

Free

REC VERZINE

DUNDEE

MAR • 2023

Safe Zone

Crisis Support
in Dundee

Still game

Tackling Loneliness for
the over 60s

Health corner

Taking care of our
Mind, Body
and Soul

Empower

Share stories

Encourage

Help | Support | Advise

Connect

Services in Dundee



Hey everyone, I'm so happy to be involved with the 3rd edition of Recoverzine. Now we are into 2023 and we can all agree that the last few years have been overwhelming for all of us at times to say the least. Personally I reckon from 2020, around the Covid time, with isolation and all the trauma - It has been a challenging few years for us ALL! Then this cost of living crisis and price of energy increasing significantly is testing people from all walks of life to the max!

My point is that it's a difficult time for people without drug/alcohol issues so can only imagine what it's like for people caught up in addiction and people in recovery. By the way, I'm not saying people with issues with drugs or alcohol have it anymore harder than people without. I commend people who manage to not lift a drink or pop a pill to deal with stress. There's no competition, we are all equal in my eyes regardless of issues or not in general. We all deserve the same level of support and guidance regardless of circumstances.

My own view is that many who have not had issues may have become addicted to drugs/alcohol or some other crutch to cope with the stressors of the past few



years... That's why I think that Recoverzine is great material for signposting people to adequate services for different issues and there are lot of crisis service numbers at the back. Also there are community hubs in areas of Dundee and obviously the Internet. If people who are reading this want to get involved with groups to meet new people and build confidence or if you want to get involved you can email the Recoverzine and ask for support. Also if you want to share your story or views on recovery, addiction or support – please don't hesitate and send us an email: recoverzine22@gmail.com.

Peace and love!

K. S.



YOGA DESIGNED FOR RECOVERY

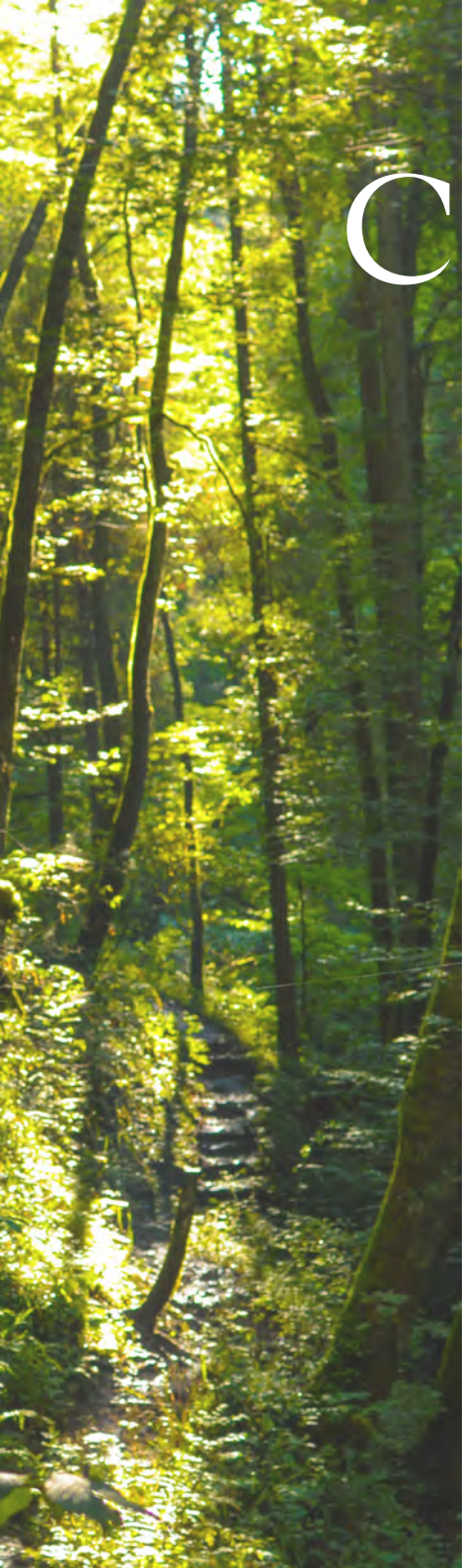
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13:15 - 14:45
Lochee Hub

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Diet • Positive thinking • Journaling

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Content

- 4** Safe Zone
- 6** Still game
- 8** Poem corner
- 12** Recovery story
- 14** Life around us
- 16** Op-ed
- 18** Health corner
- 20** Events
- 22** Crossword
- 24** Recipes



Safe Zone

Dundee Safe Zone is a street outreach bus service that aids people in distress and in need of help and assistance in two of the most deprived areas of Dundee – Lochee and Maryfield.

