



# **SECTION 1**

## **ALTERNATIVE NON-CLINICAL ADDICTION RECOVERY TECHNIQUES**

**A WINSTON CHURCHILL  
TRAVELLING FELLOWSHIP  
BY WYNFORD ELLIS OWEN  
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As I shall demonstrate in the main body of this report, the Trust's objectives, which are to 'encourage the advancement and propagation of education in any part of the world for the benefit of British citizens of all walks of life', so that this education will make its recipients 'more effective in their life and work' thus 'benefitting themselves and their communities, and ultimately the UK as a whole', were unquestionably achieved as a result of this Fellowship.

The grant was adequate. The only difficulty I encountered was with one particular chain of Hotels who, having already received payment in advance for accommodation, deducted a further 100% charge on the credit card I was obliged to deposit at the hotel reception desk on my arrival. I only discovered this anomaly by chance towards the end of my Fellowship tour thanks to my wife who questioned this unexplained charge. This money has since been repaid, however, but not without some considerable difficulty and inconvenience to myself. Future Fellows will benefit from knowing that such 'errors' can and do occur. To be forewarned is to be forearmed!

During my tour, I became aware that another person was visiting the same people and centres that I had included in my itinerary. I was at a loss to understand what was going on, as were some colleagues who were coordinating my visit to the states, who thought the person was obviously travelling with me. It later transpired that another Fellow, Peter Rainford, was on a similar mission and looking to learn 'Recovery Lessons from US Cities'. Peter and I finally met up in Philadelphia and, thankfully, hit it off. Indeed, we shared visits to some centres of mutual interest to our projects and have since become firm friends.

I would have preferred to have known of Peter's plans beforehand however, as we could have coordinated things a little better and prevented some inevitable confusion amongst our hosts. I would strongly suggest that future Fellows, embarking on similar projects, contact each other prior to departure to compare itineraries and to prevent possible similar clashes or confusions.

My report will be disseminated thus: pdf files will be uploaded onto the following websites: [www.welshcouncil.org.uk](http://www.welshcouncil.org.uk) and [www.wiredin.org.uk](http://www.wiredin.org.uk) along with 67 video vignettes that give viewers a flavour of the excitement and day-to-day experience of a Churchill Fellow and serve as testament to the effectiveness of the innovative approaches that I witnessed. Additionally, Professor David Clark, Emeritus Professor in Psychology and Director of Wired in, the world's leading news portal on substance misuse, has collated all my blog posts in pdf form; they are now available for download from both the above websites. Cambrensis Communications Ltd, a leading PR company in Wales, handles all PR matters relating to my work with the Welsh Council on Alcohol and Other Drugs, and will issue a press release in relation to my Fellowship report. I also refer regularly to my Churchill Fellowship in ongoing advocacy work that I do and when I address conferences and meeting all over Wales and the UK. And finally, besides the international, national, local and personal benefits obtained through this Fellowship (which I shall expand on in my main report), it has also enabled me to establish a community-based recovery centre, 'Stafell Fyw Caerdydd / Living Room Cardiff, which will provide a community reinforcement approach that encourages the building of supportive networks to help people overcome issues they may have experienced as a result of alcohol and/or drug misuse or other harmful behaviours. These benefits will undoubtedly be referred to often during and after the official launch of the project on 8th September, 2011. Being awarded the Winston Churchill Memorial Trust Fellowship has been a fantastic boost for the 'Stafell Fyw Caerdydd / Living Room Cardiff project, and I will never cease to testify publicly to that. It has also enriched my personal recovery and introduced me to some dedicated and committed people who, I am proud to say, have become my friends and collaborators as we promote and develop the recovery agenda here in the UK.