



# OASIS RECOVERY NEWS AND VIEWS (ORNV)

MARCH 2023



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

## WELCOME TO OUR 9TH EDITION OF OASIS SERVICE USER MAGAZINE

HELLO AND WELCOME TO THE 9TH EDITION OF OASIS RECOVERY NEWS AND VIEWS. IN THIS EDITION WE ARE DISCUSSING HOPE . BEING IN RECOVERY IS NOT EASY AND HAVING HOPE THAT THINGS WILL GET BETTER CAN SOMETIMES BE THE ONLY THING WE HAVE TO KEEP US GOING, WE NEED IT. WE WILL BE TALKING ABOUT OUR EXPERIENCES AND THINGS THAT HAVE HELPED US IN OUR RECOVERY TO HOPEFULLY HELP OTHER PEOPLE GOING THROUGH SIMILAR EXPERIENCES. WE HOPE YOU FIND IT USEFUL AND KNOW THAT YOU ARE NOT ALONE! ALL CONTENT IS WRITTEN AND CREATED BY SERVICE USERS AT OASIS AND IF YOU HAVE ANYTHING YOU WOULD LIKE TO BE INCLUDED IN OUR NEXT EDITION PLEASE SPEAK TO YOUR CARE-COORDINATOR . A BIG THANK YOU TO ALL THE OASIS STAFF WHO HELP MAKE THIS MAGAZINE POSSIBLE.

## This Issue Focuses on Hope

Welcome

Service User Pics

Having Hope

What Hope means to  
Oasis women

MY STORY

Oasis women Poems

Recourses

Quotes





## INSPIRATION QUOTES:



FOOD FOR THOUGHT  
FOOD FOR MOOD

-SUCCESS IS NOT  
FINAL; FAILURE IS  
NOT FATAL:IT IS  
THE COURAGE TO  
CONTINUE THAT  
COUNTS.

HE WHO FEARS  
ALCOHOL MUST ALSO  
FEAR ANGER BECAUSE  
ANGER IS MORE  
POWERFUL AND  
DANGEROUS THAN  
ALCOHOL.

IF YOU WANT WHAT YOU'VE NEVER  
HAD, YOU MUST DO WHAT YOU'VE  
NEVER DONE.

DON'T  
GIVE UP.  
GREAT  
THINGS  
TAKE TIME.


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](http://www.oasisproject.org.uk)


# WHAT DOES HOPE MEAN TO YOU?




**"HOPE IS THE ONE FRIEND WHO HAS MY BEST INTEREST AT HEART"**



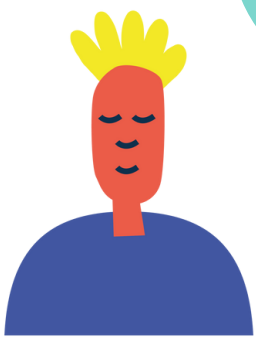
**"HOPE MEANS TO ME POSSIBILITIES, OPTIONS AND THE FUTURE FEELING LIKE I CAN ACTUALLY BE OR DO ANYTHING"**




**HOPE FOR ME IS THAT YOU CAN RECOVER FROM ADDICTION AND LIFE IS SO MUCH MORE POSITIVE THAN WHERE YOU WERE. TIME HEALS AND LIFE CAN BE BEAUTIFUL"**




**"THERE IS A FEELING I HOPE TO RECOVER. WAKING UP IN THE MORNING AND FEELING EXCITED ABOUT WHAT'S AHEAD"**



**"MY HOPE IN RECOVERY IS TO COMPLETELY COME OFF MY SCRIPT AND LIVE MY LIFE WITHOUT IT"**



**"I HOPE THAT IN TIME I CAN REBUILD MY RELATIONSHIP WITH MY OLDER CHILDREN BY THEM SEEING ME DOING WELL IN MY RECOVERY AND REBUILDING MY NEW LIFE WITH MY DAUGHTER"**

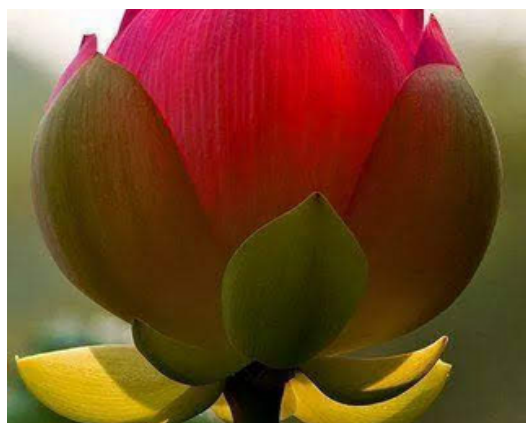


**"THAT I CAN CONTINUE TO BE PROUD OF THE AMOUNT OF TIME I HAVE BEEN SOBER! I HOPE TO GIVE MYSELF REAL RECOGNITION OF BEING MY TRUE AUTHENTIC SELF"**





## PICTURES FROM OASIS SERVICE USERS



HAVING HOPE HAS BEEN MASSIVELY IMPORTANT IN MY RECOVERY. ESPECIALLY AT THE BEGINNING OF IT. COMING OFF SUBSTANCES I FOUND VERY DIFFICULT - MY MENTAL HEALTH WAS AWFUL AND THE THING THAT HELPED ME TO STAY SOBER WAS HAVING HOPE THAT THINGS WOULD GET BETTER AND EASIER EVEN THOUGH I COULDN'T SEE IT. AND SLOWLY THINGS DID GET BETTER. BEING AROUND MY PEERS AT OASIS ALSO GAVE ME HOPE SEEING THAT IT WAS POSSIBLE TO COME OFF SUBSTANCES AND STAY OFF SUBSTANCES. IT TOOK ME A FEW TIMES BUT I CAN NOW SAY I'M 18MONTHS DRUG AND ALCOHOL FREE AND MY MENTAL HEALTH, PHYSICAL HEALTH AND MY LIFE IS SO MUCH BETTER AND I HAVE HOPE THAT IT WILL CONTINUE TO GET BETTER.





