



## CONTENT



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## ORNV MAGAZINE EDITION 10

### RECOVERY LEARNING

Apr-Jun 2024

- **CONTENT**
- Introduction
- What I learnt in my recovery
- Service users involvement
- Oasis women share their stories
- Resources for Women
- Oasis Project and Women in Recovery
- Creative learning

## THINGS TO WATCH OUT FOR

- Recovery Walk - Sept 2024
- Vincent Dance Theatre
- New Garden Mural at Oasis

# ORNV SERVICE USER MAGAZINE

## One Day at a Time

HELLO, WELCOME TO THE 10TH EDITION OF OASIS RECOVERY NEWS AND VIEWS. THIS MAGAZINE IS WRITTEN BY SERVICE USERS AT OASIS AND INCLUDES OUR EXPERIENCES, INSIGHTS AND TOOLS WE HAVE USED TO HELP US IN OUR RECOVERY. ARTWORK AND LOTS MORE TO HELP OTHERS GOING THROUGH RECOVERY, TO KNOW THEY ARE NOT ALONE. IN THIS EDITION WE ARE TALKING ABOUT LEARNING IN RECOVERY. FROM LEARNING HOW TO LIVE WITHOUT RELYING ON SUBSTANCES, TO LEARNING ABOUT OURSELVES, OUR RELATIONSHIPS AND HOW TO NAVIGATE DAY TO DAY LIFE AND MORE. AS WE KNOW THAT PUTTING DOWN THE SUBSTANCE IS JUST ONE PART OF RECOVERY AND THERE IS SO MUCH THAT COMES WITH THAT.

PLEASE SPEAK TO YOUR CARE COORDINATOR IF YOU HAVE ANYTHING YOU WOULD LIKE TO ADD TO THE NEXT EDITION OR BECOME PART OF THE MAGAZINE TEAM! A BIG THANK YOU TO THE OASIS STAFF FOR ALL YOUR CONTINUED SUPPORT AND WHO MAKE THIS MAGAZINE POSSIBLE.

# Help for women, hope for everyone.

WARNING: PLEASE BE AWARE CONTENT  
CAN BE TRIGGERING. DO NOT  
HESITATE TO REACH OUT FOR SUPPORT!





You dont have  
to see the  
whole  
staircase, just  
take the first  
step



# My Learning in Recovery



"I am no longer a victim, I am a victor"

**Never Give up  
You worth it  
Keep fighting the  
Good Walk  
To Success and  
Freedom**

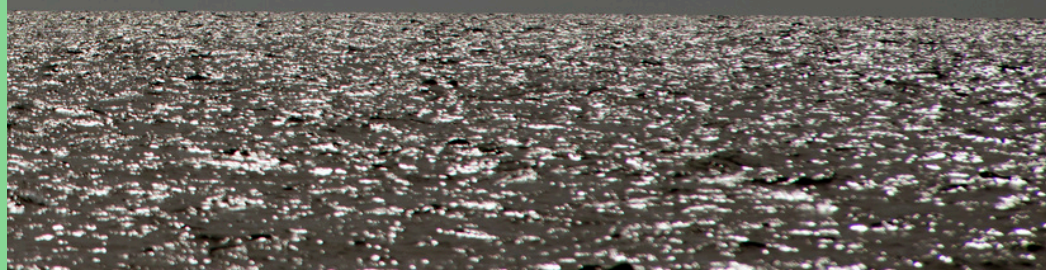
*"I always used to worry about other peoples opinions  
of me. But when I read this quote it empowered me"*

**You are not the result of  
someone else's opinion."**



## Learning to live without feeling high

*Learning recovery for me  
To look for glimmers in life and  
to that it's important to self talk  
my emotion through to myself,  
and learning to start being kind  
to myself, patient, loving myself.  
Life is a journey, not a race.*



**My Greatest Act of Self Love was the day I broke up with  
alcohol.**

**Nothing changes if nothing changes**

**Sit back, savour the fruits of your labour,  
You've worked for this.  
You've wished for this.**

**A collapse & outdated creates space for a new  
beginning  
Let it flow**

**Enjoy the Show**

**Welcome the destination of everything you know  
What's coming is better than what has gone!!**



Ask your keyworker if you would like to be involved with the ORNV magazine or would like to contribute your stories pictures or poems to our next edition. We would love to hear from you.

*The ORNV Team*





# Service User Involvement

**Women in recovery  
have the  
opportunity to train  
as peer mentors and  
facilitating a service  
user group**

Recently women at Oasis Project took part in a Workshop to contribute their feedback. to assist in the rewriting of the new Drug and Alcohol Strategy. The women have been invited back for a meeting to let them know how their feedback supported Public Health England and the new Drug and Alcohol Strategy 2024.

