

Voluntary Sector Health & Wellbeing Webinar

Tuesday 21 April

***'Paths to Recovery:
A Collaborative Look at Addictions and Support Services'***



Hampshire and Isle of Wight



- **Welcome and Programme Review – Angela Gill**, (HSPN & Voluntary Sector Health & Wellbeing Forums Facilitator)
- **Tim Houghton**, Chief Executive, [Community First](#)
- **Lynsay Railton**, [Community Support and Development Lead](#), [Recovery Connections](#)
- **Ed Brereton**, [Outreach and Engagement Practitioner](#), [Gamcare](#)
- **Kate Riddle**, [Health Liaison Officer, Solent Region](#), [Alcoholics Anonymous](#)

Dates for the **2026** Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing **Webinars**



A PERSPECTIVE FROM THE VOLUNTARY & COMMUNITY SECTOR

Tim Houghton

tim.houghton@cfirst.org.uk





VCFSE Sector supporting Health & Wellbeing in Hampshire

- Trusted, local, community-based support
- Complements statutory health and care services
- Engages people early and reduces stigma
- Reaches those least likely to access traditional services
- Focuses on connection, purpose and long-term recovery
- Strong use of lived experience and peer support
- Links to social prescribing to offer wrap-around and ongoing support for new activities – building social connections



Neighbourhood Health & Integrated Working

- Community anchors within neighbourhoods
- Safe, non-clinical spaces for recovery and wellbeing; Neighbourhood Health Hubs
- Publication of Neighbourhood Health Framework

<https://www.gov.uk/government/publications/neighbourhood-health-framework/neighbourhood-health-framework>

- Hampshire & IOW Neighbourhood Health Board
- Impact of LGR on public health and neighbourhood working

HIVCA - Hampshire & IoW VCFSE Health and Care Alliance

<https://hivca.org/> and <https://hivca.org/neighbourhood-health/>

- Improve the health and wellbeing of people in Hampshire & IoW
- Reduce inequalities by ensuring services reach those most in need.
- Strengthen collaboration between VCSE sector and NHS.
- Influence policy and decision-making



Addressing Complex & Hidden Needs

- Men's mental wellbeing and suicide prevention webinar 22/4/26 at 2pm jack.tomkinson3@hants.gov.uk for more information
- Carers and families supporting people with addictions. What support is available?

Funding and Sustainability

- Funding enables innovation and long-term impact
- Builds resilient communities and recovery pathways
- Recovery happens in communities
- The VCFSE sector is essential to prevention, recovery & wellbeing



Funding and Health

- <https://www.sportengland.org/funding-and-campaigns/our-funding/movement-fund>
- <https://www.postcodedreamfund.org.uk/dream-fund>
- <https://www.jamestudor.org.uk/> Physical and mental health
- <https://julesthorntrust.org.uk/>
- <https://newby-trust.org.uk/>
- <https://www.caremark.co.uk/community-care-fund/>
- <https://www.bhcfoundation.org.uk/>
- For more help and resource links, see <https://www.cfirst.org.uk/resources/>

A teal circular graphic with concentric white lines, partially visible in the top-left corner of the page.

RECOVERY CONNECTIONS HAMPSHIRE

**SUPPORTING LIVED-EXPERIENCE-LED RECOVERY
IN HAMPSHIRE**

By Lynsay Railton
Community Support & Development Lead
Hampshire

A teal circular graphic with concentric white lines, partially visible in the bottom-right corner of the page.

WHO ARE WE

- Recovery Connections are a Lived Experience Recovery Organisation based in the North East of England
- We deliver peer-led support, ambassador programmes, community groups and wellbeing activities across Hampshire
- Our work is rooted in lived experience, connection and empowerment



WHAT WE'VE ACHIEVED SO FAR



In a relatively short space of time, we've built something that is growing, visible, and making a real difference.

Growing Community Engagement

Our weekly groups — including:

- Coffee mornings
 - Arts & Crafts sessions
 - ACT in the Community
 - Recovery & wellbeing groups
- 



WHAT WE'VE ACHIEVED SO FAR



We are seeing:

- Consistent weekly attendance across all three areas
- A mix of new individuals and returning members building routine and stability
- Increased engagement particularly in areas like Gosport, with Havant steadily growing
- These aren't just numbers.