Before Covid the Safe Zone bus used to help people in the city centre, after clubbing and came out for people who were vulnerable and way and under extreme circumstances made sure they got home safe. The bus used to sit outside in the Aldi car park in the town to help people coming out nightclubs and make sure they were safe. But due to Covid that had stopped and eventually they thought of creating safe zones in the two most deprived areas in Dundee and use the bus to help all people in any way possible.

There are four volunteers, and a TCA (Tayside Council on Alcohol) staff member on the bus at any time if you need any assistance.

You can have a blether and a hot drink to get some sustenance and an open conversation with these friendly, nice people. You can also speak to them and find out what kind of assistance you need. The volunteers can take referrals and would help signpost people to the right kind of service they need, whether it's housing or substance use. On average per night, there are the usual regulars of between 9 to 20 people seeking support or just looking for a company and a friendly chat.

This is a very good service to help the people who are struggling with mental health, addiction and loneliness, and is very helpful to get pointed to the right service for you no matter what your problem is, how big or small! So come have a blether and a cuppa with the Safe Zone friendly team!

Alex Lafferty





Still game

Still game is a group facilitated by Dundee United Community Trust and is aimed for people over 60's who are 'still game' in life hence its name. A few of us from the Recoverzine group went along to Tannadice to chat with the people who attend

"Come along, it's great and see for yourselves."

the group and find out more about it. For anyone who doesn't know - Still Game is a Scottish comedy series, which is well known amongst all generations. It's about a group of elderly Scottish people going about their daily life.

It's really heart-breaking to know that there are people sitting alone in their house without seeing anyone as some people don't have family visiting them. Sometimes the only form of human contact they may have is with carers

or health care professionals. Therefore we think it is vital for our older generation to have a safe environment to go along to so they can socialise with others who can relate to them. That's why we, at Recoverzine, want to get the message out to our readers who may be 60+. Our agenda is to let people know who may be sitting at home alone feeling lonely and isolated as we are well aware that loneliness is a massive issue for many people across the country.

"Make new friends and meet new people."

So "Still Game" is a combination of people getting out and socialising, learning new things, meeting new people. Folks shared with us that they enjoy playing games like Boccia which is indoor bowls and the indoor quizzes. They also have good

cognitive games and activities. We were really impressed by the

"Don't be lonely."

way the participants connected. They are all very switched on and enjoying life together. We can learn a lot from our wise elders!

RZ: Who is "Still Game" for?

Still Game: The group is for everyone who is 60+ and want to be part of the community.

RZ: When did the program start?

Still Game: Started a few years ago but relaunched after Covid.

RZ: How many participants do you have right now?

Still Game: There are 12 members at the moment and no limit to numbers due to location.

RZ: What are the benefits for the participants?

Still game: It's good for meeting people, bonding. This is good for

mental health, and also good for cognitive behaviour and making new friendships.

It was a pleasure and an honour to get the opportunity to go to Tannadice and chat with this group of Inspiring people. Our elders have brought their kids and grandkids up. Worked and set an example to our younger generation. Again so blessed to have been able to speak face to

"I'm married and it gives me an escape."

face with them and enquire about their group to pass on the information to go into this edition of the Recoverzine. So anyone who is interested - we wish you all the happiness and best of luck for the future. You won't be disappointed, they are a great bunch of people!

Alex Lafferty and K. S.



