

# Creative Recovery Is...

Freedom.

Healing.

Connection.

Survival.

Growth.

Joy.



# Creative Recovery Is...

Noticing and paying attention to the world around us  
Watching people's lives transform  
Improving and pushing myself to understand the reasons  
I took the wrong path.  
Joining with others to share thoughts, produce art and  
bond  
Like getting lost in a book and being connected to the  
characters, story  
and my own inner world  
Freedom and the release of stored emotions and trauma  
Moving forward,

## Our Vision

We believe creativity is a powerful tool for healing, growth, and connection. Through art, we reclaim our voices, challenge stigma, and celebrate the strength of recovery.



# Definitions

RECOVERY = we are building and maintaining a new life

ADDICTION = we are still processing trauma and life experience which leads us to addiction.

CREATIVE RECOVERY = a way out of addiction, offering connection, fulfilment, and a sense of belonging through embracing our creativity.



# About Us

The Merseyside Creative Recovery Network is a collective of arts organisations and charities working alongside people with lived experience of addiction and recovery. By making and sharing creative work, the network supports recovery, confidence, and a sense of belonging.

## What We Stand For

**Belonging & Community:** Strengthen networks for artists in recovery and create spaces where everyone feels valued.

**Celebration of Creativity:** Showcase artistic work across all disciplines to highlight talent and positive outcomes.

**Challenging Perceptions:** Redefine what art and recovery mean—art is not “just a hobby,” it’s essential for wellbeing.

**Accessibility & Inclusion:** Remove barriers—financial, social, and environmental—to ensure equal opportunities.

**Safe & Sober Spaces:** Provide trauma-informed, alcohol-free environments for creative expression.

**Empowerment & Purpose:** Give hope, confidence, and a platform for voices in recovery.

# Our Principles

our manifesto for artists in recovery seeks to:

- **Promote** existing services and groups for artists in recovery.
- **Advocate** for diversity and non-judgmental access to the arts.
- Highlight the **joy** and **achievements** of substance-free living.
- **Champion** venues and organisations that embrace trauma-informed, recovery engaged practices.

# Our Goals

- **Increase Participation:** Engage more people in recovery with creative activities.
- **Expand Creative Opportunities:** Provide a range of alcohol-free, trauma-informed creative sessions.
- **Reduce Stigma:** Annually share creative works publicly to celebrate the strengths and creativity of people in recovery.
- **Strengthen Collaboration:** Partner with community groups to host inclusive events.
- **Improve Access for Artists in Recovery:** Identify and remove barriers and track progress through feedback.
- **Build Connection:** Participants report a sense of belonging and reduced judgment within the creative community.

The Merseyside Creative Recovery Network is made of  
members from

Fallen Angels Dance Theatre

Spider Project

Transform Theatre Group

Pink Flamingos

Rek 41

Choir With No Name

Collective Creations

Collective Encounters

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