They represent people who are:

- Leaving the house
 - Reducing isolation
 - Building support networks
 - Taking steps forward in their recovery
- 



**Coffee Morning
Nimrod Centre**



**Community BBQ on
the Beach**



Wellbeing Walk



**Community First Volunteer
Event Gosport**



C2U National Lottery Event



Arts & Crafts Group



**Ambassador Programme
Graduation Gosport**

AMBASSADOR PROGRAMME

One of our biggest achievements is our Ambassador Programme.

We've:

- Successfully delivered programmes across multiple areas
- Seen significant growth in participation (for example, increasing from small cohorts to larger, more engaged groups)
- Supported individuals to move from being supported... to becoming supporters

AMBASSADOR PROGRAMME

Our ambassadors now:

- Co-facilitate groups
- Support new members
- Represent recovery in the community
- Speak at events and engage with partners

This is where transformation really happens.


A teal circular graphic in the top-left corner, consisting of a solid teal circle and several concentric, slightly offset teal lines.

PARTNERSHIP WORKING

We've built strong partnerships with organisations such as:

- Inclusion (delivering ACT in the Community)
- SSJ (Re-Fit physical activity sessions)
- Local councils and community organisations

These partnerships allow us to:

- Bridge the gap between treatment and long-term recovery
 - Provide holistic support—mental, physical, and social wellbeing
 - Reach more people in a meaningful way
- 
- A teal circular graphic in the bottom-right corner, consisting of a solid teal circle and several concentric, slightly offset teal lines.



COMMUNITY PRESENCE & VISIBILITY



Recovery is becoming more visible across Hampshire.
Our ambassadors have:

- Attended community events
- Represented recovery at local initiatives
- Helped challenge stigma in real-world spaces

Because when recovery is visible...
It becomes possible for others.



A teal circular graphic with concentric white lines is located in the top-left corner of the slide.


THE IMPORTANCE OF LIVED EXPERIENCE

At the heart of everything we do is lived experience. And this isn't just a "nice to have"—It's essential.

People with lived experience bring:

- Authenticity – “I’ve been where you are”
- Trust – breaking down barriers that services alone can’t
- Hope – showing that change is possible

For many people walking into our groups, the first thing they’re looking for is not a service... It’s someone who understands them.

A teal circular graphic with concentric white lines is located in the bottom-right corner of the slide.


A teal circular graphic with concentric white lines is located in the top-left corner of the slide.

IMPACT ON HEALTH & WELLBEING

Our work directly contributes to:

- Improved mental health
- Increased social connection
- Greater physical activity (through programmes like Re-Fit)
- Reduced isolation

Which aligns closely with local priorities such as:

- Physical activity
 - Healthy lifestyles
- 
- A teal circular graphic with concentric white lines is located in the bottom-right corner of the slide.

A teal circular graphic with concentric white lines, partially visible in the top-left corner of the slide.

WHY THIS WORK MATTERS

Without community-based recovery support:

- People leave treatment and face isolation
- Relapse risk increases
- Opportunities for long-term recovery are reduced

What we provide is the bridge.

Between:

- Treatment → Community
 - Isolation → Connection
 - Surviving → Thriving
- 
- A teal circular graphic with concentric white lines, partially visible in the bottom-right corner of the slide.

A teal circular graphic in the top-left corner, consisting of a solid teal circle and several concentric, slightly offset teal lines.

LOOKING AHEAD

We're just getting started.

Our vision is to:

- Continue growing our Ambassador Programme
- Expand groups and reach across Hampshire
- Strengthen partnerships
- And develop long-term, sustainable recovery communities

Because this isn't just about services.

It's about building a movement of recovery in the community.

A teal circular graphic in the bottom-right corner, consisting of a solid teal circle and several concentric, slightly offset teal lines.

CLOSING

Recovery doesn't happen behind closed doors.
It happens in communities.
In conversations.
In connection.

And at the centre of that...
are people with lived experience.

They are not just part of the solution—
They are the solution.

