

Friday 16th to  
Sunday 18th  
September  
2022

**DUNBAR**

3 Days  
10 Venues  
One Community



'Our stories  
of recovery'  
Recovery Cafe  
Art Trail

Live Music  
Art Workshops  
Well-being  
Session / Yoga  
DJ / Drumming



**FESTIVAL  
OF RECOVERY**





# FRIDAY 16TH

## **The Ridge Office, 88 High Street**

12pm - 4pm: Recovery Cafe / Massage Workshop / Information Session with local organisations

5pm - 8pm: DJ Sam and Freed up host a recovery celebration

## **Stenton Village Hall**

1pm - 3pm: Inprint workshop / Clay workshop / Gong Bath / Information Session

## **The Ridge, Rodgers Land**

2pm - 3pm: Naloxone Training

4pm - 6pm: Well-being Workshops



# SATURDAY 17TH

## **Dunbar Parish Church Hall**

10am - 2pm: Dunbar Food Share open day

## **The Ridge Office, 88 High Street**

1pm - 3pm: Information Session with local organisations

## **Wishing Tree By the Sea, Lauderdale Park**

1pm - 3pm: Inprint Workshop / Clay Workshop / Music

## **The Ridge, Empire Close Gardens**

11am - 12pm: Yoga Session

2pm - 4pm: Mindfulness for Recovery Session

## **St Anne's Church, Dunbar**

3pm - 5pm: 'Our Stories of Recovery' / Live Music

## **The Battery, Dunbar Harbour**

6pm - 9pm: Darren McGarvey / Live Music



# SUNDAY 18TH

## **Belhaven Bay, Belhaven**

11am - 1pm: Groundswell, Sea connection, Wellbeing session

## **The Ridge, Empire Close gardens**

12pm - 4pm: Family Day, Street food, Dry bar, face painting

1pm - 2pm: Guided relaxation for adults and children

2pm - 3pm: Drumming workshop

1pm - 3pm: Inprint workshop / Clay workshop

## **The Ridge, Rogers Land**

3pm - 4pm: Gong Bath

## **The Ridge Office, 88 High Street**

3pm - 4pm: DJ Workshop with DJ Sam



# ART TRAIL

**ALL WEEKEND**

## **The Ridge, Empire Close and Backlands Garden**

Photography exhibition throughout the gardens

## **The Ridge office, 88 High Street**

Second Chancer's Exhibition (in collaboration with Community Justice Scotland)

Pretty Little Lies exhibition

Exhibition of prints from The Ridge community artists

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**10 Venues**  
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**We are excited to bring to you the first Festival of Recovery, running from Friday 16th to Sunday 18th of September 2022. We will celebrate all types of recovery through exploring personal journeys and social support networks, promoting the need for acceptance, hope and resilience. We aim to show what recovery means to us as a community.**

The festival will be held at different venues across Dunbar and surrounding villages. All the events across the weekend are free and open to all (some events need to be booked). It is a collaboration between a wide range of support services and our talented local community. Come along and get involved.

**Facebook: search 'Festival of Recovery'**

**The Ridge website: [the-ridge.org.uk](http://the-ridge.org.uk)**

**Email: [support@the-ridge.org.uk](mailto:support@the-ridge.org.uk)**

**For booking events: [theridge.bookwhen.com](http://theridge.bookwhen.com)**

The festival is being generously funded by MELDAP.

