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Media Release

RUGBY MAN TO LAUNCH MIDLANDS' FIRST DRY BAR

Karl Newton is in recovery from alcohol misuse

A local man from Rugby is planning to launch the first 'dry bar' in the Midlands.

Karl Newton, who triumphed over his problems with alcohol after receiving help from [The Recovery Partnership](#) in Rugby, hopes to provide an alternative to the bars and clubs that litter the high street.

"It doesn't matter where you go, even cafes or typical high street eateries like Nando's, you can always get alcohol," he says. "It's one of the hardest things to avoid if you're in recovery and not wanting to have alcohol, because it's pretty much everywhere."

Newton, who is originally from Birmingham, is [currently fundraising for the alcohol-free space](#).

He hopes the bar will also offer skills classes such as cookery, writing and art, as well as provide meeting rooms for local groups and charities.

"We'd like to look into doing lunchtime radio station which is another hobby of mine that we could teach people. Obviously addiction is quite a time-consuming hobby, so it's about filling that void."

He adds: "And it won't be just a boring glass of pop or a coffee on sale – we can do mocktails and all sorts of herbal teas. The possibilities are endless."

Newton had struggled with alcohol since he was 14; over the years it began to affect his relationships and employment.

"So I walked up to The Recovery Partnership and said, 'Look, I've got a problem, I need a bit of help'. Thanks to their support and group sessions, I've now been in recovery for 11 months. It was very difficult in the beginning and it's still a daily battle but I find it empowering to research the effects of alcohol and addiction."

Newton now challenges the stigma surrounding addiction by raising awareness through [his blog](#).

With five sites across Coventry and Warwickshire, [Addaction's](#) The Recovery Partnership offers a wide range of services for people with drug and alcohol problems.

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Notes to editors

1. Addaction is a national drug and alcohol treatment charity. Each year we work with 95,000 people at 100 sites across Scotland and England, including [The Recovery Partnership in Coventry and Warwickshire](#). Our services are delivered by teams of experienced, dedicated and committed individuals with expertise in delivering drug and alcohol interventions, and supporting people to change their lives.
2. You can sponsor the dry bar at: <https://www.kickstarter.com/projects/487557470/to-create-a-recovery-bar-club-for-addicts>
3. Karl Newton's blog on recovery can be viewed at: <http://karlsrecoveryblog.blogspot.co.uk>
4. For more information, please contact Addaction communications officer Clare Wiley at c.wiley@addaction.org.uk