THANK YOU

LYNSAY.RAILTON@RECOVERYCONNECTIONS.ORG.UK

07497 879 841

Introduction to

GamCare

Ed.Brereton@gamcare.org.uk

Ed Brereton

Outreach & Engagement
Practitioner

Mary Lockyer

Gambling Support
Practitioner





What Are Gambling Harms



Low Risk

- Entertainment
- Spending Limits Set
- Control over time

**Public Engagement/
Raising Awareness**

Emerging Risk

- Chasing losses
- Overspending
- Concealment
- Less Concentration
- More isolated

**Brief and Extended
Brief Interventions**

High Risk

- High levels of Debt
- Criminal activity
- Significant Preoccupation
- Relationship breakdown
- Suicidality

**Structured Treatment
Support**

Stats For Hampshire

2.7% of UK adults are classified as “problem gamblers” by the Gambling Commission.

8% of the adult population are affected by a friend or family members gambling.

With roughly 1,070,000 adults in Hampshire means:

28,890

individuals are currently harmfully gambling.

85,600

affected by someone else’s gambling.

Ask The Question

“

**Has your gambling or the
gambling of someone close to
you had a negative effect on
your life?**

”



Resources For You



FREE Gambling Support Starts Here

- Have you bet more than you could really afford to?
- Have you been criticised for your betting or told you have a gambling problem?
- Have you been affected by someone else's gambling?
- Have you felt guilty about the way you gamble or what happens when you gamble?





FREE Gambling Support Starts Here



Our team provide free, flexible
and support for anyone affected
by gambling:

0800 644 6668
www.gamcare.org.uk/SouthEast
SouthEastReferrals@gamcare.org.uk



Events & Presentations



Any Questions?

Please add in the chat or email me on:

Ed.Brereton@gamcare.org.uk



Sign Posting / Tools & Resources



Referral Pathway

Call: [0800 644 6668](tel:08006446668)

Visit: www.gamcare.org.uk/SouthEast

Email: southeastreferrals@gamcare.org.uk

I have found it useful to include this alongside our referral pathways in case any of your service users require:

www.gamcare.org.uk/understanding-your-gambling/self-assessment-tool/



Presentation on Alcoholics Anonymous

By Solent Health Liaison Officer

Our objectives today

- Our objective is to give you an insight into AA. How it operates, and how it can help the problem drinker.
- Hopefully we can clear up some myths along the way!
- If you leave this session more aware and confident in AA, prepared to recommend AA to problem drinkers, we will feel we have been successful.



AA is one of many resources available

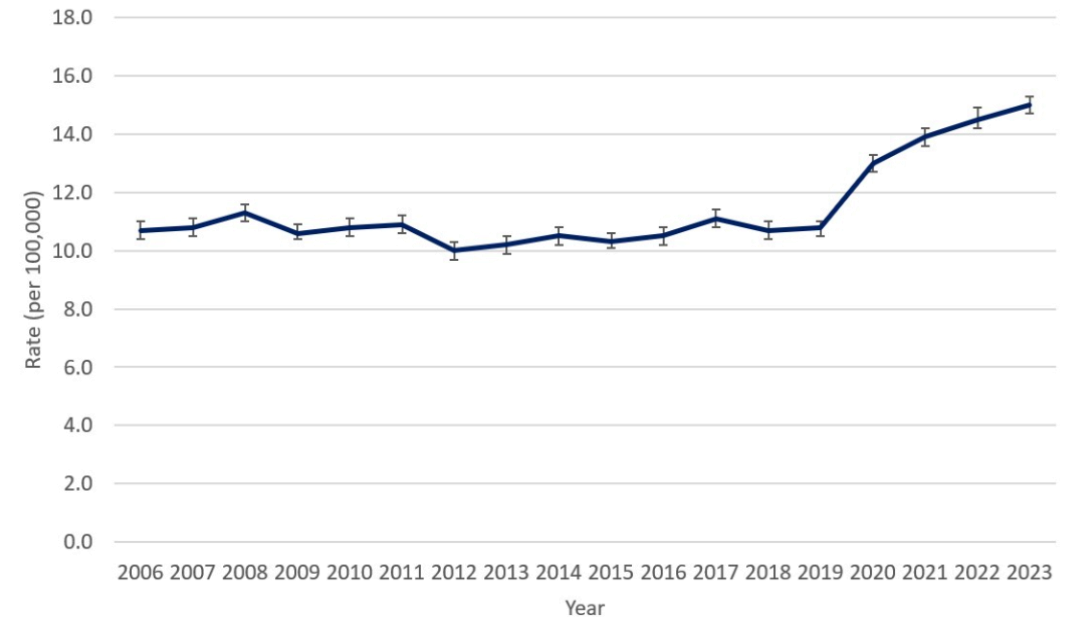
- We understand that AA is only one of a number of different types of resource available to help the problem drinker to stop drinking
- NICE guidelines for 2023 recommends AA and other peer-led self-help groups
- 2020 Cochrane Review reported that AA is extremely effective in helping people achieve long term sobriety (anyone can stop, not starting again is the issue)



