

EDITION 12

# So, OASIS RECOVERY NEWS AND VIEWS (ORNV)

This Issue Focuses  
on **Reflection**

## An introduction to ORNV

Hi everyone and welcome to the 12th edition of ORNV Magazine, where we discuss all things recovery, written by us service users to hopefully reach out to other service users going through similar experiences to what we have been, and are, going through and for everyone to know you are not alone.

The theme of this edition is **Connection**. We're talking about the importance of positive connections, as recovery can be very lonely. Building connections can make you feel less alone, and having people there to reach out to is essential through the good and the bad. Christmas time can be a difficult time to manage when dealing with lots of pressure. Oasis peers support connecting with your community.

If you're a service user and would like to add anything to our next edition, please speak to your care coordinator or Louise. We would love to hear from you. Thank you to all service users and staff for making this magazine possible and we hope you enjoy reading.

The ORNV team



## CONTENT

- INTRO TO CONNECTION
- THINGS TO DO
- CONNECTIONS AT CHRISTMAS
- PLACES TO CONNECT
- PEER SUPPORT
- PUZZLES
- CRAFT IDEAS
- CHRISTMAS LUNCHES
- HELPFUL APPS
- CONNECTING EARLY 2025







## HOW DID YOU SPEND YOUR HALLOWEEN?

We hope everyone had a safe and fun Halloween with family, friends and/or your positive recovery network

**OASIS WILL BE  
CLOSED  
25 & 26 DEC  
1 JAN**

## THINGS TO DO DURING THE CHRISTMAS SEASON

Maybe you would like to try easy, minimal ingredient recipes, puzzles, word searches or crosswords

More ideas and puzzles on pages 6 & 7



This beautiful colouring with fantastic colour combinations was completed by a service user.

“Doing the colouring relaxes me, and I chose these colours because this is how I was feeling”





## Tips for a Safe Christmas in Recovery.

Keep attending your support Groups

Have a solid plan

Play the tape forward - what would tomorrow look like if you pick up today?

Reflect how far you've come, however near it may seem to you

Be kind to yourself

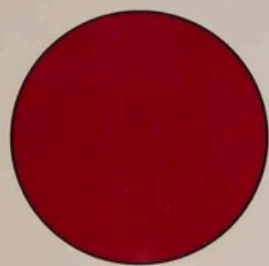
Buddha Groove

**con·nec·tion**  
(noun)

when our authentic selves embrace



### WHAT IT SEEMED LIKE



■ THE END OF THE WORLD

### WHAT IT WAS



■ UNPLEASANT

□ A LESSON TO BE LEARNED

MATTHEW ZAREMBA

Sometimes the bravery of reaching out to someone and sharing what is on your mind helps you see things are not always as bad as first thought... A problem shared is a problem halved

## *What is Connection to you?*

**"The connection with myself is the most important because I wouldn't be in the place I am now."**

**"Oasis because they understand my recovery."**

**"Keeping grounded with my surroundings."**

**"Helping others."**

**"Healthy eating and exercise."**

WRITE YOURS HERE:

.....

.....

.....



# PLACES TO CONNECT



## Safehaven

St Peter's Church runs a fantastic service for women only **every Thursday 1:30 -3PM** where you can receive a free hot meal, connect with others and participate in arts and crafts if you wish.

Running up to 19 Dec, then back 2nd week Jan

**Harriett's Press  
Open Market  
London Road**

Free small craft groups

Call/text Emily on:

