

# ARK HOUSE REHAB LTD NEWSLETTER

*August 2026*

## WELCOME

We hope you have had a safe and happy August and welcome to the Ark House monthly newsletter. A round up of updates from within 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. Email [ark.houserehab@gmail.com](mailto:ark.houserehab@gmail.com)

Together we can.

## COMPLETING TREATMENT

ARK HOUSE GRADUATES WHO LEFT US THIS MONTH TO TAKE THE NEXT STEPS IN RECOVERY.



**Bjorn Roswald** founded Ark House Rehab in 1993, and it was his own struggles with alcohol that led him on a journey that would ultimately transform addiction treatment in the North of England.

Bjorn still runs a lecture every Monday for our current residents and on the 30<sup>th</sup> August marked an incredible 41 years of sobriety.

## ARK'S FOUNDER CELEBRATES 41<sup>ST</sup> MILESTONE





# OPENING OF AKRON SUITE



We want to thank everyone who came along to support the opening of our brand new building, The Akron Suite at Ark House at the start of the month.

We were joined by over 100 people including trustees from our charity, professionals from recovery organisations, former residents of Ark House and 90's pop star Kavana who shared his story of recovery with us.

The Akron Suite is just part of an ongoing investment into our treatment centre. It houses a new lecturing room and counselling space.







We supported the amazing team at Aspire for their free, family-friendly community event held in Doncaster - The Recovery Life Fest.

Attending events like this is so important to Ark House as we build trust, reach people who may need help and strengthen our links to the recovery support network.

If your organisation has an event coming up we can be part of, please do let us know.



We were proud to support IOAD by speaking to Mick from New Vision in Bradford about their amazing "You Can Save" campaign, which so far has seen 1600 people trained to use Naloxone which temporarily reverses the effects of an opiate overdose.

This was the 25<sup>th</sup> IOAD - a chance to remember those we have lost and take action to save lives.

## ARK HOUSE SOCIAL MEDIA

Our online community is vital to our rehabilitation program because it provides continuous, accessible peer support that bridges the gap between formal treatment and daily life. It also allows us to champion the work of others in the recovery community.

August saw our social channels reach new heights as we reached 1 million views on Instagram and a follower count of 12K. We also now have an amazing 8 thousand followers on our official Facebook page. Thanks to everyone for the support.



## NEW KETAMINE ANONYMOUS GROUP

We are so proud of 3 former residents of Ark House who have set up a new Ketamine Anonymous group in Barnsley. Well done Laura, Jake and Oliver.

There are only 6 weekly KA groups in the whole of the UK at the moment so the work they are doing is vital.





It's been another busy month on our Sunday Times recommended podcast IN RECOVERY, which now reaches people 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.

We have had some amazing guests this month including founder of The Sober Girl Society, Millie Gooch and actors Oliver Mason, Emrhys Cooper and Joe Tracini.

We have also featured interviews with people from vital recovery organisations including Forward Leeds, Likewise, Renew, Empty Chairs and Alcohull Free.

We had an amazing response to a special episode that featured former resident Si and his Mum, Jeannie where we explored the ripple effect of addiction. We know first hand the devastating effects addiction can have on a family, so this episode we hope can support those family members, friends and loved ones.



We visited Alpha House in Halifax and were blown away by the incredible work they do for offenders with multiple and complex problems.

Alpha House is a lifeline for these people but so much more funding and support is needed. It was a pleasure to meet CEO Yvonne Oliver and take a tour of the facilities.



## GIVING WOMEN IN RECOVERY A VOICE

We welcomed Tracey and Ruth to Ark House from the Sheffield Recovery Community to talk about Tracey's new book Whispers From The heart, which will give women around the world a chance to tell their story.

With team member Becky, they also ran a journaling session for our female residents.





