

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.



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

Welcome to our 6th edition of Oasis service user magazine

Hello everyone and Thank you for picking up and reading this edition of Oasis Recovery News and Views.

In this edition we're looking at Barriers to Recovery and how to overcome them. I'm sure most of us in recovery have had to deal with difficult situations that have got in the way of staying clean. Sometimes it can be the simplest of things that can lead to a rocky road, and it's only on reflection can we realise what went wrong. As long as we learn from our mistakes, it's possible to recover. Barriers can be broken, and walls torn down, because at the end of the day our recovery must come first and we must be the most important people in our lives.

This magazine is for all service users and we will welcome any content you'd like to share with us, it can be anonymous if you wish. You can post it through the suggestions box in reception or hand it to Louise Millar.

We would like to thank all the staff and service users at Oasis that have made this publication possible.

This Issue Focuses on Overcoming Barriers

Welcome

Challenges and barriers Oasis service users have overcome

Peers Poem

What Barriers/challenges have you faced and overcome.
HOW?

PEER SUPPORT - how does this help women on their recovery journey

What Oasis project does to support women facing barriers in their recovery



OASIS WOMEN OVERCOME MANY BARRIERS AND CHALLENGES

CAN YOU RECOGNISE ANY BARRIERS
YOU HAVE OVERCOME

"GOING TO AREAS
WHERE I KNEW THERE WOULD BE
PEOPLE I KNEW WHO DRANK"

"STEPPING THROUGH THE DOOR AT
OASIS AND TAKING THAT FIRST STEP
WAS A BIG CHALLENGE FOR ME"

"MY ANXIETY WAS REALLY BAD AND I
DIDNT TRUST NO ONE"

"I WOULD NEVER GO OUT SO I WOULD
NOT LEAVE THE HOUSE IF I DIDNT HAVE
TO. I DIDNT LIKE MEETING PEOPLE"

"MY BIGGEST CHALLENGE WAS
ACCEPTING I HAD A PROBLEM WITH
ALCOHOL"

"RELATIONSHIPS CAN MAKE STARTING
RECOVERY TOUGH ESPECIALLY IF THEY
USE AS WELL."

"BOREDOM WAS MY BIGGEST PROBLEM"

THE BARRIER I AM PROUD TO HAVE OVERCOME IS:

.....

.....

.....

Service user experiences with overcoming barriers

BEFORE COMING TO OASIS SOME OF THE BARRIERS I HAD TO OVERCOME AND WENT OVER AND OVER IN MY HEAD BEFORE GETTING THROUGH THE DOOR- WHETHER I SHOULD OR NOT, WHETHER I NEEDED TO , IF I WAS EVEN READY TO STOP DRINKING AND USING, WHAT WOULD I BE LIKE WITHOUT IT, WHAT WOULD PEOPLE THINK.. SOME BARRIERS I'VE HAD TO OVERCOME SOUND SIMPLE TO SOME PEOPLE FROM THE OUTSIDE LOOKING IN BUT I FOUND VERY HARD TO DO, FOR EXAMPLE GETTING OUT OF A UNHEALTHY RELATIONSHIP OR STOPPING DRINKING AND USING. I KNEW WHAT I NEEDED TO DO AND HOW TO DO IT BUT IT STILL DIDN'T MAKE IT EASY AND TOOK ME A WHILE AND STILL SOMETHING I'M FACING EVERYDAY BUT THEY ARE NO LONGER A BARRIER FOR ME NOW.

SOME BARRIERS TAKE TIME- FOR ME MY MENTAL HEALTH HAS BEEN A MASSIVE BARRIER AND STILL IS – BUT THE BARRIERS AROUND MY MENTAL HEALTH HAVE BECOME A LOT SMALLER AND EASIER TO MANAGE NOW I'VE GOT MORE OF A UNDERSTANDING WHAT TRIGGERS ME TO BE WORSE AND WHAT HELPS ME.

