

Littledale Hall 10 year Anniversary: Open Day Friday 14th October 2016

Over 200 people came together to celebrate 10 years of supporting people in early recovery to continue their journey out of addiction.

People were asked if they wanted to write down a memory of LHTC that they were happy for us to share with the wider world after the event. Thanks to all those that chose to do so.

We hope you enjoy reading them – whether because you are thinking about LHTC as the next step on your recovery journey, want to reconnect with the experience of having been a resident or because you are interested in the work we do here.

| Memories of Littledale Hall | |
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| I was in a bad state when I came to Littledale and all the things I accomplished when being here is to respect everyone else and myself, which I didn't. All I can do now is keep up what I learnt in here now I am out. Big thanks to all the staff. AH | What a rewarding day. It has shown me how far I have come in ten years. Lovely to see so many peers from ten years ago. RM |
| Littledale Hall gave my children their daddy back. LA | Emotional, friends, help, sadness, happiness, results, fantastic, thank you. LJ |
| My time at Littledale was worth every minute. I've learnt a lot and very happy with all care and attention to detail and taking an interest in my life and my wellbeing for my future. A very big thanks to all. SH | Sitting in the reception in the evening talking to my peers about our past and our hopes for the future. Also, sat up in bed listening to my roommate Fran telling us bedtime stories. DM |
| A pressure cooker A ghost train, A roller coaster, A Haunted house (in my head) A place I got a happy outcome A place I dealt with old behaviour Littledale could've been my saviour A place that saved my life within all the stress and strife I found a way through and grew to something new HD | Com ban, fit porridge, It was freezing out, Time out, A+G's, Spilling out, Feeding the Pheasants, jam on toast, Being angry and shouting a lot, The back step, My bed, The back step. Besides all of those things I remember feeling a part of something which I'd never experienced properly before. I love the unity of the place and it was great to have structure and rules and a routine. I felt loved and Littledale has parented me. I still carry on with these rules (some of them) within my life and could never have achieved anything like this without Littledale. It will stay with me forever. AT |
| As a student, I had the best experience the people and staff I worked with everyday | Littledale was difficult due to the nature of the things I had to face, however the support |

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| <p>were inspirational and I miss everyone. Littledale taught me so much and it's truly a wonderful place. EB</p> | <p>of all the staff gave me the strength to face it all and to overcome it and grab hold of a better life. I will always be grateful for that! BP</p> |
| <p>Littledale is an amazing place the work they do is fantastic. I love coming to visit, it's such a nice place. JC</p> | <p>Amazing, such a beautiful place. Not been here before but Littledale is picture perfect. Anon</p> |
| <p>Thanks for everything. AM</p> | <p>I came to Littledale's open day 10 years ago... it's great to see things working out for so many people. Thanks TM</p> |
| <p>Surreal Environment, took about 3 months to understand what was going on. Finally started learning and completed after 9 months. Magical place, lots of good memories and good friends still going strong. CF</p> | <p>Seeing ex residents here today and telling what they have done since leaving treatment and how they have changed their lives around with help from what they have learnt from the hall. Like myself I learnt a lot from LHTC and getting support when I needed it. MD</p> |
| <p>My first Christmas that I can properly remember feeling excitement and joy among real friends. Meeting my daughter for the first time in seven years and staff coming in on his day off. Volunteer R not being able to talk to me without laughing with my new teeth. A</p> | <p>One of my fondest memories of Littledale is going to basecamp. Getting to know the residents better in different surroundings really assisted in enhancing the relationships. Further to this, I will never forget when Alex got his false teeth. The whole experience of Littledale was a positive one. RD</p> |
| <p>First visit- what a fantastic property and grounds. Regular visit realising what a fantastic opportunity for people in addiction to really "recover and recapture lost ambitions". Friendly staff, friendly residents- a real community. Have loved learning and continuing to learn as BDS progresses. Great to be part of such a family. LC</p> | <p>I remember being frightened, bleeding, battered and bruised when I first arrived. I remember feeling accepted and beginning to trust. I remember finding my voice and feeling I had some value. I remember finding hope and love and a little peace, I remember all the support I received but most of all I remember all those we have lost along the way. MW</p> |