

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



Trigger Warning - This edition discusses topics such as addiction and Mental Health.

Welcome to the third edition of ORNV!

We've had a wonderful Summer - The Weather has been amazing and there has been so much going on. We hope you all had a great time and more importantly you managed to stay safe.



This issue is about ACCEPTANCE. Within addiction, it can be said that to accept that we are addicts is the beginning of our journey. After many years, I can safely say that I accept that but its all the things in between that are difficult and I do believe its a process.

I'm very happy to tell you we've had much more content from you, the service users, which is always gratefully received. Don't forget you can post anonymously at number 11, or hand it to a Key worker to be included in the next edition. As always I'd like to thank all of the staff of Oasis who have made time to help and support us in the production of this publication.

Keep safe and keep on keeping on, you're doing amazingly well, wherever you are in your recovery. Happy reading!

This Issue Focuses on Acceptance

Intro to Acceptance

Gratitude List

Book Recommendations

Group Timetable

NEW GROUP info!

Circle of Acceptance

'Why I Drank' Poem

Mental Health Week

External Group Timetables

3 Thing I Have Accepted

'Learning'





Gratitude List

Focusing on the things we are grateful for in life, is proven to have a positive impact on our wellbeing. In this space, think of 5 things that you are grateful for and how these are impacting you positively right now.

5 things I am grateful for:

1. My friends and family
2. Having somewhere to live and being independent
3. Being able to work
4. Exercise
5. Having support if/when I need it

5 things I am grateful for:

1. Being free from a desire to use drugs and alcohol.
2. My children and my family
3. That I feel ok inside myself and I am content with who I am.
4. Having money in my bank (not much but I spend it better and don't blow it all in one day)
5. Feeling safe

Write down 5 things that you are grateful for:



- 1.
- 2.
- 3.
- 4.
- 5.





Oasis Group Schedule

Monday

POCAR Goal Setting

10.30 -12.00

11 Richmond Place GF

Lottie

Recovery Support & Voices for Peers (RSVP)

12.30 -2.00

11 Richmond Place GF

Tallulah/Francesca

Young Women

2.30 - 4.00 pm

11 Richmond Place GF

Orla/Kasie

Tuesday

Phase 2

10.30 -12.00

11 Richmond Place 1st Fl

Louise

Mellow Parenting

10.00 -12.00

11 Richmond Place GF

Lottie

Acupuncture

1.00 - 2.30 pm

11 Richmond Place GF

Pathways to Health

Wednesday

POCAR

10.30 -12.00

11 Richmond Place GF

Lottie

Men's POCAR

3.00 - 4.30 pm

3 Morley Street

Rebecca

Thursday

Support Pathway

10.30 - 12.00

Online

Louise

Friday

Hep C Drop in

12.00 - 2.00 pm

11 Richmond Place GF

Hep C Trust

Creative Recovery

2.30 - 4.00 pm

11 Richmond Place GF

Orla & Amber

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.

NEW Peer Support Group

Recovery Support & Voices for Peers (RSVP) (Mon 12:30)

Hello ladies, we now have a peer support group running at oasis. It is completely peer led and a safe space for you to come and share or even not share maybe just listen, we do some CBT exercises and offer support to one another with no judgements. Open to all services users of oasis, led by women in recovery who have been through oasis ourselves. Sometimes it just helps to know we are not alone and no matter where you are on your journey we can all learn and relate to one another.

Hope to see you there, 12:30 every Monday.



Circle of Acceptance

Highlight words you have
had to accept and explain
why

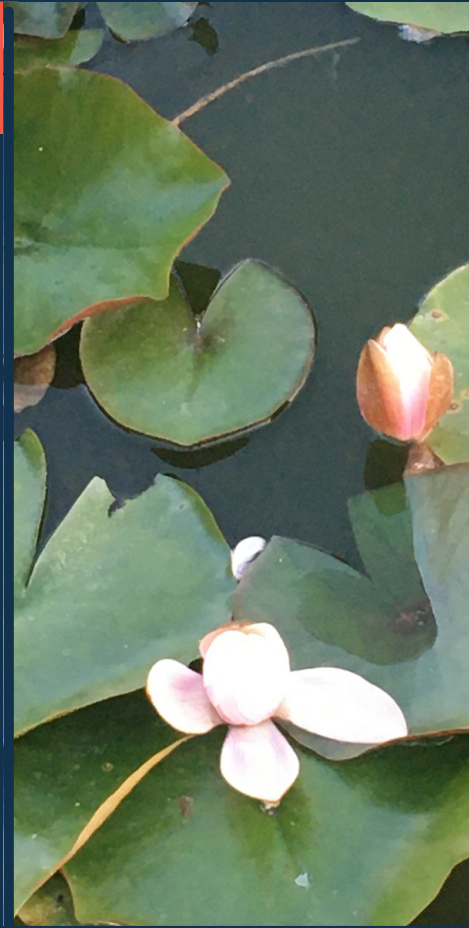


"Every Monday throughout the six-week period, I couldn't wait to go to Oasis for the arts and crafts group. The 2-hours Blew by way too fast and I found it to be really fun and creative time, spent with lovely people. If it wasn't for Oasis I wouldn't have known about it - I just wish she could have been weekly. I have accepted, I should be out and meeting people and enjoying other people's company. I was gutted when it's finished"



