

RECOVERY IN FOCUS



eternal media
Created by and for your community

An Eternal Media project

**Facilitated by Jill Whittingham
Socially Engaged Photographer,
Addictions Counsellor, Group Facilitator**

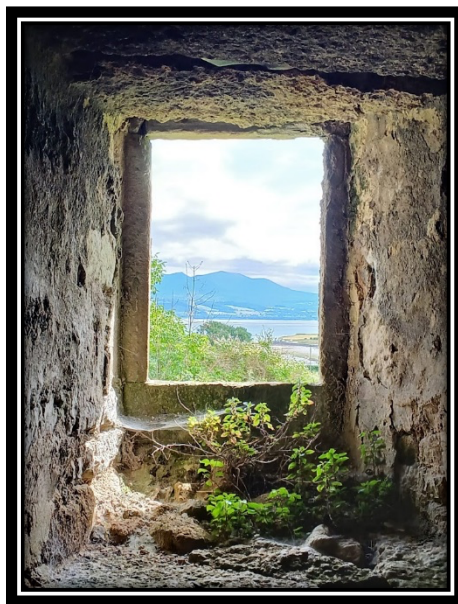


Image by Barrie Love, Participant RIF#5
“My Recovery”

Who is RIF for?

Anyone in stable, early recovery and able to commit to attending all ten weeks.

What is the project?

Recovery in Focus is a ten week project for 10 people, using photography to explore experiences of addiction and recovery. The emphasis will be on recovery - sharing and learning tools to live a satisfying life in recovery. We will be taking photographs throughout the project that represent different aspects of recovery, culminating in each participant selecting one photo of their own that represents addiction and one that represents recovery. These final photos will be exhibited at various local venues. (Previous projects have been shown at Open Eye Gallery in Liverpool plus Ty Pawb, Wrexham, and Storiel in Bangor)

The sessions will alternate between workshop style days and location shoots. The workshop days will be an opportunity to share photos, take part in photography skills sessions, and create a new recovery network - all the time underpinned by learning recovery tools to help develop long term, stable recovery. Each workshop will have a specific theme eg Reflections, Changes, Who am I?

On location days we will take the group by minibus on a photo shoot. Previous locations have included Liverpool, Llandudno, Chester, Media City in Manchester.

Each group will visit a photographic exhibition, introducing participants to the wider world of photography. Previous visits included The Tate in Liverpool where we saw a Don McCullin exhibition, a guided tour of the Open Eye Gallery in Liverpool and a fantastic visit to meet Tamsyn Warde and see her exhibition, Sober Exposure. Tamsyn (also in recovery) is a winner in the 2023 Portrait of Britain by the British Journal of Photography.

What's the cost?

There is no cost to take part. The only cost is own transport to and from Wrexham for the workshops, plus lunch/refreshments. However, if those costs are prohibitive, please speak to us at Eternal and we may be able to arrange lift shares or other kinds of support.

Do participants need a camera?

We will be using mobile phone cameras. Most participants will have their own but if not, we can help with this.

Do participants need any photography experience?

Not at all. We welcome all levels from absolute beginners to those who feel confident and creative.

What do we mean by “stable recovery”?

Behaviour/sobriety

We completely understand that some participants may not be clean and sober for the entire ten weeks. No-one would be excluded due to a relapse, but we encourage honesty and respect for the facilitators and other group members. We ask that participants are clean and sober on the days attending the group.

What will participants gain from this project?

- Learning new skills - photography, being creative
- Routine life skills such as timekeeping, working with others
- Making connections & friendships with other people in recovery
- Building a recovery tool kit
- Being around the facilitators who are in stable, long term recovery
- Learning photography skills from experienced and trained photographers
- Improved self esteem
- Being part of a project that culminates in a public exhibition

When?

Recovery In Focus begins on Tuesday 8 October 2024 and is every Tuesday for the next ten weeks. **Time** 11.00 – 4.00.

Where

The workshop days will be held at Ask Centre, 9 Water Street, Rhyl. The location days will start and finish at Ask Centre.

Further info

#recoveryinfocus

@eternalmedia

@sobertoolkit

How to get further info or apply for a place?

Participants should contact Jill Whittingham

jill@eternalmedia.co.uk