



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

Welcome to our 8th edition
of Oasis service user magazine



OASIS RECOVERY NEWS AND VIEWS (ORNV)

Hello and Welcome to the 8th edition of oasis recovery new and views, the theme of this addition is moving forward.

This magazine is about our recovery's from drug or alcohol addiction which include our experiences , tools , art work and more written and created by us service users at oasis in hope to help other people who may be going through similar struggles to what we have and let them know that they are not alone, that help is there and there is hope of things getting better

Thinking of the theme of moving forward right at the beginning of your recovery making that first phone call or attending that appointment with a doctor or reaching out to a friend and asking for help your taking a step forward. Attending a group , addressing your addiction all of these things are moving forward. Sometimes in recovery it can feel lonely and that you've taken a step backwards but even then when things are bad your learning and even though it may not feel like it you are still moving forward. In this addition we've written about what moving forward looks like to us individually, all at different stages in our recovery

All content is written by service users and if there's anything you would like to add to future additions of the magazine please speak to reception or to Louise Millar , thank you to the service users who have contributed to this addition and to the oasis staff who make this magazine possible

This Issue Focuses on Moving Forward

Welcome

Bonfire night - safety tips for
autism
Fire safety

Giving back to the community

Managing festive holidays in
recovery

Peer Mentors at Xmas

Oasis service user
Xmas lunch

Service users speak at the
Oasis celebrating 25 years
AGM



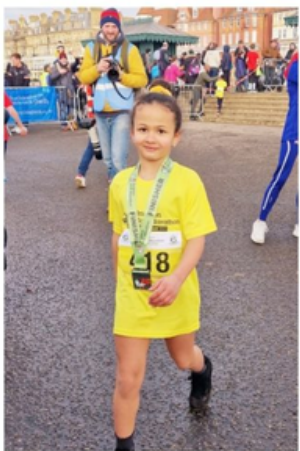
WHAT MOVING
FORWARD MEANS TO
ME
LOOKING AT EACH DAY
AS AN OPPORTUNITY
TAKING CARE OF
MYSELF AND ENJOYING
MY NEW FREEDOM
FREEDOM FROM GUILT
AND REGRET



OASIS PEER MENTORS MOVING FORWARD IN THEIR RECOVERY WITH

- DISCIPLINE
- MOTIVATION
- SELF CONFIDENCE
- BRAVERY
- AND DETERMINATION

Have chosen to put themselves
forward for the February 2024
Brighton half marathon to raise
money and give back to their
community



SERVICE USERS,
FAMILIES AND
OASIS STAFF ALL
MOVE FORWARD
WORKING
TOGETHER

FOR MORE INFORMATION ON THE BRIGHTON HALF
MARATHON PLEASE VISIT:
[HTTPS://BRIGHTONHALFMARATHON.COM/](https://brightonhalfmarathon.com/)