STILL GAME GROUP

Every two weeks

2nd and 4th Tuesday
of the month

Get in touch if you would like to attend
or find our more information

E-mail: lindsey.brown@dundeequinitedct.co.uk

Phone number: 07494039449

Battle for hope in Dundee

A poem by anonymous

In Dundee town where waters flow,
A battle rages that few may know,
A struggle with addiction's hold,
A fight that's fierce, both brave and bold.

For those ensnared by its cruel grasp,
The path to health can seem an endless task,
But though the road may be long and steep,
There is always hope for the heart to leap.

With courage and will, and strength to spare,
The fight against addiction can be won with care,
Through love and support, and helping hand,
A brighter future can be in demand.

In Dundee town, where hearts unite,
The power of community can shine so bright,
With each step forward, and every victory won,
A new day dawns, the journey's just begun.

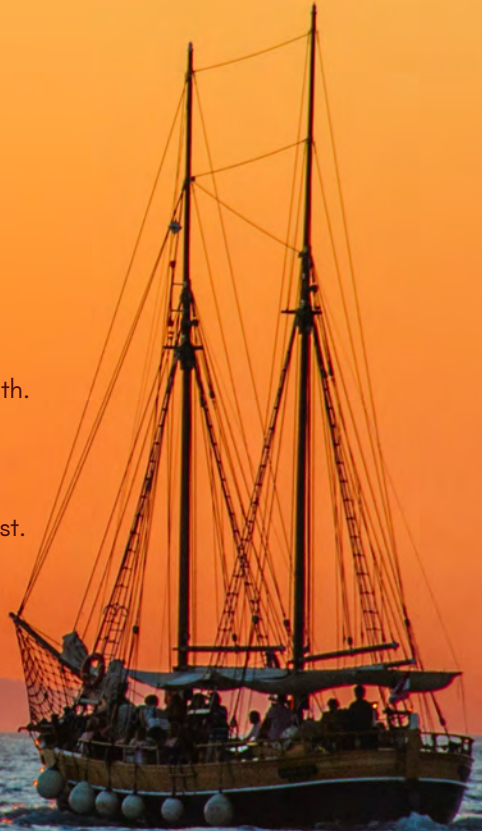
For those who struggle, know that you're not alone,
The light of hope and healing has brightly shone,
And though the path may be hard and long,
There is always a way to heal and grow strong.



The lies we tell ourselves

A poem by **Graham Watt**

I'm not falling,
just seeing if it's still possible to fly.
I'm not searching,
just looking for a reason to try.
I'm not lost,
just all out to sea.
I'm not dying,
It just feels like I should be.
I'm not broken,
Just in need of some repairs.
I don't believe in God,
Just something to answer my prayers.
I'm not begging,
I'd already fallen to my knees.
I'm not crying
Just hoping you can hear my pleas.
I'm not drowning,
just seeing how long I can hold my breath.
I'm not sleeping,
just trying to find a better way to rest.
So I can awake in a time
when things have worked out for the best.



“If we had no winter, the spring
would not be so pleasant:
if we did not sometimes taste
adversity, prosperity would not be
so welcome.”

— Anne Bradstreet



Recovery Story

V. T.

I started using drugs when I was only 14. I started with smoking weed and drinking alcohol as a social interaction but eventually turned to stronger stuff – heroin. I still remember the first time I tried it and what effect it had on me. I was about 17 years old at that time and I remember I met my friends who had tried it before and had bought some for that day, so I decided I am going to try it with them. We smoked it...and it was sublime. I felt invincible and so unbothered by anything around me. Problems and stress didn't exist at that moment. It was just me, my 'clear' and all understanding mind and nothing else. It was like the outside world didn't exist. I was full of love and peace... I remember going back home and laying on my bed, drifting away in a forgetful bliss... It wasn't until a few months later

that I realized I was addicted to heroin. After that first time I started using it periodically with my friends and we all, slowly but surely, got dependent on it. I had my first physical withdrawal one day when I couldn't get my hands on some stuff and that's when I knew. If I try to explain to someone who never experienced what a withdrawal is, I would say it is something like being severely ill, like 100 times worse than the worst flu you've ever had, with pain all over your body and only one thought in your mind – how do I get fixed?! At that time I wouldn't care about anything or anyone, I knew that if I had to – I would probably kill for cash and the next dose. It was scary, but nothing else existed other than my addiction! I got kicked out from home, because I was stealing from my