**07442 958207**



**AA Groups  
Women only meetings:**

**Tuesdays 6-7:15PM**

**Wednesdays 12:30-1:45PM**

Friends Meeting House, Ship Street

**Mondays & Thursdays 10-11AM**

Brighthelm Centre, North Road

**Fridays 10-11AM**

The Crypt, St Georges Church  
St Georges Road, Kempdown



**Cascade Cuppa Connections  
Every weekday (NOT Wednesdays)  
12- 2PM**

Brighthelm Centre, 40 North Road

**PLEASE ASK YOUR CARE CO ORDINATOR  
WHEN YOU FEEL YOU NEED SUPPORT**

**mind (mon-fri 9-6)  
0300 102 1234**

**samaritans 116 123**

**mental health rapid  
response  
0300 304 0078**

## The 5 Ways to Wellbeing







**OASIS PEER  
SUPPORT  
GROUP  
EVERY MONDAY  
12:30 - 2PM**

**A SUPPORTIVE,  
SAFE, NON-  
JUDGEMENTAL,  
FRIENDLY GROUP**



**COME TO OUR PEER SUPPORT GROUP,  
FACILITATED BY PEERS SO WE HAVE  
LIVED EXPERIENCES. CONNECTING IN THE  
GROUP COULD HELP YOUR RECOVERY  
JOURNEY WHEN SHARING EXPERIENCES,  
IDEAS, STRENGTHS AND HOPES FOR THE  
FUTURE**

**PLEASE ASK YOUR CARE CO ORDINATOR ABOUT THE OASIS  
CRECHE TO HELP YOU BE ABLE TO ACCESS ANY OASIS PROJECT  
SERVICES**



# Puzzles & Ideas

♥ One piece at a time, the puzzle of recovery comes together ♥

## RECOVERY RESOURCES

V V F O S M J O J P H O N E C A L L S N  
F W C A H E E O W Q T S I D M Q P W O O  
A I S P O N S O R S V X E B E P A R U U  
O P D C R T F B G I N T E G R I T Y O U  
T Y O G A O F T W E L V E S T E P S T M  
S C C A E R S K O O B A F T E R C A R E  
O G O O A S J O I E U S T A E R T E R Z  
B H N N O T J Y A K Y M F S O R P X T P  
E U O S O C I A L M E D I A V O O D B R  
R A I S B A O O O U N O U T A T Q O M E  
L U T D J O U R N A L S N M D E E N M D  
I C A N O N L I N E C L A S S E S R A E  
V U T E A N D U T A M E E T I N G S P K  
I K I I I U P C A O E E R D P L O I F Z  
N F D R M R E W O P R E H G I H D R E U  
G C E F R U O N L I N E M E E T I N G S  
C O M P A N I O N S H I P R E F U G E V

AFTERCARE  
BOOKS  
COMPANIONSHIP  
FRIENDS  
HIGHER POWER

INTEGRITY  
JOURNALS  
MEDITATION  
MEETINGS  
MENTORS

ONLINE CLASSES  
ONLINE MEETINGS  
PHONE CALLS  
REFUGE  
RETREATS

SOBER LIVING  
SOCIAL MEDIA  
SPONSORS  
YOGA OF TWELVE STEPS

We have lots of resources in recovery to keep us in balance.

Charity shops have low cost jigsaw puzzles and books, a great way to keep hands and mind busy



Perhaps attempt a decoration using holly leaves, fir cones or anything you can find in nature







