

Free REC VERZINE Sep • 2023 DUNDEE

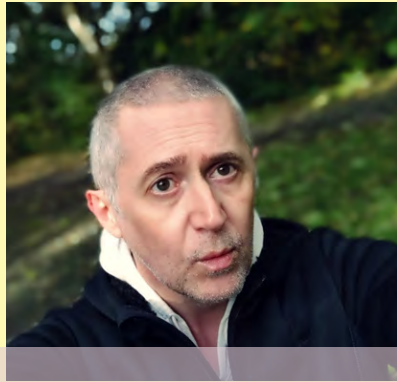
EMPOWER

Share
Stories



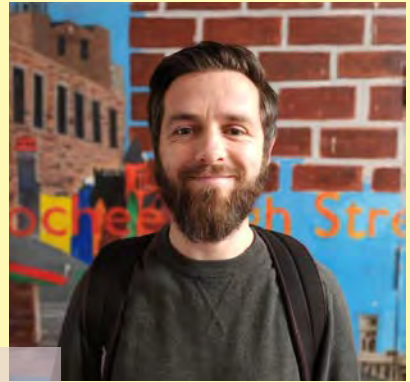
ENCOURAGE

Help Support
Advise

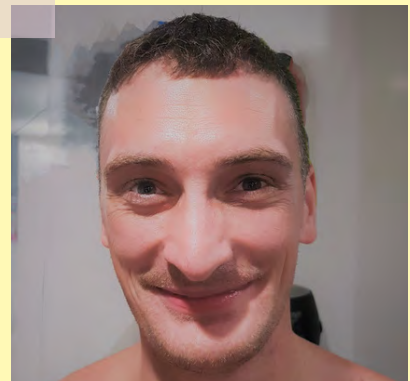


CONNECT

Services in
Dundee



Faces of Recovery



Whether you think you can, or think you cant, you're right." This saying was attributed to Henry Ford amongst others. Hello and welcome to the latest edition of Recoverzine. We hope this finds you hale and hearty.

This edition is a very special one, in honour of the trailblazing people who by their example show that it's possible to change. Anyone who has ever been addicted to anything and then tried to stop knows how hard it is and yet these people who I regard as heroes in their own right have managed to do it.

The saying I started this introduction with is true and in a very short way expresses the psychology involved in change. When people tell me "oh, I can't do" such and such a thing, I usually tell them "well, if you continue programming yourself like that then you probably won't." We are back to the negative self talk discussed in previous articles, where we have a constant stream of negative self deprecatory thoughts about ourselves running in the background about how no good we are and how we will never amount to anything.



What does it mean to amount to something?

For me it simply means to feel good about oneself on a day to day basis and to give that out to others.

The Buddha said "The mind is everything. What you think you become."

And Goethe wrote "Whatever you can do or dream you can, begin it; Boldness has genius, power, and magic in it. Begin it now!"

By Jack E Soutar



Content

Content

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Sunny Side Up

A poem by K.S.

For everyday that we choose to
live,
There is always someone willing to
give.
It maybe a chance, some time or
even their ear,
To help you confirm you are meant
to be here.
We can all sit and wallow, or get
up and fight,
Stand up and be counted for
doing what's right.

If your sitting numbing the pain
away,
Do you honestly think you can
everyday
To get up and be motivated in
every way.
I think NOT! Is my answer to that.
I'm not being mean, or
disheartening your soul,
I just know that drink/drugs take
their toll.
I won't go into the ins and outs,
Cos deep down you know what
this is about.

We all have an option to live or to
die,
Go cut out a life or keep going
about high.
We all know the negatives and
positives to date,
I know time is precious so why
should we wait.
Now is the time to get out and
about,
Or trust me my friend, you'll be
living in doubt.

All the support and help out there,
When you accept it, you will
become rare.
Cos you are the one who isn't
saying IT IS NOT FAIR!
As your getting up early and
wanting to really see,
What's out there to help you
psychologically.

I've witnessed it with my own two
eyes,
What changes in a person, when
they choose to rise.
They get off street drugs, taper off
meds/drink and get clean,
When you're at this point you will
then see what I actually mean.

The dead eyed look and
permanent frown,
Will most certainly be turned
upside down.
It will be challenging that much is
true,
But this i can guarantee HANDS
ON HEART,
Again you are the best version of
YOU!

That old cliché nothing worth
doing will ever be easy,
Springs to my mind, may sound
cheesy.
But Please believe through my
experience, take support and
don't go it alone,
When you achieve this, wind
behind your sails and in your own
zone.
All the best my fellow friends, right
now does not have to be the end.