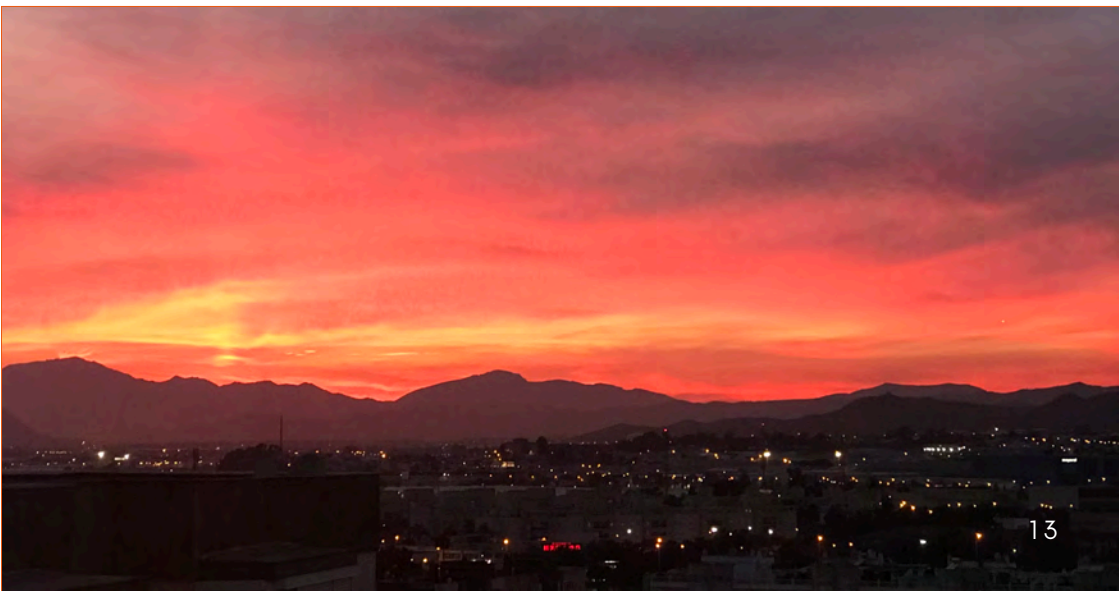
family. I lost some of my friends and eventually I was completely alone, living in an attic with no heating and with almost no food. I am grateful to the friends who didn't abandon me during that time. It was them who fought for me to leave the country and go to a recovery commune in Spain. And I did.

The first few weeks at the commune were extremely difficult – I had to get over the withdrawals without any medication, because that is the way they do it there. The idea is to get clean from absolutely everything voluntarily and eventually get back to yourself!

I suffered physically for a week, but then I started feeling much better....at least my body did. My mind had a long way to go before it got better. Everyone in the commune had experience with addiction so they all knew what I was going through. Life in the commune was a lot of work – from dawn till dusk we were all busy as this is one of the recovery methods there – keep yourself busy with work, never get bored and

don't have the time to think about drugs or the past. At the end of the day we were so tired that the only thing we could think of was sleep. Apart from work we also had counselling and conversations with the people staying long term in the commune. They had devoted their lives to help those who decided to go there and recover... I thought of leaving the commune a few times during my stay there, but I had nowhere to go and to be honest I was scared I would go back to the old ways. So I stayed. You see, it took me 2 years in the commune to actually get back to myself, to get my mind clear of unhealthy thoughts and desires. And then I was ready. I went back home and I was healthy! My family took me back and the friends who have remained accepted me back in their lives. I am proud of the person I am now and I am happy to have the opportunity to help others because of my experience.

Never give up!





Life around us



A friend had this outside his house on a mountain in Spain, thought it said an awful lot

Jack S.

▶ This looks photograph was taken inside the temple — it's traditional to ring a bell.

Each time you enter. Ringing the bell will purify the mind of evil spirits and temptation.

Fashion design to recovery design Sharon W H





Early morning in Dundee! Don't forget to be thankful, you are blessed. Life is too short to be stressed!

