

ARK HOUSE REHAB LTD NEWSLETTER

July 2026

WELCOME

Welcome to the Ark House monthly newsletter. A round up of updates from both our Rehab and work within the recovery community.

We are proud to work alongside so many amazing organisations in the recovery space and this newsletter allows us to share with you the hard work our staff, volunteers, clients and partners have been taking part in.

We always appreciate feedback and opportunities so please get in touch.

Together we can.

RESIDENTS WHO ARE TAKING
THE NEXT STEPS IN RECOVERY

COMPLETING TREATMENT

RECOVERY IS A LIFELONG JOURNEY AND OUR
FREE AFTERCARE CONTINUES FOR THEM

Recovery from addiction is all about growth. This month saw the completion of a beautiful new space at Ark House as we continue to provide a brighter, peaceful environment for healing and recovery.

We are hosting an opening ceremony of the new Akron Suite on Saturday 8th August. Get in touch if keen to attend



THE AKRON SUITE IS COMPLETED



REAWAKENING HOMES NORTH YORKSHIRE

We continue to strengthen relationships within the recovery community and explore future collaborations. This month the Ark House team visited Harrogate to meet with a brand new CIC.

Reawakening Homes North Yorkshire provide abstinent, recovery focused housing for adults who are ready to live substance free.

The team also took the opportunity to visit us and see what clients do whilst in Ark House for treatment. We talked about the vital transition from rehab to independent living. Building this continuity is key to supporting people safely and confidently through the next step of their recovery journey.

We always welcome organisations and services visiting us and seeing how Ark House works.

IMPORTANT CAMPAIGNS

We also visited New Vision, in Bradford to speak about the drastic rise of Ketamine addiction in the UK and their campaign The Ket Effect.

We met with Rose who is a recovery coordinator in the Outreach and Rough Sleeping team and who spoke to Richard about New Vision's aim to challenge the misconceptions that Ketamine only becomes a problem when use reaches the extreme.

We are always keen to promote game changing campaigns so please get in touch



VOLUNTEERING IN THE COMMUNITY

With summer in full swing our Extended Care residents have been volunteering, litter picking around Scarborough. Giving back to the local community whilst rebuilding self-esteem, helps our residents to establish a healthy, structured routine.



IN RECOVERY THE ARK HOUSE PODCAST

Season Two of our podcast continued and is rapidly growing in reach and popularity. It reached Number 10 in the global Mental Health charts and was made Critic's Choice in The Sunday Times. We are now being listened to in over 75 countries.

Every episode we speak to a celebrity in recovery, a former resident of Ark House and a professional from the recovery community for game changing advice or to give an insight into their organisation

Over June and July we have featured Forward Leeds, Addictions North East, The Recovery Games, Sober Butterfly, Alcohol Change, The Basement Recovery Project and New Vision. If you are keen to feature on the podcast please do get in touch with Lee on harveylee2025@gmail.com



We have attached a copy of a poster for the podcast, with a QR code to scan to get access to the podcast. If you are able to put up and display for us that would be great!



ALCOHOL AWARENESS WEEK

Alcohol Awareness Week 2026 took place from 6-12 July 2026, focusing on the theme "Alcohol and me" organised by Alcohol Change UK.

This year it encouraged people to think about how alcohol fits into their daily routines, social events, and relaxation habits. Joe from Alcohol Change joined us to chat on our podcast