Falling

A poem by Natasha

Falling to the depths of despair,
Lost within the clouds of fear,
The grip of addiction took hold,
A path leading nowhere near.

A journey marred by destruction,
A life consumed by pain,
The allure of the escape grew strong,
As the soul descended into vain.

But hope glimmered in the distance,
A chance to save the soul,
Surrendering to a higher power,
And filling the pain-filled hole.

One step at a time, they walked
Towards the light of a brighter day,
Spreading wings to explore freedom,
Breaking the shackles of yesterday.

The climb is not without struggle,
The unravelling of a life undone,
But with each passing moment,
A new chapter of hope is begun.

For every setback and testing time,
Faith remains in the heart,
The promise of a new beginning,
A drug-free life, a brand-new start.

Recovery is a journey of courage,
And a witness to the power of will,
The strength to take back control,
And strive for the dreams left unfulfilled.

So let hope light the path ahead,
And lead the way towards the sun,
For each day of sobriety won,
Is a victory that's never undone.

Light at the End of the Tunnel

A poem by L.S.

My life was in tatters, broken, and shattered,
It got to the point where it just didn't matter,
Started with smack and along came the crack,
I thought life was done, and I'll tell you it wasn't
fun!

I dove to rock bottom, and it made me feel
rotten,
But as I got to that depth, I had to take the first
step,
Took a good look about, and knew I had to get
out!

As I hit the next stage, I was really afraid, so,
I stopped taking the stuff, thought enough is
enough,
You're 39, you're going to die
All for chasing that high!
You'll be stuck in this hell, if you don't ask for
help,
There are people out there who really DO care,
But you'll never know till you give it a go,
You don't need these drugs, you know they're for
mugs,
So, look into your soul, then reach for your goal,
We know you can do it, now it's your time to
prove it!

Wander

A poem by A. L. Lafferty

The sun, the moon, the stars in the skies,
Keep me asking the big old why's?
Who am I and why am I here?
So let me know and be a dear!
I need to know about this show,
So before I go I need to know!
No regrets and plenty of mistakes,
Is what I want from my life's takes!
So lets be gentle and lets be keen,
And never be a grumpy mean!
Expect nothing and appreciate all!
Always standing very tall!
And remembering to always have a ball!



Recovery Story

Graham Watt

Content warning: Child abuse, Suicide

My journey through the minefield of Mental Health struggles really began as soon as I was born. My mum noticed early on that I wasn't like the other kids in the small, rural Highland village in which I was born and grew up. I had socialization issues, exhibiting little to no interest in making friends with any of the other children. Her words were "that I was near them but never with them" in the nursery playground. I also had serious issues with certain sensory inputs; specific tastes, smells, fabrics, lights would result in exhausting day long meltdowns. The GP I was taken to brushed it all aside insisting I would grow out of it. Needless to say, I didn't. The life my peers enjoyed seemed like a work of mystifying complexity, leaving me lost and lonely, confused and angry, fitting in about as comfortably as a squirrel at a dog show.

Being the weird kid makes you a target for the school-yard bullies with the currency of cruelty to spend.

Worse however, it makes you easy prey for predators. Two much older, late teenage boys in the village lured me to play a game with them and their own younger sister. A depraved game no child should ever play, with rules I was too young to understand.

I was desperate to get out of the village. I had no ambition to go to university initially but I recognised it as an escape route, so I headed to Dundee to study English. Of course, this new start was tainted as those growing pains and experiences lingered and festered. Plus, the unusual behaviors I'd had since a toddler were still presenting. I fell into a dizzying whirlwind of drugs and alcohol...of overdoses and suicide attempts. Not caring if I lived or died.

Losing my career and mortgage along the way. At 40 I was jobless, homeless and alone.

