

FRIDAY 14 MAY 2010 — UKESAD DINNER & ENTERTAINMENT



## UKESAD DINNER & ENTERTAINMENT

Friday 14 May 2010

7:00pm — Midnight

Grange City Hotel

Tickets: £60

Enjoy a first-class meal

Dance/listen to the delights of **THE MILESTONES**,  
a phenomenal Motown, disco, funk & soul 7-piece 2-vocal band...

With **SPECIAL GUEST NIELS OLSEN**  
2000 Eurovision Song Contest winner



[www.olsen-brothers.dk](http://www.olsen-brothers.dk)

For a taster, listen to the Milestones tones here: [www.themilestoneslive.com/promo\\_video.php](http://www.themilestoneslive.com/promo_video.php)  
and understand why clients rave about their extraordinary vocals and sound:

"You'll always be our first call for any special event" *Fraser Bell*

"Our of our regular acts, always do a great job" *Four Seasons Hotel*

"The best band we've had over from the UK" *Credit Suisse* "Very professional outfit" *BT*

**Come and join us in the Auditorium Suite for a fun-filled night  
where you'll enjoy a fabulous three-course meal,  
great music and a vibrant atmosphere**

To reserve your place, RSVP to Melissa or Suzanne Tel: 020 7233 5333 email: [info@ukesad.org](mailto:info@ukesad.org)

Sponsored by BAC O'Connor Centres  
[www.bacandoconnor.co.uk](http://www.bacandoconnor.co.uk)

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SATURDAY 15 MAY 2010 — FIRST LONDON RECOVERY MARCH / WALK

# BRIDGES TO RECOVERY WALK



## Invitation

We are inviting you  
to sign up to 2010 Year of Recovery...  
To take a moment to reflect and think about what you  
personally would like to change or improve this year...  
Maybe even learn or achieve.

Become part of recovery and feel proud of the role.

Join us in the Bridges to Recovery Walk.

Details will be updated regularly at [www.ukesad.org](http://www.ukesad.org)

Deirdre and everyone at UKESAD

Wouldn't it be wonderful if politicians started listening to people who have experience of success? People who have solutions to problems, and understand how to prevent problems?

We can help to mend 'broken Britain'.

We know what it is to suffer from the downward spiral into despair that is addiction, the despair caused by loss of family, friends, employment and colleagues, health, income and esteem.

We also know how to restore them all. We have learned how to make them better than they ever were. We have the key to good living

We – people in recovery, including those who have worked to qualify as carers, therapists, researchers and other professionals in recovery – are more than happy to share our knowledge. We want others to have the chances of a new life that we were given.

To make our solutions visible, we who are in recovery and/or support recovery must first be visible.

The recovery community is emerging. We have been visible and mutually supportive at UKESAD. Now, the first London recovery march starts at UKESAD: the *Bridges To Recovery Walk* (stroll for some of us). It will be the capital city's first visual image that people can recover from addiction – and a reminder to the next government that we have solutions.

Above all else, it should be a walk of enjoyment of life, the company we walk with, and our surroundings.

It is a celebration that our lives are in order and that we have promising, rewarding futures we had considered impossible.

We hope also that it will influence the community and decision-makers at the very top to offer others the best chance possible of turning round their lives.

