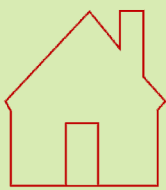


# News and Prayer Letter

Spring 2014



## An Opportunity to Build On

With the growth of Community Franchising, including organisations such as CAP, Foodbank and Street Angels, we find ourselves journeying down an exciting road here in the UK. The call is upon the local Church to take responsibility and engage in

social action. It is in this environment that Life For The World Trust now finds itself. The question is - how do we translate our considerable expertise in training and recovery so that it maximises the support we can offer to Christians working in the field of addiction at the local Church level?

With this in mind, Life For The World Trust is rebranding its training as Living-Recovery training and is launching the Living-Recovery Franchise. The Franchise enables Churches to see recovery from addictions, in their locality, by establishing Centres that run a Structured Day Recovery Programme five days a week. It equips Churches with all that they need to move beyond outreach to the marginalised, to build 'communities of recovery', and see effective discipleship. Coupled with this is quality training for the staff and volunteers using some of our existing material.

We are offering a professional package that will make a difference.  
John Lowton, CEO

We would value your prayers in the following areas:

- Health and protection for staff members and their families, particularly John who was in hospital with heart problems before Christmas. He is now back at work and feeling better, but is waiting to have a diaphragm hernia operation, hopefully early next year.
- The launch of the Living-Recovery Franchise and the partnerships that Life For The World is seeking to build with other agencies / Churches across the country.

We are thankful to God for:

- The diverse skills of our team that mean that we can offer a wide range of quality training 'products', including the Franchise, the Substance Misuse Care and Counselling Course, Family Support Group training and training around working with young people.



**Over the next few months we need to increase LFTW's income, so we can continue equipping the Christian community to support people in recovery from addiction. If you are able, please do partner with us financially, in the following ways:**

**Regular donations:** Please fill in the Standing Order form enclosed and return to **LFTW, Micklefield Christian Centre, Buckingham Drive, High Wycombe, HP13 7YB.**

**Single donations:** Please make your cheque payable to **Life For The World Trust** and send it to Micklefield Christian Centre, or pay by debit or credit card on our website.

**Gift Aid:** If you are a UK taxpayer, please fill in and return the enclosed Gift Aid Declaration form.

For more information about Life For The World training and the new Living-Recovery Franchise, please contact us at:

**Leeds Office:** Life For The World, c/o Bramley Baptist Church, Hough Lane, Leeds, LS13 3RD

**Tel:** 0113 2571740 **Website:** www.lftw.org **E-mail:** info@lftw.org

Living-Recovery and LFTW are brand names of Life For The World Trust

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Congratulations to Mark Wood, our Training Manager, and his wife Jo, on the birth of their baby, Jemimah. Their first daughter Zoe is now 3.

### A new era for our training.....

Mark (LFTW Training Manager) is currently busy updating the wealth of knowledge and material that makes up the Substance Misuse Care and Counselling (SMCC) course. Rob McGibbon, who was on the Leeds course, says: **'I've just completed the SMCC course. It was a year that shaped my attitude towards recovery. It definitely equips and develops and deepens passion for working in this field. It also challenges our own lives and helps to bring us closer to God as a result. I can't recommend this course highly enough. If you have a passion to see people in recovery, if you do nothing else, do this course.'** We'd like to thank Gloucestershire University for their accreditation of the course over the last few years. We are now exploring the exciting possibility of finding a new accreditation partner, not only for the SMCC course, but someone who can potentially accredit all of the training that Life For The World delivers. We are also looking to improve the accessibility of our training courses, by making them available online. We will keep you updated with developments.

### Out and about.....

The team is continuing to attend major conferences in the UK, making people aware of our training and franchise opportunities. This year, this includes the Big Church Day Out (24<sup>th</sup>-25<sup>th</sup> May, Wiston House, West Sussex), where we will be part of the Cinnamon Network café. Look out for us if you're there.

**Training Partnership** - 'People have been saying that their eyes have been really opened to a subject they were either misinformed about or ignorant to.' 48 people attended our recent Addiction Awareness Day for the Tabernacle in Lewisham. The Tab has signed up to work in partnership with LFTW for the next two years. Here's what Hazel Scarlett, who is pioneering Greater Works had to say: **"After experiencing the Awareness Day I am looking forward to what the rest of the partnership will bring. There has been a huge amount of interest from people who attended, and many people have expressed interest in joining our ministry to people with addictions, once it is fully developed."**

## Addiction unlocked

This feature aims to help the average person on the street understand a bit more about addiction, presenting new research or fresh understanding in everyday language. This time, Mark Wood, our Training Manager, is looking at what makes an addiction an addiction. *If you'd like Mark to answer your questions about addiction, please email him at [mark@lftw.org](mailto:mark@lftw.org).*

### What is addiction?

We all know people don't have to be addicted to experience the harmful effects of drugs / alcohol, as the latest internet drinking craze "neknomination" sadly goes to show, but how do we know if something *is* an addiction? Are some 'addictions' not harmful to self or others?

My Grandad had a whisky with water every day. As a little boy I knew it as 'Grandad's medicine'! I never saw him drunk and he didn't increase the amount over time, although I'm sure it would have been difficult to stop. However, it was similar to the way a lot of us are dependent on caffeine or sugar, both addictive substances which, like alcohol, can produce physical withdrawal symptoms if we stop regular use. So, what's the difference between spending a lot of time doing an activity we enjoy, and an addiction which is becoming a problem? Psychologist Mark Griffiths argues that all addictions share the same components\* (explained below). This is particularly useful for determining whether behaviours have become an addiction; especially those, like gambling, which aren't as *obviously* harmful as drug / alcohol use or an eating disorder.

**Salience:** How important is the behaviour in question? *In addiction it begins to dominate the way we think, feel and act.*

**Mood modification:** Does the behaviour alter your mood? *If it doesn't, then it isn't addictive - we don't hear about people getting addicted to milk, as it doesn't change the way we feel!*

**Tolerance:** Do you need to do it more to get the same effect? *E.g. more drugs, more gambling or more pornography in greater quantities, more often or more severely.*

**Withdrawal:** What about experiencing unpleasant physical effects and / or emotions when you stop or dramatically cut down, or can't get your next 'high'?

**Conflict:** How are your relationships with family, friends, colleagues etc. affected, and also your conflict within?

And finally **relapse:** The likelihood of returning to the behaviour at the same level as before, despite attempts to stop, which may even have been successful for a number of years. Described as "a chronic, relapsing disorder" by Alan Leshner\*, it is certainly a defining component of addiction, tragically illustrated in February by Hollywood actor Philip Seymour Hoffman's death, from an apparent heroin overdose. Before relapsing last year, he'd been clean for over 20 years. This is why the concept of being "in recovery" is so helpful, reminding us we're on a journey away from, but still aware of, addiction - *"we continue to work out our salvation with fear and trembling"*. We're all in recovery because none of us is perfect.

\*Griffiths, M. (2005). A 'components' model of addiction within a biopsychosocial framework. *Journal of Substance Use*, 10(4): pp.191-197

\*Leshner, A.I. (1997). Addiction is a brain disease, and it matters. *Science*, 278 (5335 Issue of 3), 45-47.