

# OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



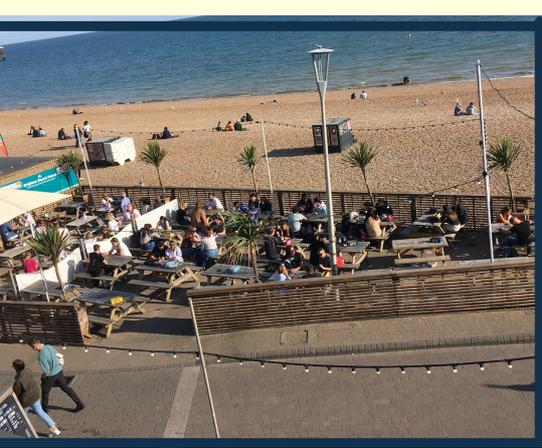
Trigger Warning - This edition discusses topics such as addiction and fathers day.

## GETTING PREPARED FOR SUMMER

Hello everyone and welcome to the second, summer edition of ORNV.

In the next few months in Brighton, we'll be faced with all those wonderful things like 'Pride', BBQ's, Beach Parties and Festivals . Although these are great times and can be fun, sometimes, for some of us, these situations can be frightening, nerve wracking and potential risky situations. So, how do we get through these tricky situations?

Of course, just because we have addiction problems doesn't mean we can't enjoy ourselves - we just must 'have a plan'! We can still enjoy summer, only we must be mindful of our actions and be honest with people and ourselves, about how these situations can be triggers. We will be discussing this lots in this issue titled 'Discovery'.



Our last issue of ORNV had a great reaction and we have received a lot of content from you, which is the whole idea of this - 'by service users, for service users'. So please, don't stop, keep on handing in your work and ideas. There is a suggestions box in No.11 Richmond Place, you can pop them in there or through your

key worker. We have so much power and knowledge as a group, let's keep it up and keep supporting each other.

A BIG Thankyou to the Oasis staff who have elected to help us, without them this wouldn't be happening.

Have a great summertime, but more than anything, have a safe one, keep on keeping on and doing what you need to do. Also, do a Sunshine dance if you know one!

## This Issue Focuses on DISCOVERY

Welcome!

Our 3 Summer Worries

Group Timetable

Exercise and Nutrition

What We've Discovered

Free & Fun in Brighton

Summer Smoothies

Father's Day

Supportive People

My 1st Summer Post Treatment

Recovery Wordsearch





## Our Summer Worries

As summer approaches in the city of pebbled beaches and cobbled lanes, we are bound to feel worried about what obstacles we may face within our social calendar. We would like to share each of our top 3 worries, and encourage you to think about yours, and how you may overcome them.

**My 3 Summer Worries are:**

1. Missing out on festivals/events
2. Seeing people drinking everywhere I go
3. Doing the same things i'd normally do in summer e.g go to the beach with friends - but without drinking

**My 3 Summer Worries are:**

1. Running into old acquaintances who are actively using and it triggering me to relapse.
2. Body image in hot weather, not feeling confident or ok about showing my body but not wanting to hide either.
3. Fear on missing out on life because of being in recovery and seeing others having fun, getting me down

**My 3 Summer Worries are:**

1. Crowds
2. Holidays / Spare Time
3. Outside drinking (The Beach, BBQ's, Festivals, Parties etc)

Use this space to think about your 3 Summer Worries:



1.

2.

3.

How will you overcome these?

How we choose to avoid or tackle these situations is entirely specific to you as an individual. But its worth thinking about who in your circle of friends and family is supportive and who isn't. Surround yourself with those who understand and will not question your intentions.



# Oasis Group Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>POCAR Goal Setting</b> 10.30 -12.00 11 Richmond Place GF Sarah/Rosie</p>	<p><b>Phase 2</b> 10.30 -12.00 11 Richmond Place 1stFl Louise</p>	<p><b>POCAR</b> 10.30 -12.00 11 Richmond Place GF Lottie/Cassy</p>	<p><b>Support Pathway</b> 10.30 - 12.00 Online Louise</p>	<p><b>POCAR</b> 10.30 -12.00 Online Rebecca/Cassy</p>
	<p><b>Mellow Parenting</b> 10.00 -12.00 11 Richmond Place GF Lottie</p>	<p><b>Check-in</b> 1.30 - 3.00 pm 11 Richmond Place GF Kasie/Rosie</p>		<p><b>Hep C Drop in</b> 12.00 - 2.00 pm 11 Richmond Place GF Hep C Trust</p>
<p><b>Young Women</b> 2.30 - 4.00 pm 11 Richmond Place GF Orla/Kasie</p>	<p><b>Acupuncture</b> 1.00 - 2.30 pm 11 Richmond Place GF Pathways to Health</p>	<p><b>Men's POCAR</b> 3.00 - 4.30 pm 3 Morley Street Beth/Cassy</p>		<p><b>Creative Recovery</b> 2.30 - 4.00 pm 11 Richmond Place GF Orla</p>

## Attending Groups

If you'd like more information on the groups Oasis provides, or would like to attend any of the above, please speak with your care coordinator. Most of our groups have resumed face to face, however some are still taking place online.