M. C.

We want your photos
of any special moments!
Please send to us at
recoverzine22@gmail.com



Turn and face the strain

Johnny Cash covered a Nine Inch Nails song called Hurt, "I hurt myself today, to see if I still feel, I focus on the pain, the only thing that's real. Try to kill it all away but I remember everything."

We use our "chosen" addiction in order to "kill it all away" i.e. we avoid remembering things which are too difficult for us to accept, and avoid living in the present moment which we can't handle. This pushing away only works for a relatively short period of time before we are forced to "top-up", in order to avoid it for longer. With crack the top-up period is very short! Because we have not dealt fully with the experiences we are running away from, they return periodically like ghosts.

The second extract "I will let you down, I will make you hurt" illustrates a strange phenomenon

where someone punishes others by punishing themselves. Sounds crazy but it's a "thing".

David Bowie sang "Ch-Ch-Ch-Changes turn and face the strain." To change, one has to like it, says the Delphic Oracle in Greece. "Know thyself", know what one is attempting to run from, cover up, or towards, "become comfortably numb" (Pink Floyd).

The song Hurt ends with "If I could start again, a million miles away, I would keep myself, I would find a way."

Because of some extreme events in my childhood, I was pushed into searching very extensively for reasons how they could occur and discovered when I was still quite young something called "Self Remembering" which became the greatest love and most meaningful effort in my life. It has become one of the go

to methods to work on transformation where one learns to use negative emotions to surf in the living present. Known nowadays as 'Mindfulness', it's really ancient, as this excerpt from the third century B.C. collection of aphorisms called the 'Dhammapada' explains:

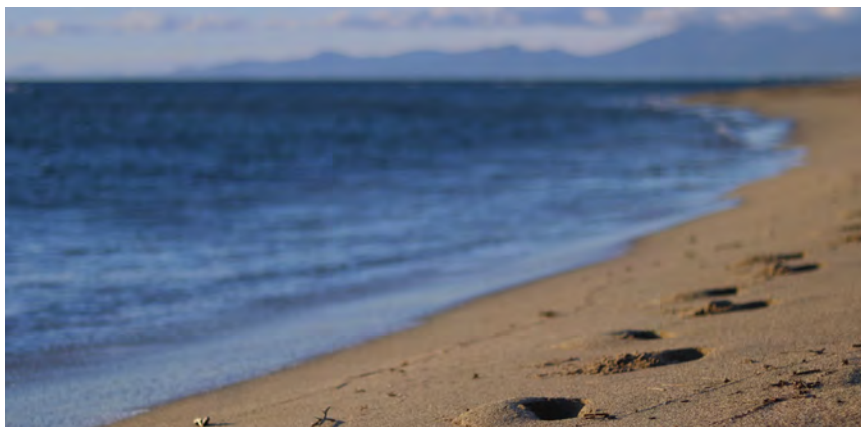
Dhammapada 2:21. "Those who are watchful never die; those who do not watch are already as dead."

Some different names for the same state are: self-remembering, being present, mindfulness, watchfulness, being in the moment, returning to the now.

Space is limited here but put: 'TheAntiSyn. Awakening Consciousness with Jack.' into YouTube search to find out more. Love and luck.

Jack Soutar





The power of habits in recovery

I've struggled for years with anxiety and depression and also had issues with addiction. I'm currently in recovery and I probably always will be, till the day I die, as recovering from trauma doesn't necessarily mean recovering from drugs or alcohol. One thing I know for certain is that no matter how much work you do on yourself within - there are demons always lurking about waiting on a crisis or a trauma to come and boom their come back. Therefore - I am always recovering. But having strategies in place when hard times hit is extremely helpful. Creating and having different habits, rituals and routines that serve us well. At the end of the day we always go back to habits and routines. Lately I've been overwhelmed with anxiety, head racing, stomach in knots, tension headaches, heavy heart and to be honest I'm

FED UP! But I can say these things are short term and short lived when I am constantly achieving my goals, attending my groups, and doing what I have to in order to maintain stability in my daily life. Sure these symptoms may be there every day at times and maybe none for a few days or maybe just one symptom rather than them all. But I have to be doing my bit in order to keep them minimised. I personally am constantly hyper and overthink a lot, but when I'm in groups applying the knowledge I've acquired throughout the years and I'm still learning new things to help with these symptoms. Somehow it relaxes me even for a short period of time and builds my confidence even more. That's one good thing I'm not so down on myself like I was years ago. Regardless of bad days my confidence is much better than it's

ever been. But I've done a lot of work on myself throughout the years in many different areas. Before I bore you all to death I shall move on.