Are all problem drinkers alcoholics? Certainly not!

- Just over half of the population in the United Kingdom drink alcohol at least once a week and 21% of adults don't drink alcohol at all
- For most people it is part of our culture, and we feel comfortable with it - moderate drinking doesn't cause many problems
- OHID stats (Dec 2024) reported that in 2023, there were 8,274 alcohol-specific deaths (deaths wholly due to alcohol) in England, which was an increase of 63.8% from 5,050 deaths in 2006 and a 4.6% increase since 2022 – the highest rate since data was collected
- 340,000 hospital admissions due to alcohol in 2022

Figure 1: age-standardised alcohol-specific mortality rate per 100,000 population (all ages): single year, England, 2006 to 2023



What do alcoholics look like?

There are many stereotypes about alcoholics:

- Alcoholics have poor attendance at work
- Alcoholics drink every day
- Alcoholics are mostly old men
- Alcoholics are usually homeless
- Alcoholics are unable to do well in their careers
- Alcoholics always drink in the morning
- Clearly this is not the case!



AA members & their occupations

Employment



Employed full time	51%
Employed part time	10%
Unemployed and looking for work	4%
Unemployed, not currently looking for work	2%
Not working due to disability	4%
Student	1%
Retired	27%
Homemaker or stay-at-home parent	1%

Members Occupations



So how can you spot an alcoholic?

- It can be very difficult to tell!
- Alcoholics are often high functioning, intelligent, well achieving people.
- However, some of the following may highlight a concern;



