

OASIS RECOVERY NEWS AND VIEWS (ORNV)

AN INTRODUCTION TO ORNV

This Issue Focuses on **ONE DAY AT A TIME**

5 reasons to take it - One
Day at a Time

Coping Everyday

London Recovery Walk
2024

10 Tips To Cope With
Anxiety

TV and Film Suggestions

Structure and Routine

Daily Reminders

Resources



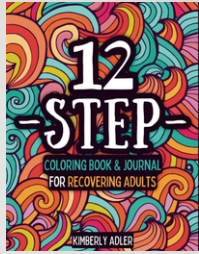


Daily Planning

Keeping a diary has helped me keep organised through the week. Keeping a diary keeps me motivated to attend appointments and also keeps me mindful of not doing too much at once. Taking one day at a time allows me to feel in control and feel safer to manage my mental health.



BOOKS



ENJOY A GOOD BOOK



[HTTPS://APPS.APPLE.COM/US/APP/STAY-ALIVE/ID915458967](https://apps.apple.com/us/app/stay-alive/id915458967)



**OASIS PROVIDES A SPACE FOR
WOMEN COPING WITH LOSS**

EACH DAY CAN HAVE ITS CHALLENGES

- BE HONEST TO THOSE AROUND YOU ABOUT YOUR FEELINGS. IF THINGS FEEL A BIT MUCH TAKE YOURSELF AWAY (OUTSIDE OR TO ANOTHER ROOM) DO SOME BREATHING EXERCISES OR JUST TAKE SOME DEEP BREATHS.
- KEEP A GRATITUDE LIST TO HELP YOU APPRECIATE EACH DAY
- KEEP AN ACCOMPLISHMENT LIST SO YOU CAN ACKNOWLEDGE AND BE PROUD OF WHAT YOU COMPLETE.
- KEEP A JOURNAL TO HELP YOU LOOK BACK AT EACH DAY WHAT WAS GOOD OR BAD, WHAT YOU COULD DO DIFFERENTLY AND WHAT DID YOU DO WELL.(IT CAN REALLY HELP TO GET THINGS OUT YOUR HEAD AND STOP THOUGHTS BOUNCING AROUND IN YOUR HEAD WHEN YOU WRITE THEM DOWN).
- MEDITATION/MINDFULNESS



SATURDAY 14 SEPTEMBER CRYSTAL PALACE PARK, LONDON

Oasis Project took part in the 2024 Recovery Walk in London

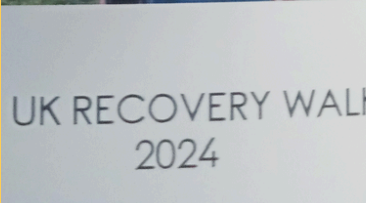
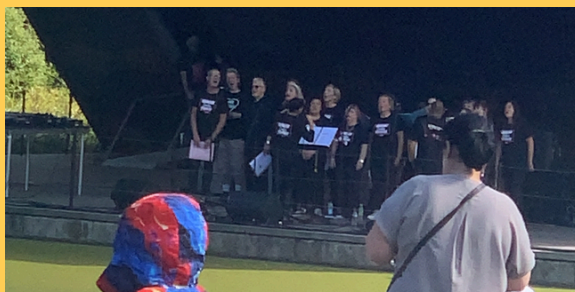


**“THE RECOVERY WALK
MEANS UNITY AND
PEOPLE ARE GETTING
TOGETHER AND YOU'RE NOT
ON YOUR OWN. WE ARE
ALL IN THIS TOGETHER
AND WE ARE HELPING
EACH OTHER OUT”**



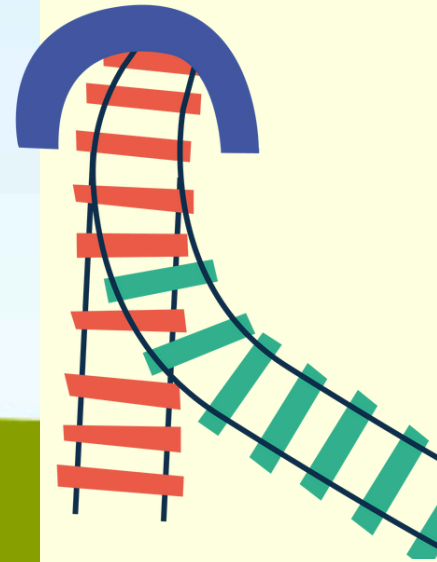
**“THERE ARE
SO MANY
INSPIRING
PEOPLE HERE
TODAY. I AM
PROUD TO BE
PART OF
THIS EVENT.
SUCH A
POSITIVE
MILESTONE
FOR SO
MANY IN
RECOVERY ”**

THE RECOVERY WALK WAS
ALSO A TIME FOR SIBLINGS
TO REMEMBER THEIR LOVED
ONES



Coping with Anxiety

1. Taking a bath
2. Get creative
3. Get moving
4. Get enough sleep
5. Good diet
6. Recognise & control your thoughts (don't let them control you)
7. Make sure you have a support system
8. Reach out!
9. Slow deep breathing
10. Find an activity what works for you - counting backwards, butterfly hug, colouring, journaling, being creative.



