

AN INTRODUCTION TO THE CREATIVE INSTINCT PODCASTS



We started the Creative Instinct Podcasts in early 2024 and so far, we have aired 17 episodes. In these episodes, we have shared the insights of those who struggle with addiction from alcohol and other substances. We examined the related mental health issues, circumstances, and hardships that come with addiction.

Our aim is to talk with as many individuals, from as many backgrounds as we can. We want to talk with people from all walks of life, because addiction has no boundaries. We would like to speak with those who struggle, and those who support, whether they are friends, family, professionals, in fact anyone with an insight into addiction.

In addition there is a lot of isolation and shame. Addiction is a very lonely place, and there is a common misconception that the individual's situation and circumstances are unique, and that they cannot be helped. You are not alone.

Our work on the Creative Instinct Podcasts has shown us that proven pathways to recovery exist, no matter what the circumstances. There have been many people who have struggled before us. There will be many more who will struggle in the future.

We often hear the frustrations and hardships of friends and family who are trying to support their loved ones.

We would like to hear what has and hasn't worked, to find out how we can nurture recovery for everyone.

In addiction there are many contributing factors; emotional and physical trauma, life-changing events, neurodiversity, the list goes on. Any one, or a cocktail, of these issues can contribute to a life of sadness and pain. We would like to show that there is a way forward for all.

These podcasts shine a light on issues that are often ignored. We hope that they inform and enable people to gain insight and hope from the stories of individuals who have been there, and who have come back to tell us their thoughts. Their experiences illuminate issues that should be understood in a better way than they often are. Working with people who have lived experience is our passion, and through this collaboration we hope the podcasts will educate and enlighten everyone who may have

limited knowledge of the issue, as well as those who identify more directly with the podcast content.

The Creative Instinct Podcasts are for everyone. They aim to inform the listener about a topic that is surrounded by so much stigma, and misconception. The aim of the Creative Instinct Podcasts is to inform, educate and most importantly, support.



Provided by



**Change
Grow
Live**

Listen to our Creative Instinct Podcasts:

www.CambsRecoveryService.co.uk/Podcasts