



equipping Christians to reach out to people struggling with addiction

Newsletter

Summer/Autumn 2015

Many of us are aware that in life we move from one season to the next, in terms of our own life experiences. Over the past few years LFTW has been going through a thorough transformation, including a re-branding of our training, and development of a much wider range of products. As a Trust, we feel that we are moving from a season of preparation and development, into an exciting new season of delivery. We believe God has said that doors are open to deliver our training across the breadth of the UK and we are expecting new partnerships to emerge.

John Lowton, Chief Executive, LFTW

Partners in recovery

We are launching a new name for those who can give regularly to our work: **Recovery Partner**. This is because regular financial support enables us to train and equip Christians to change lives, both across the UK and abroad, as they support recovery in people who are struggling with addiction. Those who give to us may never meet the people they are benefiting, but their giving means that more Christians gain the skills and confidence needed to meet the needs 'on their doorstep'.



A Living-Recovery training session being delivered in Workshop.

as development money is spent, and income from training is only just starting to come in. In order to move forward, we need to **quickly increase the number of supporters who are able to give to us regularly, even a few pounds a week**. This is especially important if we are to be able to deliver training to smaller churches, whose resources are limited, but who are in socially deprived neighbourhoods where there is great need.

If you are able to spare £3 or more per month, or make a one-off gift, it would be really appreciated.

You can give in several ways:

- **JustGiving:** see <http://www.living-recovery.org/pages/pv.asp?p=lrecovery12>
- **With the form enclosed with this newsletter.**
- **Give As You Live:** Go to www.giveasyoulive.com, sign in and choose **Life For The World** as your charity. You can shop in major online stores and the stores will donate to us!
- **Every Click:** Make this your search engine and you can earn money for LFTW. See www.everyclick.com.



Urgent Need for Finance

For the past 18 months, the Living-Recovery team has been developing our Living-Recovery training courses to equip churches to meet the changing needs of the addiction scene in the UK and abroad. In this time, the addiction problem has not gone away; in fact it has got worse.

We are excited that we have been able to develop a wide range of quality training packages and have had lots of enquiries about what we can offer. However, we do have a cash flow problem,



Mark at Lewisham Tabernacle

Living-Recovery Training Options

Volunteer Work with Vulnerable People (with an addiction focus)

For volunteers working in church settings or Christian projects where they are likely to encounter people with addictions.

Establishing a Family Support Group

A package of training and support designed to help churches to establish a support group for the family and friends of addicts.

Working with Addictive Behaviour

Formerly the Certificate Course in Substance Misuse Care & Counselling. A unique course with a clear Christian foundation, for those currently working or wanting to work in the addiction field.

Bespoke Training

Modular training, bespoke packages and workshops designed to suit your specific training needs. This could include areas such as Basic Addiction Awareness, Equipping the Church to Reach an Addictive Society and Pastoral Training.

Living-Recovery Centre Franchise Training

A complete package of support and training for churches wanting to run a Structured Day Recovery Programme (as a Franchise), to support those with substance abuse and addiction problems.

Prayer Points

Prayer requests and thanks

- Yeldall Manor has signed up for our first, brand new, 10 day course 'Working with Addictive Behaviour'. We will be delivering this from September to January, and it's a real privilege to be working with Yeldall, as one of the most respected and well established Christian Residential Rehabilitation Centres in the UK.
- We are grateful for the opportunities we had to build relationships with key people in Sheffield and Bracknell, through our recent Roadshows.

Please join us to thank God for our former students and the way that their lives and work have had an impact on many people over the years.

Please pray for Honiton Community Church in Devon as they pilot our Family Support Group training. Please also remember Mark, our Training Manager, and Jo, Training Administrator, for wisdom in managing the increasing number of requests for training in the Autumn period and coordinating Associate Trainers.



Training at Lewisham Tabernacle.

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, Living-Recovery's Training Manager, Mark Wood, is looking at developments in the addiction field. *If you'd like Mark to answer your questions about addiction, please email him at mark@lftw.org.*

At our recent Roadshows, we talked about some of the recent trends in drug use and addictive behaviour. In England and Wales around 1 in 12 adults, roughly 8.6% (16-59 year olds) took an illegal drug in the last year. The figure is lower for those taking drugs in the last month, at about 4.7%, but this still equates to around 1.5 million people¹.

Last year saw an increase in drug related deaths, but overall illegal drug use has been on a downward trend for the last 10-15 years. However, for the last few years **New Psychoactive Substances (NPS), sometimes called 'legal highs', have been released onto the European market at a rate of more than one a week.** These drugs generally mimic the effects of illegal substances, but because they are not illegal they are sold in 'high-street' shops and also online. They are now a worldwide problem, due to the fast changing market and increased availability, particularly via the internet, with the UK being one of the biggest consumers in Europe.

The growth of the web and development of technology has implications for other types of addictive behaviour too. According to Professor Mark Griffiths, an authority on gambling and online gaming addiction, it seems that only a small percentage of people have a general addiction to being online, but the internet does make other addictions much easier. For example, people can remain anonymous when looking at pornography as they don't have to go into a shop to get a magazine or video. This makes it easier to keep secrets and stay in denial. If someone has a smart phone, they are carrying a potential mobile casino in their pocket. Then there is the constant exposure to images of thin celebrities, held up to be the ideal body image. Worryingly, there are also pro-anorexia (pro-ana) and pro-bulimia (pro-mia) websites, promoting eating disorders as a lifestyle, rather than recognising they are an illness.

All this could be very discouraging, but **the internet can also be a tool to help people connect and support each other,** and presents an opportunity to introduce people to projects and services which can help them get into recovery. The good news is that, according to ISAAC², the church across the UK is estimated to provide around a third of spaces for people with addictions. However, workers are often dealing with increasingly complex problems and that's why we continue to work with churches and projects to help them rise to these challenges by developing the kind of training which not only helps them understand the issues but also brings the hope of the gospel.

¹ Drug Misuse: Findings from the Crime Survey for England and Wales 2014/15.

² International Substance Abuse and Addiction Coalition

For more information about any of our courses or to discuss your church / group's training needs please contact us:

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