

ARK HOUSE REHAB LTD NEWSLETTER

September 2026

WELCOME

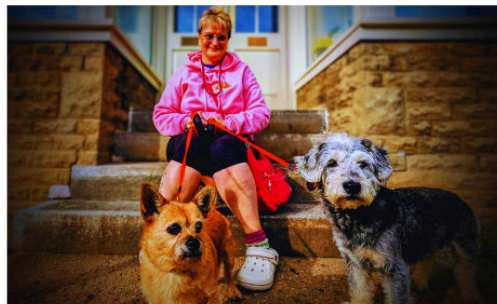
Ark House has been busy supporting National Recovery Month alongside working with our clients in treatment, so there is lots to update you on in our monthly newsletter. This is your round up of news from within our rehab and work within the recovery community.

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

SHARING STORIES OF RECOVERY

THESE ARE SOME OF THE ARK HOUSE GRADUATES WHO HAVE VISITED US THIS MONTH TO CARRY A MESSAGE OF HOPE.



National Recovery Month is held every September to educate the public on mental health and substance use treatment, whilst celebrating everyone in recovery. By highlighting that recovery is real, attainable, and sustainable, this monthly campaign fosters hope and reminds individuals that they are never alone on their journey to healing.



NATIONAL RECOVERY MONTH

RECOVERY GAMES 2026



The Ark House team were thrilled to be chosen as one of the competing teams in this year's 13th annual **Recovery Games**. This was the first time we have attended the event (to compete and to have a stall in the community village) and we had an incredible day (even though we didn't win!)

Held at Sandall Park, Doncaster, 2026 marked the event's first year operating as an independent, lived-experience-led Community Interest Company (CIC). Over **800 competitors** representing more than **40 UK-based** recovery groups and rehab facilities participated in a series of structured arena events, including large-scale inflatable obstacle courses.



YOU, ME AND ADHD - RYAN SWAINE

We had an incredible day at Ark House this month when **Ryan Swain** brought his game-changing "**You, Me & ADHD**" talk straight to our residents. As an award-winning presenter, DJ, and advocate for neurodiversity, Ryan shared his own raw, honest story of being diagnosed with ADHD at age 21. The session tackled the real, often hidden links between neurodiversity, mental health, and addiction, showing how emotional struggles impact the road to recovery. Ryan is living proof that you can turn life's toughest challenges into your greatest strengths, and his energy left everyone feeling inspired, understood, and ready to smash the stigma around ADHD.





OLIVER MCGOWAN TRAINING

The team from St Anne's Community Services delivered The Oliver McGowan Mandatory Training on Learning Disability and Autism to staff. This government-backed program provides health and social care staff with the essential skills and knowledge required to offer high-quality, informed care to autistic individuals and people with learning disabilities. By hosting this essential training, Ark House ensures its frontline team is fully equipped to deliver safe, understanding, and highly supportive healthcare services.



PRISON VISIT HMP & YOI KIRKLEVINGTON GRANGE

Ark House team member Dave and former resident Patrick travelled to HMP & YOI Kirklevington Grange, to carry the message of recovery. They shared their lived experience with current inmates, giving strength and hope to those who want to turn their lives around.

Going into prisons to carry the message of recovery is vital because it offers faith and strength to a population that often feels forgotten or defined solely by their crimes..

ARK HOUSE FACEBOOK PAGE

Our Facebook community has officially grown to over 9,000 followers. This milestone is a powerful reminder that the conversation surrounding addiction and recovery is growing louder and stronger every single day, and we are deeply grateful to everyone who likes, shares, and connects with our mission.

By bringing 9,000 residents, alumni, families, and supporters together, our page provides living proof that recovery is possible, breaks down societal stigma, and keeps our community anchored long after formal treatment ends.