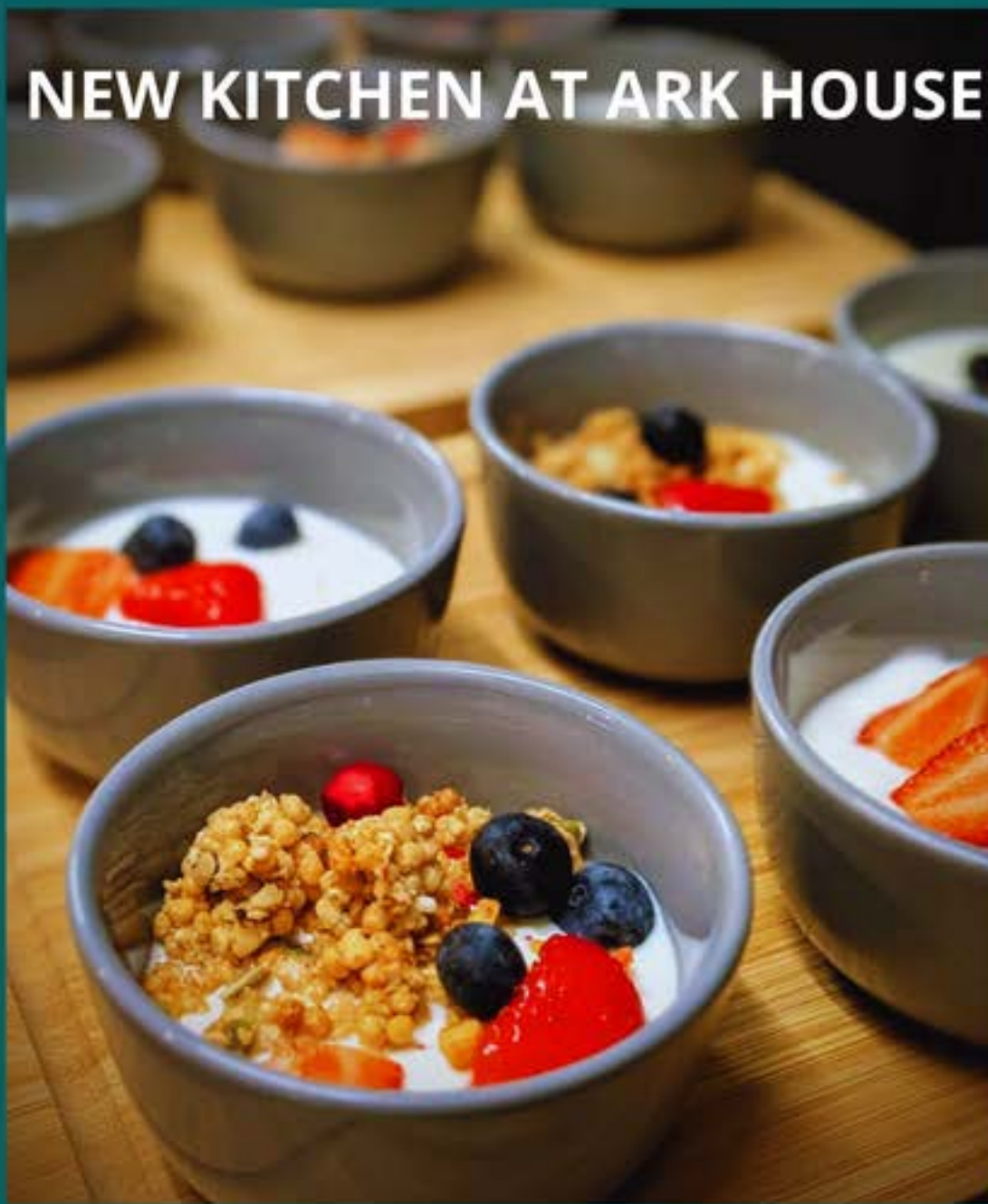
FORMER RESIDENT CELINE MAIN SHARE



Every Monday at Ark House we welcome back former residents for a Main Share Aftercare meeting. This month's guests included Celine.

At Ark House Rehab, our support doesn't end when residential programmes finish. Residents become part of our recovery family, with access to free aftercare for as long as they need it.

NEW KITCHEN AT ARK HOUSE



Food is a primary focus at Ark House as it plays a vital role in healing. Our two in-house professional chefs prepare nutritious, balanced meals daily. After a 17 thousand pound investment in our kitchen this month, we have also now extended our breakfast offering to residents.

Repairing the body and mind is vital after active addiction, and a good breakfast starts restoring vital vitamins and minerals.

We promote holistic well-being at Ark House through mindful nutrition, ensuring that every resident feels cared for, both physically and emotionally.



RECOVERY STREET FILM FESTIVAL

This month the Ark House team spent some time filming for their entry to this years Recovery Streets Film Festival.

Telling stories of recovery, creativity, and community and sharing voices and experiences that deserve to be seen and heard, this years festival will take place on Saturday 26th September at The Phoenix Cinema in Leicester and submissions need to be in by 23rd August



CELEBRATING 400 YEARS OF SCARBOROUGH

Scarborough has been home to Ark House Rehab for almost 35 years and this month the seaside town in North Yorkshire celebrated its 400th birthday.



THANK YOU FOR YOUR CONTINUED SUPPORT

from the ark house team

At Ark House we value collaboration with addiction professionals. If you would like to discuss a client referral, please do not hesitate to reach out.

We also welcome your input to improve our care.

If you would like to arrange a visit please let us know.



RECOVERY MILESTONE

We want to wish one of our volunteers a happy sobriety birthday on the 7th August. Leo's strength and determination is inspiring, not only to us at Ark House, but to everyone who is lucky enough to meet Leo.

For anyone celebrating an important milestone, keeping shining and keep growing.



see you in august