

# OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



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

## Welcome to our 6th edition of Oasis service user magazine

Hello everyone and Thank you for picking up and reading this edition of Oasis Recovery News and Views.

In this edition we're looking at Barriers to Recovery and how to overcome them. I'm sure most of us in recovery have had to deal with difficult situations that have got in the way of staying clean. Sometimes it can be the simplest of things that can lead to a rocky road, and it's only on reflection can we realise what went wrong. As long as we learn from our mistakes, it's possible to recover. Barriers can be broken, and walls torn down, because at the end of the day our recovery must come first and we must be the most important people in our lives.

This magazine is for all service users and we will welcome any content you'd like to share with us, it can be anonymous if you wish. You can post it through the suggestions box in reception or hand it to Louise Millar.

We would like to thank all the staff and service users at Oasis that have made this publication possible.

## This Issue Focuses on Overcoming Barriers

Welcome

Challenges and barriers Oasis service users have overcome

Peers Poem

What Barriers/challenges have you faced and overcome. HOW?

PEER SUPPORT - how does this help women on their recovery journey

What Oasis project does to support women facing barriers in their recovery





# OASIS WOMEN OVERCOME MANY BARRIERS AND CHALLENGES

**CAN YOU RECOGNISE ANY BARRIERS YOU HAVE OVERCOME**



"GOING TO AREAS WHERE I KNEW THERE WOULD BE PEOPLE I KNEW WHO DRANK"

"STEPPING THROUGH THE DOOR AT OASIS AND TAKING THAT FIRST STEP WAS A BIG CHALLENGE FOR ME"

"MY ANXIETY WAS REALLY BAD AND I DIDNT TRUST NO ONE"

"I WOULD NEVER GO OUT SO I WOULD NOT LEAVE THE HOUSE IF I DIDNT HAVE TO. I DIDNT LIKE MEETING PEOPLE"

"MY BIGGEST CHALLENGE WAS ACCEPTING I HAD A PROBLEM WITH ALCOHOL"

"RELATIONSHIPS CAN MAKE STARTING RECOVERY TOUGH ESPECIALLY IF THEY USE AS WELL."

"BOREDOM WAS MY BIGGEST PROBLEM"



THE BARRIER I AM PROUD TO HAVE OVERCOME IS:

.....

.....

.....



# How do we do it?



## BE BRAVE

"Im determined to succeed"

" I want to live"

"Face the unknown and ask for support

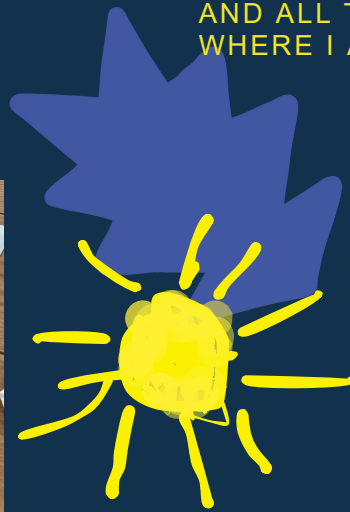
" Just breathe"

WITH SUMMER COMING UP DAYS ARE LONGER, WEATHERS WARMER AND EVERYONE SEEMS MORE HAPPIER, EVERYTHINGS GETTING LIVELIER AND ITS IMPOSSIBLE TO IGNORE LOTS OF PEOPLE OUT DRINKING AND USING AND HAVING A GOOD TIME-ESPECIALLY LIVING IN SOMEWHERE LIKE BRIGHTON, BEING IN RECOVERY CAN BE VERY TOUGH, SO I WAS THINKING OF WAYS I'M GOING TO TRY AND KEEP MYSELF SAFE THIS SUMMER WITHOUT LOCKING MYSELF INSIDE AND PRETENDING IT'S NOT HAPPENING AND HERE'S A FEW IVE BEEN THINKING OF:

- STAYING CONNECTED WITH OASIS AND MY RECOVERY
- KEEPING TO MY ROUTINE THE BEST I CAN
- FINDING THINGS I ENJOY DOING WHICH DOINT INVOLVE DRINK AND DRUGS
- IF I'M GOING TO AN EVENT WHERE THERE MIGHT BE DRINK AND DRUGS - HAIVNG A SAFETY/EXIT PLAN
- CONSTANTLY REMIND MYSELF I AM IN RECOVERY AND CANT JUST HAVE ONE.
- REMINDING MYSELF HOW FAR I HAVE COME AND ALL THE WORK I HAVE DONE TO GET TO WHERE I AM NOW.



