**Oh My Days!** by Ian Franklin - ‘Franky’

Alcohol at every turn, supermarkets, corner shops, tv advertisements and almost all soaps are centralized around a pub. All of this normalizes drinking

This is a small taste of my journey to where I am now, just a snippet, as there are so many other stories to tell of my time drinking.

I got my first taste of alcohol at the tender age of seven, whisky and ginger ale. My parents were prone to drinking with friends and I would sneak around and sip from the unattended glasses.

My father made his own wine, tons of bottles and I started sneaking one here and there, sharing a bottle between myself and a mate over the fields when I was a teenager.

I loved the feeling alcohol gave me, I wasn’t that happy as a kid and it filled a void for me, a hug in a bottle. This relationship grew and over the years the drinking became a normal way of life for me every day. Alcohol had long been an integral part of my life but I was soon introduced to the world of drugs and so my journey into a cocktail of drugs and booze began.

Back then there was not much professional help such as Turning Point, or if there was I was unaware, so I did not know where to go for help.

A year or so ago I attended the funeral of one of the old Leicester mates, whom I considered to be my best pal back in the day. He drank problematically as well and it made me think. After the funeral I looked for some help and found Turning Point. I went into treatment with by referring myself to my local service and never looked back. After completing treatment with Turning Point I became a peer mentor and now assist the Recovery workers in working with others in treatment currently. Turning point plan tailored treatment plans for people depending on what they want to achieve. They provide effective treatment solutions for everyone and help people to reach their goals.

Franky