“WALKING JACK EVERYDAY HELPS ME TO GET OUT OF THE HOUSE AND GIVES ME EXERCISE. JACK IS EVERYTHING TO ME.”



“DOING SOMETHING CREATIVE MAKES ME FEEL GOOD ABOUT MYSELF”



TV AND FILMS & APPS

SOBERTOOL APP
SAYING WHEN APP
DRINKER'S HELPER APP

FILMS

28 DAYS

THANKS FOR SHARING

GIRL, INTERRUPTED

FLIGHT

A STAR IS BORN

THE GIRL ON THE TRAIN

THE JOY OF PROCRASTINATION PODCAST,
HARDCORE SELF-HELP PODCAST,
TED TALKS -YOUTUBE

TV SHOWS

EUPHORIA
LOVE
INTERVENTION



11A ➤

12

**OASIS PROJECT - WE GIVE
HOPE TO PEOPLE AFFECTED
BY DRUGS & ALCOHOL.**

WATCH OUR VIDEO ABOUT ONE OF
OUR INSPIRING CLIENTS

TRIGGER WARNING: THIS VIDEO
TALKS ABOUT FEELINGS OF GRIEF
AND LOSS, AND REFERENCES
THOUGHTS OF SUICIDE.

WWW.OASISPROJECT.ORG.UK

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SAMARITANS: 116123

MENTAL HEALTH RAPID RESPONSE
SERVICE: 0300 304 0078

SHOUT: TEXT 85258 FOR MENTAL
HEALTH SUPPORT 24/7

SUSSEX MENTAL HEALTHLINE: 0800
0309 500

NACOA (NATIONAL ASSOCIATION FOR
CHILDREN OF ALCOHOLICS):
WWW.NACOA.ORG.UK

STRUCTURE AND ROUTINE IS IMPORTANT IN RECOVERY

CHECK OUT THE OASIS TIMETABLE TO HELP FILL YOUR WEEK
AND BUILD ON POSITIVE RECOVERY



The timetable is titled 'Oasis Project Group Programme' and features the Oasis Project logo (a rainbow over the text 'OASIS PROJECT'). It lists activities for Monday through Friday. Each day has a colored header bar. The activities are listed in white boxes with black text, including the activity name, time, location, and facilitator. The background of the timetable has decorative floral and leaf patterns in pink, yellow, and blue.

Monday	Tuesday	Wednesday	Thursday	Friday
POCAR Goal Setting 10:30 - 12:00 11 Richmond Place GF Kirsty & Lottie	Phase 2 10:30 - 12:00 11 Richmond Place 1st Fl Madi & Louise	POCAR 10:30 - 12:00 11 Richmond Place GF Kirsty & Rebecca	Mellow Parenting 10:00 - 12:00 11 Richmond Place GF Chloe & Ceri	Gardening Group 10:00-11:00 11 Richmond Place GF Peer Led
Recovery Support & Voices for Peers (RSVP) 12:30 - 2:00 11 Richmond Place GF Peer Led	Acupuncture 1:00 - 2:00 11 Richmond Place GF Pathways to Health	Online Check-in 3.00 - 3.30 Online Facilitated on rota basis	Making Changes 13:00 - 2:30 11 Richmond Place GF Chloe & Louise	
			HOPE Group 13:00 - 2:30 11 Richmond Place 1st Fl Ruby	

Please contact your Care Coordinator for more information or get in touch with the main service:

info@oasisproject.org.uk
01273 696970
11 Richmond Place, Brighton BN2 9NA

What I would tell other people about POCAR and how it helped me as a parent is... the group saved my life! No judgment,

Just Kindness. It's reminded me good people and help is out there and you can reach out and it's ok



DAY TO DAY WITHOUT DRINKING CAN BE VERY CHALLENGING, ESPECIALLY IF YOU HAVE GOT UNDIAGNOSED MENTAL HEALTH ISSUES TO GO WITH IT. I HAVNT BEEN ABLE TO GET OUT OF BED TILL IT GETS DARK. I DO KNOW THIS WILL PASS AS I HAVE DONE IT BEFORE AND REMEMBER THE OUTCOME WHEN I FINALLY GET THERE. I WILL GET THERE.

Are you organised?

- Have a diary and make sure you use it everyday.
- Buy a calendar. Hang it up on the fridge/at home.
- Set an alarm
- Use your phone to remind you.
- Keep your routine where you can, if it changes make sure you update yourself and everyone else.
- Being organised at home helps being organised in your head.

NO ALARM CLOCK NEEDED

My **dream** wakes me up.

My **goals** wake me up.

My **purpose** wakes me up.

My **vision** wakes me up.





YOGA/PILATES
MINDFULNESS
WALKING
CONNECTING
READING

Taking Recovery one day at a Time

COMPLETE DAILY GRATITUDE LIST
USE A DIARY
MAKE A PILLOW BOOK
MAKE A TO DO LIST

COOKING
GOOD HYGEINE
TAKE MEDICATION AS
PRESCRIBED
SLEEP
ATTEND ALL
APPOINTMENTS

SUPPORT SERVICES

OASIS CRECHE
AA

CASCADE
RECOVERY

YOUNG OASIS
CGL

OASIS YOUNG WOMENS THERAPY
VINCENT DANCE THEATRE

EVOLVE

IPS

BHT