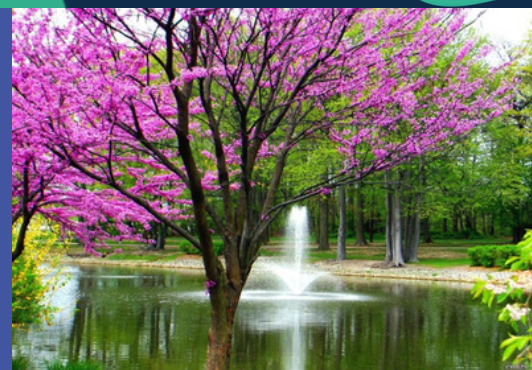


OASIS RECOVERY NEWS AND VIEWS (ORNV)

This Issue Focuses
on **Reflection**



Welcome to the 13th edition of the Oasis Recovery News and Views magazine, created and written by us service users. This edition we are talking about reflection.

Reflection is a powerful tool in Recovery. It helps provide an honest assessment of past actions and beliefs, the impact of alcohol and substance use, and helps us to see the progress already made toward healing. Self-reflection can help identify triggers, recognise patterns, and develop healthier coping strategies.

Reflection is not just about abstaining, it is about personal growth, healing and transformation, helping you connect with your values, strengthening resilience and reinforcing your commitment to a sober and fulfilling life.

If you would like to be a part of the Oasis Recovery News and Views magazine, please contact your care coordinator or Louise to find out more. We'd love you to join us and have your input.

The ORNV Team

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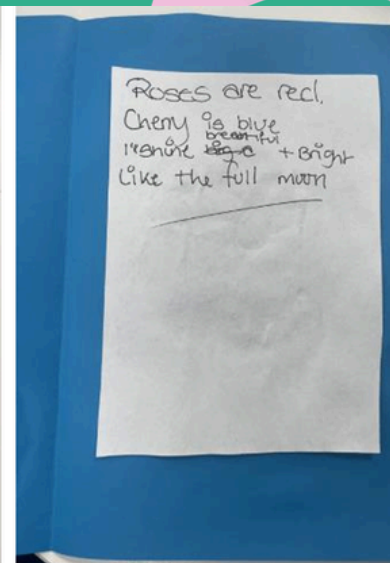
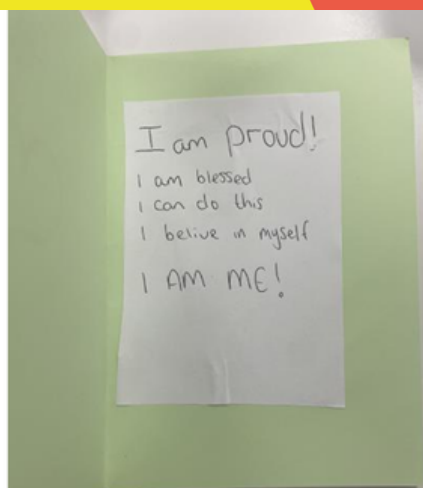
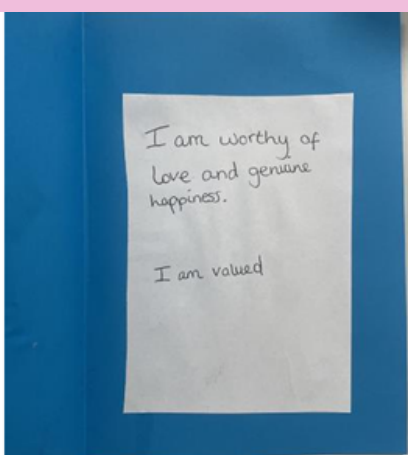
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- CREATIVITY IN RECOVERY
- YOUR VOICE IS IMPORTANT
- NEWS PAGE
- THINGS TO LOOK OUT FOR
- INFORMATION PAGE



Help for women,
hope for everyone.



Here are valentines cards one of our groups
made to themselves as a reminder to show
love and care for yourself



**.We invite you to reflect on these
affirmations of self-love...**

... and then to write your own...

.....

.....



