



# NEWSLETTER

Edition 1 – July 2022

BAC-IN deliver addiction recovery and rehabilitation services and specialise in supporting people from Black, South Asian and Minoritised Communities.

Our approach is holistic, peer-led, adaptable, culturally sensitive and inclusive, enabling individuals to access support with addiction recovery, mental health and additional well-being services.

We also provide bespoke training, consultancy and specialist addiction recovery packages to healthcare providers and statutory organisations across the UK.

## Equitable recovery and treatment #recoveryforall



[The APPG \(All Party Parliamentary Group\)](#) for Recovery from Addictions was formed to develop and promote policies which ensure individuals, families and communities affected by addiction have access to services and resources necessary

necessary to overcome the challenges caused by addiction in the immediate and longer-term. The meeting on Monday 13<sup>th</sup> June 2022, which was chaired by Noreen Oliver MBE and co-facilitated by David Burrowes MP, and also attended by Fiona Bruce MP Chair of the APPG, comprised of an introduction to [RGUK \(Recovery Group UK\)](#), its aims and objectives, followed by a presentation by Sohan Sahota, Managing Director and David Thomas, Service Development Officer of BAC-IN. The presentation focused on a recent report published by BAC-IN and entitled [Out of Sight, Out of Mind](#). Which looks into

equitable recovery and systems. The report highlights some of the many gaps in services for BAME communities, and raises concern regarding the lack of culturally sensitive provision for these and other underrepresented groups. It is a fact that people from BAME communities are not coming forward for treatment and thus the question is why? Furthermore, the report raises significant concerns regarding the health and wellbeing of both individuals, families and communities, and the need for this to be addressed as a matter of priority, and calls for this to be debated in Parliament. **Check out highlighted links for more information.**



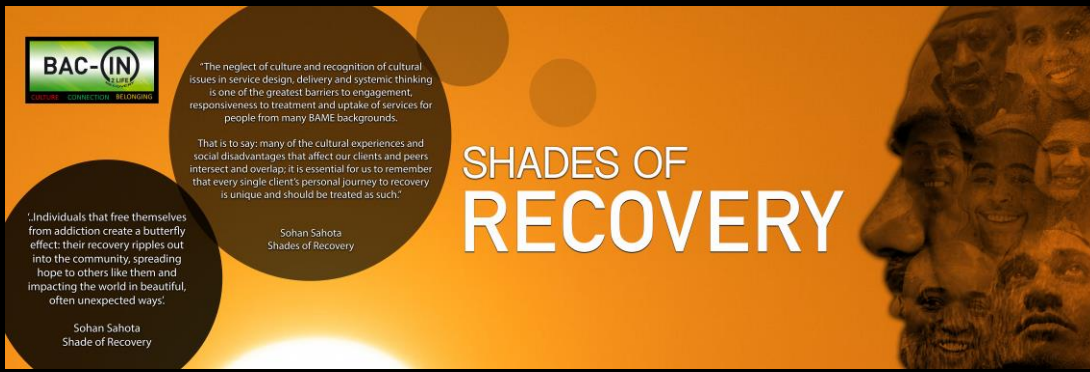
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Office opening times:  
Monday – Friday 9am – 5pm  
Including out of hours evening  
and weekend support



**[I'm Jit and I'm an alcoholic](#)** – A short film in which Jit, describes some of the many challenges he has experienced with his addiction and the devastating impact this has had on not only himself, but also his family and friends. In the film he describes what he did to work through his addiction and turn his life around. The premier screening in Leicester was attended by a host of professionals, friends and members of the local South Asian communities; including Alex Thorpe BBC, Claudia Webbe MP and Resham Singh Sandhu MBE. Jit hopes the film will inspire others to seek help and there are plans for further screenings of the film to be shown across the Midlands. Many thanks to Jit and all involved in this much needed film for bringing what are taboo subjects, into the light. The communities are desperate for help and need culturally appropriate & equitable treatment & recovery services - a shared reality for many across the country from underserved, Black and Minoritised Communities. [#ImJit](#)



**Shades of Recovery book launch – Trent Vineyard Nottingham May 2022** - tells stories of people from diverse backgrounds battling with addiction, journeys of recovery and explores BAC-IN’s culturally responsive model to recovery. In addition to this, the book makes key recommendations for policy change to better support minoritised and marginalised communities and is a must read for anyone interested in changing the unjust and inequitable nature of treatment services and systems. [Watch Book trailer: Shades of recovery book trailer – YouTube.](#)

Feedback from those attended and contributed:

‘The passions shown by all I spoke to today has inspired me beyond belief.’