When I've been going to the RecoverZine meetings I feel listened to, treated as an equal, there is no judgement and every single person has their own reasons for taking part. To me that's TRUE BEAUTY (a group of people just wanting to help and support with no agenda other than wanting to be a better version of themselves and help others along the way). When I've been to that group I come out feeling more relaxed (that's huge for me). I'm motivated for the rest of my week, there are opportunities for me to do other things, to grow and learn more. We all have our own stories. So anyone out there reading this - it doesn't matter how people present on the outside, we are all dealing with issues. So you are not ALONE in this life even though you feel it as I do too. I can bet a pound to a penny someone is going through exactly what you are. One thing I've learnt is that if you're willing to open up there is support out there. If you reach out when things get tough it helps.

Another thing for me and others is getting outside in nature as much as possible. This is vital for mental health and just our mood in general. What helps me overall in life is sticking to my intentions, achieving my small, daily goals, maintaining my daily routine and practising things like mindfulness (still got a lot of practising to do), singing, building my house up and trying to be a better person and mother for my kids. But first and foremost - for me! Because I deserve a shot at a decent quality of life like everyone else out there. Also RecoverZine will start a new segment about practical advice and various activities which have benefits for health and recovery, as we all know that there are different things that work differently for people.

I would like to just thank everyone who's contributed in the meetings and in this issue and to the group of people who we spoke with at Still Game (our elders - the Legends of our generation)! Thank you to all the readers for taking the time to read. You all deserve to be the best version of you. Wish you all the best!

K.S.



St Mary's Recovery Cafe

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Crossword



Down:

3. A child's term for a rabbit
 6. One of the principal holidays of Christianity which marks the Resurrection of Jesus
 7. A basic shelter, usually left unlocked and available for anyone to use free of charge
 8. A Scottish rock band formed in Glasgow in 1977
 12. The expression or application of human creative skill and imagination
 13. The capital of Australia
 15. A popular board game
 17. Fabric that consists of crisscrossed horizontal and vertical bands of different colours
 19. A type of thick soup made from smoked haddock, potatoes, and onions
 21. Vietnamese rice noodle soup
 22. The god of the sky, weather, law and order, destiny and fate in Greek mythology
 23. A stringed musical instrument
 25. A woodwind instrument
-

Across:

8. An intense feeling of deep affection
9. A song by Depeche Mode from album 'Violator'
10. The process of being mentally stimulated to do or feel something, especially to do something creative
11. The condition of sharing or having certain attitudes and interests in common
13. A Scottish poet and lyricist (1759 -1796)
14. An annual festival, on which people commemorate the birth of Jesus Christ
17. Solemn promise
20. An act or process of withdrawing especially from what is difficult, dangerous, or disagreeable
22. Word for 'pie'
23. A group of physical, mental, and spiritual practices or disciplines which originated in ancient India
24. To scare, to frighten in Scottish

Easy Millionaire Shortbread



By Wendy MacDougall

Serves: 18 | Prep: 5 min | Cooking: 1 h | Total: 1 h 5 min

Ingredients

Shortbread

- **170g** plain flour ~£0.30p
- **60g** caster sugar ~£0.30p
- **120g** butter ~£1.00

Topping

- **200gr** bar milk chocolate – melted ~£0.70

Caramel

- **1 tin** condensed milk ~ £1.00
- **120g** butter ~£1.00
- **2 tbsp** golden syrup (optional)

Method

1. Pre-heat the oven to 170 degrees. Lightly grease an 18cm square cake tin.

2. Sieve the flour and sugar into a large bowl. With clean hands rub the butter into the mixture until it comes together as a dough. Press it into the bottom of the cake tin and spread evenly. Prick it with a fork all over. Bake for 15-20 minutes or until golden brown.

