

OASIS RECOVERY NEWS AND VIEWS



Hello and welcome to the 14th edition of ORNV magazine 'letting go'.

When in recovery and in life there's a lot that we may need to let go of which can be really hard. Even when its a positive thing. we thought its important to talk about our experience of letting go whilst in recovery and part of that is acceptance and healing. This magazine is written and created by service users at Oasis and we would love to hear from you anything that may have helped you in your recovery . Please speak to your care-coordinator if there's anything you would like to add.

Thank you for reading and we hope you find this useful.

The ORNV team

This issue focuses on letting go

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

Letting go



"LETTING GO OF THE SUBSTANCE THAT I HAVE USED FOR 30+ YEARS, IS ONE OF THE THE MOST DIFFICULT THINGS I HAVE OVERCOME IN MY LIFE. WITH THE HELP OF OASIS , LOUISE, PHASE 2 LADIES,FAMILY, AND MOST OF ALL MYSELF! I HAVE ACCOMPLISHED MY GOAL.

I AM RELEARNING TO BE MYSELF NOT INTOXICATED WHICH IS A NEW LEARNING EXPERIANCE BUT I KEEP AT IT BECUASE IM WORTH IT!'

"LETTING GO OF THE OLD AND DAMAGED THOUGHTS. MAY THEY LAY ALONG THE WATERS DRIFTING CALMLY AWAY"



THINGS TO HELP LET GO

- STARTING COUNSELLING OR OTHER MENTAL HEALTH SUPPORT
- SUPPORT GROUPS
- SELF CARE
- SELF HELP BOOKS/VIDEOS
- TALKING TO PEOPLE CLOSE TO YOU
- BEING PATIENT WITH YOUSELF- TAKE THINGS DAY BY DAY

Letting go I've always found difficult, since starting recovery there's been a lot I've had to let go of whether that be letting go of using drugs and drinking, relationships, the past ,loss , old behaviours. whatever its been I've found it really tough but important to be able to move forward and live as happy and healthy life as possible.

I realise there's still a lot I haven't fully let go of and that I still carry with me and made me realise letting go also can take a lot of time and maybe instead of letting go, its about me finding ways to live with things. acknowledge the past but also be able to move on.



Useful tools in recovery



Going to meetings- whether that be at Oasis or another recovery service, AA, NA, CA. Being around and talking to people in recovery can help to know you are not alone with what you are going through and can be very supportive.

Having a routine- when using substances our lives can be very chaotic so having a routine helps with taking back control of your life and having some structure to your day.

Support- having people to reach out to whether that be a professional, friend or family member. Being in recovery can be lonely and extremely tough so having someone to reach out to talk over things can help a lot if your struggling.

Finding new hobbies or interests, to keep your mind busy can be useful. This could be doing arts, exercise, watching TV, cooking, singing, starting a course. Whatever it is your interested in. If you don't know what that is try some new things and see what you like.

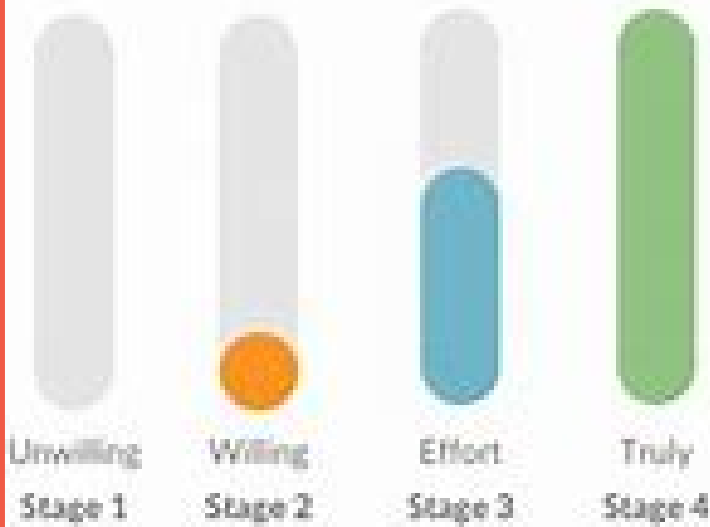
HALT- (Hungry, angry, lonely, tired) These are all big triggers for using so if your having cravings check if your any of these things.

