



OASIS PROJECT

CELEBRATING 25 YEARS

Annual Report

2022-23



Charity Number 1065503

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**INVESTORS
IN PEOPLE**



Our Purpose and Core Truths

We give help and hope to women, children and families affected by drug and alcohol problems.

We help people find the strength and opportunities to make choices that lead to change.

Not just for themselves, but for their families, their friends and their communities.

For all of us.



1. Anybody can develop a problem with drink or drugs – whatever their background or situation.
2. It is harder for women to escape drug and alcohol problems – they need specialist help
3. Drug and alcohol problems don't just affect the individual – but everyone around them
4. Drink and drug problems aren't just the cause of a difficult life, they're a symptom of one
5. A bad start in life doesn't have to mean a bad end
6. We're not here to 'fix' anyone –we're here to help women make choices that lead to change.
7. We know that one size doesn't fit all – we look at the individual

Chair's Report

Welcome to Oasis Project's 2022-23 Annual report, which I am proud to present to you this year in my first year as Chair of the organisation as we celebrate 25 years of Oasis Project. Having been on the Board of Trustees for two years and worked alongside Oasis in the statutory sector for many years prior to that, I am incredibly proud of the work of our charity and the impact Oasis continues to have. I hope you enjoy this report, which we feel is a good reflection on another year of the vital work Oasis does to improve the lives of women, children and families affected by drug and alcohol misuse.

This year, Oasis was delighted to be awarded with a prestigious CSJ Award from the Centre for Social Justice in recognition of its unique approach to providing vital services for women, children and families affected by drug and alcohol misuse. The awards honour and celebrate the best of the UK's grassroots charities addressing the root causes of poverty; Oasis was one of six winners. Our hope is that the award will allow us to expand and provide further funding opportunities for the benefit of our people, increasing awareness of our work and the reasons an approach like Oasis' is needed. CSJ funded the creation of a video showcasing our services, which can be viewed on the homepage of our website.

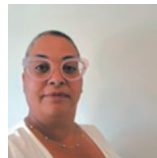
Following the launch of the new Government Drug Strategy 'From Harm to Hope', which included a commitment to ringfenced investment over the next three years to rebuild drug treatment and recovery services, Brighton & Hove was confirmed as one of the areas for priority investment in year one (2022/23) given the prevalence of need. Oasis welcomed the strategy and its focus on treatment and has worked closely with local partnership leads and commissioners

to champion the needs of women, children and families within Brighton & Hove's proposals to OHID who are leading on the implementation of policy recommendations and grant spending.

We are proud to continue our work in East Sussex, with funding from East Sussex County Council and via the Adder programme. This year we joined the Changing Futures project in East Sussex, recruiting a full-time Women's Complex Needs Worker in East Sussex. Changing Futures is a national 3-year programme aiming to improve outcomes for adults experiencing multiple disadvantages.

It has been another great year for Oasis, but this work is never easy, and so my final word of thanks goes to my fellow Trustees for their time, energy and expertise, to all the volunteers and exceptional staff at Oasis Project who dedicate their working lives to making our organisation what it is, and to those in the local community who support our work whether financially or otherwise. We couldn't do it without you!

Dr Tabitha Morrison
Oasis Project Chair



CEO Report

As Tabitha has outlined, now in our 25th year in operation, Oasis Project has continued this year build on our success, delivering unique, effective, trauma-informed services to women, children and families which put people's experiences at the heart of our provision. We continue to take a gender specific approach to addressing substance misuse in recognition of the specific needs of women and their under representation in treatment services.

In 2022/23, Oasis Project worked directly with 1112 people across its services in Brighton & Hove and East Sussex; an increase of 25% on last year. This includes over 200 babies, children and young people affected by substance misuse in the family worked with in our creche and therapy services, and over 900 adults over 18 years through our specialist drug and alcohol treatment and recovery services, sex workers outreach project, therapeutic services and Looking Forward service.

