



RECOVERY ACADEMY

REDUCING DEPENDENCE, PROMOTING INDEPENDENCE



CHOOSE THE RIGHT ROAD TO RECOVERY

CONTINUING YOUR JOURNEY IN RECOVERY

BAC O'CONNOR RECOVERY ACADEMY

Welcome to BAC O'Connor Recovery Academy.

The Recovery Academy was established to support people who have undergone drug and alcohol rehabilitation to integrate back into society equipped with the skills and confidence to thrive. The Recovery Academy provides opportunities for people to access training, education, volunteering and employment experience following rehabilitation; the Trust has recently been able to extend the services it provides thanks to support from the Big Lottery.

The Academy provides:

- Managing debts and budgeting
- An education department that facilitates NVQs in catering, administration, retail, literacy, numeracy and a range of other NVQs
- Work placements at Langan's Tea Rooms – our social enterprise – in Burton upon Trent and Cannock
- A fully equipped training kitchen with a qualified chef trainer
- Opportunities to work with Langan's external catering service
- An IT suite
- A job club which includes CV writing and mock interviews

- Health and Nutrition groups
- Tenancy skills workshops
- Music, arts and sports activities
- A vibrant social environment that is open to our clients during the day, weekends and evenings
- Social activities such as our Open Mic Night, pool competitions, ladies' fashion evenings and many more
- A range of activities to support long-term abstinence including Recovery Groups, SMART Recovery and peer mentoring through our RIOT (Recovery is out There) service

GET INVOLVED

If you would like further information about the Recovery Academy and the range of different opportunities available to people in abstinence recovery, please contact the team at BAC O'Connor on 01283 537 280 who will be happy to answer any questions and arrange for a member of the Recovery Academy team to speak to you or provide a tour.

RIOT (RECOVERY IS OUT THERE)

The RIOT Service provides peer mentoring, social activities and opportunities to support others within the Recovery Community through our Recovery Champions service. RIOT has its own radio station – RIOT Radio – which is run by Recovery Champions and based at the Recovery Academy. Clients have the opportunity to get involved in the radio station, from drafting programme content, researching issues and even presenting!

Cover image: Langan's Tea Rooms

“My recovery must come first so that everything I love in life does not come last.”



Training kitchen



Training kitchen



RIOT Radio



Langan's Tea Rooms



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