

November 2024 Newsletter

Updates from Broadway Lodge

CELEBRATING

50

YEARS



A message from the CEO

JOHN AIZLEWOOD

The year seems to have flown by being as busy as we have ever been at Broadway Lodge. The teams here are doing some wonderful work and I have the great privilege to see this every day, which is made even more special by the way everyone continually looks at how we can improve what we do by learning, innovating and listening to our clients. This is especially important as we are seeing our clients presenting with ever greater complexities, a sad reflection on the current state of the world, but one we are well equipped to step up to and get more and more people into recovery. You can read about some of the great work that's been happening in this newsletter.

With this year being our 50th anniversary year, we have had some great celebrations with our Golf Day and Reunion. The generosity of those attending these events and of our supporters has been incredible and something we are very grateful for. We have also had great support from Partners& who chose us as their charity partner for this year. If you would like to discuss having Broadway Lodge as your organisation's charity partner or would like to support us generally, please see later on in this newsletter for information.

We are proud to have supported over 16,000 people since 1974, and with your help and support, we look forward to supporting many thousands more in the years to come. Thank you.

Inside

- A look back at our Reunion
- Latest Miracle Mansion Podcast episodes
- Fundraising success
- Common questions asked during the assessment stage
- Schools Programme
- Aftercare & Wellbeing Wednesday update

Our special 50th anniversary Red Carpet Reunion

SATURDAY 14TH SEPTEMBER 2024

On Saturday 14th September, we welcomed many former clients back to Broadway Lodge in the daytime and then celebrated recovery in the evening at The Winter Gardens. We couldn't have had better weather with the sun shining throughout the day and it was fantastic to see so many people at different stages of their recovery. Below is a summary of each event.



Mini Reunion at Broadway Lodge

As the main reunion this year was taking place in the evening at a venue in Weston-super-Mare, we wanted to still offer the opportunity for people to come back to the house, because we know there is a connection people feel with the physical building. During the daytime on Saturday, former clients were welcomed back from 9.30am for refreshments, to catch up with staff here and join sessions being held. There was a former client share at 10am, a drumming workshop led by counsellor Chrissy at midday and a share from our Chair of Trustees who is over 30 years clean and sober. It was great to see that all of these sessions were full, with people spilling out into the corridor carefully listening in.

Red Carpet Reunion

From 4.30pm guests began to arrive at The Winter Gardens for a celebration of both recovery and the Broadway Lodge 50th anniversary. By 6pm, 225 people (a mix of former and current clients, loved ones and current and past Broadway Lodge employees and trustees), walked the red carpet into The Winter Gardens ballroom to gather together for the evening. And what a wonderful evening it was!



Markkus Trew, Head of Treatment, Counselling & Aftercare, hosted the reunion after months of hard work, dedication and planning to make sure it was going to be an enjoyable event. Being all together, without any judgment in the room, just pure acceptance, warmth, connection and respect, felt special. There is always so much love, gratitude and appreciation when so many beautiful, inspirational souls who are in recovery get together at the reunions and Saturday was no different.



After guests socialised and spent time in the photo booth, our CEO, John Aizlewood, made a speech followed by Markkus who led us into a minute's silence to pay our respects to people who have sadly lost their lives to the illness of addiction. A very emotional conversation on stage followed, where Markkus spoke with Margaret and Hayley, the mother and sister of a former client who relapsed two hours after leaving treatment and tragically passed away a week later in December 2023. They bravely shared their experience of supporting him through his active addiction and described the days leading up to his death. They both expressed their gratitude to the team here, as they got to speak with him while he was in Broadway Lodge, where he was sober and happy. Their words were very poignant and it was clear that everyone felt a huge sense of admiration for their courage and they walked off stage to a loud round of applause.

Shortly after, Steph Noble (right, pictured with Markkus), took to the stage. Steph is a former nurse and registered manager who worked at Broadway Lodge from 1989-2016 and she shared her passion for the sector and gave advice to people early in their recovery journeys.