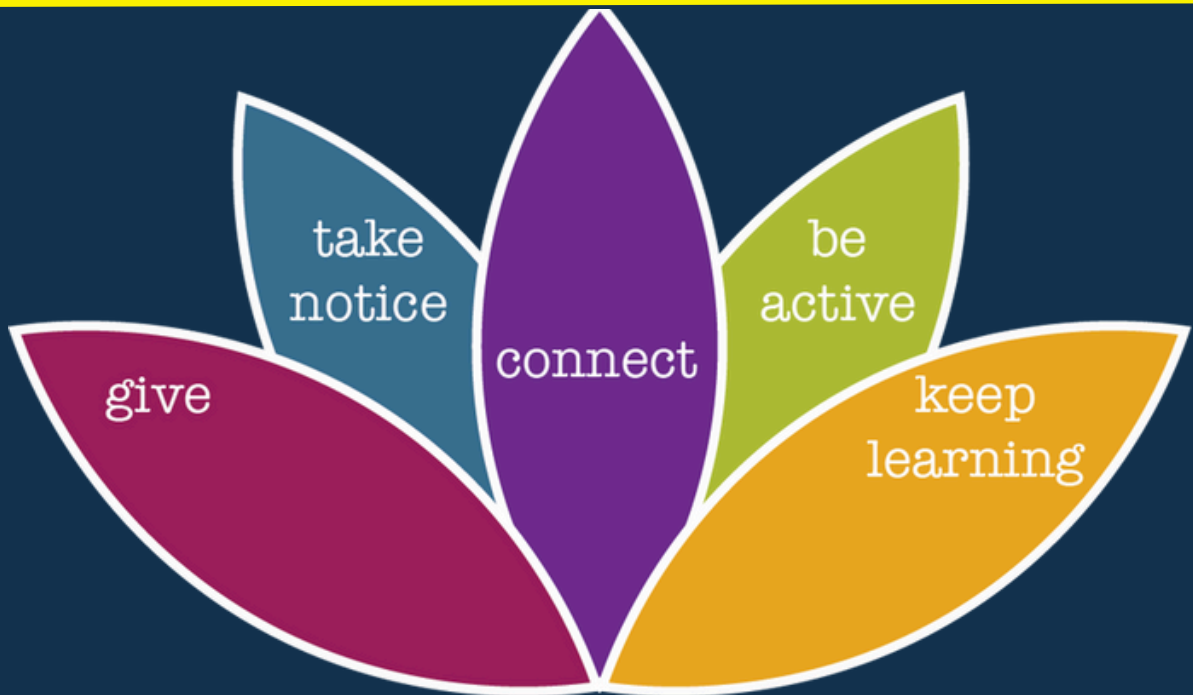
OASIS HAS HELPED ME MASSIVELY THROUGH DOING WORK WITH MY KEY WORKER, GOING TO GROUPS AND COUNSELLING HAS HELPED ME LOOK AT SOME OF THE BARRIERS THAT I'VE FACED – SOME I'VE OVERCOME AND THE ONES I'M STILL WORKING ON ARE GETTING SMALLER AND EASIER TO MANAGE.



WALKING IS SOMETHING I DO FOR LOTS OF REASONS. TO CLEAR MY HEAD. BURN OFF SOME ENERGY. EXERCISE. THE SMELL OF THE GRASS AND SOUND OF THE BIRDS CALM ME. I LIKE TO FEED THE BIRDS TOO.



POSITIVE HEALTH AND WELLBEING WILL HELP OVERCOME
BARRIERS



Five ways to wellbeing

YOUR PARAGRAPH TEXT

I GIVE MY TIME TO
DO VOLUNTEER
WORK

BEING INVOLVED IN
GROUPS MAKES ME
FEEL CONNECTED

RECOVERY
COLLEGE HELPED
ME TO LEARN
ABOUT MY
BI- POLAR

SWIMMING IS
GOOD FOR
MY MUSCLE
PAIN

I NOTICED HOW
MUCH BETTER MY
BREATHING IS NOW
I AM NOT
SMOKING

I LIKE TO READ SELF HELP BOOKS

EG. ATOMIC HABIT BY JAMES CLEAR
OR
FINDING YOUR BEST SELF
BY
LISA M. NAJAVITS, PHD





Peers Poem

LONELINESS MAKES ME A MESS... LIKE FAITHLESS SAID ITS DARKNESS THAT BREED
THE STRESS I KEEP SEEING RED NOT THE ORANGE GLOW BEFORE THAT I IMBRACED.
BUT TODAY IS JUST TODAY ... AND THISIS WHAT I SAY.
YOU ARE HERE. YOU ARE YOU,
YOU HAVE YOUR HEART , ITS JUST NOT IN TUNE.
TIME WILL HEAL, YOU MUST BE STRONG.
AND ONCE AGAIN YOU'LL FIND YOUR SONG.

THE OASIS GARDEN

(BRINGING NATURE AND CREATIVITY TO OASIS)

- WEEDING
- POTTING & PLANTING
- PAINTING
- TRIMMING
- TIDYING UP THE SPACE
- PEBBLE PAINTING
- TEA AND BISCUITS
-AND A CHAT!

EVERY FRIDAY AT 10AM WITH
TALLULAH AT OASIS PROJECT



CALL OASIS ON 01273 696970
OR SPEAK TO LOUISE TO FIND OUT
MORE

PICNIC IN THE PARK

PRESTON PARK

COME AND JOIN US!
PLEASE SPEAK TO YOUR CARE
COORDINATOR AT OASIS IF
INTERESTED

COMING SOON



How do we do it?