## BE CREATIVE



THINKING OF SUMMER WHAT THINGS DO YOU THINK YOU COULD PUT IN PLACE TO HELP KEEP YOURSELF SAFE?

OASIS WOMEN MADE ORIGAMI AT THE VDT WORKSHOP..

IT IS SAID IF YOU WERE TO MAKE 1000 ORIGAMI CRANES THEN THIS WOULD BRING YOU GOOD FORTUNE

[HTTPS://WWW.THSPRUCECRAFTS.COM/SENBAZURU-PAPER-CRANES-](https://www.thsprucecrafts.com/senbazuru-paper-cranes-)



MOTIVATED

THE SILVER LINE FOR OVER 55'S  
24/7  
08004708090

POSITIVE



WHAT BARRIERS HAVE YOU OVERCOME?

SWITCHBOARD LGBT+  
10AM-10PM  
03003300630  
CHRIS@SWITCHBOARD.LGBT

H  
O  
P  
E

HOW DID YOU DO THIS?



MIND MON-FRI 9-6  
03001233393  
TEXT 86463  
EMAIL: INFO@MIND.ORG.UK

STRONG

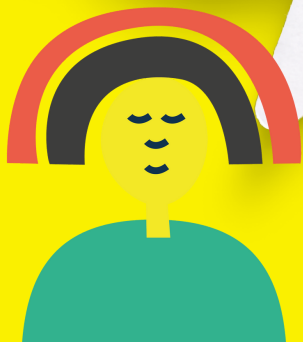
WHAT HAVE YOU LEARNT?

SHOUT TEXTLINE  
24/7  
TEXT SHOUT TO 85258



Determined

MENTAL HEALTH RAPID RESPONSE SERVICE (MHRRS)  
0300 304 0078  
SUSSEX MENTAL HEALTH 03005000101  
SAMARITANS 116123  
[HTTPS://WWW.STAYALIVE.APP/FIND-HELP-NOW/](https://www.stayalive.app/find-help-now/)



IF YOU ARE IN DANGER OR NEED URGENT MEDICAL ASSISTANCE DIAL 999



## Service user experiences with overcoming barriers

BEFORE COMING TO OASIS SOME OF THE BARRIERS I HAD TO OVERCOME AND WENT OVER AND OVER IN MY HEAD BEFORE GETTING THROUGH THE DOOR- WHETHER I SHOULD OR NOT, WHETHER I NEEDED TO , IF I WAS EVEN READY TO STOP DRINKING AND USING, WHAT WOULD I BE LIKE WITHOUT IT, WHAT WOULD PEOPLE THINK.. SOME BARRIERS I'VE HAD TO OVERCOME SOUND SIMPLE TO SOME PEOPLE FROM THE OUTSIDE LOOKING IN BUT I FOUND VERY HARD TO DO, FOR EXAMPLE GETTING OUT OF A UNHEALTHY RELATIONSHIP OR STOPPING DRINKING AND USING. I KNEW WHAT I NEEDED TO DO AND HOW TO DO IT BUT IT STILL DIDN'T MAKE IT EASY AND TOOK ME A WHILE AND STILL SOMETHING I'M FACING EVERYDAY BUT THEY ARE NO LONGER A BARRIER FOR ME NOW.

SOME BARRIERS TAKE TIME- FOR ME MY MENTAL HEALTH HAS BEEN A MASSIVE BARRIER AND STILL IS – BUT THE BARRIERS AROUND MY MENTAL HEALTH HAVE BECOME A LOT SMALLER AND EASIER TO MANAGE NOW I'VE GOT MORE OF A UNDERSTANDING WHAT TRIGGERS ME TO BE WORSE AND WHAT HELPS ME.

OASIS HAS HELPED ME MASSIVELY THROUGH DOING WORK WITH MY KEY WORKER, GOING TO GROUPS AND COUNSELLING HAS HELPED ME LOOK AT SOME OF THE BARRIERS THAT I'VE FACED – SOME I'VE OVERCOME AND THE ONES I'M STILL WORKING ON ARE GETTING SMALLER AND EASIER TO MANAGE.