This year we launched the Hope Service; an arm of our adult substance misuse treatment service that works with young people 17 - 25 years, who have different needs to other adults due to factors such as the complex neurodevelopmental stage of life, the cliff edge of care and support, alongside the varying types of harms including homelessness, domestic abuse, family conflict, childhood trauma, and criminal and sexual exploitation. Hope seeks to directly meet the needs of younger adults and support young people to make changes to relationships with substances, feeling empowered with choice and control over their futures.

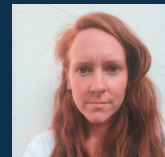
We were successful towards the end of this year in a bid to the National Lottery for funding to launch our Oasis Family Recovery Service in Hastings. Oasis Family Recovery Service will deliver a range of gender-specific and family-focused interventions to parents and families in East Sussex affected by drug and alcohol misuse. We have secured a new premises in Hastings to support the new service alongside our existing East Sussex services and will be moving in next year. Demand on our services has continued to rise this year as is evidenced by the increase in numbers using our service, and people are presenting to us with a greater complexity of need, especially in terms of mental health. With the cost of living crisis having

a significant impact on our clients, we have continued to offer a foodbank through a partnership with FareShare and have drawn a particular focus on increasing capacity within our creche to enable us to see more babies and children at risk of neglect.

Rising cost of living has of course impacted our staff too; we were able to secure a pay increase for all staff this year in recognition of the strain on finances being experienced nationally. We remain committed to staff wellbeing and as such invested this year in a package of wellbeing support and benefits including incrementally increasing annual leave allowance, paid time off for wellbeing and access to a 24-hour Employee Assistance Programme which offers coaching, counselling and free GP access.

I remain incredibly proud to work alongside a team of dedicated, skilled and passionate staff and volunteers who are the heart of Oasis Project. I want to thank them, as well as our supporters and our partner providers in the community. And finally I want to recognise our clients – those individuals who come along to Oasis, often in the face of extreme adversity and trauma – to work towards recovery. You have my admiration and support.

Laura Ward
Oasis Project CEO



Brighton Adult Services

Oasis delivers specialist, gender-specific drug and alcohol treatment services including individual and group-based support to women in Brighton & Hove over 18 years of age. These services delivered as part of the Brighton and Hove Recovery Service with a subcontract from our partners Change, Grow, Live (CGL).

This includes Hope, launched this year for 18-25 year olds who may be transitioning out of the adolescent substance misuse service and into adult treatment.

We continue to deliver POCAR to parents whose children are at risk or in need due to their parent's substance misuse. This year, we undertook a comprehensive review of POCAR and with our service users, decided to change the name to Parenting Our Children, Accessing Recovery.

Oasis is proud to host two specialist 'Partners in Change' roles, which exist to support Children's' Social Care Teams and treatment staff in working with families affected by parental substance misuse.



This year

"I've realised that I'm stronger than I give myself credit for and giving myself the time to work on myself and my issues so that I can be the best parent I can be."

POCAR Client

"Oasis is a wonderful service and lifeline really. To think of all the other services I could not possibly have even thought about accessing or were available to me without this service. Thank you so much."

Brighton adult services client

"I've realised that I'm stronger than I give myself credit for and giving myself the time to work on myself and my issues so that I can be the best parent I can be."

POCAR Client

- 548 people received drug/alcohol treatment with Oasis
-
- Most people (over 90%) accessing treatment with us are women, but we also work with some men who are fathers
- On average, 17% of our adult services are from a ethnic minority groups
- And 25% identify as LGBTQ+
- 95% of the women we worked with through our Brighton adult services were retained in treatment for over 12 weeks.
- 80% of the parents we worked with through our POCAR programme were supported to decrease their drug/ alcohol use OR maintain abstinence in the last 12 months
- Our Adult Service provision in Brighton & Hove is regulated by the Care Quality Commission. We were inspected by the CQC in August and were awarded an overall rating of 'Good'.



Young Oasis Therapy

Young Oasis works with Children and Young People aged from 5-18 who are affected by substance misuse in the family, delivering 1-1 therapy in a way that is appropriate for the child's age and development. The initial therapy offer is 16 weeks, but some children have this extended if their circumstances indicate this is required. We have a Hastings Young Oasis Therapy service to work with children in East Sussex.