Being late / Absent from work

Flushed face

Shaking / sweating

Drinking excessively on work events
or seeming reserved about drinking

Lack of appetite

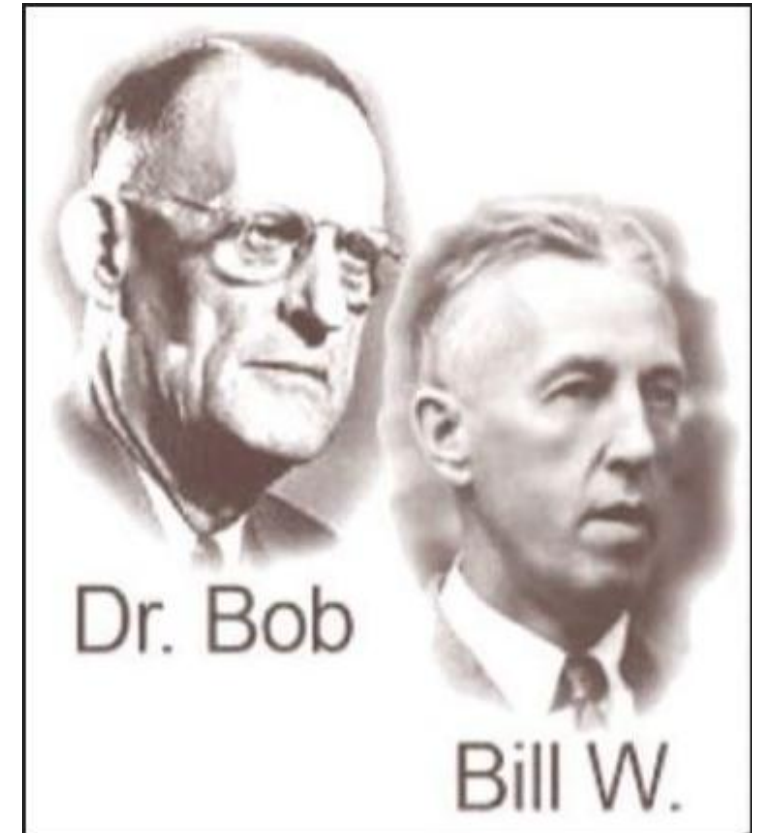
AA and the alcoholic

- In AA we will not 'diagnose' any drinker as an alcoholic. Only the person themselves can decide
- Medical News Today: Alcoholics are obsessed with alcohol and cannot control how much they consume, even if it is causing serious problems at home, work, and financially
- World Health Organisation: A person whose loss of control over drinking affects every aspect of their life
- Alcoholism is an Equal Opportunities Destroyer!



History of AA

- AA started in the USA over 80 years ago when an alcoholic (Bill W) was struggling to stay sober.
- He realised that he needed to speak to another alcoholic instead of picking up a drink, and found Dr Bob our co-founder
- This is the basis of our fellowship today, one alcoholic talking to another, sharing their experience, strength & hope
- 118,000 groups, 180 countries, 2.2m members, Big Book sold over 40million copies in 90 languages