**COME TO OUR  
CHRISTMAS  
LUNCH HERE  
AT OASIS**

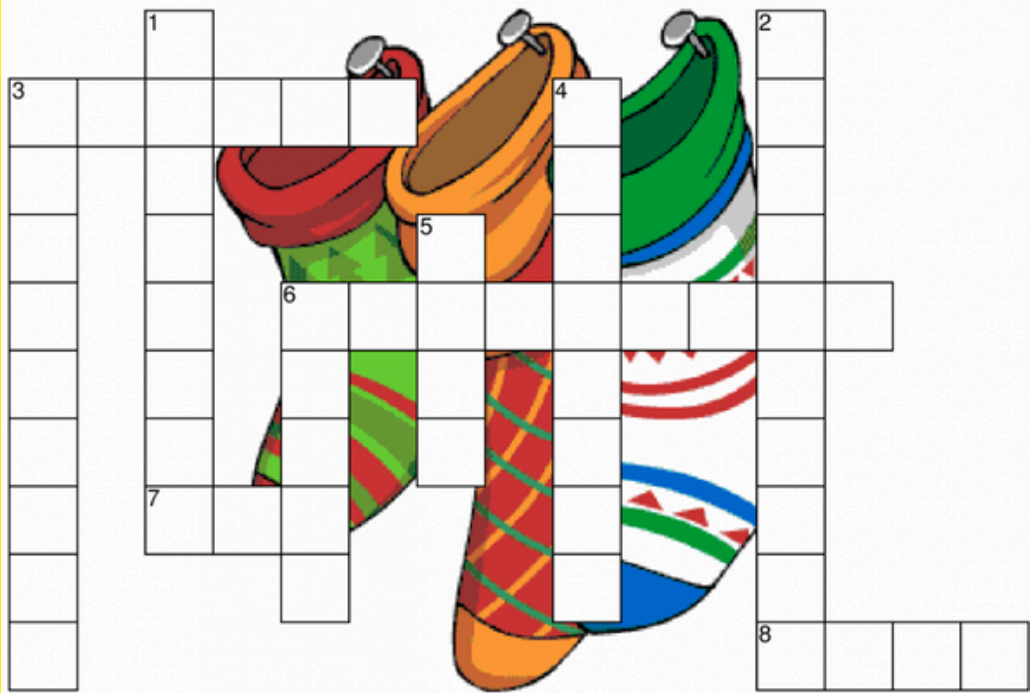
**18 DEC  
12:30PM**

**EVERYONE  
WILL RECEIVE  
A CHRISTMAS  
GIFT**



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

### Christmas Crossword



#### Across

3. What Santa rides on Christmas Eve.
6. Holiday filled with presents and cheer.
7. The color of Christmas.
8. It is usually placed at the top of the Christmas tree.

#### Down

1. The month you celebrate Christmas.
2. He wears a red suit and has a white beard.
3. We hang these by the fireplace.
4. What we find under the Christmas tree.
5. It is decorated with ornaments and lights.
6. Type of cane that we eat at Christmas.



# THE POWER OF CONNECTION



- Join supportive groups, see pages 4 & 5 for info
- Volunteering can help you feel useful and connected
- Be open to new experiences and trying new things
- Seek therapy, this can help you develop healthy coping mechanisms and improve relationships
- Practice mindfulness to stay present and connect deeper with yourself and others

**WOMEN'S GROUP  
AT JUBILEE LIBRARY  
[WWW.NIWBH.ORG](http://WWW.NIWBH.ORG)**

**EVERY WEDNESDAY FROM  
JANUARY AFTER  
THEIR CHRISTMAS BREAK  
10-12  
COME FOR A CHAT, CRAFTS  
AND TEA/COFFEE**

**CAN HELP WITH UTILITY  
BILLS AND OTHER FINANCIAL  
SUPPORT/FREE PRODUCTS  
ALONG WITH OTHER SOCIAL  
ACTIVITIES AVAILABLE**



## Chocolate chip cookies

Servings 10    Prep time 20 mins    Temp 180c    Cook time 12 mins

### Ingredients

120g butter  
75g brown sugar  
77g caster sugar  
1 Egg  
1 tsp vanilla  
extract  
110g plain flour  
150g chocolatr

### Method

- Heat the oven to 180c and line 2 trays with baking parchment.
- Cream butter and sugar together until fluffy.
- Beat eggs and vanilla into the mix and fold in the flour and chocolate.
- scoop 10 large tbsps of mixture onto the trays leaving enough space between them for spreading.
- Bake for 10 to 12 minutes or until firm at the edges but still soft in the middle they will harden as they cool).
- leave to cool for a few minutes on a wire rack.



**The Food Access Support  
service is here to help  
residents of Brighton & Hove  
aged 18+ who are struggling to  
access food.**

**Tel: 01273 322 950**

**Email: [food.access@impact-initiatives.org.uk](mailto:food.access@impact-initiatives.org.uk)**

**impact  
INITIATIVES  
FOOD ACCESS**



# COMMUNITY CONNECTIONS AT CHRISTMAS



## FREE CHRISTMAS MEALS

HOVE SALVATION ARMY - 22ND AND 25TH  
DECEMBER

CONWAY STREET, HOVE, BN3 3LA 01273 323072

THE HALL WILL BE OPEN FROM 10.30AM TO 3.30PM FOR PEOPLE  
TO COME AND GO AS THEY PLEASE. THERE WILL ALSO BE  
AVAILABLE A CHRISTMAS MEAL AND ACTIVITIES.

