

Rise and Recover

As Members of Oasis, we support each other and give strength to each other in recovery, through every season.

Hello and welcome to the 15th edition of ORNV magazine 'Rise and recover'.

This newsletter is created by members of the Oasis magazine team — a place for women who access Oasis, to share stories, laughter, and hope as we continue to grow stronger together.

As women in recovery, we know this time of year can stir a lot of emotions

— joy, gratitude, but also challenges. Emotions can run high, routines change,
and memories may feel heavier. That's okay — you are not alone
Together we rise and recover as Oasis women, together.*

"Recovery is not about getting back to who you were – it's about discovering who you choose to be."

This issue focuses on how we rise to recovery using coping strategies such as:

- A rise and recover toolkit
- Sharing Personal stories
- Staying connected
- A Safety Plan
- Helpful reminders
- Self-care and well-being
- Useful contacts





Drop your thoughts in the Oasis Suggestions box or email

clientinvolvementlead@oasisproject.org.u

Your words might inspire someone else's recovery journey. If you'd like to share your story in the next issue, we can help you write it or publish it anonymously.



By sharing our personal journeys we help each other to rise to recovery.



With our theme Rise and Recover, we believe in the power of shared stories. Each journey you'll read is more than a testimony — it's a reminder that no one heals alone. At the Oasis Project, recovery can rebuild what once thought to have lost. The Oasis Project has been that turning point for so many of us — a place where we are heard, valued, and feel safe. In this issue, we share our voices of how we have lived through the chaos, faced the pain, and found light through Oasis.

Where Did I Go?

As a child, I was bright and happy until I was eight years—then something happened which my mind buried for years. Growing up, I found escape in alcohol and drugs, convincing myself I was fine.

I worked hard, achieved a lot, but inside I was lost. What started as drinking to cope turned into years of prescription drug addiction — hospital stays and feeling shame.

I spent years surviving not living.

Then, after losing my job and hitting rock bottom in July 2025.

That was my turning point.

Since coming to Oasis, I've found real support, understanding, and hope. Recovery is hard, but I'm learning that even the smallest slice of hope can grow into something big and beautiful.

Oasis gave me safety. Recovery gave me life. Now, I want to give that hope to others to rise and recover.

Learning to Live Again

When I think about recovery, I think about rising slowly, like the sun after a long night. For years, I lived in darkness. Addiction had taken my confidence, my family, and the woman I used to be. A glass of wine after work became a bottle a night. I told myself I was coping, but I was crumbling inside. When my husband left and my daughter stopped speaking to me, I knew I'd hit my lowest point. I tried everything — going cold turkey, online meetings, promises to myself that never lasted. Every relapse made me feel more hopeless, trapped on a wheel I couldn't get off. I thought I was broken beyond help. Then I was referred to Oasis Project, and something changed. For the first time, I felt safe. No one judged me. The staff listened, really listened. In that space, I began to face what I'd been running from — the loneliness, the guilt, the need to be perfect.

"At Oasis, I was listened to, believed, and made to feel safe. For the first time in years, I wasn't just surviving — I was living."

Recovery hasn't made me perfect — it's made me real. And that's what Rise to Recovery means to me: learning to live again, with hope, courage, and connection.

Rising to Recovery Together

Help over the festive period can be challenging for Oasis women in recovery. Here are ways to stay safe, connected, and supported

Rise & Recover Toolkit



Your Self-Care Plan

Make a simple plan can keep you steady.

- 3 deep breaths (in for 4, hold for 4, out for 4)
- Write one kind sentence to yourself
- Step outside for 2 minutes of fresh air -be grateful
- Watch something comforting/funny
- Do a small creative task
- Listen to a calming playlist
- Say "no" to things that drain you be kind to self

Staying Connected

You're not alone — even when it feels quieter. Ways to stay connected:

- Pop into Oasis groups stay engaged
- Attend a meeting (AA/NA)
- Text a recovery buddy
- Make a plan for Xmas and New Year period
- Keep a "reach out" list saved in your phone

Create a Safety Plan.

Create a simple, judgment-free plan you can lean on: My triggers:

My early warning signs:

My coping tools:

My safe people to contact:

Places I can go if I need space:

If I feel lonely:

If I feel stressed:

I will remember: This feeling will pass.