There are very few dedicated services for children impacted by parental substance misuse. We believe that offering services for children and young people alongside support for adults is vital to breaking cycles of intergenerational disadvantage and trauma and supporting families to recover.

- 81% of all parent/carers said that their child's problems had improved by the end of therapy
- 83% of parent/carers who scored their child as raised level of distress before therapy scored their children as no longer distressed at the end of therapy
- 66% of the same parent/carers who scored highly raised distress said that their children's problems had got better since coming to Young Oasis Therapy

This year

- 112 children/young people worked with in Young Oasis Therapy Services in Brighton & Hastings
- Over 950 therapy sessions were delivered
- 80% children/young people completed therapy in planned way
- 65% children were on Child Protection/Child in Need plans or were Looked After Children"
- 20% were recorded as having experienced domestic violence.
- 100% have experienced parental substance misuse
- 83% of Children 5-11 years who scored themselves as having low levels of well being at the start scored a significant improvement to wellbeing at the end of therapy.
- 75% teenagers 12-18 years scored themselves as significantly improved in their wellbeing by the end of therapy



Case Study - Emilia

Aged 8 - Referred to Young Oasis Therapy by her Social Worker

Both Emilia and her sister were subjected from an early age to crack cocaine, cannabis and alcohol use at home by both mum and dad. Emilia's parents separated, which led to a deterioration in her mum's mental health and an overdose. Emilia and her sister were placed in their dad's care at that time and both children experienced significant neglect. In 2020, Emilia's mum became abstinent, and her children were returned to her care, on a Child Protection Plan.

Emilia presented to therapy as having a lot of energy and confidence. However, although performing well in school, at home mum said that Emilia's behaviour was very challenging. The aim of therapy for Emilia was supported to express her anger and vulnerability and

help her process her fear. The therapist helped Emilia to understand her aggression; not identify with it or feel she was at fault for reacting in the way that she did.

Emilia enjoyed creating stories during therapy, and often took on the role of 'carer' in them. These stories seemed to model her own experiences with her mother and sister, but in them she was able to play at having more autonomy. Emilia expressed her worries and her wishes for a 'happy family'.

Towards the end of therapy, Emilia began to regulate her behaviour and seemed much calmer. She slowed down within the sessions, and this gave her more time to process her thoughts. She was able to monitor her aggression and began to acknowledge a different side of her identity. Her final painting session was the 'treasure' she would take with her: a pebble marked "I am loved".

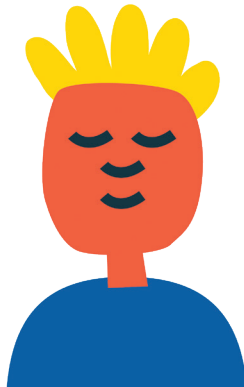
"My therapist gave me good advice and we did drawing that I like and we did drama therapy which was fun because we played lots of games!"

13- year-old young woman



"Everyone values and helps me"

8 year old boy



I thought (the therapist) has a really thoughtful and therapeutic approach which my child reacted really well to. Thank you for supporting him and myself during the last few months."

Parent of 10-year-old



Hope Therapy Services


The Young Women's Therapy Service continues to offer therapy to young women aged 18-25 with experience of early trauma which has made them vulnerable to a range of problems and disadvantages.

With OHID investment in drug & alcohol services we have been able to add capacity to our therapeutic offer for young adults, starting in March 2023.


Oasis' Transitions Therapy Service will offer individual therapy to young people 16-25 of any gender experiencing issues with drugs or alcohol and in need of support.

This year...


- By the end of therapy, young women's scores in the domain of 'wellbeing' increased by an average of 6, which reflects a significant improvement
- 83% of young women reported an improvement in their score by the end of therapy. 33% of young women reported a statistically significant improvement in all areas



"I felt I was able to learn some techniques which haven't been too hard to remember in stressful times and it also helped me recognise that I should not be so hard on myself"



"I was nervous as therapy hasn't always helped me in the past but I was made to feel very comfortable and not judged which eased me into being able to communicate a lot easier"



Young Oasis Holiday Arts

This year we offered a programme of Outdoor Holiday Arts group activities to children in Brighton & Hove and in East Sussex during the summer holidays alongside an inclusive arts practitioner.