Creativity & Nature In Recovery

Oasis women reflect in different ways



"I love going to Queen's Park to watch and talk to the swans that glide along the waters with elegance. To sit and be with animals and nature helps me breathe and reset my mind when things get too much to process. Struggling to regulate my emotions happens a lot for me. I get overwhelmed easily and by being around these swans I get a weird positive sense of safety and happiness and helps me feel calm and back in the world"



Oasis women are very creative and there are many ways to be creative in recovery

One of our service users sent us this creative photo captioning; 'at Oasis I am held'



Here are reflective words written by service users in their early recovery...

When I miss you, when I crave you, I must remember that you are no love or friend of mine. You addiction, are a dark power that seeks to control me until I am helpless and desperate.

Everyday, from this day forward, I will push away the good memories of you and remind myself how much you've cost, took and stole. I will remind myself of all the pain you've caused me and those that care for me.

Everyday, I will grasp hold of hope and walk with courage, stepping towards a brighter, healthier, happier future. I will take one step, one day at a time with faith in my inner spirit and the greater power that supports me through this crazy, chaotic existence called life. I am better with out you.

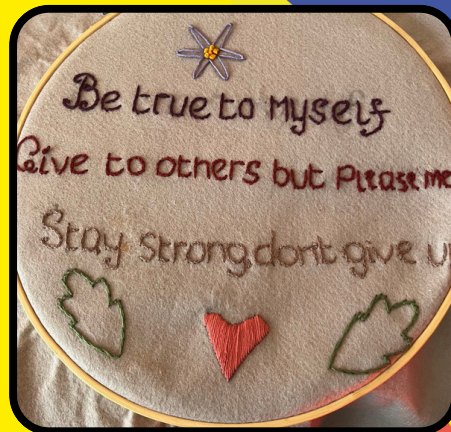
Good Riddance.

I need to walk away from you and regain my full dignity, build a full and healthy life, and have the strength and fortitude to not replace you with a third abusive relationship.

...How do you reflect?

Oasis women are very creative and have been doing embroidery

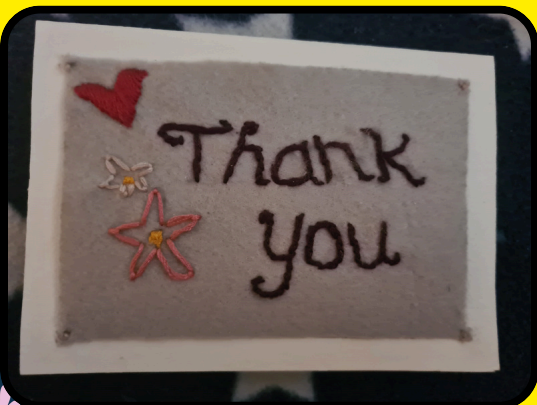
"Just a few words about my embroidery.. it's based on Japanese haiku, a (traditionally unrhyming) poem which follows a 17 syllable pattern: 5 syllables on the first line then 7 on the second and 5 again on the third..."



...We were asked to write words of affirmation and use our previously learned embroidery skills to sew this on to fabric using an embroidery hoop.

During my recovery from drug addiction I have often found myself filled with self-doubt, guilt and shame, so I wanted the message (which I embroidered in split stitch) to be a simple statement to break through negative thinking and inspire belief in myself.

The practice I gained embroidering gave me the confidence to create a thank you card for the amazing women (Charlotte & Sarj) who inspired and supported me throughout the creative recovery group."



Your Voice Is Important

A service user recently shared this valuable insight:

"I suggest what rule goes for one person should be the same for everyone in the group, eg food and drink"

Your voice matters. Oasis peer support group creates an environment where you can speak freely.

or speak to your care coordinator or use the suggestions box.

YOU ARE IMPORTANT





Oasis Project runners have raised over £3500 to help support women in recovery from drug and alcohol issues, and their families



Oasis Senior Administrator, Frankie and HOPE Worker, Iris pictured here, promoting drug and alcohol harm reduction and the HOPE Service at Sussex University.

"It was amazing to see how receptive Sussex Students were to expanding their knowledge in harm minimisation. We were able to educate students about the rise of overdoses, the rise in synthetic opioids in non-opioid labelled drugs, how to look for the signs of overdose and what to do in those instances. Everyone was keen to listen and learn 😊"

Our harm minimisation products – which are all available to Oasis Project clients via the reception. They include drink covers to prevent spiking, unit calculators, and condoms!