BE BRAVE

"I'm determined to succeed"

"I want to live"

"Face the unknown and ask for support"

"Just breathe"



BE CREATIVE

WITH SUMMER COMING UP DAYS ARE LONGER, WEATHERS WARMER AND EVERYONE SEEMS MORE HAPPIER, EVERYTHINGS GETTING LIVELIER AND ITS IMPOSSIBLE TO IGNORE LOTS OF PEOPLE OUT DRINKING AND USING AND HAVING A GOOD TIME-ESPECIALLY LIVING IN SOMEWHERE LIKE BRIGHTON, BEING IN RECOVERY CAN BE VERY TOUGH, SO I WAS THINKING OF WAYS I'M GOING TO TRY AND KEEP MYSELF SAFE THIS SUMMER WITHOUT LOCKING MYSELF INSIDE AND PRETENDING IT'S NOT HAPPENING AND HERE'S A FEW IVE BEEN THINKING OF:

- STAYING CONNECTED WITH OASIS AND MY RECOVERY
- KEEPING TO MY ROUTINE THE BEST I CAN
- FINDING THINGS I ENJOY DOING WHICH DONT INVOLVE DRINK AND DRUGS
- IF I'M GOING TO AN EVENT WHERE THERE MIGHT BE DRINK AND DRUGS - HAIVNG A SAFETY/EXIT PLAN
- CONSTANTLY REMIND MYSELF I AM IN RECOVERY AND CANT JUST HAVE ONE.
- REMINDING MYSELF HOW FAR I HAVE COME AND ALL THE WORK I HAVE DONE TO GET TO WHERE I AM NOW.



THINKING OF SUMMER WHAT THINGS DO YOU THINK YOU COULD PUT IN PLACE TO HELP KEEP YOURSELF SAFE?

OASIS WOMEN MADE ORIGAMI AT THE VDT WORKSHOP..

IT IS SAID IF YOU WERE TO MAKE 1000 ORIGAMI CRANES THEN THIS WOULD BRING YOU GOOD FORTUNE

[HTTPS://WWW.THESPRUCECRAFTS.COM/SENBAZURU-PAPER-CRANES-](https://www.thesprucecrafts.com/senbazuru-paper-cranes-)



MOTIVATED

THE SILVER LINE FOR OVER 55'S
24/7
08004708090

POSITIVE



WHAT BARRIERS HAVE YOU
OVERCOME?

SWITCHBOARD LGBT+
10AM-10PM
03003300630
CHRIS@SWITCHBOARD.LGBT

H
O
P
E

HOW DID YOU DO THIS?



MIND MON-FRI 9-6
03001233393
TEXT 86463
EMAIL: INFO@MIND.ORG.UK

STRONG

WHAT HAVE YOU LEARNT?

SHOUT TEXTLINE
24/7
TEXT SHOUT TO 85258

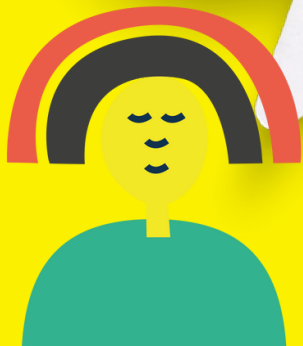


Determined

MENTAL HEALTH RAPID RESPONSE SERVICE (MHRRS)
0300 304 0078

SUSSEX MENTAL HEALTH 03005000101
SAMARITANS 116123

[HTTPS://WWW.STAYALIVE.APP/FIND-HELP-NOW/](https://www.stayalive.app/find-help-now/)



IF YOU ARE IN DANGER OR NEED
URGENT MEDICAL ASSISTANCE DIAL 999



COOKING HELPS TO OVERCOME BARRIERS.

WE HOPE YOU ENJOY THIS RECIPE CREATED BY ONE OF THE WOMEN AT OASIS



Spice Bbq Chicken

Clean chicken with cold water, Lemon Vinegar - Youtube ~~how~~ if you don't know how.

Dry ~~eat~~ chicken with paper towels.

1/2 Tea spoon of ground Peppercorns. +
 1 tsp mixed spices
 1 tsp Mixed herbs
 2 tablespoons of garlic granules.
 1 tablespoon chicken Seasoning
 1 tablespoon paprika
 1 tsp of Smoked paprika.
 1/2 table spoon of crushed chilli's
 Half a cup of bbq sauce.
 Half a cup of Sweet ~~chilli~~ chilli sauce.

will
 mix together in a bowl,
 cover up Marinade for at least 3 hours.
 pre heat oven, put chicken skin side up
 in a baking tray, after oven hot put the
 chicken in the oven, turn heat down to 170°

After 40mins ~~best~~ the chicken
 leave for another 40mins then ~~best~~
 again.
 Turn temperature up to 190° for 20mins.
 After 20mins ~~best~~ are more time.
 Turn temperature to 210° for 10mins.
 And it's done.
 Hope you like it.

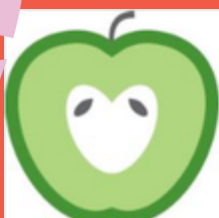
Thank
you!

To Oasis Service users who contributed to this issue.

And thank you to YOU for reading!

If you would like to contribute anonymously to the next issue, speak with your care coordinator or add you input into our suggestions box at no. 11.

If you would like support from Oasis Project with alcohol or drug use please call 01273 696970 or make a referral via our website www.oasisproject.org.uk



What's on

Brighton & Hove Food Partnership is a non-profit organisation that helps people learn to cook, eat a healthy diet, grow their own food and waste less.

 Brighton and Hove Food Partnership