WALKING IS SOMETHING I DO FOR LOTS OF REASONS. TO CLEAR MY HEAD. BURN OFF SOME ENERGY. EXERCISE. THE SMELL OF THE GRASS AND SOUND OF THE BIRDS CALM ME. I LIKE TO FEED THE BIRDS TOO.



## Peers Poem

LONELINESS MAKES ME A MESS... LIKE FAITHLESS SAID ITS DARKNESS THAT BREED  
THE STRESS I KEEP SEEING RED NOT THE ORANGE GLOW BEFORE THAT I IMBRACED.  
BUT TODAY IS JUST TODAY ... AND THISIS WHAT I SAY.  
YOU ARE HERE. YOU ARE YOU,  
YOU HAVE YOUR HEART , ITS JUST NOT IN TUNE.  
TIME WILL HEAL, YOU MUST BE STRONG.  
AND ONCE AGAIN YOULL FIND YOUR SONG.

# THE OASIS GARDEN

(BRINGING NATURE AND CREATIVITY TO OASIS)

- WEEDING
  - POTTING & PLANTING
  - PAINTING
  - TRIMMING
  - TIDYING UP THE SPACE
  - PEBBLE PAINTING
  - TEA AND BISCUITS
  - .....AND A CHAT!
- EVERY FRIDAY AT 10AM WITH  
TALLULAH AT OASIS PROJECT



## PICNIC IN THE PARK

PRESTON PARK

COME AND JOIN US!  
PLEASE SPEAK TO YOUR CARE  
COORDINATOR AT OASIS IF  
INTERESTED

COMING SOON



CALL OASIS ON 01273 696970  
OR SPEAK TO LOUISE TO FIND OUT  
MORE



POSITIVE HEALTH AND WELLBEING WILL HELP OVERCOME BARRIERS



YOUR PARAGRAPH TEXT

# Five ways to wellbeing

I GIVE MY TIME TO DO VOLUNTEER WORK

BEING INVOLVED IN GROUPS MAKES ME FEEL CONNECTED

RECOVERY COLLEGE HELPED ME TO LEARN ABOUT MY BI- POLAR

SWIMMING IS GOOD FOR MY MUSCLE PAIN

I NOTICED HOW MUCH BETTER MY BREATHING IS NOW I AM NOT SMOKING

## I LIKE TO READ SELF HELP BOOKS

EG. ATOMIC HABIT BY JAMES CLEAR  
OR  
FINDING YOUR BEST SELF BY  
LISA M. NAJAVITS, PHD





**COOKING HELPS TO OVERCOME BARRIERS.**

WE HOPE YOU ENJOY THIS RECIPE CREATED BY ONE OF THE WOMEN AT OASIS



Spice Bbq Chicken

Clean chicken with cold water, Lemon Vinegar - Youtube ~~how~~ if you don't know how

Dry ~~with~~ chicken with paper towels.

1/2 Tea spoon of ground Peppercorns. +  
 1 tsp mixed spices  
 1 tsp Mixed herbs  
 2 tablespoons of garlic granules.  
 1 tablespoon chicken Seasoning  
 1 tableSpoon paprika  
 1 tsp of Smoked paprika.  
 1/2 table spoon of crushed chilli's  
 Half a cup of bbq sauce.  
 Half a cup of sweet ~~chilli~~ chilli sauce.

will  
 mix together in a bowl,  
 cover up Marinade for at least 3 hours.  
 pre heat oven, put chicken skin side up  
 in a baking tray, after oven hot put the  
 chicken in the oven, turn heat down to 170°

After 40mins ~~best~~ the chicken  
 leave for another 40mins then ~~best~~  
 again.  
 Turn temperature up to 190°c for 20mins.  
 After 20mins ~~best~~ one more time.  
 Turn temperature to 210°c for 10mins.  
 And it's done.

Hope ~~it's~~

**Thank  
you!**

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)



**Brighton and Hove Food Partnership**

Brighton & Hove Food Partnership is  
[bhfood.org.uk](http://bhfood.org.uk)