The days were rich experiences, which combined walking with stories and lunch. They provided a sense of adventure as well as a sense of belonging.



Young Oasis Creche

Young Oasis Creche enables parents to access treatment services at Oasis Project and elsewhere in the city. We offer free, therapeutic childcare for the babies and children 0-11 years old of any parent in Brighton & Hove accessing support around their recovery.

This year...

- 64 different babies and children were seen in the creche
- 100% children have a parent or family member who has problems with drugs and/or alcohol, or is in recovery from addiction
- 80% children are open (or historically open) to Children's Services on Child Protection/Child in Need plans or "Looked After Children"



Sonny (2.5 years) has been attending Creche now for over 2 years. Sonny was referred to the creche by his mum's Community Psychiatric Nurse. Mum Shona* was struggling with her mental health; she was self-harming and experiencing suicidal thoughts. When Sonny first started at the creche, he was a little clingy to adults but happily engaged with toys and the environment. Sonny was attending Creche for longer periods of time which he seemed to enjoy, watching the other children play.

Sonny slowly began taking part in sharing with other children (which he initially found difficult) and play. Sonny particularly enjoys playing with care, taking part in carpet time, choosing and joining in with action songs. Sonny and Shona have a close relationship and Shona is appreciative of the support the Creche has been able to offer both with her own mental health and with Sonny's development.

"Creche has become part of my child's routine, it's consistent and regular and that has been really important in our family life.


Knowing that they have times of quality focused attention and play has helped keep them settled during times of big changes for them."

Mellow Parenting

Mellow Parenting is an intensive, 14-week attachment based programme which aims to improve relationships between parents and infants, maternal wellbeing, mother-child interaction and self-esteem and confidence.

This year...

- 13 mums with 14 babies/children under 5 years between them participated in Mellow Parenting, an attachment-based parenting programme



"I notice more good moments with my baby"

"I'm a better mum than I thought"

When Beth (29 years) first accessed support from Oasis Project, she was smoking cannabis daily and had recently separated from an abusive relationship of ten years. When she first began on the Mellow Parenting programme, Beth struggled to separate her challenging emotions from her children's. At times, she found it hard to relate to her children fully, reacting quickly with anger and struggling to remain sensitive and responsive to their needs. Beth found it difficult to balance her time between her son and daughter. Attending Mellow Parenting equipped Beth with the tools to spend equal and valuable time with both her children. She reports when her daughter is at school she engages in quality time with her son, exploring his interests in transport toys. Beth has discussed in the group how she feels more able to slow her parenting down and attune her interactions to her son's needs.

Beth has utilised the skills she has learnt at Mellow Parenting to remain calm and contained when she is parenting her children. She has reported applying these strategies in other aspects of her life and relationships. Beth discusses that she is now capable of installing appropriate boundaries and developing communicative and healthy relationships with professionals and in her personal life.

Oasis Project's East Sussex Services for Adults

OWRS (Oasis Women's Recovery Service); supporting women across East Sussex with drug/alcohol problems, delivered from community settings and via outreach.

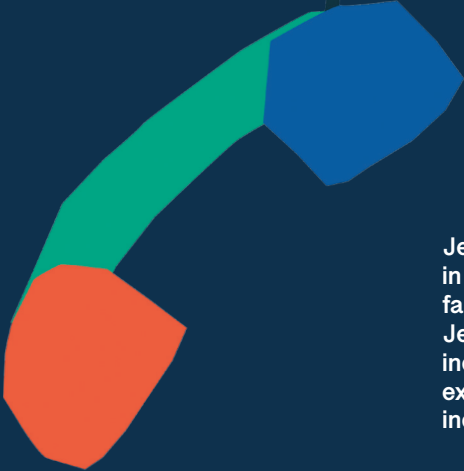
Project Adder Services; EMPOWER and Adder Sex Worker Services offer specialist support through individual and group intervention to women in East Sussex experiencing problems with crack or opiates.

OFRS (Oasis Family Recovery Service); a newly-funded service this year, offering a range of gender-specific and family-focused interventions to parents and families affected by drug/alcohol misuse across the county of East Sussex.