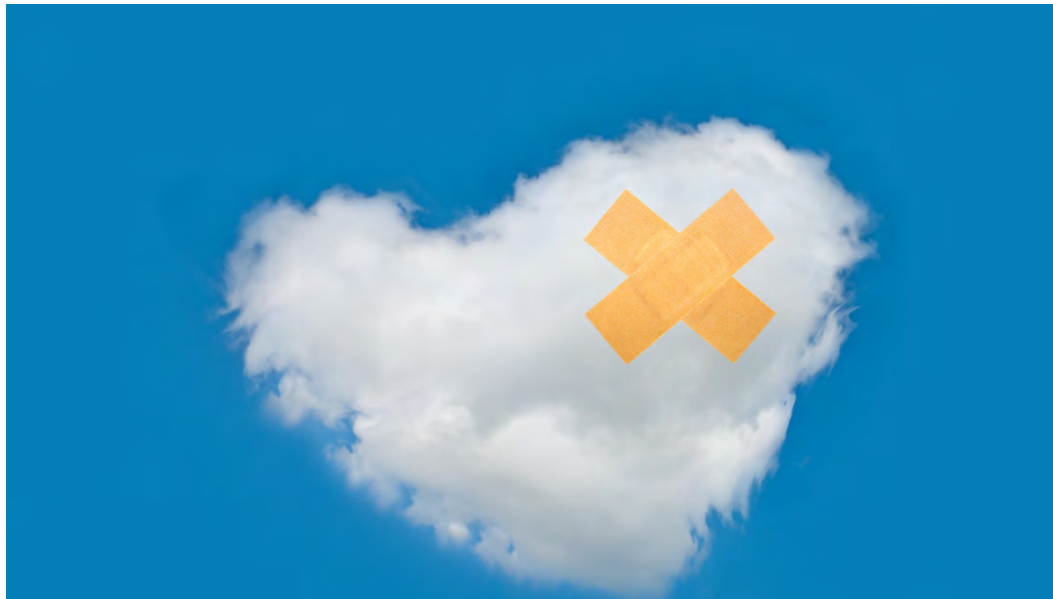
Then a few years ago, while tying one of two nooses to a tree, I was spotted by a lone dog walker who immediately called the police. The care and therapy I had to attend afterwards was where things began to shift. The counselor recognised that I was most likely Autistic and suffering from CPTSD*. I was referred to the Taact team and had my diagnosis confirmed. Suddenly, at 50 years old my life made sense. All of it. There is tremendous comfort in finding out that you are a functioning Zebra rather than some sort of failed horse. I'm not out of the woods yet, the neurotypical world still feels overwhelming, a constant cavalcade of events and demands, of sights and sounds.

These days however, I know I'm on a well-trodden path with signposts to guide me through. These first steps were taken with the help of a Peer Support Worker, who met with me once a week and helped me feel like a human being; one worth spending time with and getting to know. This was an invaluable contribution to the place where I find myself now.

Today I'm Autistic and proud, an abuse survivor and recovering addict, 12 years drug free. I now work as a Peer Recovery Worker, molding a whole life's worth of bitter experience to help others the best way I can. I love it - I'm now part of a pack where I belong.

* Complex post-traumatic stress disorder (complex PTSD or CPTSD) is a condition where you experience some symptoms of PTSD along with some additional symptoms, such as: difficulty controlling your emotions. feeling very angry or distrustful towards the world.





Recovery Story Alfie Mclaughlan

My name is Alfie Mclaughlan, I am a 48 year old man from Dundee. I started taking drugs to self medicate after my brother passed away which was when he was 16 years old. He was living in Dundee at the time and I was living down in Eastbourne down in England where I had lived ever since I was 16 years old. I was buying drugs from some bad people down there which got me into dangerous situations and obviously I got stuck on drugs and into the routine of chasing that life and habit. I took heroin for 9 months as it helped blank out the pain of losing my brother. Then I moved back to Dundee to break away from that life five years ago, but after I moved up here I ended up into a bad relationship which made me take drugs again to cope such as fake valium, crack and heroin and other stuff here in Dundee. This was an abusive relationship which was hard for me. My girlfriend beat me up and had all different people rob me and bully me,

so I decided to move away to Edinburgh five months ago and I am back to myself and feel like there's a ray of sunshine beaming down on me. My family are all proud and happy to see the change in me which is its own natural reward, I wish I had got clean years ago! I now keep busy and live my life to the fullest, feeling brilliant and my message to others who are experiencing a drug habit or mental health issues would be that I know how hard it is but if I can do it - YOU CAN TOO! You need good people around you and I know not everyone has this in their life but you can do it if you choose to do it! I'm too old and headstrong to go back now and I realise I would have been dead by now if I hadn't got clean, but I've owned that now and live my life and have the respect of my family and would never go back! Be the change you want!

The Truth Will Set You Free

My name is Graeme McIntosh and I'm Dundonian, this is where I was born and bred, this is where I grew up. I am a recovering drug addict walking in freedom and liberty. I WAS once an addict but not anymore! It all started at the age of 12 when I started drinking alcohol and soon after, at the age of 15, I got addicted to heavy drugs!