Mindfulness and gratitude lists, can be really helpful in helping managing emotions and can give us a different perspective on things,

Letting go continued



Stages of "Letting Go"



"letting go of my childhood because of how its affected my mental health. I want to forget all of it as currently I cant see any happy memories. That's why I feel different and I still carry that child with me. I recognise the need to look after my inner child and the difference it could make for me as an adult. this can make things better by not giving in to others and looking after my inner child and myself. this will make me a better adult for myself and my own children."

But you my dear old alcohol friend was still there nibbling a along at me.

Then one day I had a breakdown and got myself arrested and my kids taken away and that was because of you.

I am now over 11months into my recovery and I get to see my children once every week and once a month as I have 4 children.

I may have cried with you in one hand once before because I was in pain. But today I no longer have you in my hand.

You are now a thing of the past and now I can put you in a coffin because I don't have to fight for you.

I have to fight for me and my children.

So goodbye.

FROM THE POEM ' DEAR ALOCOHOL' WRITTEN BY A OASIS SERVICE USER

IF YOU'RE BRAVE
ENOUGH TO SAY
GOODBYE,

LIFE WILL
REWARD YOU
WITH A NEW
HELLO

Summer planning



With summer almost here, the days are brighter and longer, weather is warmer and everyone seems happier. Though for a lot of us summer can be a big trigger for drinking and using, especially in Brighton as it seems to be everywhere. So here's a few ways to keep yourself safe during the summer time and things to do that don't involve drink or drugs.

Safety planning

If you are going out, away, or somewhere where there will be drink or drugs it good to plan before you go encase you feel triggered.

- have a exit plan
- have someone to call if feeling overwhelmed
- saying no if offered drink or drugs- you don't need to explain yourself
- leave if you don't feel comfortable (warning signs- craving, emotional, not enjoying environment)
- being around people who are aware of your situation and supportive.
- think before you go to an event whether it will be triggering for you.

can you think of times during summer when you needed a plan?

Things to do over the summer

- go to meetings- either at oasis, CGL, cascades, AA, CA, NA (online meetings available aswell)
- go to the beach or parks
- find a new hobby could be exercise, singing, arts, cooking, reading, being out in nature, whatever you like
- start a new course- whether that be learning a new skill or doing something for fun like a choir.
- meet up with friends or family

Free things to do in and around Brighton over the summer holidays.

- Brighton fringe- free events like outdoor dances workshops and fun activities.
- Brighton domes without walls program- free events like dance, theatre, circus, music and art.
- Free active for life multisport activities including basketball, tag, football through Brighton & Hove city council.
- holiday activities and food (HAF) program- free enrichment activities and meals for children eligible.
- Eventbrite- free kids events including art clubs, workshops.

BOOK REVIEW

ATOMIC HABITS- JAMES CLEAR

'THIS BOOKS HAS HELPED ME IN MY RECOVERY BECAUSE IT TEACHES YOU HOW SMALL CHANGES CAN HELP OVERCOME BAD HABITS.'

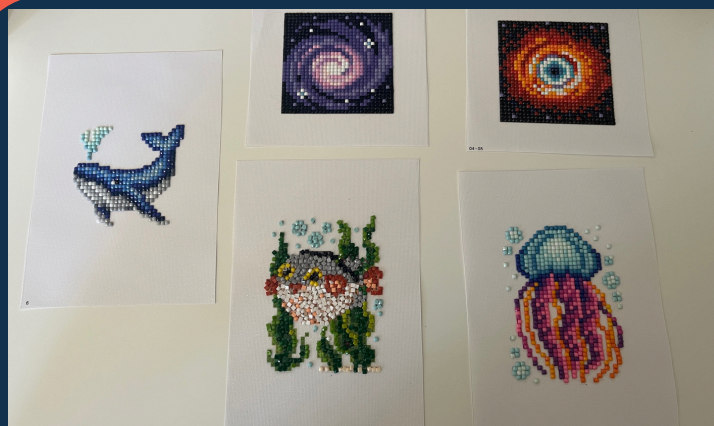
Whats happening?