## SHORT FILM CATEGORY

**BIG BOOK**  
CALLUM THOMAS

**CHANGE**  
ALEXANDER MAZONOWICZ

**DAD**  
ARK HOUSE REHAB

**DUALITY**  
CGL SEFTON

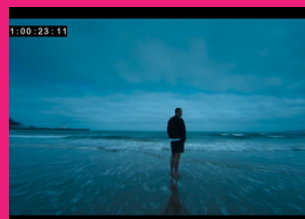
**A FAREWELL LETTER TO ALCOHOL**  
SARIT CHATURVEDI

## ARK HOUSE MAKE SHORTLIST FOR FILM FESTIVAL

We are thrilled to have made the shortlist for Best Short Film at this year's Recovery Street Film Festival. We join 14 other entrants at the final which will be held on the 26<sup>th</sup> September at The Phoenix Cinema in Leicester.

We hope our film DAD will help break the stigma of addiction, build connection and inspire change.

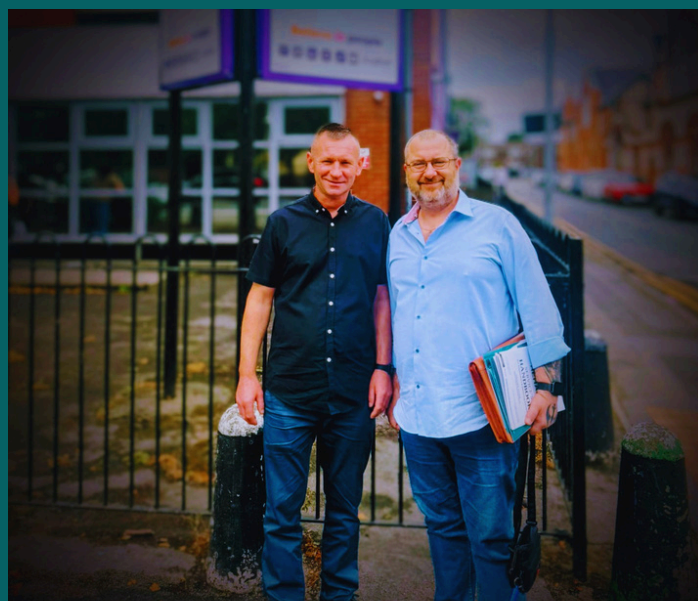
We wish all the finalists - Good Luck!



## BREAKING DOWN BARRIERS

Marek and Artur, both from Poland, visited Renew in Hull this month to speak to other Polish speaking clients. They know first hand the problems that are faced when dealing with addiction issues, such as cultural, language and systemic barriers.

We hope by them carrying the message of recovery, more people will seek help in a culture of heavy drinking and a lack of familiarity with services on offer



## MAKING THE PRESS

Ark House featured in various media publications this month including BBC Radio York, Leeds, Sheffield, Lincolnshire and Humberside, as well as That's TV, The Scarborough News and The York Press. We know how vital carrying the message of recovery is.

**BBC RADIO**  
**York**



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# THANK YOU FOR YOUR CONTINUED SUPPORT

*from the ark house team*

## A NEW CHAPTER



As the month drew to a close we had to say goodbye to a valued member of the Ark House team, Gaz. He is moving on to a new professional chapter and we are so thankful for the compassion, dedication and hope he has brought to the residents, volunteers and staff of Ark House.

He walked through the doors just over two and a half years ago broken from alcoholism and told he may never walk again. Through courage and determination, he has turned his life around, completing 4 marathons and about to become a Dad with his new partner.

We wish Gaz all the luck and happiness for the next chapter in his recovery journey.

**email us with any news or suggestions**  
**[ark.houserehab@gmail.com](mailto:ark.houserehab@gmail.com)**

*see you in september*





# IN RECOVERY

## THE ARK HOUSE PODCAST

A companion guide to recovery and well-being brought to you by CQC Outstanding  
Ark House Rehab



[arkhouserehab.co.uk](http://arkhouserehab.co.uk)

PODCAST  
RECOMMENDED BY



THE TIMES