Changing Futures; A national programme aiming to improve the lives of those experiencing multiple disadvantage in Sussex – Oasis hosts a specialist women's worker in East Sussex.

This Year....

- 145 women received drug/alcohol recovery support through OWRS and OFRS
- 30 women with crack/opiate problems accessed the EMPOWER and Sex Worker services
- 8 women with complex needs worked with Changing Futures
- 79% of our clients in East Sussex reported a reduction in drug/alcohol use or maintained abstinence over the past year
- 78% East Sussex clients reported an improvement in their self-esteem
- 36 clients in East Sussex went on to engage in volunteering, training, and employment opportunities



Case Study - Jenna

Jenna is 21 years old. She spent her childhood in the care system. She has no contact with her family and a lack of positive social connections. Jenna has a history of mental health issues, including depression and anxiety. Jenna has experienced domestic abuse from her partner, including experience of coercion, control and sexual exploitation.

“I have been sober since October. Thank you for this opportunity and your support. Battling a 3 year + addiction with alcohol and now I’m free. Thank you for all your hard work and patience. This means a lot to me. – East Sussex client

Oasis and OWRS has saved my life, you are the only safe space for me without men.”

East Sussex Client

Jenna’s partner retained her bank card and had complete control of her finances. Jenna would regularly binge on crack and heroin and when using, her self-esteem would become very low and she would neglect to look after herself.

Through working with her EMPOWER worker and attending the EMPOWER group for women experiencing problems with opiates, Jenna started to recognise the impact her drug use and lifestyle were having on her physical and mental health. She requested to go into detox and rehab. With co-ordinated support and encouragement via EMPOWER and the structured treatment provider, Jenna persevered with her decision to become free from illicit substance use. Through working with her EMPOWER worker, Jenna realised that contact with her partner was having a negative impact on her recovery. She made the decision to cancel her bank card and end the abusive relationship with her partner to give herself the best chance of success in rehab.

Sex Workers' Outreach Project (SWOP)

SWOP is a service for women in Brighton & Hove who are sex working. SWOP delivers brief interventions as well as longer-term case work through outreach and one-to-one keywork support. Interventions include assertive outreach delivered weekly, harm reduction advice, sexual health support and support to exit sex work where this is wanted.

This year...

- 93 women received support through SWOP
- The SWOP team delivered 250 brief interventions (short term advice, support or advocacy , over one particular issue, or assessment)
- SWOP conducted 103 joint outreach visits with THT (HIV and sexual health specialist service)
- Around 40% of SWOP clients have a drug/alcohol treatment need

Feedback from SWOP clients this year;

“I wanted to thank you for the high standard of support that SWOP has given me. It has made a huge difference that SWOP has been able to advocate for me”

“I never expected to have any special support as a sex worker, I was surprised when I saw all the help, time and kindness SWOP has – it makes you realise you're still human and you deserve better”

“SWOP have helped me not feel stigmatised and alienated as a sex worker and they are none judgemental”

“Thank you so much for all your support and patience”



Looking Forward

Looking Forward is a dedicated service for women who have had a child removed from their care and may be at risk of this happening again. Looking Forward offers intensive support to women on an individual basis, working to build safe, trusting relationships with women working both from our premises in Brighton and via outreach.

Looking Forward practitioners work closely with women to identify what might help to make positive changes that matter. This includes:

- Engaging in meaningful contact with children, whether that is face to face or by Letterbox arrangements
- Exploring the current parenting role as a mother even through separation
- Access to other services to help with drug and alcohol issues, domestic abuse, mental health, housing or education/training

This year...

- 36 women were worked with through Looking Forward
- 83% women reported improvements to their quality of life and wellbeing

'I am so pleased my client is working with Looking Forward. The work you have done with her has been so helpful, especially around her contact with the children. Jordan speaks so highly of you, she really values your support.'