You can also access the group timetable via our website or receive a copy of this from reception.

## Exercise

'Exercise has played a massive part in helping me in my recovery. It helps me switch off from everything else going on and my head is clear. After working out I always feel a lot calmer and have a sense of achievement. The improvements both mentally and physically I've seen in myself in such a short space of time is huge.'

If your interested in starting some kind of exercise or want any Nutritional advice and don't know where to start, contact us to get support from one of our service users - qualified personal trainer - who can give advice on exercise and nutrition



## I Have Discovered....

That I need to get enough sleep, eat well, exercise and stay away from drink and drugs.

People who are important to me, and people who aren't worth my time.

What situations and people are safe for me, as well as the mindset needed for me to stay sober in high risk environments.

That life is hard but it's a lot harder with drink/drugs on the list.

That I'm not as invincible as I thought, and that life is always going to throw up hurdles that can be hard to deal with.

That talking to people helps, even though I sometimes isolate myself.

More about myself and life everyday and the kind of person I do want to be and who I don't want to be .

The highs never last as long as the lows, but accepting that and to move forward every time.



That the 2 week detox is just the start. I thought the 2 weeks off would fix everything.

That it is TOUGH! But Old habits CAN be broken.

That I need time on my own, every day, to recharge and that's ok.

Ways that work for me, to calm down and to keep occupied.

That It helps me to be busy.

That I can do things if I try.

What have you discovered about yourself and your recovery journey?





## Free stuff to do in and around Brighton this summer

Free swims for kids under 16 at; freedom leisure (throughout Brighton)

Prince regent (Brighton) and King Alfred (Hove). Sign up at the centres

**Under cliff walk- Brighton Marina**

Padding pools - Hove Lagoon , King's Road (Brighton seafront, near i360) The Level (London road) , Saunders Park (Lewes road)

The beautiful Scenic walks throughout The South Downs  
Hove Museum and Art Gallery as well as The Booth Museum

Royal Pavilion Gardens

Brighton Pier

Playgrounds - Kinds road, Hove Park, Queens Park, the level,  
Stanmer Park

Paddle Round The Pier - 1st & 2nd July - Brighton Beach



## Summer Smoothie Recipes

### TROPICAL SUMMER FRUIT

- 1 ½ cups frozen mango chunks
- 1 cup frozen strawberries
- 1 cup frozen sweet pineapple
- 2 cups orange juice
- 1 cup vanilla yoghurt

### GREEN GODDESS

- ½ cup unsweetened almond milk
- ½ cup honey yoghurt
- 2 bananas (cut into pieces and frozen)
- 3 cups baby spinach



### STRAWBERRY FIELDS

- ½ cup coconut water
- ½ cup coconut yoghurt
- 1 cup strawberries
- ½ cup frozen peaches

### RAZZLE DAZZLE

- ½ cup low fat milk
- ½ cup non-fat Greek yoghurt
- 2 cups frozen raspberries
- 2 bananas (cut into pieces)

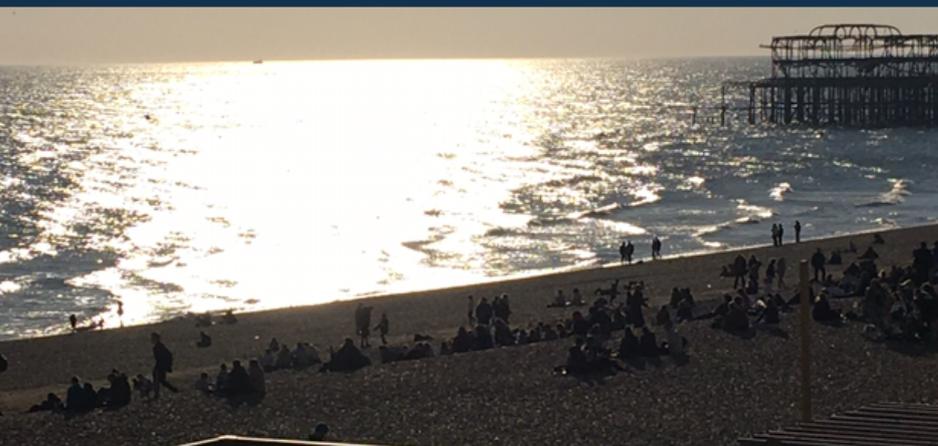


# DAY 19.06

With fathers Day coming soon, it's making me look and think about the importance of fathers.