3. For the caramel (while the shortbread is baking) – pour the condensed milk, butter and syrup into a saucepan. Cook over a low heat (on a 2) stirring constantly until turns into caramel color. Pour all over the shortbread and leave until it cools.

4. Once cooled – pour the melted chocolate all over it let it rest before eating!

One-pot pasta



By Dundee Food Bank

Serves: 4 | Prep: 5 min | Cooking: 30 min | Total: 35 min

Ingredients

- 1 tbsp** oil ~ £0.20p
- 1** onion
- 2** leeks (or ¼ of a bag of frozen leeks) ~ £1.00
- 2** garlic cloves (or a good generous shake of the dried stuff) ~£0.20
- 300g** spaghetti ~£1.00
- 2 tbsp** dried mixed herbs
- 1 lemon / 4tbsp** of lemon juice (if desired) ~ £0.10p
- 200g** mushrooms (chestnut or any kind you fancy or half bag of frozen) ~£0.90p
- ¼ tsp** chilli flakes (or tsp of chilli powder if preferred)
- 650ml** vegetable stock ~£0.30p
- 100g** garden peas (or 1 small tin) ~£0.50p

Method

- 1.** Chop up leeks (peel first layer, chop off big white end, about 1-2cm from the green bit at the other end, discard those then chop the rest of the leek up).
- 2.** Chop garlic into small pieces.
- 3.** Slice mushrooms.
- 4.** Cut lemon in half, ready for squeezing juice into pan later.
- 5.** Get stock ready (boil kettle, pour water to 650ml in measuring jug, put in stock and stir through until stock has dissolved. Set aside to use later) Add oil into the pan, add in the leeks and garlic and stir and cook for 3-5 mins, or until the leeks have softened.
- 6.** Add mushrooms, peas, dried mixed herbs and chilli flakes (or powder).
- 7.** Squeeze the lemon juice into the pan and stir all ingredients through.
- 8.** Add stock and spaghetti.
- 9.** Bring to a boil, then reduce to simmer (is using Wonder Box, see below).
- 10.** Cook with lid on pot for 4-5 mins, until pasta is cooked and liquid has thickened to a sauce.

General Disclosure:

Views, thoughts and opinions expressed in this magazine belong solely to the author of the specific work. The articles/materials/works of this magazine do not constitute advice and are offered as suggestions. Reader's discretion to be used while trying out suggestions. If you require specific advice on any topic, you need to get in touch with an expert or a professional in the field.

We might cover a variety of topics, some of which you may find triggering.

Pictorial illustrations in this magazine are taken from Affinity Publisher's stock of images and illustrations. This magazine has been designed using Serif's software. Some 'free to use resource websites' have also been used to make the magazine more attractive (Unsplash, Pixabay, Pexels). Fonts and illustrations were used from the Creative Fabrica paid services.

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We are looking for writers, photographers, and proof readers. No experience is necessary.

If you wish to become part of the RecoverZine Group and share your stories, poems, photographs or conduct interviews with different services which might be useful to the people of Dundee, please do not hesitate to contact us at recoverzine22@gmail.com

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Supporters

Lilywalker Centre

Homeless Services Unit East
District Housing Office
01382 432001 (24hrs)

Samaritans

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communities in times of need
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Shelter Scotland

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Scottish Families Affected by Alcohol and Drugs