# RECOURCES OASIS WOMEN HAVE FOUND USEFUL

Body



OASIS PROVIDE FOOD PARCELS TO  
WOMEN WHEN THEY ARE IN CRISIS



THE NETWORK FOR INTERNATIONAL  
WOMEN IN BRIGHTON AND HOVE  
(NIWBH)



LOCAL ENERGY ADVICE  
PARTNERSHIP

LEAP HELPS TO SUPPORT AS MANY  
PEOPLE AS POSSIBLE WHO ARE AT RISK  
OF GOING INTO FUEL POVERTY. OUR  
SERVICE IS OPEN TO ALL TYPES OF  
HOUSEHOLDERS – HOMEOWNERS,  
PRIVATE RENTERS AND SOCIAL HOUSING  
TENANTS.

INDIVIDUAL  
PLACEMENT  
AND SUPPORT  
(IPS)  
EMPLOYMENT  
SERVICE

YOUR PAIF YOU WANT HELP TO  
FIND WORK AND YOU ARE USING  
ONE OF OUR TREATMENT  
SERVICES, THE INDIVIDUAL  
PLACEMENT AND SUPPORT  
SERVICE COULD BE FOR  
YOU.RAGRAPH TEXT





## OASIS WOMEN SHARE THEIR POEMS

Your mind is a garden,  
Your thoughts are the  
Seeds. You can grow  
flowers or you can  
grow weeds!



H IS FOR HEALING  
FROM WHAT IVE BEEN  
THROUGH


O IS FOR  
OPPORTUNITY MY  
RECOVERY HAS GIVE  
P IS FOR PROUD OF  
WHAT I HAVE  
ACHEIVED

E IS FOR ENGAGED -  
WITH SUPPORT TO  
SUCCEED

A CIGARETTE IS JUST THE THING,  
TO BURN THE TONGUE, CAUSE EYES TO  
STING,  
FOUL UP THE NOSE, AND MAKE TO SNEEZE,  
RACE UP THE HEART AND LUNGS TO WHEEZE,  
SPOIL THE APPETITE, SHORTEN BREATHE,  
ALTOGETHER FEEL LIKE DEATH,  
WHAT A PLEASURE THIS TO CHOKE,  
TO INHALE A LITTLE SMOKE.

I LOST ALMOST EVERYTHING IN DRINK,  
BUT NEVER MY SPARK.

IT WAS DULLED AND DIMMED,  
ALMOST CHOKED OUT AS AN EMBER.  
I DRANK NOT TO THINK, FEEL OR TO  
REMEMBER



HOPE IS AN  
OPTIMISTIC STATE  
OF MIND THAT IS  
BASED ON AN  
EXPECTATION OF  
POSITIVE OUTCOMES  
WITH RESPECT TO  
EVENTS AND  
CIRCUMSTANCES IN  
ONE'S LIFE OR THE  
WORLD AT LARGE



**Help for women,  
hope for everyone.**



OASIS GARDEN PROJECT  
BROUGHT HOPE TO  
WOMENS LIVES WHILST  
ON THEIR RECOVERY  
JOURNEY BY GROWING  
SOME BEAUTIFUL  
FLOWERS





# MY STORY

## Living with Bipolar and going through Recovery

I got diagnosed with Bipolar in 2016, I was in a very bad space. My intake of drugs then was very high, I was taking drugs on a daily basis from the moment I woke up until I went to bed. My relationship with my family was deteriorating drastically. I then got sectioned at the end of 2016 in Mill view, I got sectioned 3 times in the space of 2 years, I also got sectioned in Worthing and Langley Green within those two years. After being sectioned, I remember I found myself as hopeless and no sense of living anymore. I was homeless, my relationship with my family was extremely ruined by then, to the point that I remember my mother not wanting to speak to me anymore. I was so dependent on drugs that my daily life was just about trying to scrape money from anywhere and anyone to be able to get my dose. I was still still taking lots of drugs for the duration of 6 more years, I remember my mental health was as low as it could get to the point I did have suicidal thoughts.

I kept thinking to myself 'I have to change but when!' it was a constant battle with myself on a daily basis, I wanted to stop and change my life around but I didn't know where to start from. I was in sever agony everyday, until a month and a half ago when I decided to change my life around. The first thing i did was throw my phone away without saving any contacts, I literally remember smashing the phone to bits and throwing it in the sea...I felt so much relief within myself by just doing that. I then stopped taking drugs from one day to another, I started going to the gym everyday and joined Oasis and started doing therapy. I am currently 32 days clean and sober. I started rebuilding my relationship with my family and I am not homeless anymore.

Not only am I in a great space in my life right now because of the drastic changed in my life but my mental health has improved dramatically, I have become what some can say 'obsessed' with working out and going to the gym, but hey I rather that than going into my old habits.

The moral of my story is that I have gone through hell and back over the past 8 years and I want you to know that you are not alone!

You can overcome anything in life if you put your mind to it. Just FOCUS on you! The beauty of this journey is that you stop becoming dependants on drugs that you once was dependant on and you start loving and caring about yourself so much that all your past was just a past and not your future.

I want to thank everyone that has helped me to get where I am now, my family, Becca my key worker and also oasis. everyone has been amazing.

Thank You!