

EDITION 12

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”





CONNECTIONS



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

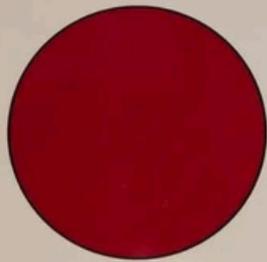
Buddha Groove

con·nec·tion
(noun)

when our authentic selves embrace

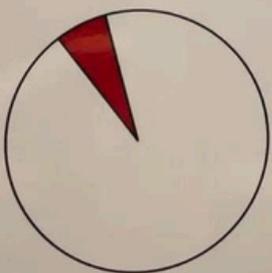


WHAT IT SEEMED LIKE



■ 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:

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.....
.....

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**

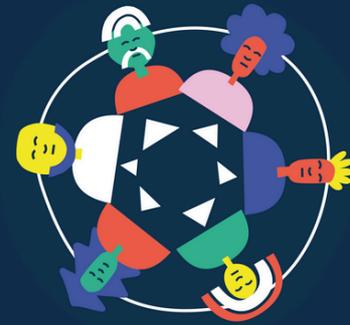
mind (mon-fri 9-6)
0300 102 1234

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

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

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



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

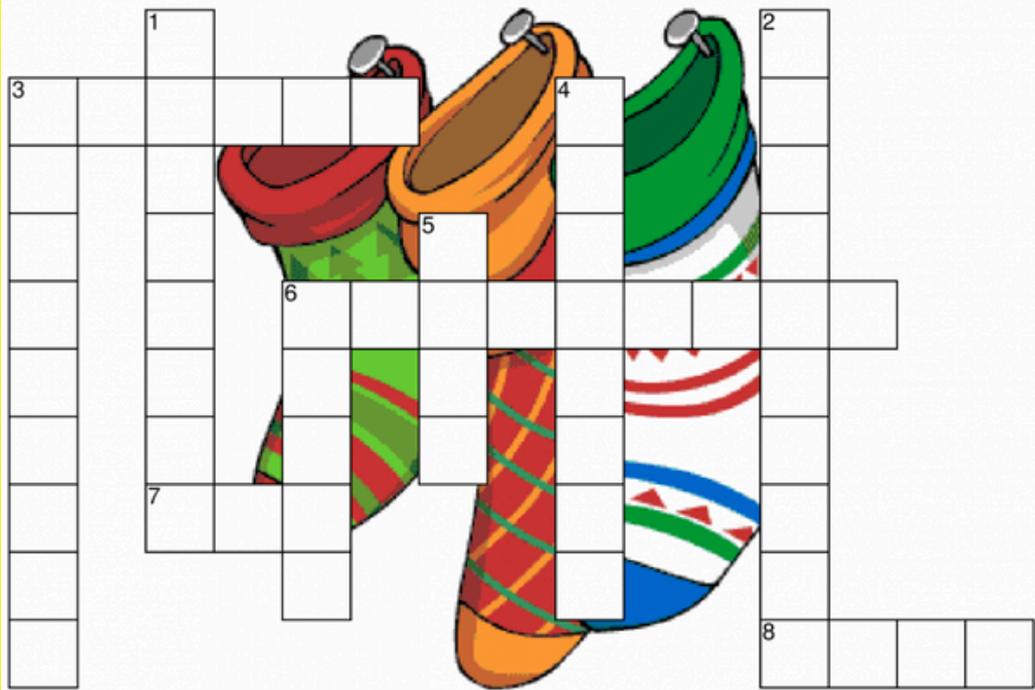
**18 DEC
12:30PM**

**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**

**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 chocolate

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

**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**



Money and Debt Advice

St Luke's Advice Service

01273 549 203

www.stlukesadvice.org.uk

Advice Brighton & Hove

0800 988 7037

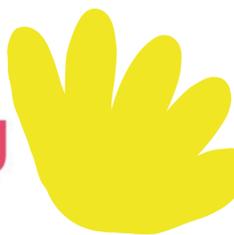
www.advicebrighton-hove.org.uk

Together Co



01273 775888
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?

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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 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 -

22nd 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: _____