

# OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



**Trigger Warning** - This edition discusses topics such as addiction and recovery

Hello, Thank you for picking up and reading Oasis Recovery News and Views. So, this time we're talking about Empowerment. What does it mean to us? Is it something we are given? Is it something we earn? Or can we empower ourselves, and if so - how?

When I thought about the word empowerment, I had to look in the dictionary because I'd lost track of what it meant. I suppose I thought it was what we got from someone else, which in certain ways, other actions can have an impact. However, When I thought about it, empowerment is something that mainly derives from the things that we do for ourselves.

I'm proud to say this is the fifth edition of ORNV, this came from a small seed of thought and has grown and developed into something very important to us all. If you would be interested in getting involved with creating this with us, you'd be very welcome. If you would like to submit some of your own work, please feel free. We'd love to hear from you. I'd like to thank everyone who gives up their time to help create this, we all do this in the hope that we can help even one woman to recover from the Hell that is addiction, and so you know that you're not alone, the voices are from Service Users for Service Users .

**DIFFICULT ROADS  
OFTEN LEAD TO  
BEAUTIFUL  
DESTINATIONS.**

## This Issue Focuses on Empowerment

Welcome

Motivation and Discipline

Peers Poem

What does EMPOWERMENT  
mean to you?

Women Empowering  
Women Poem.

Personal Experiences of  
Empowerment

How Oasis Empowered Me





## Motivation and Discipline

"I UNDERSTOOD MYSELF  
ONLY AFTER I DESTROYED  
MYSELF. AND ONLY IN  
THE PROCESS OF FIXING  
MYSELF, DID I KNOW WHO  
♥ I REALLY WAS."

Motivation and discipline have played a massive part in my recovery but finding the difference between the two has been key in making the changes in my life that have helped me.

Motivation is something that comes and goes, it's the willing to want to change things but is not something you can always rely on to be there.

Self Discipline is constant, it's when there's something you need to do and you do it even when you don't want to, it's doing the things that might not feel beneficial at the time but doing it anyway as in the long run it will change things in your life for the better and eventually just be something you do.

For example sometimes you might feel motivated to get up and go for a walk one day. Self discipline is getting up and going for that walk everyday whether you feel like it or not, even if it's a walk to down the road and back. Self discipline can also be avoiding a situation that you know is high risk and at the time you want to go but in the long run you know the impact it could have on you.

"I know you helped me through some tough times, but now I have to learn to be on my own. Unfortunately I have learnt to use you as a crutch and now you have become more harmful than helpful. You push people away rather than draw them in. You build bullishness not confidence. You don't let me forget the bad times but you never remember the good. You are not a solution to the drama or an escape from the chaos. You're the problem causing drama and the prison containing chaos.

I know you will never leave me. One thing you are is dependable. But you are no longer safe and secure, fun and fuzzy or relaxing and laid back. So I choose to break this cycle, to learn to depend on myself, to feel anxiety, pain, boredom, anger, sadness, happiness, love. I choose contentment and fulfilment. I choose to leave."



## Peers Poem

Success with a smile, having achieved the goal. Putting down the substance, allowing room for growth.

Confidence is thin, anxiety is high, the voice in the head questioning ... "Can I"?

Overcoming doubts, affirming positive thoughts.

If they can do it, then where do I start.

Attending training, confused and unsure.

Building trust in decisions, and choices once more.

What is right, what is wrong ....am I on the right path.

I feel proud what I am doing and supported in my task.

The journey is mine, personal to me.

When I empathise with others, a mirror I see.

Reminded of past and where I am now.

My identity comes clearer, Questioning myself ....Who, What and How???

Thank God for my recovery, my peers and for me.

It's still early days, non-complacency is key

Relationships with family, partners and self, there's still room for progress, I hear the alarm bell.

Once the substances are down recovery can be lonely.

No one is my abuser no one can control me

Peers are important, in a group on the phone -

One thing is for certain...

