

RECOVERY THROUGH NATURE



PHOENIX FUTURES HAS BEEN DELIVERING THE JOHN MUIR AWARD AS PART OF RECOVERY THROUGH NATURE SINCE 2006 THE AWARD GIVES SERVICE USERS A GOAL TO WORK TOWARDS AND RECOGNITION OF THEIR ACHIEVEMENTS



COMMEMORATE AND CELEBRATE

Service users volunteer at the John Muir Trust property Glenlude in the Scottish Borders to create a Scottish Phoenix Forest. Native trees are planted to commemorate and celebrate the recovery journey of everyone who has completed their programme with Phoenix Futures. "Conservation work is a great leveller" says Paul, a service user, "and that is what makes it such good therapy."

The first tree of the forest was planted by Lesley who has completed the John Muir Award and is beginning an apprenticeship with the Forestry Commission.

"I've learned lots of new skills and I'm more confident and happier all round than ever before."

Lesley, Glasgow

"Outdoor experiences changing people's lives is a bit of a cliché. But with Lesley it's true. Doing the John Muir Award has helped Lesley find her interest, and she says it helped her gain the placement too."

Marion Logan, Phoenix Futures, Director of Operations



PHOENIX FUTURES



Phoenix Futures works with people across the UK to help them conquer drug and alcohol addiction, partly through their pioneering programme, *Recovery through Nature*.
phoenix-futures.org.uk

JOHN MUIR TRUST



The John Muir Trust is the UK's leading wild land conservation charity. Its educational initiative, the John Muir Award, is an environmental award that encourages people of all backgrounds to connect with, enjoy and care for wild places.

johnmuirtrust.org

JOHN MUIR AWARD ACHIEVEMENTS

Over 500 Awards have been achieved through the partnership, each one representing a personal accomplishment.

The parallels between restoring the native woodland that used to grow in the area and restoring the confidence and skills of service users through conservation are evident.



GLENLUCE ESTATE

Situated in the Scottish Borders, Glenluce Estate is one of nine John Muir Trust properties and home to Scotland's first Phoenix Forest.

"When I was very young, my dad sometimes took me to the Campsie Hills nearby and so he planted a seed. But I went off the rails in my teens. This has brought me back to that. It's also given me a sense of responsibility I never had before." **Stuart, Cumbernauld**