Women at Oasis attended focus groups supporting the NHS by sharing experiences of health and care services and what this had been like? Love 2 Shop vouchers given as a thank you for taking part

**Recovery Support & Voices for Peers  
(RSVP)**

**12:30 - 2:00 11 Richmond Place GF  
Peer Led**





# Oasis women shared their learnt experiences of being in recovery

I save me, I heal me, I got me, I have me.

- I know my triggers the feelings I drink use on.
- Plan routes avoiding old places and were you know people are still using/drinking.
- Delete any contacts old messages that could temp you.
- To keep busy have a routine and structure for your morning, daytime and evenings.
- To stay connected with places people in recovery that can offer support or safe places.
- To keep a diary this can help with feelings as well as something to look back on.
- Remember to have plenty of self care and chill time.
- To have your own safe place if at all possible.
- To have boundaries and rules of your space or home no drinking or using
- Not to get in any unhealthy relationships that could cost you your recovery, health or safety.
- To talk, share and be honest keeping things bottled up will only make things worse.
- Be aware of going on holiday festivals special occasions will there be anyone or anything to trigger you/have you a exit plan something prepared in your head to refuse.
- When in groups not to give out your personal details.
- Not to meet up with new peers outside of groups this is so that you are building on healthy and boundaries filled relationships.

Never be a  
Prisoner of your  
past.  
It was just a  
lesson, not a Life  
Sentence.



I'm recovering

you damaged my life  
corrupted my soul  
This is my fight  
To repair on my own

I need to find me,  
So please let me go  
It's time for me to truly be  
no longer for you to hold

once you were my choice  
Then you became my habit  
now I've found my voice  
I'm recovering not an addict

I'm not ok

I am not okay  
I'm barely getting by  
I'm losing track of days  
I'm losing sleep at night

I am not okay  
I'm hanging on the rails  
so if I say I'm fine just know  
I learned to hide it well

I know I can't be the only one  
who's holding on for dear life  
but I know god knows when  
it's all said and done

I'm not okay, but it's all  
gonna be alright  
it's not okay, but we're all  
gonna be alright

I woke up today  
I almost stayed in bed  
I had the devil on my back  
and voices in my head

Some days it all ain't bad  
Some days it all gets worse  
Some days I swear I'm better  
off laying in the dirt

I know I can't be the only one  
who's holding on for dear life  
but I know god knows when  
it's all said and done

I'm not okay, but it's all  
gonna be alright  
it's not okay, but we're all  
gonna be alright







# WOMEN'S RECOVERY SUPPORT



## CA MEETINGS IN BRIGHTON

12 step meetings for women only running in Brighton. Speak to your keyworker to find out more about getting support to attend for the first time.



## EVOLVE

- employment and training support
- for 25 years plus
- work with people with drug and alcohol issues
- support volunteering opportunities

## COST OF LIVING PROJECT



supporting people on low income  
people on the project can access LED light bulbs and Smart plugs  
Access energy vouchers  
Provide Interpreter service

## Impact Initiatives - Emergency Food



### Fareshare

For immediate advice and support about getting food, shopping and meal deliveries,

Speak to your keyworker about support with food Oasis can provide small food parcels



Oasis Project supports women with promoting self care and good hygiene providing wide selection of toiletries



## OASIS CRECHE

For women in recovery accessing support who have young children under age 5 years