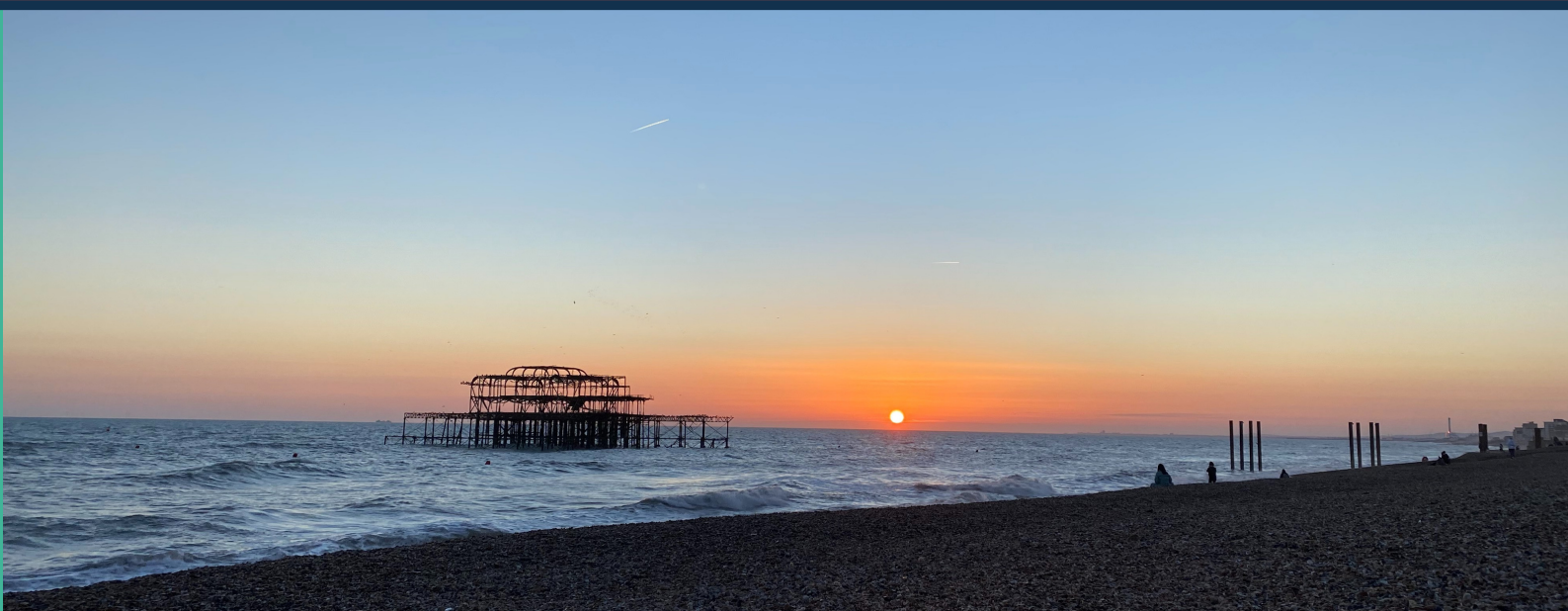
you cant do it alone.

# EMPOWERMENT





## Peers Poem Continued...



No one is perfect remember your goal, to be your best self, no false confidence involved.  
With peers in your life its never just you, there are others who have been there and can  
relate,  
-it's true.

Continuing the journey through good and through bad.  
Peers come and they go, but having them I'm glad.  
Giving hope and inspired my spirit to keep going.  
I am glad I had peers, without them is not knowing.  
So sharing is caring and caring is sharing  
the experience gained, the loss and new learning.  
Peers are support and support is your peers.  
Stay connected with them and you will reduce anxiety and fear.

The belief inside is powerful and strong, to become your best self, understanding the  
journey is long.  
But knowing you tried and gave your all.  
Reminds your peers, you are brave and continue to stand tall.





