Press release: Help for worried drink or drug users in Phoenix Futures' new podcasts

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London based drug and alcohol charity Phoenix Futures aims to help more people with drink or drug problems into recovery by offering straightforward advice and honest accounts of people recovering from substance misuse online in a new series of the charity's unique podcasts.

(www.phoenix-futures.org.uk/phoenix-podcast).

The national UK charity – which has been helping people with drug and alcohol dependency for over 40 years – has created eight new episodes of its revolutionary podcast to give an insight into recovery for people going through treatment, professional health workers, people with concerns about their substance misuse and their friends and families.

The first podcast of the second series was released on Sunday 18 January and Phoenix will upload a new episode on its website every Sunday. Each podcast – created by the charity's staff and volunteers - covers a different topic, including what makes a good drugs worker, fighting negative thoughts and tough love, and offers interviews with people using the Phoenix Futures' centres, staff members and leading experts in the field.

James Armstrong, Director of Marketing and Innovation, said: "We are really excited to launch the second series of Phoenix podcast, and believe that giving people with drug and alcohol problems a place to voice their experiences will give the public a much deeper understanding of addiction. We hope it will also show anyone concerned about their drug or alcohol habits, that there is another choice and change is possible."

Phoenix Futures helps over 19,000 people with drug and alcohol problems get into treatment every year, and offers services within community, prison and residential settings in England and Scotland. The charity currently runs programmes which include using group work, arts projects and sporting activities to overcome addiction.

Mr Armstrong added: "The podcasts will give people currently in treatment a piece of recovery to take away with them and listen to at home. We focused on producing insightful interviews with service users so listeners can relate to the material and not feel alone when they're not in touch with a group offering support.

"We think these podcasts are also a real insight for people working in the social sector for them to understand the journeys people in recovery go through and provide answers to some of the challenging questions, like does having a personal history in substance abuse make you a better social worker?"

If you believe you or a loved one has a problem with either drugs or alcohol, call 020 7234 9778 or visit our website at www.phoenix-futures.org.uk and fill out an enquiry form.

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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.

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