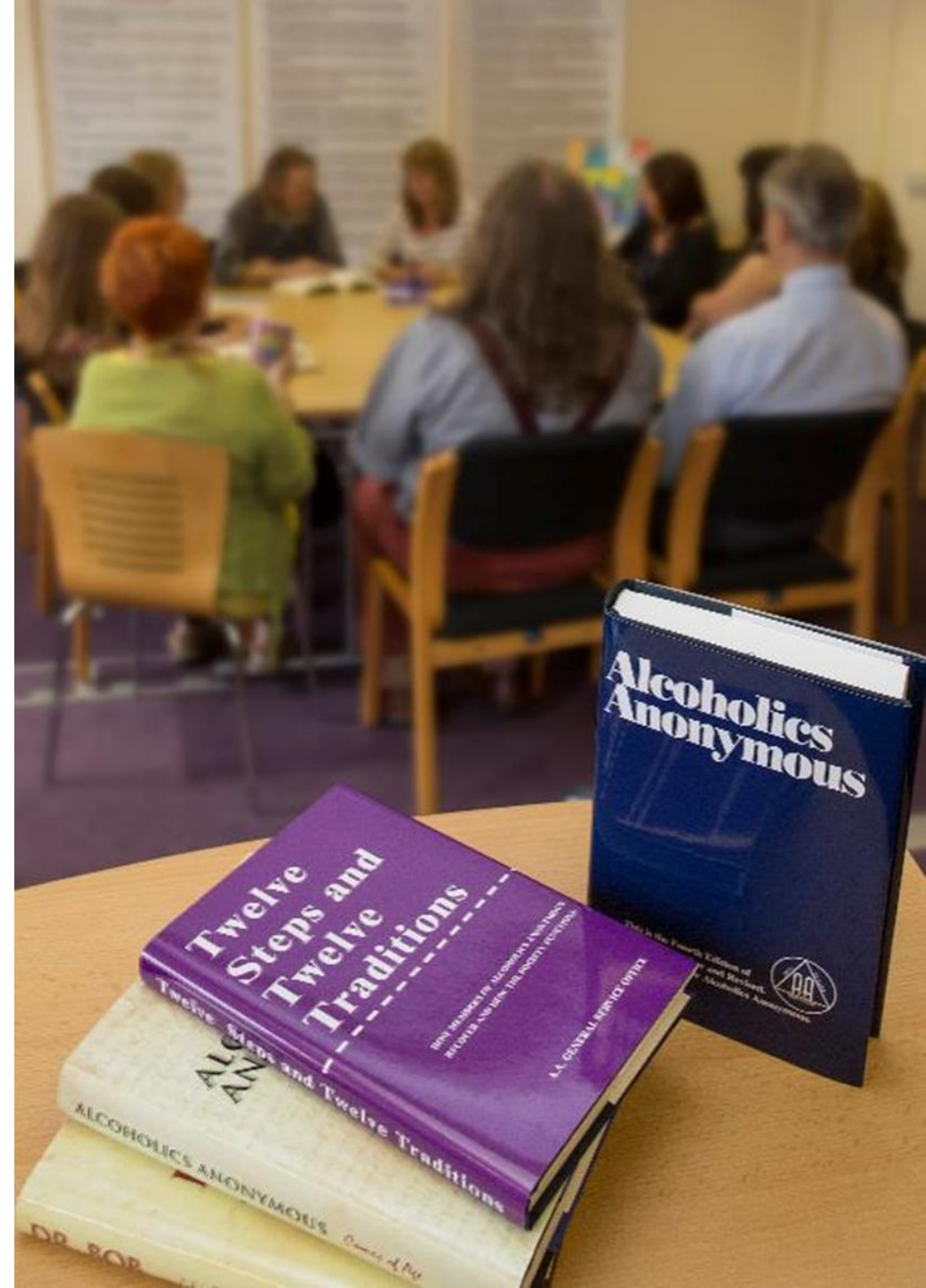


How AA works

Meetings can have different formats:

- General Share
- Step Meeting
- Daily Reflections
- Newcomers Meeting
- Living Sober
- Round Robin

We always encourage people to try several different meetings to see which suits them best



AA locally

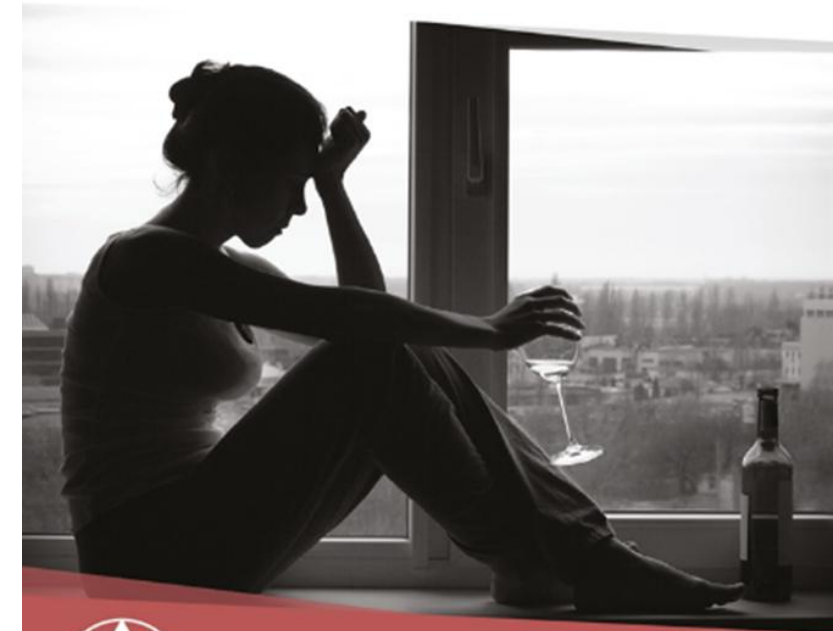
- Today in the UK we have over 4,400 groups and about 50,000 members
- A mix of in person and online meetings.

The screenshot shows a search interface for AA meetings. It features two tabs: 'IN PERSON' and 'ONLINE ONLY', with 'ONLINE ONLY' selected. The main search area is dark blue with white text and input fields. It includes a location search field with a placeholder 'Please enter your town or postcode' and a location icon. A country dropdown menu is set to 'United Kingdom'. There are sections for 'Select days' (MON, TUE, WED, THU, FRI, SAT, SUN) and 'Select times' (MORNING 07:00-12:00, AFTERNOON 12:00-17:00, EVENING 17:00-22:00, OVERNIGHT 22:00-07:00). An 'Additional requirements' section has three checkboxes: 'Wheelchair access', 'Sign language', and 'Hearing aid loop', all of which are currently unchecked. A 'Chit system' checkbox is also present. At the bottom right, there are two buttons: 'Find a meeting' (orange) and 'Clear filters' (white with blue border). A small note at the bottom states: 'Unless stated otherwise, all meeting times are in the current UK timezone (UTC+1).'