## ST MARYS CHURCH - 25TH DECEMBER

61 ST JAMES'S STREET, KEMPTOWN, BN2 1PR  
FROM 12:30PM

FREE DROP IN CHRISTMAS LUNCH FOR ANYONE ISOLATED OR  
WITHOUT A MEAL



## CROSSOVER FOR PEOPLE WHO ARE HOMELESS OR WITH HOUSING CHALLENGES

EVERY SATURDAY AND SUNDAY MORNING YOU CAN FIND  
THEM SERVING BREAKFAST IN THE CAR PARK AT ST  
PETER'S CHURCH, YORK PLACE, BRIGHTON

SATURDAY 08:00-09:00 SUNDAY 08:00-09:00



## TRAUMA SAYS:

I should have done things differently



## HEALING SAYS:

Hindsight offers clarity, but I did the best I could with what I knew at the time. I deserve to be gentle with myself even when I make mistakes.

**Wellbeing Hub  
at Preston Park  
01273 565 049**

**Brighton & Hove  
Recovery Service  
01273 731 900**

**Survivors' Network  
01273 203 380  
[www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)**



## Money and Debt Advice

St Luke's Advice Service

01273 549 203

[www.stlukesadvice.org.uk](http://www.stlukesadvice.org.uk)

Advice Brighton & Hove

0800 988 7037

[www.advicebrighton-hove.org.uk](http://www.advicebrighton-hove.org.uk)

**Together Co**



**01273 775888**  
[www.togetherco.org.uk](http://www.togetherco.org.uk)

**Social  
Prescribing**



**Social connections are key to our wellbeing.** We help people find the people and places they need to be happier and healthier. This might be having someone you can chat to when you need to, or someone who helps you navigate local services that could benefit you. We connect and we care.

**DO YOU KNOW  
HOW TO  
PROTECT  
YOUR  
MONEY?**

Contact Stop Loan Sharks for help  
and support with a loan shark -  
0300 555 2222



**STOP LOAN SHARKS**  
Information - Support - Education





“Never underestimate the power you have to take your life in a new direction.”

GERMANY KENT

## Helpful Apps

I Am - Daily Affirmations

I Am sober

Everything AA

My Sober Life (12-25year olds)

The Mindfulness App

## Tips to manage cravings

- Know that your cravings will pass
- Be consistent in treatment and therapy
- Explore new passions
- Exercise regularly, walk in nature
- Identify a trusted support system
- It's okay to take yourself away from triggering situations

What is most important to you in your recovery  
and what will help you get there?

.....

.....

.....

.....

.....







# CONNECT IN EARLY 2025



2025  
Brighton  
Half Marathon



CALLING ALL RUNNERS!

Would you like to be part of the 2025 Brighton Half Marathon? It will be held on Sunday 2nd March next year, so lots of time to get training for it!

We have just 10 FREE ENTRY places, so grab one before they're gone. Please just email [ceri.walker@oasisproject.org.uk](mailto:ceri.walker@oasisproject.org.uk) to show you are interested.

SOUTHDOWN RECOVERY  
COLLEGE OPEN DAY

FRIDAY 17 JAN  
11AM-3PM

AT BRIGHTHELM CENTRE

- ALL WELCOME -

- ALL COURSES ARE FREE -

- BUDDY SERVICE TO  
HELP IN VARIOUS WAYS -

22<sup>nd</sup> BRIGHTON  
Convention



9th to 12th  
JANUARY 2025

New year, new beginning.

Three days of fellowship includes;  
main stage speakers, all day come &  
go meetings, Al-Anon & Al-Ateen  
meetings, stalls & workshops.

Still only £15 on the door.

NEW YEARS  
*worksheet*

*new years resolution:*

THIS YEAR I WILL TRY: \_\_\_\_\_

I WILL DO MORE OF: \_\_\_\_\_

I WILL DO LESS: \_\_\_\_\_

MY PRIORITIES: \_\_\_\_\_