

Report of Trustees for P.A.U.S.E. Group for year 2022/3

Needless to say this has been a difficult year for the public in general but more so for our group members, who do not look forward to isolation because of the dangers that exist with aloneness.

Nevertheless the group kept going with contact and support and after Covid restrictions were slackened they quickly got the group back to face to face meetings which was greatly appreciated.

There obviously was no opportunity for away days or celebrations, so there will be a greater emphasis in the coming times for some social activities and fun events.

The group tends to be demographically older and so there are also the age related infirmities and health issues to be dealt with. Sadly we lost another member of the group this year who had lived alone and was discovered by a family member.

We have a custom in the group that in the event of a members death we have a memorial service where all the late members are remembered. This gives a feeling of togetherness and support and a chance to appreciate our own state of being and be thankful for the progress we have made.

We place a great deal of emphasis on treating the whole person not just the addiction.

We spend a lot of time looking at related health issues and especially on the mental aspect of addiction and how to create a different mindset about life and happiness.

We use a kind of book club approach where we treat excerpts of books as a discussion topic and then look for ways of applying the topic to our own condition. It has proved very popular and interesting. Not everything in life is about addiction and we like to help people understand life outside of addiction.

All in all it has been a good year and we continually look for new members to join us and leave the group open to anyone who wants help.

We want to thank the Big Lottery Fund for their funding and support and want to assure them of the gratitude of all the members who have regained their health and renewed hope for a better life.

John Keenan (On behalf of the Trustees)