**BREAKING  
NEWS**

# The Oasis News

**SPECIAL  
EDITION**

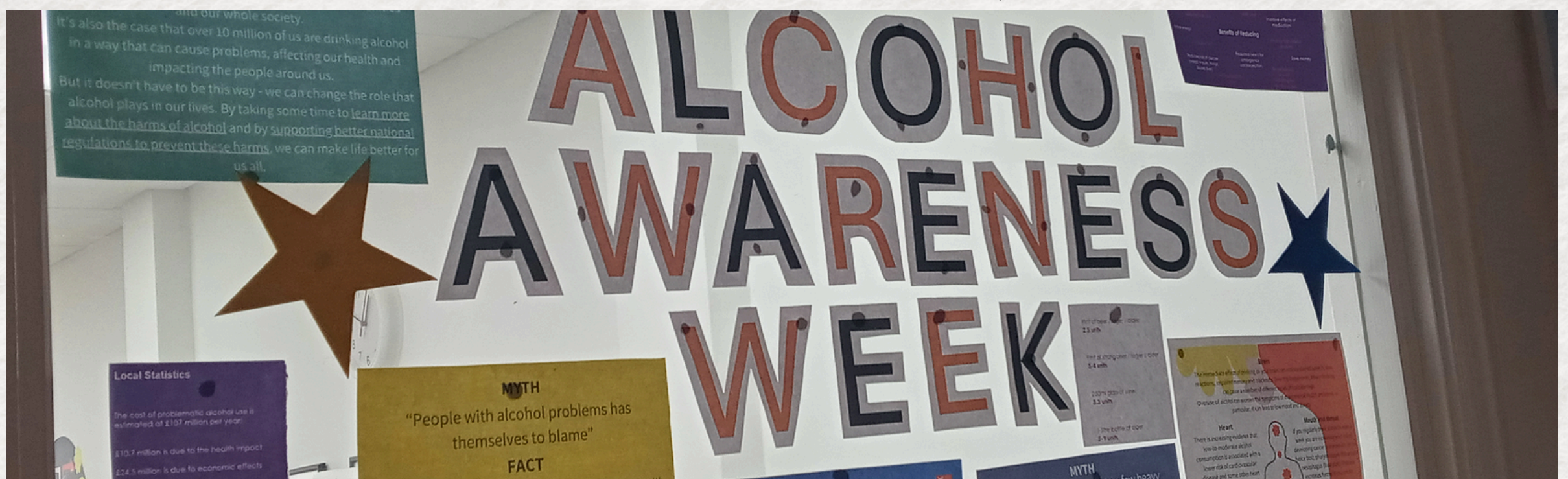
## and Views

# KEEP BELIEVING IN YOURSELF

Your Recovery from addiction offers numerous benefits, both physical and emotional. Here are some key advantages:

1. Improved Health: Sobriety reduces the risk of health issues associated with substance abuse, such as liver damage, heart problems, and respiratory issues.
2. Emotional Well-Being: Recovery leads to better mental health, reduced anxiety, and improved mood. It allows individuals to address underlying emotional issues.
3. Enhanced Relationships: Sobriety fosters healthier relationships with family, friends, and partners. It rebuilds trust and communication.
4. Financial Stability: Recovery saves money previously spent on substances. It allows individuals to focus on career growth and financial stability.
5. Personal Growth: Sobriety provides an opportunity for self-improvement, self-awareness, and personal development.
6. Increased Productivity: Without addiction, individuals can focus on work, hobbies, and other fulfilling activities.
- 7.

Remember that recovery is a journey, and each person's experience is unique. Seeking professional help and connecting with support groups can enhance these benefits



**NEWS AND VIEWS \* \***



**YOU GOT THIS!**



# Oasis Project and Women in Recovery

# YOU GOT THIS!



Monday	Tuesday	Wednesday	Thursday	Friday
<b>POCAR Goal Setting</b> 10:30 - 12:00 11 Richmond Place GF Lottie	<b>Phase 2</b> 10:30 - 12:00 11 Richmond Place 1stFl Louise	<b>POCAR</b> 10:30 - 12:00 11 Richmond Place GF Rosie & Rebecca	<b>Mellow Parenting</b> 10:00 - 12:00 11 Richmond Place GF Lottie	
<b>Recovery Support &amp; Voices for Peers (RSVP)</b> 12:30 - 2:00 11 Richmond Place GF Francesca/Amy			<b>Support Pathway</b> 10:30 - 12:00 Online Louise	
	<b>Acupuncture</b> 1:00 - 2:00 11 Richmond Place GF Pathways to Health		<b>HOPE (Under 25's)</b> 12:30 - 2:00 11 Richmond Place GF Kasie & Beth	<b>Creative Recovery</b> 2:30 - 4:00 11 Richmond Place GF Beth & Amber





# THINGS TO WATCH OUT FOR

- Recovery Walk - Sept 2024
- Vincent Dance Theatre
- New Garden Mural at Oasis



*Look out for more info in the next edition of the Oasis  
service user involvement with the London UK  
Recovery Walk 2024*

Oasis Project have come together over the years with Charlotte Vincent the Artistic Director/ Chief Exec of Vincent Dance Theatre. The aim in the future months is to work with a team of women to make a piece of performance work – live or on film - that speaks of their lived experiences and is therapeutically useful for all those involved and in turn raises awareness of the women's experiences within the public realm.

IF YOU WOULD LIKE TO BE A PART OF THIS  
PRODUCTION SPEAK TO YOUR KEYWORKER

vincent  
dance  
theatre