It was soon time for the starters to be served and three inspirational former client shares followed, as did the main courses and desserts.

After dinner, anticipation heightened as the raffle was due to be held. The prizes were fantastic and we are extremely grateful to all of the individuals and organisations who generously sponsored prizes. The organisations included: South West Heat Pumps, The Energy Labs Solutions, The Sober Place, Lamb Autos @The Racecourse and Ben Lock from Weston-super-Mare Golf Club. We would also like to thank Nebula IT and Partners& for their support.



The raffle prizes included helicopter rides, an overnight stay at an old prison, spa treatments, a Broadway themed hamper, luxury chocolates and a selection of Lush products. Trustee Chris Jelf then hosted the auction and this included a week's stay at an apartment in France. One of the auction lots was for a former client to return as a patient to Broadway Lodge for a weekend. We didn't have one lucky bidder, but two! We are very much looking forward to their return.

PlumbCare Southwest sponsored a number of reunion tickets so that those who may not have been able to afford could attend. We are blown away by the generosity of prize sponsors and the guests, with hundreds of raffle tickets sold, incredible winning bids in the auction and a limited collection of Miracle Mansion hoodies and t-shirts selling quickly. All of the money raised goes into our charity fundraising pot which supports us to ensure we can continue to offer our much-needed services and to help us with the smaller and larger purchases required at Broadway Lodge. The amount raised on the night was over £6,000.



Closer to the end of the night, three former clients shared their experience of addiction and recovery, with one former client being over 39 years clean and sober, offering wise advice to the current clients and others who are early in their recovery journey. To conclude the evening's agenda of talks and activities, Markkus hosted the employee service time where we celebrated the number of years staff had worked at Broadway Lodge. Following this, Markkus started the 'clean time countdown', a tradition at all of the Broadway Lodge reunions in recent years. One person stood up celebrating 43 years, and as he counted down more people stood up, right up until "28 days" was called out. In total there was 734 years of recovery time in the room. Amazing!



To end this year's reunion, everyone in the ballroom stood around the edge of the room, joined hands and recited the Serenity Prayer, a special moment of togetherness and hope. With that, the DJ started to play tunes, dancing commenced and others were preparing to leave after a long and exciting day.



To see more photos [click here](#).



Have you listened to our latest Miracle Mansion Podcast episodes?



Watch former clients bravely talk openly about their addiction and recovery with Markkus.

Terry's episode - <https://youtu.be/XxSccUXamgc>

Ruby's episode - <https://youtu.be/AtNpu96ls14>

Alice's episode - <https://youtu.be/EolisoswWME>

Maintenance Manager Stuart Marks 40 Years at Broadway Lodge!



On the 12th September 1984, a young Stuart started working at Broadway Lodge as a kitchen assistant...and never left! This means he has now worked at Broadway Lodge for an incredible 40 years, demonstrating outstanding commitment.