How can you find out more about AA?

- Website – www.alcoholics-anonymous.org.uk
- Telephone helpline manned 24/7 & 12 step system/ buddying up
- AA meetings – in person and online
- Treatment centres, drug and alcohol agencies
- Literature

**IS ALCOHOL
COSTING YOU MORE
THAN MONEY?**



Alcoholics Anonymous

0800 917 7650

www.alcoholics-anonymous.org.uk

Email: help@aamail.org

SCAN HERE FOR YOUR
LOCAL MEETINGS

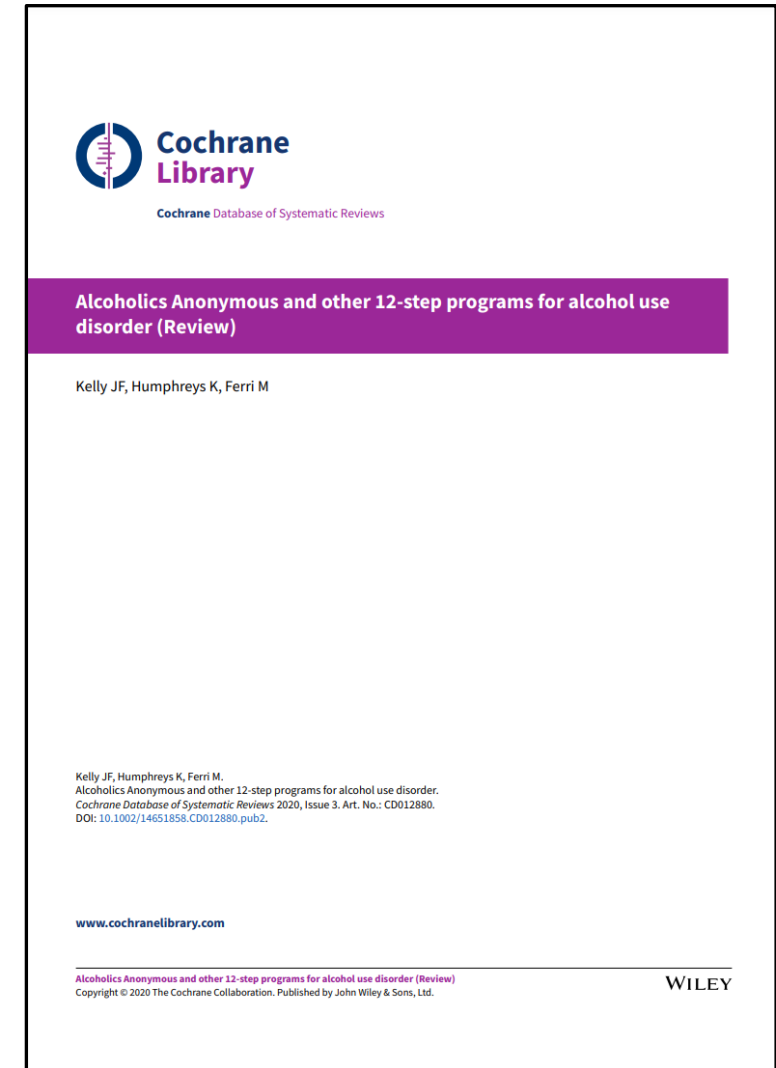


**NEVER TOO YOUNG
OR TOO OLD TO GET HELP**

ALL ENQUIRIES ARE TREATED IN THE STRICTEST CONFIDENCE

Cochrane Review of effectiveness of AA, 2020

- John Kelley, Professor of Addiction Medicine at Harvard Medical School evaluated 35 studies of 145 scientists involving over 10,000 participants
- AA was nearly always found to be more effective than psychotherapy in achieving abstinence and that AA participation lowered health costs
- 42% of participants in AA remain abstinent 1 year later compared to 35% of participants receiving other treatments
- Study found there were also higher rates of quality of life among those in stable recovery than the general public who had never been alcohol dependent
- AA works because it is based on social interaction “if you want to change your behaviour, find some other people who are trying to make the same change!”