# What does EMPOWERMENT mean to you?

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eg. (Encouragement)

eg. (Motivate)

Use this space to write  
down empowering  
words that inspire you  
for each letter





## Women Empowering Women

From places of darkness  
Violence, neglect, sexual abuse, abandonment  
We learn to survive  
With drugs and alcohol, until we're dependant

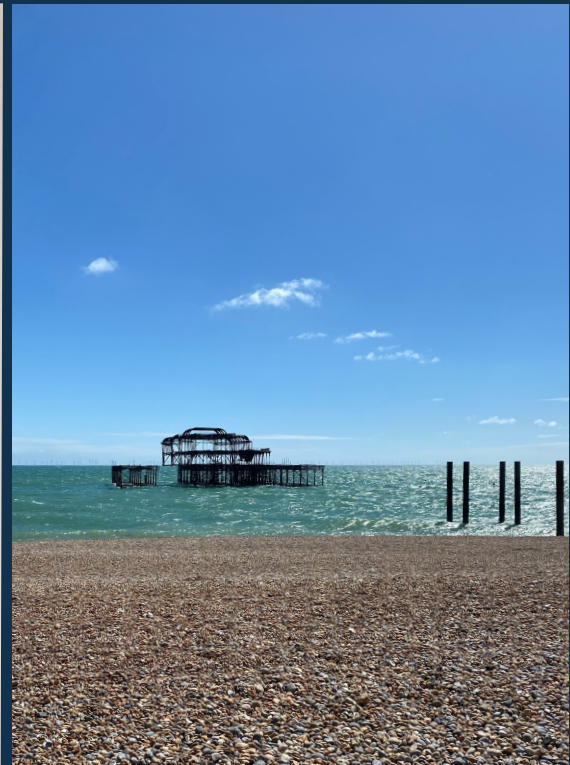
No Emmeline Pankhurst  
Or Harriet Tubman  
But battle we will  
For our freedom

Freedom from men  
In society, religion, culture, within our homes  
Women together  
Knowing we are not alone

Supporting each other  
Having each others backs  
Motivating and encouraging  
When the facade begins to crack

Doing what we do  
Fighting for our rights  
Helping one another  
Creating a better life

Empowered we are  
Gay, straight, black or white  
Empowered women  
Kindred we unite



**Recovery  
is about  
progression  
not perfection.**

-Unknown





## EMPOWERMENT

‘The process of becoming stronger or more confident, especially in controlling one’s life’.

**DETOX** - Regaining control over my body. No longer being alcohol dependent.

**GETTING A JOB** - Improved self-esteem and finances. Shows independence and reliability.

**JOINING A COURSE** - A challenge for myself. Learning new skills, showing consistency and reliability.  
Gaining confidence.

**VOLUNTEER GARDENING** – Once a month helping keep the local churchyard tidy. Peaceful, good for wellbeing and useful to the community.

**CHOIR** – Singing in a group - good for wellbeing and confidence. Socialising in a safe environment.

Thinking of the word empowerment and what it means to me has been hard to summarise, so I have written about a few things and situations that have come to mind that make me feel empowered.

I think of the people that I've looked up to and the people around me who make me want to do and be better  
Coming to Oasis addressing my addiction and now facing each day abstinent.

Times I've pushed myself out of my comfort zone and pushed past the fears and anxiety which have made me become more resilient

The things I'm doing everyday to keep me on track and taking some control over my mental health and wellbeing

EMPOWERED  
WOMEN  
EMPOWER  
WOMEN

Think about your personal experience with Empowerment and note them down here:







Oasis is a safe space to express my emotions, even the toughest ones.

With no judgement, the women at Oasis are compassionate and genuinely care.

Oasis gave me the confidence to believe in myself, I had been told from such a young age I wouldn't amount to much, I believed that to be true once upon a time, but like every great Disney princess, I dusted myself off and got to work, this substance is controlling my life, the lies I told myself and others. I needed patience and structure, and Oasis gave me that, also a safe space for my children to express their emotions.

I'm eternally grateful for oasis and the woman who make it what it is today.

**BE ADDICTED  
TO YOUR  
RECOVERY**

**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)