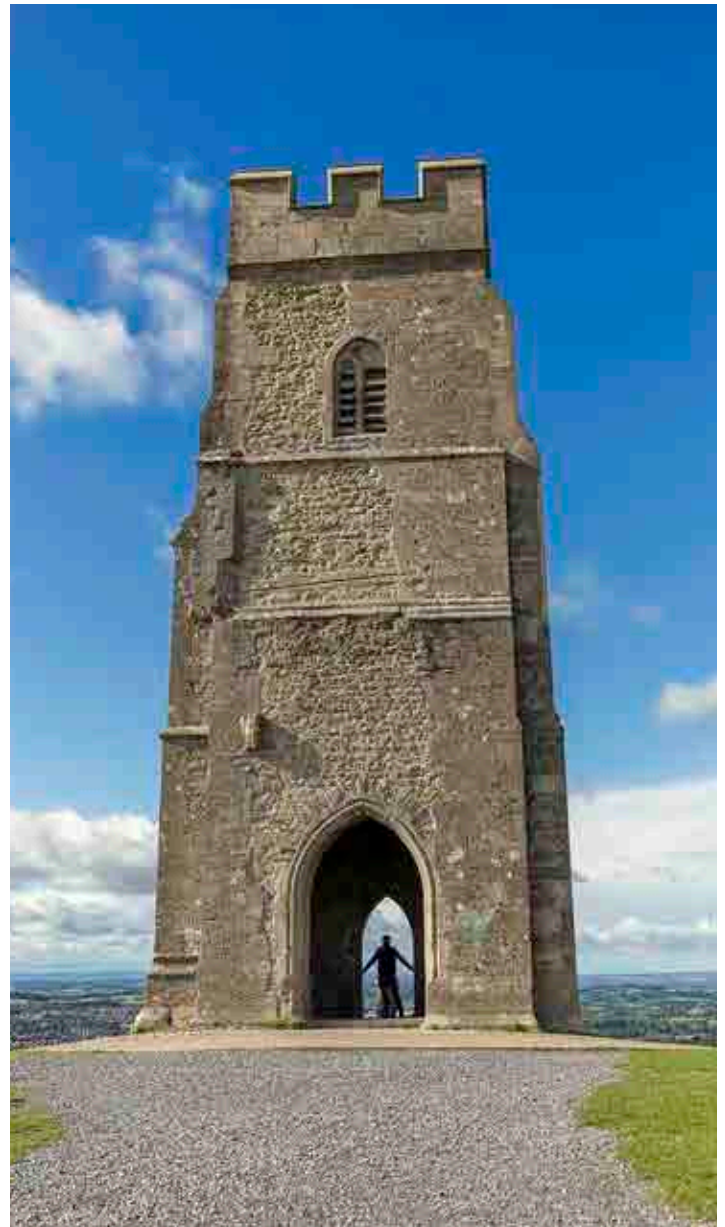
Congratulations Stuart!! Thank you for all of your hard work and dedication.

Glastonbury Day Trip

In October, we held the first of many leisurely day trips for clients. We hired a minibus and 14 clients along with a handful of staff members headed off to mythical and historical town, Glastonbury. This popular tourist destination is steeped in history and legend and is only a 45-minute drive from Broadway Lodge.

Once we arrived, everyone split into smaller groups and headed off in different directions. By the end of the trip, most people had explored the following highlights. They spent time in the tranquil and spiritual Chalice Well and gardens, a 'living sanctuary' where pilgrims travel from across the globe to experience its calmness and healing energy. They also walked up Glastonbury Tor (right) where they were rewarded with stunning views across Somerset and wandered around the High Street which is teeming with quirky shops and independent cafes. You can't miss the scent of incense wafting through the air!

The clients really enjoyed doing something different for the day outside of Weston-super-Mare and we look forward to our next trip to Bath in December.





Fundraising Success

It's our special 50th anniversary this year and as a way to mark it, we wanted to hold some events to raise money for the charity. Money raised can allow us to make some improvements and help to secure the future of Broadway Lodge so we can continue to transform lives for another 50 years. Along with fundraising at the reunion this year, which totalled over £6,000, we have also held a golf day and bake sale which you can read about below.

Bake Sale in July - £362

You may or may not know that our wonderful housekeepers are also very talented bakers! In July, Julie, Mandy and Emma, along with chef Caroline, created a delicious array of mouth-watering cakes, cheesecakes, savoury bakes and other sweet treats for a bake sale. Staff and clients dug deep and the housekeepers raised a total of £362, which was amazing! The room smelt incredible and the ladies put a lot of effort into all of the finishing touches.



Charity Golf Day in June - £17,000

On the 10th June, 94 golfers from the south-west and beyond made the journey to The Bristol Golf Club for a day of golf, socialising, dining and raising money for Broadway Lodge. We are so grateful to everyone who participated, most of all to our trustee Chris, who spent a lot of time and effort organising the day. He also secured a number of exclusive auction prizes including stays at holiday homes in Devon, Cornwall, Spain and South Africa, all with golf courses close by, as well as golf-themed raffle prizes and a special guest visit from ITV Westcountry news presenter, Alex Lovell (left, with Chris). You can read more about the day and see more photos by [clicking here](#).