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NHS Mental Health Hub

111

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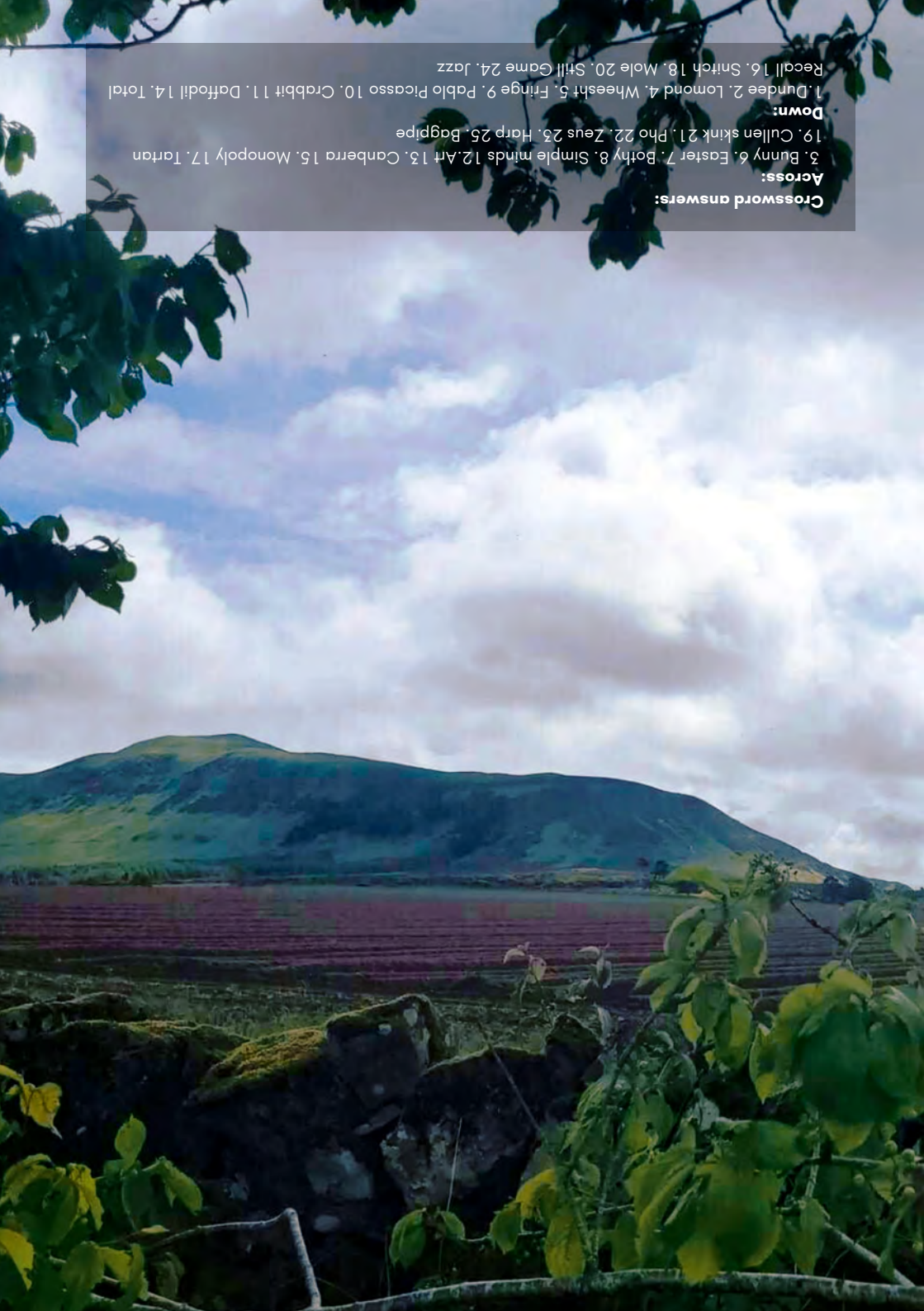
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benefits, debt, eviction and
homelessness

01382 918230

Dundee Energy Efficiency Advice Project (DEEAP)

Advice on all energy related issues
01382 434840



Crossword answers:

Across:

3. Bunny 6. Easter 7. Bothy 8. Simple minds 12. Art 13. Canberra 15. Monopoly 17. Tartan 19. Cullen skink 21. Pho 22. Zeus 23. Harp 25. Bagpipe

Down:

1. Dundee 2. Lomond 4. Wheesht 5. Fringe 9. Pablo Picasso 10. Crabbit 11. Daffodil 14. Total Recall 16. Snitch 18. Mole 20. Still Game 24. Jazz