My dad means everything to me. We have always been very close and he has always supported me. Now he's unwell our relationship is different . The love remains the same but no less important. Maybe somehow more important as I want him to see and know this better side of me, where I am happy in recovery.

However my daughter's dad is not anything like my dad.



**‘Pain is inevitable,  
Suffering is  
optional’ - Dalai  
lama**

# FATHERS

I always swore I would never cut him out their lives because of how important my dad is to me and how I don't know where I would be without him, and I believed every child deserves the chance to have their dad in their lives.

However, I never realised not all dad's were good dad's.

I know I'm very lucky to have a dad like I do and that's all I've ever wanted for my children and I feel very sad that, that's not what they will have.

**Think about 3 people who are supportive to you & your jouney** 

- 1-
- 2-
- 3-



## My First Summer Post Treatment

Summer has always been a trigger for me, but just because I feel strong now, doesn't mean I can take my eye off the ball. I have just reached 1-year sobriety which is such an accomplishment for me, but I'm still worried how I can sustain it - I think I would also be worried of I wasn't worried.

When it comes to summer no matter how strong I feel I must be extra vigilant as triggers can come out of nowhere. So, what I need to do to keep myself safe is to have a plan. I don't want to hide away and avoid the outdoors. I need to give myself purpose and enjoy my new, free life. I stress about talking about my anxieties with those closest to me, as I don't want them to worry, however, if I were to relapse, everything I have built would be wiped out.

I need to get over my embarrassment and my pride and be open and honest about my triggers, my fears or cravings and be clear about my message that I am putting forward telling the world I'm in recovery. I must be clear.

I am an addict; I am in recovery, and I cannot be around drink or drugs. 'I would really like to come and spend time with you at the BBQ, but I can't if there will be drugs or alcohol. For me to come and our friendship to continue, I must be sure it's not available when we see each other.' ... I know saying this to people is not easy, but this is where you will find out who really cares about you and your relationship. You need to look at your friends or family and decide who is safe and who is not safe.





## Continued...

If you're feeling triggered, you should leave the situation you are in. Step outside for a second, take a deep breath or pick up the phone and talk about it. Distract yourself with an activity like cooking, swimming, or going for a walk.

I need to keep connected to my recovery and make sure the sun and fun don't steer me off track and realise that although sometimes I feel like I am seen as let down or I'm always trying to get out of plans and avoiding people and making excuses, I am being strong and standing up for myself. I am being clear.



'If you start  
with the boring  
bits around the  
sides, the rest  
will fall into  
place'

# THANKYOU

To Oasis Service users who contributed to this issue.  
And thank you to YOU for reading!

If you would like to contribute anonymously to the next issue,  
speak with your care coordinator or add you input into our  
suggestions box at no. 11.

If you would like support from Oasis Project with alcohol or  
drug use please call 01273 696970 or make a referral via our  
website [www.oasisproject.org.uk](http://www.oasisproject.org.uk)



# RECOVERY

## Word Search Puzzles



G C C E L U B H S O B R I E T Y H H S Q W C I  
 F E X T E R N A L O T P Q P H X E N F P M L W  
 Q W Y D X B R R Q S F H G I A K A W D M P V S  
 L B F O T W J Y S S K A U H O B L C L O W S N  
 M M G R A T I T U D E L I S D I T H K Q E L O  
 E B P M K L H O P E R T L W V K H A S V B L I  
 R W L F H T I Z L T A V T O J Z Y L S Z Z I S  
 Z K B N P N O O L I O Y U L G Q T L E J D K S  
 M O S A J R E S N O P S X L V Q R E R T C S E  
 L N C H M T D N Q P K N D E V K M N V H S G R  
 R Y T I L I M U H L X C J F X K F G I W T N P  
 H I L A W S O B Q R J N B O E H B E C M W I E  
 X S T Y R E V A R B C P F Q Y R Z S E I J P D  
 W C T H H R T S M B C C H A N G E W K X L O I  
 S H A M E C N P T F O F E C L S R T T G O C M  
 R D E P E N D A N C E P M J T B O U G K R L F

DEPENDANCE

SOBRIETY

SHAME

DEPRESSION

EXTERNAL

GUILT

FELLOWSHIP

BRAVERY

HOPE

CHALLENGES

SERVICE

HALT

GRATITUDE

SPONSER

CHANGE

COPING SKILLS

HEALTHY

HUMILITY