Why I Drank

I drank for happiness and became unhappy
I drank for joy and became miserable
I drank to be outgoing and became self-centred
I drank for sociability and became angry and resentful
I drank for sophistication and became obnoxious and crude
I drank for friendship and made enemies
I drank to soften sorrow and wallowed in self-pity
I drank for sleep and awakened without rest
I drank for relaxation and got the shakes
I drank for courage and became afraid
I drank for confidence and felt unsure
I drank to become witty and become a bore
I drank to be a good dancer and it made me Stagger
I drank to forget thoughts and had blackouts
I drank to make conversation easier and slurred my speech
I drank for strength and felt weak
I drank to be a good lover and I couldn't perform
I drank medicinally and got sick
I drank to enjoy life and contemplated suicide
I drank to escape and built a prison for myself
I drank because I thought my job called for it and I lost my job
I drank to stimulate thoughts and blacked out
I drank to forget and became haunted
I drank for freedom's sake and became powerless
I drank to erase problems and saw them multiply
I drank to find peace and came to know hell
I drank to cope with life and invited death



**"It must have
taken a bunch of
booze to get you
in this shape?"**

I replied

**"Just one. For me,
one is too many
and a thousand
isn't enough"**



Mental Health Check-in

Colour in the heart with how you are feeling.



I'm doing great



I'm Struggling



I'm okay



I'm having a hard time, and wouldn't mind if someone reached out to me



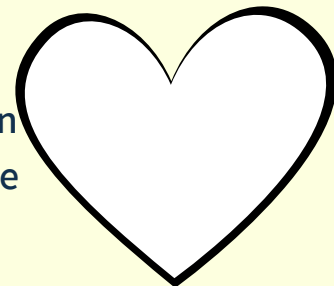
I'm okay-ish



Things are tough



I'm in a bad place right now



What would you benefit from to improve how you are feeling right now?

How and when can you do this?

"I consider myself very lucky to have a life now and I still live with depression and I have a diagnosis.

For anyone experiencing the same, Please reach out, talk to someone, your doctor, a health professional, your key worker.

Mental health can be managed, its not easy, not at all. You are so not alone, believe me, mental health wasn't talked about, your mental health is as important as any other form of health."

For support contact MIND - 0300 123 3393

TEXT: 86469

info@mind.org.uk

Support Groups at Cascade Creative Recovery

Tuesday-

Peer Support Group 10.30-12

Mindfulness 12.30-1.30

Art 2-4

Yoga 4.30-5.45

Wednesday-CGL speakeasy 10-12

Smart Recovery 12-2

Pathways to Health Acupuncture 2.15-4

Friday-- Peer Support Group 2-3.30pm

Creative Writing 4-6.

2nd Friday Boogie Dance Group 6.30-8.30

3rd Friday song writing forum (limited time)

Last Friday of the month Sun Lotus Recovery 7-9

Saturday

Starting 17th June Drama drop in 10-12. (6 weeks)

Choir 12.30 -2.30

First Saturday of each month Open mic 7-10pm

All our groups are drop-ins

Hanover room, Brighthelm. Centre.

Text 078495285421 Correct 26/06/22



3 things I have accepted, in my recovery.

Not all things can be changed. Some things, we need to accept will stay with us for a long time, mentally, emotionally or physically. By learning to accept these things, we are given the opportunity to move on.

- 1 - I'm going to always have problems with addiction to drugs/alcohol but it's manageable as long as I stay on top of it
- 2 - Only I can make myself better
- 3 - That not all bad things just happen and some of them I brought on myself

- 1. To accept myself, who I was and who I am now.
- 2. My past mistakes and bad choices - losing my daughter, domestically abusive relationship, hurting my family, hurting myself.
- 3 - How unsafe I was and in my using I was a bad mother.

What are 3 things that you have accepted during your recovery?



- 1.
- 2.
- 3 -



Acceptance came from forgiving myself and doing a lot of work around the shame and guilt and trauma I have been carrying. I haven't forgotten any of it, I can have constant reminders or flash backs but it's knowing the person I am now and becoming a better person, living a better life, it doesn't change what has happened but I allows me to let goodness and light in, which helps me accept the things that came before and anything that may not go as planned now or in the future.



Learning

After a while you learn the subtle difference
Between holding a hand and chaining a soul
And you learn that love doesn't mean leaning
And company doesn't mean security
And you begin to learn that kisses aren't contracts
And presents aren't promises
And you begin to accept your defeats
With your head up and your eyes open
And with grace of an adult, not
The grief of a child
And you learn to build all your roads on today
Because tomorrow's ground is too uncertain
For your plans
After a while you learn that even sunshine
Burns if you get too much
So plant your own garden and decorate
Your own soul - instead of waiting for
Someone to bring you flowers
And you will learn that you really can endure
That you are really are special
And that you really do have worth
So live to learn and know yourself
In doing so you will learn to live



5 books that i have enjoyed:

1. Why Has Nobody Told Me This Before?
by Dr. Julie Smith
2. The Body - A Guide For Occupants by
Bill Bryson
3. The Forager's Calendar by John Wright
4. The Bees by Laline Paull
5. A Walk In The Woods by Bill Bryson

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

