

Client Story

I started using and dealing drugs in my 20's. I went to prison where I got some help with my addiction. Slowly over the year's alcohol crept in and before I knew it had become a replacement for my drug use.

"I was drinking every day to cope with life and switch off after work, it's easier as it was socially acceptable. It started become problematic, I was drinking alone at home and I wasn't present in everyday life with my family. I didn't see it myself but everyone around me did including my partner who said she didn't want to see me killing myself so I moved out. It was at this point that I realised I had a problem but it took me 18 months of working with STAR before I finally accepted it".

After I'd been to STAR for help, I wasn't ready and knew I couldn't go it alone afterwards so they recommended me to ESRA.

"I needed like-minded people who were going through the same things to give me hope and encouragement. Recovery can be a very lonely time and there were a couple of familiar faces from previous STAR groups which helped. You think you're the only one going through it but there were many people at different stages of recovery in the groups at ESRA so it felt less daunting".

ESRA helped me stay positive in those early days. Through them I realised the feelings and emotions I was experiencing are part of the normal stages you go through in recovery. Taking one day at a time and sharing experiences with other people on the same journey helps you to realise there is a life without alcohol. SMART has been great, sharing with others, learning the tools to help maintain my sobriety has been so useful and supportive.

"Talking to people and sharing experiences, it reminds you of just how far you've come and what you've been through. It makes you stronger and shows you and others that there is hope but you have to put yourself first so that you can be there for your family, I want to give them the best version of me. You have to own your addiction and accept yourself, that was a different me. I'm not that person anymore".

I've joined a weight loss group who meet regularly and we also walk every week. I have also joined weekly Circuit training and I've started running every morning to improve my health and fitness as well as maintain my wellbeing and focus.



"I was choosing alcohol over my family and my kids and I was not getting from the drink what I thought I needed. It wasn't solving my problems as I thought but creating them and I was really scared".

"My recovery journey has made me a better person. It's a gift that keeps on giving and I'm a better person to be around. My relationships are stronger and I recently became engaged to my partner. I work full-time but I am able to cope with the stresses better and I love spending time with our kids".

"I'm in the best place I've been for a long time. My life was chaotic and drug fueled for so long but now my life is calm and free of addiction and my kids are seeing me as a positive influence on the family".