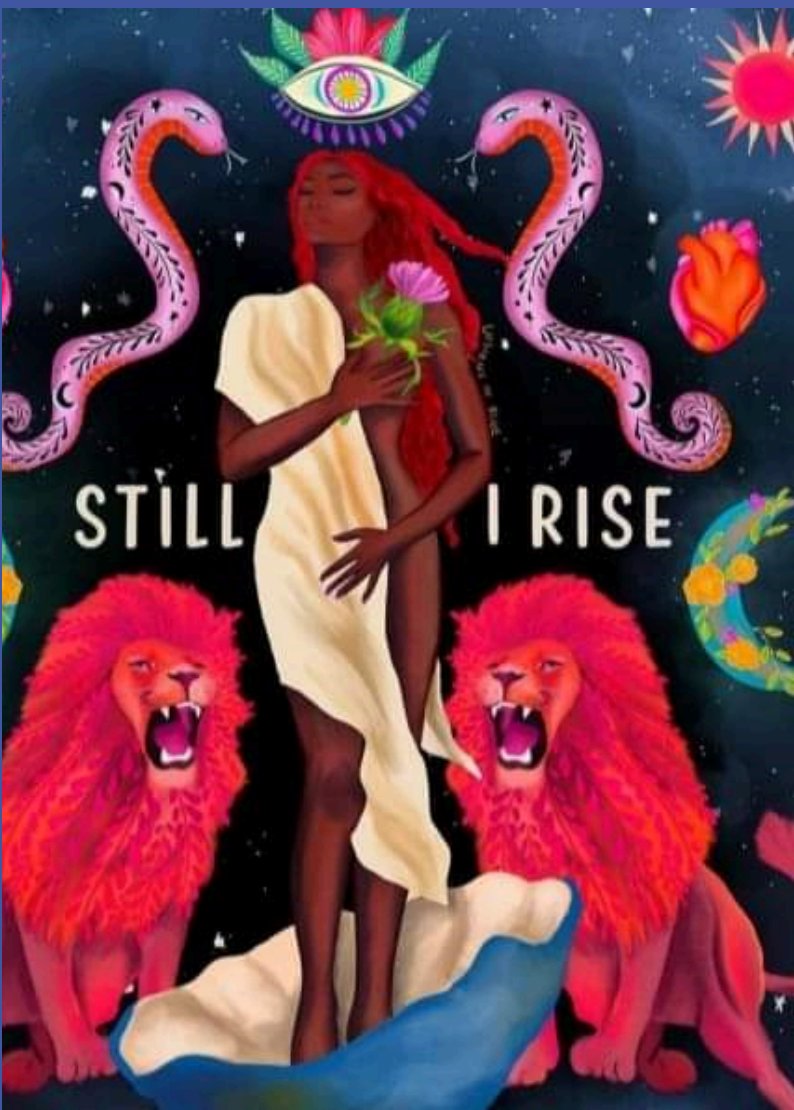


How did being a peer mentor help my recovery?

'Achieving abstinence I moved onto phase 2, once I completed that I started peer mentor training to be able to help other women accessing oasis. I did this with other other peer mentors who have been a huge support to me in my recovery.'



Peer mentors
Christmas lunch



Oasis peer support group is for women accessing support at Oasis. The peer support group is peer led and safe space for women to come to support each other. The group runs every Monday at 12.30pm at Richmond Place. we would love to see you there.

Speak to your key worker if interested.

The past is history
The future is a mystery
The present is a GIFT
That's why we call it
THE PRESENT





OASIS CHRISTMAS LUNCH



NOT ALONE
THIS CAN
BE A
DIFFICULT
TIME OF
YEAR



NICE FOOD
MADE BY
OASIS
SERVICE
USERS

SHARING
TIME
TOGETHER



A CHECK IN
BEFORE XMAS
WITH OASIS
PEERS AND
STAFF

PHASE 2
GROUP
MEMBERS
MADE
DECORATIONS



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





MAKE SURE YOU CHECK
OUT THE
NOVEMBER 2023
OASIS NEW TIMETABLE

RESOURCES THAT HAVE SUPPORTED OASIS
SERVICE USERS MOVE FORWARD IN THEIR
RECOVERY

ONLINE APPS

INSIGHT TIMER
CALM APP
ALCOHOL
ANONYMOUS

NA
RECOVERY
PODCASTS
ON
YOUTUBE

BOOKS TO READ

QUIT LIKE A WOMAN
BY HOLLY WHITAKER

The Unexpected Joy of Being Sober by
Catherine Gray

SOBER ON A DRUNK PLANET
BY SEAN ALEXANDER

5 FREE APPS TO HELP
YOU IN ADDICTION
RECOVERY - THE ...

[HTTPS://WWW.THERECOV
ERYVILLAGE.COM/RECOV
ERY/FREE-APPS-FOR-
RECOVERY](https://www.therecoveryvillage.com/recovery/free-apps-for-recovery)

CASCADE CAFE

RECOVERY HUB

THE CHOIR WITH NO NAME

RECOVERY COLLEGE



MOVING FORWARD - WHAT THIS MEANS TO OASIS WOMEN

LOVE
STRENGTH
HOPE
EASY DOES IT! ONE DAY AT A TIME



The Concreat flower



Represents groth is still possible even through hard Circumstances and beauty can still come through it all

MOVING FORWARD FOR ME MEANS BUYING A XMAS TREE AND NEW DECORATIONS FOR ME AND MY DAUGHTER'S I'ST XMAS TOGETHER, INSTEAD OF BUYING DRINK



