

Bridge House – Volunteer Jim Smith

Motivating Recovery through Stories and Music – A Lived Experience Perspective

Jim Smith is a musician, voice-over artist and former social worker, who has been in recovery from addiction for 46-years. For the last 20 years, Jim has been visiting rehabs, prisons, recovery communities and drug and alcohol services, talking about his own lived experience of addiction and recovery, using a unique and motivational presentation.



A combination of narration and music, Jim has developed his 'Discursive Music Therapy' over the last two decades, with the primary aim of connecting with people in early recovery, and motivating them in their ongoing recovery journeys.

This year, for the second time, Jim was awarded funding from the prestigious Churchill Fellowship, allowing him to visit the appropriate services throughout the UK. Jim is now a regular fixture at Bridge House, where he delivers his inspiring talk to the clients every second Tuesday.



www.recoverytoday.co.uk

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For more information, please contact Bridge House Detox Manager Joe O'Rourke: joe.o'rourke@nhs.net

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