I went into a faith based rehab in 2014 at the age of 31, that same year I had a radical encounter with the living God that totally changed and transformed my life. I am now nearly 10 years totally clean and abstinent. Change is good, transformation is much better.

I now work at the Friary Church in Dundee and my heart's desire is to help others find freedom and to walk free.

'Junkie' or 'Addict' don't define me anymore. My identity is now in Christ. I follow Jesus.

Therefore, if anyone is in Christ, he is a new creation. Old things have passed away and new things have come (2 Corinthians 5:17).



Recovery Story L.S.

I have no alternative but to sentence to life imprisonment." Hearing these words, I thought my life was over. Little did I know it was just the beginning.

Let me give a brief description of how I got to that point. I started taking drugs in my teens and I quickly progressed to heroin. I had two beautiful kids who ended up in care because of my lifestyle. I've been in a few abusive relationships since I was seventeen, each one worse than the other. I have been homeless and in complete despair. I hated my life but couldn't see any way out. In truth, I didn't think I deserved any better.

One fateful day, me, my partner and another guy were in a flat, and the short version is, my ex-partner got murdered, something I have to learn to live with and will always regret.

My tariff was fourteen years; as I'm writing this, I've done nearly ten years. I have gained many skills and qualifications, and have met many wonderful people. I became a Christian and God has carried me through some very difficult times, and blessed me in so many wonderful ways. I'm not wanting to preach, but I need to say, God and my faith is such a big part of my life, and this wouldn't be my complete story if I didn't mention it. I had been searching for something but did not know what.

I was terrified coming up in the van, this would be my first time in prison, and I didn't know what to expect, but having watched umpteen TV programmes and films, my head was running a riot.

When I got there, I found the other women very nice. I was given a job, which was good, as it helped to give structure to my day and a reason to get up in the morning, to be out of my cell rather than sitting in my room with my thoughts, which was not healthy.

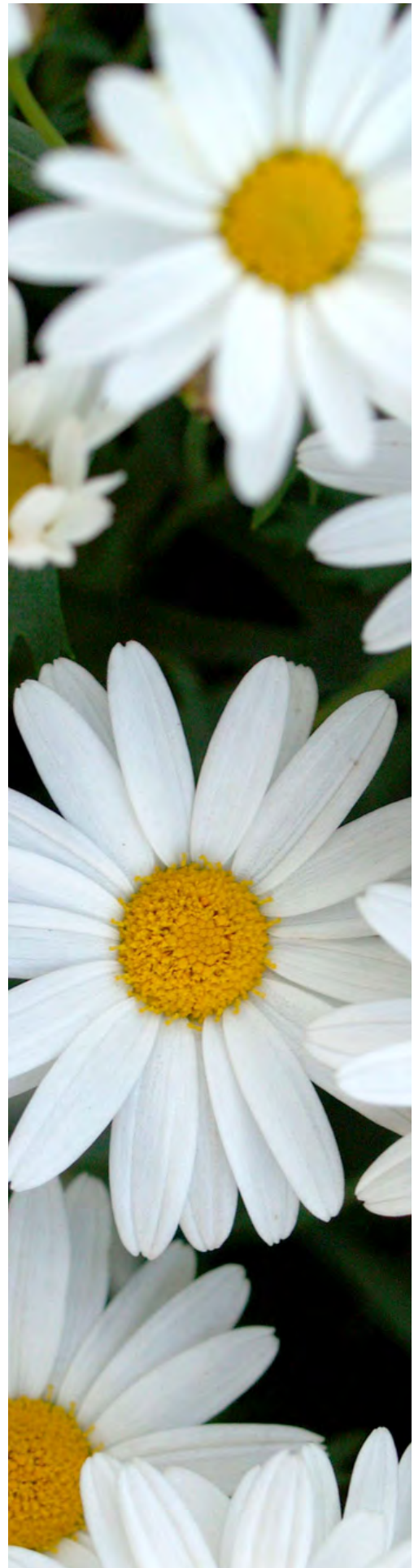
I started going to church services at the weekend, AA, Prison Fellowship and the gym on weeknights. Listening to people at AA and at the Prison Fellowship who felt like I had, was a huge help; it helped me to start to see things differently.

The gym was a great way of dealing with stress, and really helped my mental health. At the beginning I could hardly run the length of myself. Recently I ran my first half marathon. Education became important. I now have a list of qualifications the length of my arm and have even done two years at the Open University.

I've been involved in lots of projects - dramas (acting), being part of a band - which have been of great benefit to me. I would never have dreamed of being on the stage in front of a whole lot of people: outside I would not even get involved in karaoke when I was drunk, but learning to do these things has been good for me, even to have a laugh at myself.