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

"I love this quote because I often

underestimate myself and my abilities. It's difficult to see my own strengths due to my traumatic childhood, where I constantly felt I wasn't good enough. Oasis has helped me realise that I am enough, encouraging me to believe in myself and my capacity to work hard and create positive changes for a bright, meaningful future. Reflecting on my journey has been an essential part of my recovery, allowing me to recognise how far I've come—celebrating both the small wins and the challenges I've faced, looking towards the future with gratitude for the lessons learned from my mistakes as they are an opportunity to grow. Reflecting back, one day at a time, helps me to keep moving forward."

Have a look at this video link, recommended from one of our service users... and reflect on what it means to you...



www.youtube.com/watch?v=Pi_dVqKu5gY

Things to look out for...

Holiday Activities and Food (Brighton & Hove HAF) is a program for children in Reception to Year 11 who receive benefit-related free school meals. Contact HAF@brighton-hove.gov.uk to apply for free activities and food for Easter, summer and Christmas holiday food and fun, or speak with your Care Coordinator

Information Page

Helpful Apps

Insight Timer
I Am sober
Everything AA
Headspace
The Mindfulness App



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

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

**Survivors' Network
01273 203 380
www.survivorsnetwork.org.uk**

NIWBH visited Oasis and gave some free useful products. This service visits Oasis every quarter to offer help and support with household bills, practical help and provide free products. They drop into Oasis every few weeks, speak with your Care Coordinator or visit www.niwbh.org



FREE Helpline
0800 358 3456



**Providing
information, advice
and support for
everyone affected by
a parent's drinking**

1 in 5 people in the UK are affected by a parent's drinking. #URNotAlone



Support & advice

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

ADHD Aware
www.adhdaware.org.uk
They provide
information and peer
support group meetings
once a month for ADHD
adults

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



AN INTRODUCTION TO ORNV

So, you may be wondering what's all this about? So, I thought I'd take this opportunity to tell you a little bit about 'Oasis Recovery News and Views'.

I first came to Oasis around 15 years ago - back then we had a little Newsletter that was printed on a photocopier and folded in half! Not quite like this one, but we loved it, because it was ours.

So, I was chatting away with my key worker and just happened to mention this. I have to say if it hadn't been for her enthusiastic response and the invaluable contribution and support from my peers and Oasis we wouldn't have got this far. That's what this is all about, all of us working together.



I think as service users we should have a voice, and this is a means of that happening. Especially as there are still restrictions for some, in terms of Covid-19, but also in terms of life. This can be a great way of relating, empathising, and knowing you are not alone.

I would like to hear from all Service users, we all have something to say. We've all been in very similar situations, and we all have something to teach each other. In short, this is our magazine, for us, by us - Something we can all be proud of!

This Issue Focuses on Change

- Coping Strategies
- Breathing Techniques
- 10 Tips To Cope With Anxiety
- TV and Film Suggestions
- Structure and Routine
- 12 Daily Reminders
- Brighton Green Spaces
- Dealing with Change
- Clear Glass Bottle
- Change isn't Easy
- My Addiction and Recovery



Oasis Recovery News & Views Magazine celebrates its 3rd year!!!

Oasis Project are incredibly proud of the peer support magazine and grateful to all of you - our readers and contributors. Your support and feedback has kept it thriving over the years. Thank you for being a part of this journey with us!!

Issue 02

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

Trigger Warning - This edition discusses topics such as addiction and fathers day.

GETTING PREPARED FOR SUMMER

Hello everyone and welcome to the second, summer edition of ORNV.

In the next few months in Brighton, we'll be faced with all those wonderful things like 'Pride', BBQ's, Beach Parties and Festivals. Although these are great times and can be fun, sometimes, for some of us, these situations can be frightening, nerve wracking and potential risky situations. So, how do we get through these tricky situations?

Of course, just because we have addiction problems doesn't mean we can't enjoy ourselves - we just must 'have a plan!' We can still enjoy summer, only we must be mindful of our actions and be honest with people and ourselves, about how these situations can be triggers. We will be discussing this lots in this issue titled 'Discovery'.



key worker. We have so much power and knowledge as a group, let's keep it up and keep supporting each other.

A BIG Thankyou to the Oasis staff who have elected to help us, without them this wouldn't be happening.

