



**Trafford's Young People's drug and alcohol charity
Celebrate the Big Lunch**

Trafford's Young People's Drug and Alcohol charity Phoenix Futures hosted its own Big Lunch event as part of a national community celebration.

The national Big Lunch event - started by the Eden Project in 2009 - encourages communities across the UK to have lunch with their neighbours annually at the beginning of June to build community spirit. Phoenix Futures invited neighbours, young people and their families involved with the service and colleagues from across Trafford to come along and share lunch and find out more about the service on Wednesday 10th June.

The Phoenix Futures staff were able to explain how the service supports young people in need of drug and alcohol related support; from the 1:1 sessions with young people and the work that takes place with the family members of the young people, to acupuncture and prevention session demonstrations.

Clare Makin, Service Manager of Phoenix Futures Young People's Service said "We wanted to take part in the Big Lunch event as we thought it was a fantastic opportunity to spend time with young people, their families, neighbours and colleagues in a relaxed, informal setting. There was a heart-warming atmosphere on the day and it was lovely to hear the conversation and laughter that took place."

Phoenix Futures is a national charity which provides drug and alcohol treatment within community, residential and prison settings across England and Scotland. Within Trafford Phoenix not only deliver the Young People's service but also the adult alcohol service and the adult recovery service.

A Big Lunch event took place at Bridgewater Recovery Service on Monday 8th June. Helen Brewin, Service Manager said: "Everyone said how much they enjoyed the day and we think it's important to open services like ours up to the public so they can see what sort of help is available for people

with drug and alcohol problems and there's no need to be afraid to ask for support. Every year Phoenix helps over 20,000 people into treatment and it is important that we continue to help building better futures for people who have lost their way with drugs and alcohol."

Anyone who thinks they may have a drug or alcohol problem and would confidential help and advice can visit our website at www.phoenix-futures.org.uk

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For more information or hi res images please contact Georgina Watson on 02072349787 or e mail Georgina.watson@phoenix-futures.org.uk

Notes to Editors

- Phoenix Futures is a leading provider of services for people with drug and alcohol problems.
- We offer services within community, prison and residential settings in England and Scotland.
- Established in 1969, Phoenix has 46 years' experience in helping people through recovery.
- Over 20,000 people every year begin their treatment with Phoenix Futures.