Another venture I got involved with was with the Samaritans, learning to become a 'Listener'. This is a scheme where prisoners could learn to become kind of 'counsellors' to other prisoners who wouldn't speak to staff about their problem, but would speak to other prisoners. I've been a Listener for eight years and it has been a great and rewarding experience.

All volunteer groups who visit us in prison do a wonderful job, but my Prison Fellowship volunteer friends have particularly been a blessing to me. I have built up wonderful relationships with them, and they have shown me so much love and support over the years. I know I told you I became a Christian, but the great thing about Prison Fellowship is there is no pressure put on you - many of those who attend have no intention of becoming



Christians, they simply enjoy the friendly atmosphere at the group (and probably the fact you get a cup of tea or coffee and a chocolate biscuit helps!). The Chaplains too, are very happy to take time to speak with you, and to pray with you and for you if you want, whether you have faith or no faith. Some prisons have what they call a 'Recovery café', which is a kind of self-help mutual support group for prisoners run by prisoners. Occasionally speakers from the outside were invited to join us. I found the Recovery Cafe very helpful. I was a very closed off, unemotional person. If you asked me how I was, I was fine, which we decided meant 'Feeling in need of encouragement'. At the café we banned the word 'fine'!

I've achieved so much since coming to prison, I've come a long way, but you need to know I'm not unique. There is nothing I've achieved that you could not achieve. I wish you every blessing!

“You don’t get over an addiction by stopping using. You recover by creating a new life where it is easier to not use. If you don’t create a new life, then all the factors that brought you to your addiction will catch up with you again.”

-Anonymous





From Beechwood to the Beach

Content warning: Violence, assault

Some of you may know me and my story but for those who don't - my name is Alexander Robert Lafferty - a peer worker, volunteer at the St. Mary's hub and former volunteer for the Recoverzine magazine. I want to share with you a story that I regard as a turning point in a way, which happened recently in my life. Let's start with the fact that I had not been on any holiday since 1998 - the last and only time I was abroad. I was doing volunteering work with Raleigh International where I went to Belize in Central America. I was 17 years old at the time, and I was doing observation work on the coral reef there and lived on a small island just 8 miles off the coast of Belize called Coco Plum. There we also built a school for Mayan kids whilst living with the locals for a few months. In between diving and building works we were also trekking the jungles of Belize like Indiana Jones looking for Mayan ruins to excavate. That was class! I can tell some stories, I'll tell you that much!

During my second phase in south Belize, 30 miles from Guatemalan border in the small village of San Pablo is when and where I found my group leader Anna dead and this affected me very bad! It was a trauma I had to live with ever since and that led me to start using prescription drugs and later on - heroin so I can forget and be able to sleep because of the nightmares. So I had never went on holiday since due to the trauma, but after finding myself again and accepting that if I changed any of my past that I would not be me here and now! I'm not a victim but I'm a survivor! It took me a while and a few bad choices but I changed things and I own it now. I came off all meds now and last winter went on a holiday to Spain to find myself again. I got a bit of time to myself and reflected on how lucky I am! Even after getting robbed in Spain and my wallet stolen with all my cash, driving license etc - I felt lucky!

This was my mindset, as even after being hit on the head with something hard from 1 guy and the 2nd guy put a knife to my throat - I managed to get away! After all - I am from Beechwood from back in the day so I've seen things like this before. So my point is - I could have acted like a victim but I actually felt alive and I felt as if someone was looking after me! I've seen, done and experienced some mad things in this life and rather than accept labels I choose to be a survivor and not a victim! I flipped the polarity of my mindset, so even though I was skint for a few days whilst I got cash transferred from a really good friend and family, I did loads of good stuff like visit Picasso's birth home which was free on the Sundays, and whilst lying in the sun under the palm trees pondering where I go next - I realized I could've been murdered. I think I'm lucky and have survived some mad and weird things, enough to have faith in myself and the fact that someone's looking over me. I feel lucky and positive! Money comes and money goes but I appreciated the fright in Spain as a reminder to appreciate what I have now! Life is too short to waste in bitching or moaning about trivial things.

I know I am here for a reason and now I have the power within me to live the best life I can and help others change their mindset too! So don't be a victim! Be a survivor like me and take the good out of the bad and move on!

