



Name: Zoe

Age: 36

Problem: Drugs and Alcohol

Time in Recovery: 6 months
(at time of publishing)

When did you first start using?

I was probably about 18 when I first started drinking. This was socially at weekends with friends then it started to get more frequent as I got older. I started using other substances when I was about 28.

When did it become a problem?

It was after a few years of using other substances that things started to get problematic. My spending started to get out of control and I was selling my possessions to buy drugs. I was seeing my family less and less and life revolved around getting and using drugs. Now when I look back at this time, things were pretty miserable.

What made you get help?

In summer 2020, I developed really severe stomach pains which I believed were a result of damage I'd done to my liver through drinking. I was taken to hospital by ambulance and admitted to A&E. After about 10-15 minutes, a nurse came to see me and told me I was in labour and needed to give birth. I was in shock and disbelief. I'd been told years before by a doctor that I wasn't able to have children. 20 minutes after the nurse told me this, I'd welcomed my baby boy into the world. I talked to the hospital staff about my substance issues and they put things in place to get me some help with this. A detox worker from TBRP visited me in hospital and I started my recovery journey from there



Why The Basement Recovery Project?

As an unexpectedly new mum, I felt quite overwhelmed with where to go and what to do next. I knew I wanted to get well for myself and my son but didn't know where to start. The Basement Project guided me through one day at a time. I accessed their supported housing while my son was in the care of my parents. This time allowed me to put a solid recovery foundation in place and work with services to map out a long term plan so I could progress with my recovery and be the best mum I could be. I'm still in touch with my recovery family even now I'm back at home with my son and group support and connection remains a big part of my recovery today.

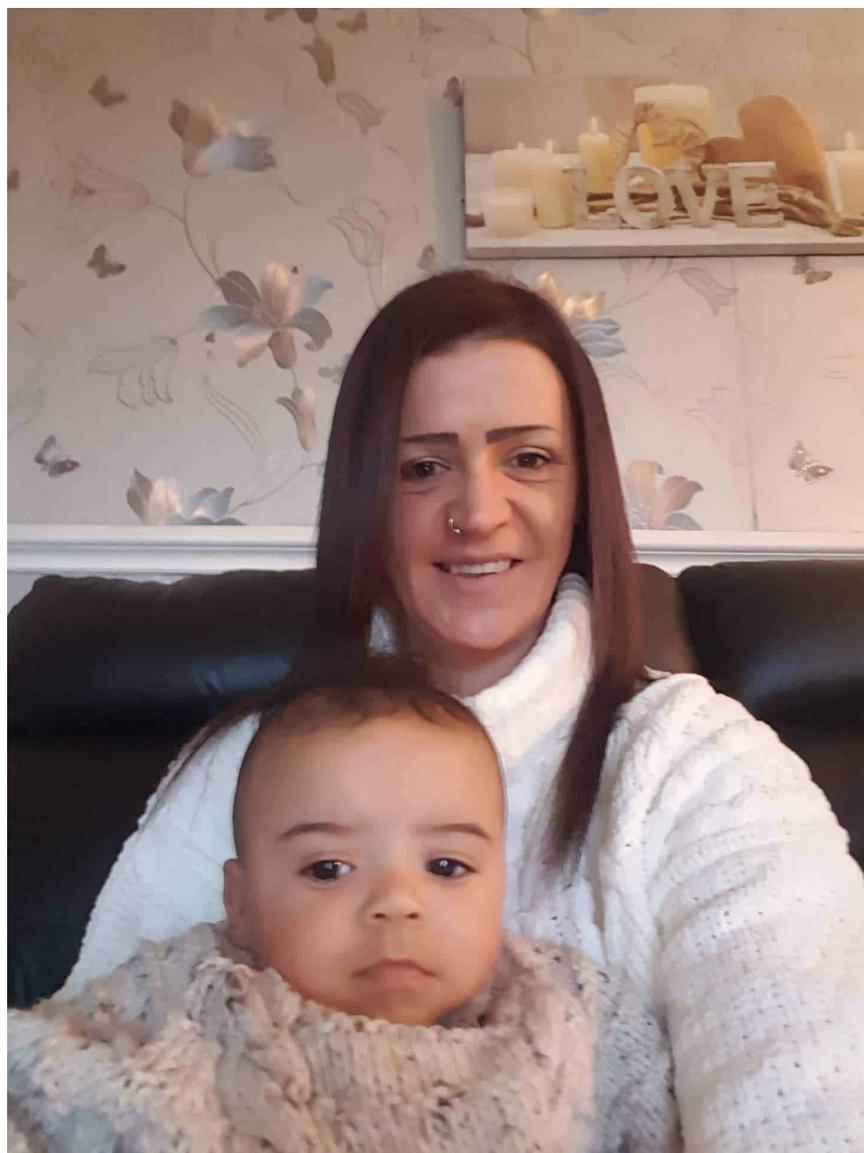


Where would you be now?

Without coming into recovery, I think I'd still be doing what I was doing. Life would still be hard work and chaotic and my physical health would be even worse than it was then.

How is life today?

Brilliant! I'm so happy building a new life for me and my son. My relationship with my family is really good and I feel like I'm a sister, a daughter and an auntie again, as well as a mum. I've made lots of close friends in recovery and life today really couldn't be better :)



<https://thebasementproject.org.uk/addiction-recovery-stories/>