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





SAFE DECISIONS WILL HELP YOU TO MOVE FORWARD IN RECOVERY

5TH NOVEMBER



TOP TIPS FOR AN AUTISM-FRIENDLY BONFIRE NIGHT AROUND THIS TIME OF YEAR LOTS OF PEOPLE CELEBRATE WITH LOUD FIREWORKS. BUT ALL THE NOISE AND SPECTACLE CAN BE VERY HARD FOR SOME AUTISTIC PEOPLE TO COPE WITH. HERE ARE SOME TIPS FOR CHILDREN AND YOUNG PEOPLE AND THEIR PARENTS THAT MIGHT MAKE THINGS EASIER.

- AS THE BIG NIGHT APPROACHES, IT IS WISE TO START PLANNING AND PREPARE AHEAD OF TIME. IF YOU'RE GOING TO AN OUTDOOR BONFIRE NIGHT EVENT, WORK OUT WHERE THE BEST PLACE TO POSITION YOURSELVES WILL BE AND HOW YOU'LL BE ABLE TO GET TO A QUIETER SPACE IF YOU NEED IT. BRING ALONG STIM TOYS OR ANYTHING ELSE YOU MIGHT NEED FOR A SITUATION THAT MIGHT GET OVERWHELMING - AND FINALLY, REMEMBER TO WRAP UP WARM!
- BONFIRE NIGHT CAN BE VERY NERVE-WRACKING WHEN THERE ARE SOUNDS OF FIREWORKS GOING ON CONSTANTLY THAT ARE UNCONTROLLABLE. EAR DEFENDERS ARE VERY EASY TO FIND AND SOME ARE VERY CHEAP.
- FIND A WAY TO EXPLAIN THE DANGERS IN A WAY THAT IS COMFORTABLE TO THEM. BE AWARE OF SPARKLERS AS WELL, AND ALWAYS WEAR GLOVES. IF YOUR CHILD DOES NOT LIKE THE TEXTURE OF GLOVES, THERE ARE AUTISM-FRIENDLY GLOVES ONLINE.
- FOR THOSE WHO DON'T ENJOY OUTDOOR FIREWORKS DISPLAY, THERE ARE OTHER OPTIONS TO ENJOY THE FUN WITHOUT LEAVING THE HOME. VIRTUAL FIREWORKS PLAY OUT A SIMULATION OF FIREWORKS AND THEY OFTEN COME ON A CD-ROM OR A DVD. IF NOT, THERE IS YOUTUBE! OR WHY NOT GET CRAFTY AND MAKE YOUR OWN FIREWORKS SCENES AT HOME, USING MATERIALS LIKE GLITTER PAPER OR METALLIC PENS.



FIRE IS A RISK TO EVERYONE BUT WHEN YOU ARE IN RECOVERY FROM ADDICTION THIS CAN INCREASE YOUR RISK. OASIS CARE COORDINATORS CAN SUPPORT SERVICE USERS BY REFERRING PEOPLE TO THE EAST SUSSEX FIRE AND RESCUE SERVICE SUPPORTING PEOPLE WITH CLUTTER EMOLIENT CREAMS, FIRE RESISTANT BEDDING ETC.





**OASIS PROJECT HAS BEEN IN OPERATION
FOR 25 YEARS! TO CELEBRATE OASIS
HOSTED A PUBLIC CELEBRATION EVENT
FOR OUR 2023 AGM IN NOVEMBER 2023 .**

WOMEN ATTENDING OASIS
PROJECT SHARED THEIR
STORIES AND EXPERIENCES
WITH OASIS ABOUT THEIR
RECOVERY JOURNEY AT THE
AGM EVENT.



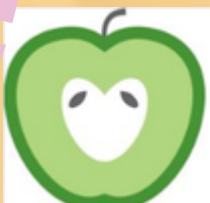
OASIS PROJECT OFFERS:
YOUNG WOMEN'S SUPPORT WITH
ADDICTION
SUPPORT FOR WOMEN AND
FAMILIES
CRECHE
YOUNG WOMENS THERAPY
CHILDREN'S THERAPY
SUPPORTING WOMEN WITH
ADDICTION AND OTHER DRUG
RELATED ISSUES
PEER SUPPORT
SEX WORKERS OUTREACH

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