Whilst I was in Spain - I enjoyed the beach and the orange trees. I also went down the Spanish coast on a catamaran and watched the sunset and it was beautiful. I saw 2 castles and also hiked up a steep hill in Malaga and watched a sunset there on my last night. The entire week in Spain was class and I'm planning my next holiday already! I'll never be a victim again - I'm a warrior, a survivor and a lucky guy! All it took was to change the perspective and mindset. See a different side of this world and realize - I had finally come to the point in my life where I had the choice to be the best version of myself. If stuff happens - I have to own it - the good, the bad and the ugly! It was a great holiday - from Beechie all the way to the beach and I loved it. I am planning my next adventure, only onwards and upwards from now on. Baby steps...in 2 or 3 years you won't recognize the landscape around you.



Cowan Grove

What makes a house a home? Some may say décor, pictures, things. We agree, these are important - but what really makes a place homely is its warmth, love, and its safety. My name is Natalie, and I am a worker at Cowan Grove - a Mother and Child Recovery House in Dundee that focuses on building relationships with families: putting the mums and their children's needs first.

Recovery is a complicated and individual experience, no one size fits all, but what does translate across journeys is nurture, compassion, and patience. Here at Cowan Grove, support is provided in a nurturing environment, sensitive to past traumas or adversities our women may have faced. It ranges from understanding the root causes of alcohol and drug use to implementing evidence-based programmes such as "Parents under Pressure" and is offered on a 1:1 and group work basis.



A big part of recovery is keeping busy, and we try to give our mums and their children lots of experiences alongside our programme, including cinema trips, swimming, quiz nights, walks and meals out.

Our house is open to any mums with children under the age of 5 who are facing challenges with drugs and/or alcohol use. There is no cost as we are fully funded by the Scottish Government. We can accept self-referrals from mums directly, or from those who are supporting the family in a professional context. We welcome all enquiries.

For more information
or to enquire about
the service, please
get in touch with
Cowan Grove`s
Service Manager
Tracey Dammer

E-mail:

**Tracey.Dammer@aberlour.org
.uk**

Phone: 01382 711 020 /
07528970557



Services in Dundee

Recovery is one of the most difficult journeys I have ever been through. Addiction can be **all-consuming** and having a **foggy brain** is one of the symptoms. People don't want to believe they have a problem and it's easier to stop than to get away. I felt like I was at a **crossroads** everyday on my journey to **get better**. Making decisions is something I have always struggled with but I feel more **confident** in myself now. I got tired of all the **excuses** I was making for myself. I found my confidence to **move forward** and keep myself clean. Change "normal" daily routines and try to **keep busy**. I also put things in place to find the **right path**. Everyday sober makes me feel **happier**. I am building up more **positive** relationships with my family again. I'm growing confidence in who I am, and I'm getting **stronger** every day!

A collective contribution

YOUR LIVED EXPERIENCE MATTERS

INSIGHTS FROM THE GATHERING AND PREPARING TO SHARE YOUR EXPERIENCES GUIDE



The sharing of personal experiences, also commonly known as sharing recovery stories, has been closely linked to the recovery approach. We also know that stories of and insights into lived experience are important in changing negative attitudes. Your lived experience matters. Sharing experiences can help raise awareness, challenge stigma and foster more compassion and empathy towards those struggling with their mental health. Your stories can also change the way things are done!

Benefits for yourself

At a personal level thinking through and sharing stories has a lot to offer. It can be incredibly rewarding if you have the right support in place. Stories allow us to visualise our experiences over time and to reflect on the long-term journey of recovery with its ups and downs. Stories not only offer hints and techniques for good mental health but can lead to opportunities for personal growth and new skills. Developing your story can be a chance to take control of how you come to understand them and their meaning.

Value for others

Many people who decide to share their experiences do so because they want to help others. They want to help make things better, so other people do not have the same experiences they do, but also to inspire others and to show that there is hope. That recovery is possible. Sharing stories and life experiences builds connections between people. Our lived experience can be used in an intentional way to offer mutual support to each other as we move through challenging or difficult times. This is called peer support.

Peer support takes place in different settings, it can be informal or formal, one-to-one, or group settings, in the community or in mental health settings. Regardless of the type of peer support it will always involve people using their shared experiences to support each other.

Creating positive change

People in recovery are experts by experience. Using your experiences of life and your mental health journey you can influence and create positive change for the future. This can sometimes be called lived experience engagement. With lived experience engagement opportunities, you can share as much or as little of your experience as you like, the power is in your hands. Some people choose to focus more on their ideas of what needs to change, using the past to inform the future.

