

Quotes for Recovery Week 2021 Videos - part 1



Helping Leicester, Leicestershire & Rutland tackle substance use issues and promote recovery from drink and drug addiction.

Please take a minute to read through the following short messages and then record one, or two, on video and send to us by going to our secure upload page:

<http://thestairwayproject.co.uk/rw2021/>

*Your support in participating in positive messaging is much appreciated.
Thank you from the Recovery Week Team*

Technical note: If using a mobile phone, please record in landscape view.

- 1) *(Hello, I'm----- from -----) This week is Leicester Recovery Week, raising awareness of substance use issues. Addiction doesn't discriminate and can affect anyone at any time. If you're struggling with drug or alcohol why not reach out and get in touch with those that can help.*
- 2) *(Hello, I'm----- from -----) By supporting our local drug & alcohol treatment services and the recovery community, we can make recovery from substance use a reality for more people.*
- 3) *(Hello, I'm----- from -----) Putting the drink and drugs down may well be the single most significant achievement in your life. Got for it, we're with you... you can do it! Persistence with your recovery is more important than pursuing perfection. Keep putting your recovery first, a day at a time, and the rest will follow.*
- 4) *(Hello, I'm----- from -----) Together we can find the right power to make the right choices, behave the way we know is right, to achieve the goals that will improve our lives. Addiction need not define us/**you?** The road to recovery isn't an easy path to follow - some sections may be best traveled beside those who know the way - but recovery is possible*
- 5) *(Hello, I'm----- from -----) God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."*