Have a great summertime, but more than anything, have a safe one, keep on keeping on and doing what you need to do. Also, do a Salsbury dance if you know one!

This Issue Focuses on DISCOVERY

- Welcome!
- Our 3 Summer Worries
- Group Timetable
- Exercise and Nutrition
- What We've Discovered
- Free & Fun In Brighton
- Summer Smoothies
- Father's Day
- Supportive People
- My 1st Summer Post Treatment
- Recovery Wordsearch



Issue 05

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

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

Hello, Thank you for picking up and reading Oasis Recovery News and Views. So, this time we're talking about Empowerment. What does it mean to us? Is it something we are given? Is it something we earn? Or can we empower ourselves, and if so - how?

When I thought about the word empowerment, I had to look in the dictionary because I'd lost track of what it meant. I suppose I thought it was what we get from someone else, which in certain ways, other actions can have an impact. However, when I thought about it, empowerment is something that mainly derives from the things that we do for ourselves.

I'm proud to say this is the fifth edition of ORNV, this came from a small seed of thought and has grown and developed into something very important to us all. If you would be interested in getting involved with creating this with us, you'd be very welcome. If you would like to submit some of your own work, please feel free. We'd love to hear from you. I'd like to thank everyone who gives up their time to help create this, we all do this in the hope that we can help even one woman to recover from the hell that is addiction, and so you know that you're not alone, the voices are from Service Users for Service Users.

DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS.

This Issue Focuses on Empowerment

- Welcome
- Motivation and Discipline
- Peers Poem
- What does EMPOWERMENT mean to you?
- Women Empowering Women Poem
- Personal Experiences of Empowerment
- How Oasis Empowered Me



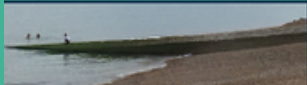
Issue 03

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

Trigger Warning - This edition discusses topics such as addiction and Mental Health.

Welcome to the third edition of ORNV. We've had a wonderful Summer - The Weather has been amazing and there has been so much going on. We hope you all had a great time and more importantly you managed to stay safe.



This issue is about ACCEPTANCE. Within addiction, it can be said that to accept that we are addicts is the beginning of our journey. After many years, I can safely say that I accept that but its all the things in between that are difficult and I do believe its a process.

I'm very happy to tell you we've had much more content from you, the service users, which is always gratefully received. Don't forget you can post anonymously at number 11, or hand it to a Key worker to be included in the next edition. As always I'd like to thank all of the staff of Oasis who have made time to help and support us in the production of this publication.

Keep safe and keep on keeping on, you're doing amazingly well, wherever you are in your recovery. Happy readings!

This Issue Focuses on Acceptance

- Intro to Acceptance
- Gratitude List
- Book Recommendations
- Group Timetable
- NEW GROUP info!
- Circle of Acceptance
- 'Why I Drank' Poem
- Mental Health Week
- External Group Timetables
- 3 Thing I Have Accepted
- 'Learning'



Issue 04

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

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

Hello and welcome to our Oasis Recovery News and Views. In this edition we're concentrating on Peer support, how important is it that we give and receive support and encouragement.

Can recovery be done totally alone, or do we need each other? I speak for myself when I say that I most certainly couldn't recover without the support I receive from my friends, and my group and anyone else that's prepared to listen.



So, it's not long until Christmas, which can be a wonderful, or wicked time of year. Not all of us celebrate Christmas, but even when you don't, it can have an effect on our lives - especially as people recovering from addiction. It can be a lonely or lonely time of year, hopefully we can try and help you to get through it safely and soberly. We hope so, that's why we're here.

Should anyone wish to get involved with the writing of ORNV, we would welcome any input from you. I would like to thank the staff of Oasis Project for their help and support in the production of this, and my peers for putting in the work, and helping to keep this going. We wish you all a very Happy healthy Christmas and New Year, be safe, be silly and be careful.

This Issue Focuses on Peer Support

- Our Peer Support Group
- What is Peer Support
- Ways in which peer support helped me.
- Positive affirmations from your peers
- A personal story on peer support
- Christmas and the New Year 2022 - 2023
- Free things to do around Christmas in Brighton
- Safety around Christmas
- Relapsing