Allow yourself boundaries

It's okay to protect your peace. Healthy boundaries might include:

- "I won't talk about my recovery today."
- "I'm leaving if I feel overwhelmed."
- "I'm not drinking please don't offer."
- "I need a quiet moment."
- "Your recovery comes first. Always."

You don't have to do everything — one small act is enough.

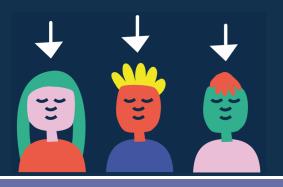


★ You've got this

We are rising to recovery every day together



How we Rise to Recovery





The phrase "rise and recover" means making a strong effort to overcome a setback or hardship — and actively moving upward toward healing, improvement, or renewal. For us, it refers to regaining strength, health and confidence in our recovery.

"We rise when we take the first brave step to ask for help — walking through the doors of Oasis and choosing recovery."

"'Rising to Recovery' is about growth, courage, and connection. Each story, poem, and piece of art in this magazine reflects the strength it takes to rebuild, to rise above challenges, and to rediscover joy. At The Oasis Project, we rise together — one step, one word, one day at a time." As members of Oasis Project we rise to recovery together, either for a talk, creative writing, group reflection, or community projects.



Understanding and connection through attending groups:

- Being around people who have faced similar challenges helps us realise others truly understand what we are going through.
- Hearing others' stories can make our own situation feel more normal and less isolating.
- We can offer kindness and reassurance in a way that feels genuine because we've "been there" too.

The Oasis Project Creche







For families at Christmas, the festive season can be a time of stress, worry, and challenge, whilst trying to remain joyful and merry. Oasis support women with families who are maintaining treatment and recovery at a time when everyone else is celebrating. Family dynamics can be complicated and can be confusing, especially for children. We celebrate Christmas with them, with a children's party and a visit from Santa, and ensuring they have Xmas connection in their community.

Rising Again

When I first came to the Oasis Project, I was scared — honestly, I didn't think recovery was possible for me. Walking through those doors was one of the hardest things I've ever done. The crèche honestly saved me. Knowing my little one was being cared for meant I could finally take some time for me. I could sit in a group, listen, cry if I needed to, and not worry for a moment. That space helped me start healing. Bit by bit, I began to believe that maybe I could do this — that I was worth recovery, not just for my child but for myself too. Now, every day I'm learning to trust myself again. I'm laughing more, showing up more, and actually feeling proud of the person I'm becoming



Volunteer Corner: We welcome creative helpers – bakers, writers, designers, or just friendly smiles. Remember, you are never alone. The Oasis Project is part of your community, soem call it their family – bringing hope and togetherness, laughter and a second chance.



Creative Corner





The Light Returns -

a short story by anon

When Maya first stepped into the sunlight that morning, she almost turned back inside. The brightness was too much — the kind that stung your eyes and reminded you of everything you'd ignored. But she stayed. She let the warmth rest on her face like forgiveness.

Her hands trembled as she wrapped them around the chipped mug of coffee. It wasn't the drink that mattered. It was the ritual — small proof that she could care for herself in ordinary ways. There was power in ordinary.

Recovery, she learned, wasn't a ladder. It was a shoreline — a slow wading through the murk until your feet remembered what steady felt like. Some days she swam. Some days she just floated. Some days she sank, but never as deep as before.

She began to collect quiet victories.

A morning walk without fear.

A meal cooked with joy instead of obligation.

A laugh that didn't feel borrowed.

"Healing is the most creative act of all." Maya believed that now. She was rewriting her life, word by word, not erasing the past but folding it into something new — softer, wiser, alive.

Inspiration & Affirmations Words to Lift You Up

"I rise and recover knowing I am worthy of healing with hope."

"I rise to recovery because my life is worth fighting for."

"I rise and recover with self-care, patience, and resilience."

"As I rise and recover, I build a future with peace and purpose."

Rise to Recovery -A Poem of Hope

I rise to recovery
one breath at a time—
lifting my spirit,
claiming what's mine.
Through shadows and doubt,
I keep moving through,
for every small step
builds someone new.
I rise to recovery
with strength in my core—
today I choose healing,
tomorrow even more.



