 2015 be noted.

**Elaine Michel**  
**Director of Public Health**