Social Worker

Oasis Experts by Experience Magazine

This year we launched our brand new Oasis Recovery News and Views (ORNV) Magazine. The ORNV Magazine is designed, written and brought together by Oasis service users. Magazines are launched seasonally, and each carries a different theme around recovery. Physical copies of the magazine are available for visitors to read at the project and take away with them. Digital versions are published on our website and social media platforms. The magazines are a great resource for peers using our service, and filled with creative poems and artwork as well as inspirational messages, stories and ideas.

“It would have been helpful for me to read something like this from another young woman. I found that other people in recovery were always older than me, and services were designed around their needs.” – Oasis Service user and ORNV team member (Age 21)

“Even if you don’t read it now, I want you to know that it’s here for you when you’re ready”

ORNV Team Member

“I had been told from such a young age that I wouldn’t amount to much. I believed that to be true once upon a time, but like every great Disney princess, I dusted myself off and got to work, this substance was controlling my life, the lies I told myself and others. I needed patience and structure, and Oasis gave me that, also a safe space for my children to express their emotions. I’m eternally grateful for Oasis and the women who make it what it is today.”

OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

! Trigger Warning - This edition discusses topics such as relapsing and addiction

Hello and welcome to our Oasis Recovery News and Views. In this Edition we're concentrating on Peer support, how important is it that we give and receive support and encouragement.

Can recovery be done totally alone, or do we need each other? I speak for myself when I say that I most certainly couldn't recover without the support I receive from my friends, and my group and anyone else that's prepared to listen.

So, it's not long until Christmas, which can be a wonderful, or wicked time of year. Not all of us celebrate Christmas, but even when you don't, it can have an effect on our lives - especially as people recovering from addiction. It can be a lively or lonely time of year, hopefully we can try and help you to get through it safely and soberly. We hope so, that's why we're here. Should anyone wish to get involved with the writing of ORNV, we would welcome any input from you.

I would like to thank the staff of Oasis Project for their help and support in the production of this, and my peers for putting in the work, and helping to keep this going.

We wish you all a very Happy healthy Christmas and New Year, be safe, be silly and be careful.

This Issue Focuses on Peer Support

Our Peer Support Group
What is Peer Support
Ways in which peer support helped me.

Positive affirmations from your peers
A personal story on peer support

Christmas and the New Year 2022 - 2023

Free things to do around Christmas in Brighton

Safety around Christmas



OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

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

Hello, Thank you for picking up and reading Oasis Recovery News and Views. So, this time we're talking about Empowerment. What does it mean to us? Is something we are given? Is it something we earn? Or can we empower ourselves, and if so - how?

When I thought about the word empowerment, I had to look in the dictionary because I'd lost track of what it meant. I suppose I thought it was what we got from someone else, which in certain ways, other actions can have an impact. However, When I thought about it, empowerment is something that mainly derives from the things that we do for ourselves.

I'm proud to say this is the fifth edition of ORNV, this came from a small seed of thought and has grown and developed into something very important to us all. If you would be interested in getting involved with creating this with us, you'd be very welcome. If you would like to submit some of your own work, please feel free. We'd love to hear from you. I'd like to thank everyone who gives up their time to help create this, we all do this in the hope that we can help even one woman to recover from the Hell that is addiction, and so you know that you're not alone, the voices are from Service Users for Service Users.

DIFFICULT ROADS OFTEN LEAD TO BEAUTIFUL DESTINATIONS.

This Issue Focuses on Empowerment

Welcome
Motivation and Discipline
Peers Poem
What does EMPOWERMENT mean to you?
Women Empowering Women Poem
Personal Experiences of Empowerment
How Oasis Empowered Me



OASIS RECOVERY NEWS AND VIEWS (ORNV)

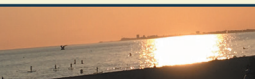
Content and Photographs by Oasis Service users.

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

AN INTRODUCTION TO ORNV
So, you may be wondering what's all this about? So, I thought I'd take this opportunity to tell you a little bit about 'Oasis Recovery News and Views'.

I first came to Oasis around 15 years ago - back then we had a Little Newsletter that was printed on a photocopier and folded in half! Not quite like this one, but we loved it, because it was ours.

So, I was chatting away with my key worker and just happened to mention this. I have to say if it hadn't been for her enthusiastic response and the invaluable contribution and support from my peers and Oasis we wouldn't have got this far. That's what this is all about, all of us working together.



