

**How did you feel after the relapse and how did you deal it? Did someone help you?** You feel like you gone back to the start when you haven't. You lose your clean time but you still have your experience. Yeah, meetings and started speaking to people again. Was honest where I was at and what I was feeling. I experienced coming back and talking about it. People put a lot of emphasis on clean time but my views changed a wee bit around that. It is important but me and my wellbeing is more important than my clean time.

**How is responsibility in recovery?** It's hard work. Nobody can do this for me. I learned that the hard way. I wanted people to save me, I thought I'd get a sponsor and he will make me get well, but no you have to do it yourself. You need to be willing to put in the effort. You don't just sit on your arse and get well. You have to persevere and be consistent. And consistency can be hard especially when you have other commitments.

**What would your message to other members be?** Get involved as much as possible and keep involved with other recovering addicts. Build up relationships and keep talking about feelings. Find out what you like doing, what you enjoy. There are loads of times I have come in here and tried things that I thought I wouldn't like and ended up loving them. It just gets better. It's hard work and always in the beginning but it's easier than using. That life was hard. I had no hope and no spirit.

## The Grey Area

Keep your eyes peeled for the up and coming web series the **Grey Area**, directed by **Gary A Fraser**.

The **Grey Area** follows the Journey of a group of people and their families involved in a government funded rehabilitation program for addiction. The cast of the series has been made up some of our very own community members and each Wednesday they have been channelling their own life experiences into this wonderful piece of work.

The workshops for the series have been doing so well that even director Danny Boyle has come to visit.



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# Newsletter

May edition 2016

## The Gym Group is back!



Join Heather and Mark for one of our gym groups for **ONLY £1!**

**Monday 2pm meet at the Commonwealth pool.**

**Thank God it's Friday!  
Gym Club: meet at the café at 9.15 am or 9.55am  
at Leith Victoria Leisure Centre.**

**This is your Newsletter!!**

Let us know what you would like to see in the next newsletter. Or let us know if you would like to help create the next one.

## Mindfulness Meditation



*Serenity Cafe - 1st May - 19th June  
(Every Sunday 3pm to 4:30pm)*

**Sign up in the café today!**

# Art Unlimited

Over the last 26 weeks we have had a great time experimenting with all sorts of mediums in our art group. From wire to collage to ceramics and plaster and even sticky tape! Lookout for our artworks displayed in the café.



## Don't forget 20 More

Remember you can use your vouchers at Dumbiedykes express. Get all your essentials in convenient individual portions.



## Recent

### Birthdays!

Give massive congratulations to these community members on their amazing achievement.

**26/3- Heather (2 years)**

**28/3- Tom (3 years)**

**3/4/16- Wayne**

**20/4/16- Jim Moffat**

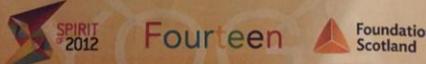
**WOMEN'S YOGA DROP IN**  
Followed by the opportunity to chat to other local women about managing stress and improving health and wellbeing over a cup of tea.

No flexibility required, you need comfy clothes and that's all  
£1.00 donation

Thursdays  
12-13.30pm  
Braidwood Centre  
From 4 April 2016

EDINBURGH COMMUNITY YOGA OUTREACH

[www.edinburghcommunityyoga.co.uk](http://www.edinburghcommunityyoga.co.uk)  
t. 07966 502 085 • e. info@edinburghcommunityyoga.co.uk



Funded from the Spirit of Dumbiedykes - A Fourteen Community. The Fund is administered by Foundation Scotland.

## Interview of the month

**Who are you? Who do you identify as?** Ally. I'm a sporty person, footballer and fitness fanatic. I also identify as a recovering addict.

**Is a recovering addict your main part of your identity?** No, I have a job, friends in and out of recovery. In the beginning I ran about telling people I'm in recovery.

**What changed? Was there a turning point?** It was more of a process. Since coming to Serenity and going into rehab. It's a process of finding out about yourself. I know a lot more about me than I used to. If you asked me who I was 4 years ago I would say, I dunno, I'm just an addict trying to get clean. Now I know a lot of stuff about me. I never had an identity. Everything I had done was about drugs, using drugs, getting drugs, the lifestyle. That's all I knew. Then you get clean and you dinnae ken who you are. Part of process is building up your character, learning what you like and don't like. It's a journey.

**Did Serenity help your journey?** I was told go somewhere safe, which was for me the cafe. It was part of my day. Go to meeting then come here. I also did a bit of volunteering around the gym groups. When I was a year clean, I had the opportunity to become an arts and recovery worker. It was my first job in a long time. 16 hours a week, part-time. It was hard work especially coming from being in and out of jail, homeless and having had no healthy relationships. It was frightening. It was a traumatic experience working here because it was all me and all the self-doubt. You dinnae think you are going to be able to do it. Ken I'm a fitness person, I don't know how to do arts, but I was trusted to do it and it was a massive thing for me.

**Why do you think you were suggested for this interview?** I dunno. I suppose I did something right. I think anyone who continues taking part in life in recovery is a role model. I don't think I got chosen for any particular reason. I'm just one of the ones who still comes here, mucks about and still tries to get involved

**What does recovery from addiction give you?** Awareness of who you are. I had to learn about addiction and how it still affects me. My recovery has been quite hard. Last year I went through loads of stuff and I have really struggled.

**How long have you been in recovery?** I went into rehab September 2011 and haven't stayed clean all the way through. I picked up last summer. I went through a lot of stuff. I wasn't looking after myself. I wasn't talking to people. I was disconnected from the community and my supportive relationships. It probably happened a year before that. My behaviour and attitude changed. I wasn't grateful. So it started a long time before. For some people relapse is part of the journey and it's a humbling experience and you just have to get on with it.