

**Friday 13th to
Sunday 15th
September
2024**

DUNBAR

3 Days

10 Venues

One Community



**Booking required for some
events with a *
link on back of programme**

**Community
Connections**

Free

Live Music

Art Workshops

**Well-being
sessions**

DJ / Drumming



**FESTIVAL
OF RECOVERY**





FRIDAY 13TH

The Ridge Support Centre, High Street, Dunbar

12pm - 4pm: Community engagement / Information Session with Support and Housing organisations
The Ridge Recovery Cafe, Wellbeing sessions live Music and **DJ 5AM**

Garden Hut Blackbull close

12pm - 2pm: Inprint workshop **Anna Davis**

1pm - 3pm: Clay workshops **Allison Weightman**

The Ridge, 2 Black Bull Close, High street, Dunbar

2pm - 3pm: Naloxone Training

5pm - 6pm: Gong Bath **Melissa Bradd ***



SATURDAY 14TH

The Ridge, 2 Black bull Close

11am - 12pm: Yoga Session, **Inner Rythm ***

Empire Close, High Street, Dunbar

1pm - 2.30pm REST, RESET & RESTORE, **Loop Mindfulness***

1pm - 3pm: Inprint Workshop, **Anna Davis ***

The Ridge Sanctuary Garden

12pm - 2pm Clay Workshop, **Allison Weightman ***

Town House, High Street, Dunbar

1.30pm - 3.30pm Trauma Informed Information and workshop session, **Health in Mind ***

St Anne's Church, Dunbar

2pm - 4pm: Live Music, celebration of recovery and speakers

West Barns Village Hall

6pm - 10pm: Celebration, Street food, Live Music from **Skelpt** and DJ sessions with **5AM**



SUNDAY 15TH

Belhaven Bay, Belhaven

11am - 12.30pm: Mindfulness Wellbeing being workout and optional sea dip **Groundswell Scotland***

Backlands Garden Hut, Garden Lane, High Street

11.30am - 1.30pm: Lego building Workshop, **Build Community ***

Wishing Tree by the Sea, Lauderdale Park, Dunbar

12.30pm - 3.30pm: **Freed Up**, Family Day

1pm - 1.45pm Clubbersize session, **Dance Discovery**

1pm - 3pm: Inprint workshop, **Anna Davis**

12.30pm - 3.30pm **Recovery Rythms**

Town House, High Street, Dunbar

2pm til 5pm 'This Fierce Love'

Tackling Stigma workshop, **Scottish Families (SFAD) ***

<https://www.trybooking.com/uk/events/landing/65981>

The Ridge, 2 Black Bull Close

3pm - 4pm: Gong Bath, **Melissa Bradd***

The Ridge Office, 88 High Street

3pm - 4pm: DJ Workshop with DJ 5am

Bayswell Beach

3.30pm - 6pm: Stone Stacking and Fire Cairn Building, with **James Page**

5.30pm Closing Ceremony

The Ridge, Garden Lane All Weekend

Our Voice Photography exhibition along our Garden Lane

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We are excited to bring to you our 2024 Festival of Recovery, from Friday 13th to Sunday 15th of Sept.

We will celebrate all types of recovery and promote the need for acceptance, hope and resilience, 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 Dunbar 2024'

The Ridge website: the-ridge.org.uk

Email: support@the-ridge.org.uk

For booking events: theridge.bookwhen.com

The festival is being generously funded by **MELDAP**.