It is such a service users we should have a voice, and this is a means of that happening. Especially as there are still restrictions for some, in terms of Covid-19, but also in terms of life. This can be a great way of relating, empathising, and knowing you are not alone.

I would like to hear from all Service users, we all have something to say. We've all been in very similar situations, and we all have something to teach each other. In short, this is our magazine, for us, by us - Something we can all be proud of!

This Issue Focuses on Change

Coping Strategies
Breathing Techniques
10 Tips To Cope With Anxiety
TV and Film Suggestions
Structure and Routine
12 Daily Reminders
Brighton Green Spaces
Dealing with Change
Clear Glass Bottle
Change isn't Easy
My Addiction and Recovery



OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

! Trigger Warning - This edition discusses topics such as addiction and fathers day.

GETTING PREPARED FOR SUMMER

Hello everyone and welcome to the second, summer edition of ORNV.

In the next few months in Brighton, we'll be faced with all those wonderful things like 'Pride', BBQ's, Beach Parties and Festivals - Although these are great times and can be fun, sometimes, for some of us, these situations can be frightening, nerve wracking and potential risky situations. So, how do we get through these tricky situations?

Of course, just because we have addiction problems doesn't mean we can't enjoy ourselves - we just must 'have a plan' We can still enjoy summer, only we must be mindful of our actions and be honest with people and ourselves, about how these situations can be triggers. We will be discussing this lots in this issue titled 'Discovery'.

Our last issue of ORNV had a great reaction and we have received a lot of content from you, which is the whole idea of this - 'by service users, for service users'. So please, don't stop, keep on handing in your work and ideas. There is a suggestions box in No.11 Richmond Place, you can pop them in there or through your key worker. We have so much power and knowledge as a group, let's keep it up and keep supporting each other.

A BIG Thankyou to the Oasis staff who have elected to help us, without this this wouldn't be happening.

Have a great summertime, but more than anything, have a safe one, keep on keeping on and doing what you need to do. Also, do a Sunshine dance if you know one!

This Issue Focuses on Discovery

Welcome!
Our 3 Summer Worries
Group Timetable
Exercise and Nutrition
What We've Discovered
Free & Fun In Brighton
Summer Smoothies
Father's Day
Supportive People
My 1st Summer Post Treatment
Recovery Wordssearch



OASIS RECOVERY NEWS AND VIEWS (ORNV)

Content and Photographs by Oasis Service users.

! Trigger Warning - This edition discusses topics such as addiction and Mental Health.

Welcome to the third edition of ORNV!
We've had a wonderful Summer - The Weather has been amazing, and there has been so much going on. We hope you all had a great time and more importantly you managed to stay safe.

This issue is about ACCEPTANCE. Within addition, it can be said that to accept that we are addicts is the beginning of our journey. After many years, I can safely say that I accept that but its all the things in between that are difficult and I do believe its a process.

I'm very happy to tell you we've had much more content from you, the service users, which is always gratefully received. Don't forget you can post anonymously at number 11, or hand it to a Key worker to be included in the next edition. As always I'd like to thank all of the staff of Oasis who have made time to help and support us in the production of this publication.

Keep safe and keep on keeping on, you're doing amazingly well, wherever you are in your recovery. Happy reading!

This Issue Focuses on Acceptance

Intro to Acceptance
Gratitude List
Book Recommendations
Group Timetable
NEW GROUP info!
Circle of Acceptance
'Why I Drank' Poem
Mental Health Week
External Group Timetables
3 Thing I Have Accepted
'Learning'



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 Miller.

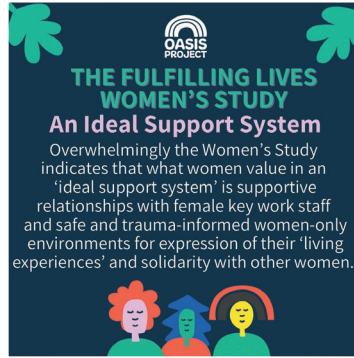
We would like to thank all the staff and service users at Oasis that have made this publication possible.