‘Touching, insightful and energising event’. Huge congratulations to all involved for your hard work and creativity.’

‘Absolutely phenomenal, truly inspiring’

- BAC-IN Daily Activities**
- Monday**
- 10am - 11am - Peer Development Group
  - 11am -12.30pm - BAC-IN 2life recovery meeting
  - 1pm -2.30pm Women’s Support meeting
- Wednesday**
- 10am – 2.30pm - Leaders with lived experience training
  - 7pm - 8.30pm - BAC-IN Zoom Recovery Meeting
- Thursday**
- 1pm - 3pm - Ahryzen Group (Creating songs, poetry, making videos)
- Friday**
- 11am - 12.30pm - BAC-IN 2life recovery meeting
  - 12.30pm - 3pm - Peer Social Gathering - Lunch
  - 3pm - 4pm - Meditation Practice
- Other available support**
- Face to Face (1:1 and family mediation)
  - Community Outreach



**CLERO**  
COLLEGE OF LIVED EXPERIENCE RECOVERY ORGANISATIONS

**College of Lived Experience Recovery Organisations (CLERO)** – BAC-IN became members of CLERO in 2021 and this year were welcomed as members of the CLERO steering group. Our role here is to champion

The unique work of LEROs and as such, utilise our experience to influence and inform the external environment of drug and alcohol policy and provision, ensuring the development of equitable services and LERO’s across the UK. We have also served as a catalyst for other BAME lived experience organisations to join this rapidly growing movement. BAC-IN is one of the oldest BAME lived experience recovery organisations in the UK and one of only a few that offers culturally responsive services and support targeted at Black, Asian and Minority Ethnic communities. [#CLERO](#) started in 2020, supported by **Dr Ed Day** and **Professor David Best** along with ten champions of recovery from different corners of the recovery ecosystem who began to meet on a weekly basis to share their thoughts and support each other with aim to develop a Recovery Strategy that is signed up to by crucial leadership figures and organisations for (addiction) recovery in the UK – part of the strategy is to establish LERO’s as an equal partner in the delivery of Recovery Support Services in a Recovery Oriented System of Care with parity in funding, commissioning, and service design and delivery’.

[Check out CLERO Facebook page for more info..](#)  
[Watch on Demand: CLERO - College of Lived Experience Recovery Organisations](#)





Held at the prestigious Bingley Hall in the heart of Birmingham City Centre, the DDN Conference is an annual event that brings people from across the UK treatment and recovery landscape, including those with lived experience, patient groups, treatment providers, members of the recovery community and policy makers striving to provide better, more effective and fairer treatment for people affected by substance misuse. The conference regularly attracts in excess of 500 delegates and this year, with it being the first held since the national lockdown, was no different. BAC-IN were well represented at the event and brought along group of our staff and peers, whom for most was their first time attending an event of this kind. BAC-In were invited to give a keynote presentation, and as always were advocating for the needs of BAME and lived experience communities. Like the magazine, the conference is an open forum for debate and always looks to highlight best in both policy, provision and practice. For those who missed it, BAC-In will be one of the organisations featured in the coming editions of DNN. Go check out their website for more info..

<https://www.drinkanddrugsnews.com/>



### Engaging BAME communities:

**Sohan Sahota and David Thomas, BAC-IN**

*Sharing the innovative work of BAC-IN, a grassroots service inspired by lived experience, to engage BAME communities. Live performance by Danyal Singh – Recovery Poet and testimony by Patsy M.*



**National BAME Recovery Advocacy - BAC-IN**, have been working closely with Government departments including [Office for Health Improvement and Disparities](#) helping to shape National Commissioning Quality Standards and the development of Drugs strategy guidance for local delivery partners in line with From Harm to Hope: 10 year Drug Strategy Plan with contributions focusing on partnership representation, lived experience, diversity, inclusion and provision of culturally responsive community-based support for black, minoritized and underserved communities. <https://www.gov.uk/government/publications/drugs-strategy-guidance-for-local-delivery-partners>

‘In all walks of life we frame our understandings based on the lens we apply and the lives we have lived’

Nadia Bashir  
[\(Culture, Connection, Belonging 2019\)](#)

### Thank you to Our Partners