Rise and Recover with The Oasis Project during the festive season



Christmas Party
(for Oasis and CGL women)
Join us for our Christmas Lunch!
Date: Tuesday 16th December 12pm
Location: The Oasis Project, Brighton
11 Richmond Place Brighton
Buffet dinner -

Please add name to list - see/call Oasis Reception - 01273696970

Book Group



The Boy, The Mole, The Fox and The Horse.

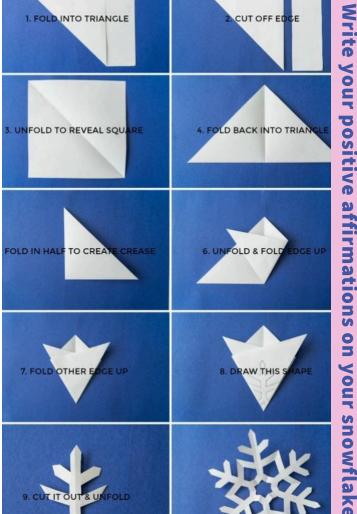
Charlie Mackesy

"The greatest illusion," said the mole, "is that life should be perfect."
Rising to Recovery is not about perfection.
It's about presence. Remember: You are enough, as you are. You are not alone.

Reflections:

- Encourages self-compassion over self-criticism
- Reminds us that asking for help is brave
- Shows us that connection heals loneliness
- Offers hope, warmth, and gentleness in a world that often feels harsh
- Creates a sense of peace and presence through its art and words

How to Make 6-Pointed Paper Snowflakes



Help for women, hope for everyone.

HAVE A SAFE AND PEACEFUL XMAS FROM ALL THE OASIS RECOVERY NEWS AND VIEWS TEAM

Festive-Period Support in Brighton & Hove





Service / Venue	What they offer at Christmas / Holiday-Period	Notes / Who it's good for
Brighton & Hove Food Partnership (BHFP)	Publishes an annual list of <i>free or low-cost meals</i> , food bank times and community meal spots over December–January, including Christmas Eve / Christmas Day & beyond. Brighton and Hov +2	Great for anyone struggling with food access — especially useful if you don't have cooking facilities or need a hot meal.
Brighton Women's Centre (BWC)	Runs a women-only foodbank and support services. Around Christmas, they raise funds to provide emergency food, toiletries and essentials to women in crisis. Brighton Women\ +1	Especially relevant if you're a woman alone or with children, dealing with cost-of-living pressures or in recovery.
St Peter's Brighton – Safehaven Women drop- ins	Normally runs weekly women-only drop-in sessions with hot meals, conversation and support. St Peter's Brighton	Could be a friendly, welcoming space during holidays — useful if you're looking for social contact, warmth, a hot meal and a calm environment.
Holiday meals at Churches / Community Halls (via BHFP directory)	On Christmas Day and surrounding days: Free / pay-as-you-feel Christmas lunches, drop-ins and festive meals at various venues: e.g. church halls, community centres, faith-based groups.	Useful if you want a hot Christmas meal, and somewhere to go if you would otherwise be alone — many are open to anyone in need, regardless of background.
Hove Salvation Army	Hosting Christmas Day service and Christmas lunch for people wanting to spend the day with others, offering food and a community environment. Community Works +1	Could be a good option if you need warmth, companionship and a meal on Christmas Day.

Here are some services in Brighton & Hove offering support over the Christmas period (meals and safe space) that you could share or access — we recommend checking in as early as possible to confirm specifics for women in recovery.

Brighton Women's Centre (Women-only foodbank & safe space Location: 22 Richmond Place, Brighton BN2 9NA.

Their Christmas appeal page states that First Base will be open as usual over the festive period, including on Christmas Day.

- They run "Emergency Food and Crisis Support at Christmas" in a women-only environment for women who are homeless, on low-income, or otherwise vulnerable. <u>Brighton Women\'s Centre</u>
- This is especially relevant if you're a woman in recovery needing a supportive, women-only setting.

Homelessness & Housing-Crisis Support

First Base Day Centre - St Stephen's Hall, Montpelier Place, Brighton BN1 3BF

Good for immediate help if you're street homeless or know someone who is.

Recovery / Substance Use Support

Change Grow Live - Brighton & Hove Recovery Service

Based at Richmond House, Richmond Road, Brighton BN2 3FT.