K - I chose to join the walk for autism 2025 challenge. Something which I am being tested for. This is raising money for Autism, helping thousands around the country get support. I had to prepare for 8 days of walking 10k steps. Aim is to raise and walk 80k steps total. I raised over £250 and walked 152,000 steps to complete my goal. I recieved a silver medal and certificate which I'm very proud off :)



oasis garden project - our service users have been working hard at keeping our garden growing and looking beautiful. speak to your care-coordinator about getting involved.



Our ladies in creative group have been working hard over the past few months to make these diamond art pieces- creative group friday's at oasis.

PICNIC IN THE PARK

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

COMING SOON



PRIDE
BRIGHTON + HOVE

WIDLY ACKNOLEDGED AS THE
COUNTRY'S MOST POPULAR PRIDE
EVENT- 2ND-3RD AUGUST

Useful info



Oasis Group Schedule 2025



Monday	Tuesday	Wednesday	Thursday	Friday
POCAR Goal Setting 10:30 - 12:00 11 Richmond Place GF Kirsty & Beth	Phase 2 10:30 - 12:00 pm 11 Richmond Place 1st Fl Louise	POCAR 10:30 - 12:00 pm 11 Richmond Place GF Kirsty	Hope Group 1:00 - 2:30 pm 11 Richmond Place GF Iris	Creative Self-Care 12:30 - 2:00 pm 11 Richmond Place GF On a Rota
Recovery Support & Voices for Peers (RSVP) 12:30 - 2:00 pm 11 Richmond Place GF Peer Led		Making Changes 12:30 - 2:00 pm 11 Richmond Place GF Jemma		

Please contact your Care Coordinator for more information or get in touch with the main service:

info@oasisproject.org.uk
01273 696970

11 Richmond Place, Brighton BN2 9NA

**support in getting into
to work**

IPS- individual placement and support helps people accessing health services find work to aid their recovery
ipsgrow.org.uk

EVOLVE YMCA Brighton-

open to anyone 18+ supported by either drug or alcohol services in Brighton and Hove who has a work learning or volunteering goal they would like to achieve
www.ymcabrighton.co.uk

USEFUL NUMBERS

MIND - 03001233396
EMAIL INFO@MIND.ORG.UK
MON-FRI 9-6PM

RISE - 01273 622822
MON-TUES 9.30-12.30PM

SHOUT TEXTLINE 24/7- TEXT 'SHOUT' TO 85258

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

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

MENTAL HEALTH RAPID RESPONSE SERVICES (MHRRS) -
03005000101

SAMARITANS - 116123

WWW.STAYALIVE/APP/FIND-HELP-NOW

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

FACT @ CGL

Support for careers and families affected by addiction/ substance misuse.

For more info email familyandcarers@cgl.org.uk

NITAZENE TESTING

If you worried about the drugs you are taking speak to you care co-ordinator about Nitazene testing available at oasis .



Saying goodbyes



Part of letting go is saying goodbye and we have recently have had to goodbye to a few of our peer mentors Francesca and Kerry.

Thank you so much for all your work supporting oasis women the past few years through different roles including facilitating the peer support group, helping create the magazine and attending steering groups.

We wish you all the best for future, you will be missed!

A few words from Kerry about her time at oasis 'thank you so much for all the love, support and kindness you've shown me during my time here. I started my journey with you feeling uncertain and afraid, but through your care and guidance, I found a new perspective, and began to reconnect with the strength and courage that had been buried so long.'

oasis peer support group-

come along to our peer support group at no.11 every Monday 12.30-2pm.

friendly, supportive group open to all service users at oasis wherever your at in your recovery. its a peer led group run by peer mentors meaning everyone in the room is either a current service user or has been a service user at oasis.

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