Useful Article/Podcast Links...

Hospital Alcohol Care Teams - <https://fg.bmj.com/content/11/4/293>

What the professionals say about AA -

<https://www.alcoholics-anonymous.org.uk/wp-content/uploads/2025/06/What-professionals-have-said-about-Alcoholics-Anonymous-1.pdf>

Podcast interview - AA Success -

https://www.linkedin.com/posts/institute-of-alcohol-studies_in-our-latest-podcast-we-spoke-to-tim-a-activity-7291014270090182656-S8A4

Disease Burden and Costs -

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)32866-0/abstract?sf174687832=1](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)32866-0/abstract?sf174687832=1)

Alcoholics Anonymous Awareness Day for Professionals 29 October 2026 -

<https://www.eventbrite.co.uk/e/alcoholics-anonymous-awareness-day-for-professionals-29-october-2026-tickets-1982075047824>

In summary...

- Available now, 24/7 x 365 days a year
- Free
- Local
- Introduces the alcoholic to other like-minded people that understand what they are going through
- Evidence is clear that it works when other clinical approaches are not

Tradition 3: "The only requirement for membership is a desire to stop drinking"

Any questions?

Brian & Kate Health Liaison Officers

health.solent@aamail.org

Brian 07553171315

Kate 07702254370

Thank you



Thank
You

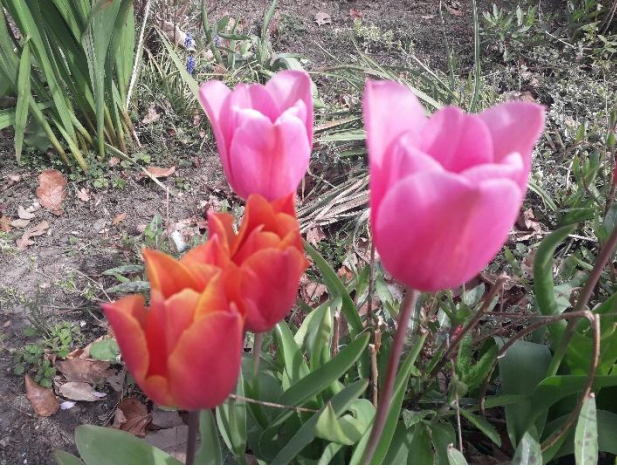


- **Thank you** to all presenters, Katy Ovens and you the audience too!
- **If** you didn't have time to ask a question or make a comment via Chat, or if you have a theme suggestion/presenter recommendation, please email Katy:- healthforums@cfirst.org.uk
- ✓ This **Webinar**, the **PowerPoint** and any corresponding documents, will be available via the **Community First website** within a week.
- **Dates** for the 2026 Hants & IoW Social Prescribing Network and Voluntary Sector Health & Wellbeing Webinars and Events...



Hampshire and Isle of Wight





Hants & IoW Social Prescribing Network, Voluntary Sector Health & Wellbeing Webinars, and Face-to-Face 2026 Event Dates...



- **Tuesday 12th May 2026** – 13:00 – 14:00 Hampshire and Isle of Wight Social Prescribing Network **Webinar** *'Supporting Young People to Thrive: Community-based Approaches'*
- **Thursday 25th June 2026** - 12.45 – 15:00 – South East Hampshire, Voluntary Sector Health & Wellbeing Forum *'Networking and Showcase Event'* - Bedhampton Community Centre
- **Thursday 2nd July 2026** – 13:00 – 14:00 Voluntary Sector Health & Wellbeing **Webinar** – *'Building a Healthier Future for Women: Screening, Strategy and Support'*



Hampshire and Isle of Wight





The recording will now stop.

Please can you email Katy Ovens with any '**outcomes**' that emerge as a result of you attending/networking virtually at today's Webinar.

Thank you everyone and **have a good afternoon.**

Hope to see you at 13:00 on 12 May for our next Webinar!

Website Address: Community First:- www.cfirst.org.uk

If you have any information to share, please contact:-
healthforums@cfirst.org.uk



Hampshire and Isle of Wight