Recovery conversations and sharing stories are often part of lived experience engagement. They connect us with others and create communities. They are a powerful way to bring people, organisations and services together as a collective voice to make sure support for mental health is led by the ideas and needs of people with lived experience.

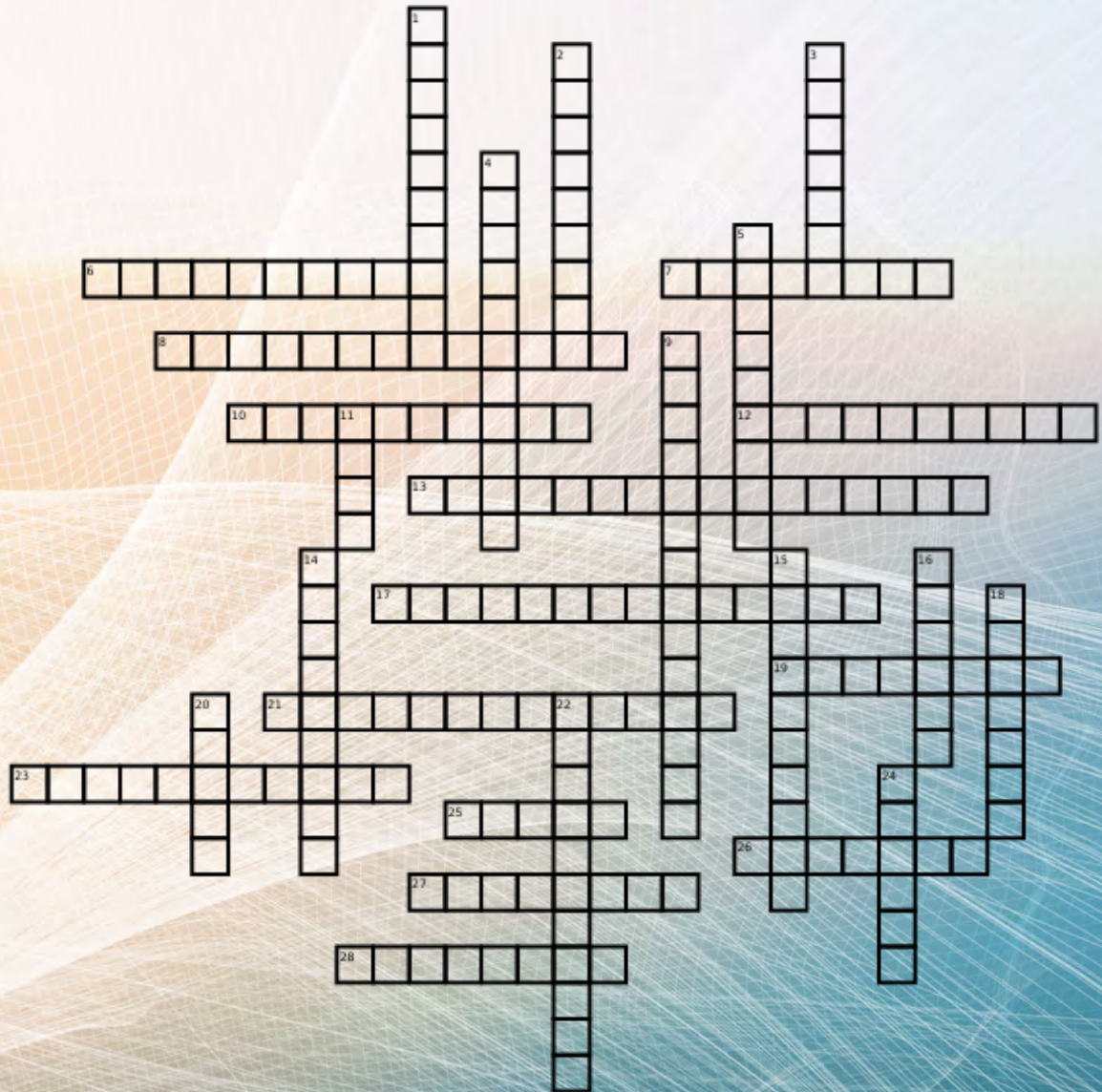
Taking control of your story

Developing and taking control of your own story should be a safe and empowering process. Scottish Recovery Network in partnership with United to Prevent Suicide and Suicide Prevention Scotland have launched two new guides co-developed by people with lived experience to help with this.

