

September 22nd: CHIME in practice *Recovery Games*

The Recovery Games are another innovative example of CHIME in practice we want to highlight in our fourth blog during the Recovery Month. The Recovery Games started in the United Kingdom and was initiated by Aspire Drug and Alcohol Services, Doncaster. The Games are set up to tackle the stigma around recovery and showcase that recovery does happen and that recovery can be enjoyed rather than endured. Many people in recovery and their families feel excluded from their communities. However, recovery is fundamentally relational and happens in the community and not in the clinic. It relies on the acceptance of recovery by the community and family.



The Recovery Games is an all-day event and has become a key attraction in the recovery calendar. It started locally with 300 participants in their first year and has now grown into a national event. It brings together different people, in different phases of recovery, from around the country to celebrate the achievements of people in recovery from a drug and alcohol dependency. It aims to make recovery attractive while showcasing that fun is possible without drugs or alcohol. It is all about having fun,

being positive, reinforce happy feelings, and create positive bonds. As the Games include challenging team-based games in gladiator style and obstacle courses on the ground and in the water, connections and sportsmanship are being built. The Games also include a festival of colours. The core of the Games is accessibility and making the recovery community visible with the aim to challenge stereotypes, prejudices, and fears within the society linked to the recovery community.



As expressed by Neil Firbank, Aspire, “The Recovery Games showcase that recovery does happen with the right support. Those taking part are on their own journey of recovery and once a year they join in and have fun with others who are also experiencing the recovery process”. This year, the Recovery Games are finally back after a break due to COVID-19 and will be bigger, bolder, louder, and brighter. There are exciting new themed games and developments with some amazing street entertainers wandering through the audience. This year, there will be a blend of a music and dance set with games. The Recovery Games will take place on **September 24th** and will be livestreamed.

Learn more about the Recovery Games ([site](#))
Stay updated via [Facebook](#), [Instagram](#), and [Twitter](#) – registration is still open

Get an impression of the Recovery Games in 2019: [Promo](#) and [Recap](#)