RECOVERY STREET FILM FESTIVAL

We were thrilled to join all the finalists for the 2026 Recovery Street Film Festival in Leicester. Although we didn't reach the top 3, it was a privilege to be nominated and see such amazing work by others. It was also great to catch up with organiser Maddie Kitchen and podcast guest (and awards host) Richard Mylan



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**INDEPENDENT
PODCAST
AWARDS**

**SHORTLIST
REVEALED**



FINALIST
BEST LIFESTYLE PODCAST

**INDEPENDENT
PODCAST
AWARDS**

FINALIST
BEST SELF-IMPROVEMENT PODCAST

**INDEPENDENT
PODCAST
AWARDS**

FINALIST
BEST PERSONAL STORIES PODCAST

**INDEPENDENT
PODCAST
AWARDS**



IN RECOVERY THE ARK HOUSE PODCAST

It's been a very exciting month for our podcast IN RECOVERY. It was revealed that we have been shortlisted for 3 Independent Podcast Awards in November. Best Lifestyle, Best Personal Stories and Best Self-Improvement Podcast

Our podcast is now resonating with people in over 78 countries and this recognition just shows that carrying the message of recovery really is helping break the stigma of addiction.

This month has seen us speak to celebrities in recovery including founder of Hat Trick TV, Jimmy Mulville, chef and author Alisdair Gill, winner of SAS Who Dares Wins, Jimmy Priestly and Ulrika Jonsson. A poster for the podcast is included and if you can please display.



We have also spoken to some incredible people in the recovery community including Kevin Morris from Forward Leeds, Matthew Butler from Renew and Anne Marie Ward, CEO of Faces and Voices Of Recovery UK who organise the vital National Recovery Walk which took place in Bradford this year.



SCARBOROUGH PRIDE

Led by our newly appointed LGBTQI+ champion and Ark House team member Becky, we headed to Scarborough Pride this month to represent Ark House and support the local community.

Residents, volunteers and staff took helm of a stall in the community village and proudly walked with the parade.

For many people, the path to addiction is paved with isolation, stigma, and the pain of hiding who they truly are. Standing together at Pride is a profound act of reclamation. By showing up authentically, residents break the chains of shame, proving to themselves and the world that healing and self-love are possible.





ARK HOUSE WELCOMES GUESTS FOR OPEN HOUSES

We opened our doors for the nationwide **Open Houses 2026 campaign**, a vital initiative co-ordinated by Choices Rehab to showcase the life-changing impact of residential drug and alcohol treatment. By welcoming commissioners, policymakers, clinicians, and the local community inside, Ark House provided a transparent look at day-to-day life in a structured, evidence-based recovery environment. We want to thank those who visited us.



LOOKING TO VOLUNTEER?

Ark House Rehab is looking to expand it's team and is looking for a motivated volunteer who is ready to help us help others. Ark House opened its doors almost 35 years ago and has helped thousands of people take the next steps on their recovery journey. Would you like to be part of this? If so we would love to hear from you.

For more information and to start the application process please email chris@arkhouserehab.co.uk

WE NEED YOU VOLUNTEER POSITION

Ark House Rehab is seeking a motivated volunteer to assist clients with a wide range of duties including support, structured admin work and regular liaison with external agencies.

IS THIS YOU?

- Ideal for someone with experience or knowledge of systems used at Ark House
- Someone engaged in 12-Step recovery
- Preferably someone who has been through treatment at Ark House
- Ready to commit to regular shift patterns
- Clean time requirement of 12 weeks



apply by email chris@arkhouserehab.co.uk



ACCESSING SERVICES

Joining us on IN RECOVERY - The Ark House podcast, Service Manager of 5 Ways Recovery Academy Kevin Morris speaks about exactly what individuals can expect when stepping into drug and alcohol services, demystifying a system that can often feel overwhelming, intimidating, or confusing to those seeking help for the first time.



THANK YOU FOR YOUR CONTINUED SUPPORT

from the ark house team

VITAL CAMPAIGNS



National Recovery Month is always accompanied by vital campaigns and we are proud to support others in the community as they try and change lives. Alongside finding out more about New Vision's Naxalone campaign "You Can Save A Life" we also paid a visit to Hull this month.

We were honoured to attend the screening of K-Hole, the hard-hitting documentary commissioned by **ReNew** (Hull's drug and alcohol service delivered by Change Grow Live) and produced by Inspired Youth in partnership with the Believe in People podcast. The film tackles the rising crisis of ketamine dependency, severe bladder damage, and addiction recovery across Northern England. The screening coincided with the launch of the **Hull Ketamine Support Pathway**, a proactive initiative aimed at improving how local professionals identify and connect individuals experiencing ketamine-related harm with compassionate, stigma-free care

email us with any news or suggestions
ark.houserehab@gmail.com

see you in October



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

PODCAST
RECOMMENDED BY



THE TIMES

