



RECOVERY WALK SCOTLAND 2017

Dundee Saturday 30th September

WHY WALK?

Addiction is visible all around us — one counteraction to this is to make recovery more visible. It tackles the stigma people with addictions face in our society. Walking helps to improve the knowledge and understanding among the general public about recovery.

Our findings from Glasgow showed:

35% of participants thought the event made recovery from addiction more visible in their local areas.

50% thought recovery from addiction is more visible in Glasgow now.

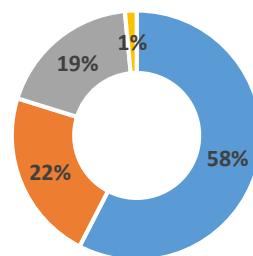
64% thought that recovery from addiction is more visible nationally.

70% of people made connections with people or ideas that they found helpful in building recovery from addictions.

Only 9% of people said they would not want to live next door to someone with a mental illness. But 43% felt this about people with a history of drug dependence.

Who comes to Recovery Walk Scotland?

- Person in Recovery
- ADP/Treatment Provider
- Other
- I do not want to answer



58% of people think a lack of self-discipline and willpower is one of the main causes of drug dependence. But only 15% of people think this about mental illness.

WHAT DOES IT FEEL LIKE TO WALK?

“We all had a beautiful and moving day. It was so inspirational and a breath of fresh recovery air”

“It was a very, very emotional day but amazing still buzzing!!”

“A beautiful sea of recovery”

“The flags, the people I spoke to from lowlands to highlands and everywhere in between.”

“Amazing exchange of energy at George Square”

“The sense of community was electric”

‘A day of victory for recovery’



“For too long, a great majority of the recovery community – those in recovery, their families and allies – have been silent about their experiences and successes. As a result, there has been no unified public voice advocating on behalf of recovery and for those who benefit from it”