This Issue Focuses on Overcoming Barriers

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



Some other highlights for Oasis this year...



- Celebrating International Women's Day 2023 as a team, sharing stories of inspiration and painting pebbles
 - Contributing to Social Work England's Social Work Week
 - Gaining our Silver Award as a Trauma Informed organisation
- Our colleague Lou winning a BBC Make a Difference Award for 'Keyworker of the Year'
 - Participating in the Fulfilling Lives Women's Study
- Welcoming the High Sheriff of Sussex to learn more about Oasis Project's services
 - Participating in the Drink and Drugs News publication
- Showcasing our unique approach in the Drink and Drugs News publication



- Throwing our annual festive party for children in the creche
- Promoting our services at the Cranstoun Social Justice Conference
- Watching our amazing supporters participate in the Brighton Half Marathon and Brighton Marathon for Oasis Project
- Being awarded a prestigious Centre for Social Justice Award'

Oasis Project Financial Summary 2022-23

Incoming resources from charitable activities	Total £	
BBC Children in Need (Small Grant)	9,877	
Blagrove Trust	30,000	
Bloom Foundation	20,667	
Brighton District Nurses Association Trust	6,396	
BHT Fulfilling Lives - repayment fund	17,420	
BHT Fulfilling Lives - Looking Forward	10,172	
Brighton & Hove City Council	45,751	
Brighton & Hove City Council OHID Grant	156,257	
Breadsticks Foundation	22,676	
Centre for Social Justice	10,000	
Chalk Cliff Trust	5,000	
Change Grow Live (CGL)	410,582	
Changing Futures	11,827	
Community of the Blessed Virgin Mary	3,000	
Derek & Eileen Dodgson Foundation	2,500	
East Sussex County Council Project Adder	68,852	
East Sussex County Council	59,557	
East Sussex Veteran's Hub	6,560	
Ernest Kleinwort Charitable Trust	4,000	
Garfield Weston Foundation	20,000	
Henry Smith Charity	55,517	
Masonic Charitable Foundation	22,903	
Misc. Grants	1,500	
Ministry of Justice	24,233	
Pebble Trust	4,775	
Sussex Police and Crime Commissioner	61,788	
Sure Start	2,000	
The Isabel Blackman Foundation	2,000	
The Leigh Trust	2,435	
The National Lottery	49,232	
	£1,147,477	
Other:		
Donations	10,269	
Other Income (social work placements, internships)	7,149	
Investment Income	4,836	
	£22,254	Total £1,169,731 (A)
Expenditure		
Staff Employment Costs	872,165	
Staff Training, Recruitment and Other	17,105	
Supervision	15,265	
Premises and Office Costs	146,660	
Project Expenses	15,387	
Depreciation	6,870	
Accountancy and Professional Fees	43,218	
Marketing, Publicity and Fundraising	1,913	
	Total £1,118,583 (B)	
Net Income Over Expenditure For The Year	£51,148 (A)-(B)	

INDEPENDENT AUDITOR'S STATEMENT TO OASIS PROJECT

I have examined the summary financial statement for the year ended 31 March 2023. In my opinion the summary financial statement is consistent with the full annual financial statements and the Trustees' Annual Report of Oasis Project for the year ended 31 March 2023.

Mr Darren Harding ACA, FCCA, DChA
for and on behalf of Richard Place Dobson Services Ltd.

Date: 18 October 2023

Oasis Project gratefully acknowledges funding and support from the following:

Blagrave Trust
Bloom Foundation
Brighton District Nurses Association Trust
BHT Fulfilling Lives
Brighton & Hove City Council
Brighton & Hove City Council OHID Grant
Breadsticks Foundation
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Misc. Grants
Ministry of Justice
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Sussex Police and Crime Commissioner
Sure Start
The Isabel Blackman Foundation
The Leigh Trust
The National Lottery

Our Board of Trustees:


Dr Tabitha Morrison
Chris Goss
Gill Whensley
Dr Saleema Durgahee
Chrissy Bulling
Daniel Chapman
Katie McHugh
Simon Flacks





For more information about our services or ways you can help,
please get in touch.

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Charity Number 1065503