You can download these free guides by visiting

www.scottishrecovery.net

Crossword



Down:

1. The capacity to withstand or to recover
2. To say you are sorry for doing something
3. The state of being physically relaxed and free from pain
4. Lit with bright lights
5. Something that someone says especially in a court of law
9. The film stars Martin Lawrence as an FBI agent
11. Old (Scottish)
14. Knowledge and understanding that something is happening or exists
15. Sympathetic pity and concern for the sufferings or misfortunes of others
16. Not making or accompanied by any sound
18. Very enthusiastic and eager
20. Intelligent, careful, and showing good judgement, especially in business or politics
22. A definite or public statement that something is true or you support something strongly
24. An acceptance that exists or is true, especially one without proof

Across:

6. A relationship in which a person or thing is quickly from difficulties linked or associated with something else
7. The fact of being who or what a person or wrong or causing a problem thing is
8. Classic hit by the band Survivor
10. Perfectly clean, neat, or tidy
12. Needs, desires, wants or drives within the individual
13. A 2005 novel, the 16th by American Crime writer Michael Connelly
17. Dutch postimpressionist painter
19. The capacity to accept or tolerate delay without becoming annoyed or anxious
21. A quality that makes you continue trying to do or achieve something that is difficult
23. A state of happiness and satisfaction
25. A particular quality in your personality
26. Consisting of many different or connected parts
27. Twilight or dusk (Scottish)
28. The quality of having a modest or low view of one's importance

- **Find the answer key on the back cover**

Banana Loaf



By Wendy MacDougall

Serves: 10 | **Prep:** 5 min | **Cooking:** 35 min | **Total:** 40 min

Ingredients

- **125g Butter**
- **150g Caster sugar**
- **1 Teaspoon vanilla extract**
- **1 Egg (beaten)**
- **2 Very Ripe bananas (mashed)**
- **190g Self Raising Flour**
- **60ml Milk**

Method

- 1. Grease and line a 2lb loaf tin*
- 2. Melt the butter, sugar and vanilla extract in a saucepan over a medium heat*
- 3. Remove from the heat and add the mashed bananas, mix well*
- 4. Add the egg, Mix well*
Add the Flour, Mix Well
- 5. Pour into the prepared tin*
- 6. Bake at 170 for 35 minutes until a skewer comes out clean*

Cajun Chicken with Rice



By T.H. & D.C.

Serves: 4 | **Prep:** 10 min | **Cooking:** 25 min | **Total:** 35 min

Ingredients

- 700g** chicken breasts (or thighs)
- 1** pack of soft cheese
- 1** Onion
- 1** garlic clove (or powder)
- Cajun seasoning to taste

- Chicken stock
- Salt and pepper to taste
- Might add a teaspoon of dried oregano
- Rice (can also use pasta or potatoes)

Method

1. Chop the onion and garlic and cook in a pan for a few minutes
2. Dice the chicken, add it to the pan and cook for about 5 minutes.
3. Once the chicken is half cooked add the cajun seasoning and any other seasoning you would like.

4. Add chicken stock (100ml) and the cream cheese, stir everything well
5. Leave to simmer and thicken
6. Serve with cooked rice

- Rinse the rice to make it fluffier

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.

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We are looking for writers, photographers, graphic designer 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 or Lochee Community Hub on Facebook.

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Supporters

***The Bella
Center***

Lilywalker Centre

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

Samaritans

Support for people and
communities in times of need
0330 094 5717

**Dundee Drug and Alcohol
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Support with drug and alcohol use
01382 632542

Hillcrest Futures

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support, homelessness and drug,
alcohol and recovery services
03001232644

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NHS Mental Health Hub

111

**Scottish Families Affected
by Alcohol and Drugs**

08080 101011

Rape Crisis Scotland

08088 01 03 02
Text: 07537 410 027

Dundee Foodbank

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Dundee Citizens Advice

Advice and information to sort out
any issues or problems
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Dundee Law Centre

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homelessness
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Breathing Space

A confidential phone line for anyone
who is feeling low, anxious or
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0800 83 85 87

**Community Wellbeing
Centre**

Mental Health Support and Harm
Reduction / Day and Night
0800 955 0008

Crossword answers:
Down: 1. Resilience 2. Apologise 3. Comfort 4. Illuminated 5. Testimony 9.
Big Mommas House 11. Auld 14. Awareness 15. Compassion 16. Silent
18. Excited 20. Canny 22. Affirmation 24. Belief
Across: 6. Connection 7. Identity 8. Eye Of The Tiger 10. Immaculate
12. Motivation 13. The Lincoln Lawyer 17. Vincent Van Gogh 19. Patience
21. Determination 23. Contentment 25. Trait 26. Complex 27. Gloaming
28. Humility