Partners& South West Charity of the Year

We are delighted to have been voted as Partners& charity of the year in the south west region for the 2024/25 financial year. We cannot express our gratitude enough to Partners& CEO, Phil Barton, and all of the employees at Partners& for their support.

In the summer they raised £1,825 at a charity golf day, held at Bowood PGA Golf Course followed by another golfing-related fundraiser for Broadway Lodge which is detailed below.

54 Holes for our 50th Year - £16,806

On Thursday 12th September, a team from Partners& braved chilly, windy conditions on Weston-super-Mare golf course for a fundraising challenge all to raise money for Broadway Lodge.

They aimed to each complete three laps of the course - 54 holes in total. Trustee and Partners& Group Commercial Director, Chris Jelf, initiated the challenge because he wanted to do something special as a way to celebrate our 50th anniversary milestone.

Chris Jelf (pictured second left) was joined by Phil Barton, Partners& CEO (left), John Marks, Partners& Client Partner (second right), and fellow Broadway Lodge trustee, Colin Hall-Tomkin (right).

After 12 hours on the course, Phil, Chris, John and Colin successfully completed the challenge at 7.32pm as the sun was setting and raised a whopping £16,806.25 for Broadway Lodge

How amazing! A huge thank you to Chris, Phil, John and Colin and to all of the kind individuals and organisations who donated, including Allianz, BPE Solicitors, The Cow and Sow (Clifton), and Michelmore.



Partners& are a nationwide insurance advisory organisation for businesses and individuals.
www.partnersand.com



[Donate Online Here](#)

If you would like to make a donation to Broadway Lodge and support the work we do to return lives addiction has taken away, please [click here](#). Thank you for however much you can give.

Could we be your Organisations' Charity of the Year?

The support of an organisation through being their charity of the year can make an incredible difference to us. If you would like to discuss this with us, please email john.aizlewood@broadwaylodge.org.uk

Common questions people ask during their assessment before admission to Broadway Lodge

How many clients are there at Broadway Lodge?

There can be up to 10 clients staying in the Gordon Beard Unit. This is where all clients stay initially and usually where detox-only clients will stay for the duration. In the main house there are up to 30 clients and this is where the full therapeutic programme takes place.

Are bedrooms shared or will I have my own room?

In the main house there is a mix of single, twin and four-bed rooms, many of which are en-suite. Bedrooms in the Gordon Beard Unit (where all clients stay initially), are twin en-suite so clients may share with a same-sex peer. Many people feel anxious about this but we find that very soon, any worries disappear and that clients value the 24/7 peer support. Strong bonds can develop through sharing a room.

Do I need to do the programme when I'm detoxing?

Yes, the therapeutic programme is essential for addressing the psychological part of your addiction which is so important for your recovery. Therefore, clients are expected to attend all therapeutic sessions during detox unless medically unwell.

Is there a maximum amount of a drug you will detox someone from?

Good news - there are no maximums! Our medical team are able to detox from any amount of substance/s, and the detox is tailored to the individual.

I struggle to sleep, what am I going to do?

This is such a common worry for people we treat and we recognise how important sleep is for wellbeing. Our nurses and health care assistants will help you with sleep hygiene and have various tactics to promote a healthy sleep routine. This includes auricular acupuncture (many of our medical team are trained to be able to do this), use of lavender and structured bedtime routines. If anyone is awake during the night, they can get up for a hot drink/fresh air and we would advise that this is for a short time and to avoid getting into deep conversations to keep the mind as rested as possible.

Schools Programme: Life lessons

On Thursday 15th October, seven clients and aftercare participants joined Markkus and headed to Castle School in Taunton to educate secondary school students about the reality of alcohol and drug misuse and the consequences. Students split into smaller groups and got to hear from current Broadway Lodge clients and aftercare participants about how their life has been affected by drugs and alcohol. The speakers received fantastic feedback from the school and not only did students and teachers find it beneficial, the clients themselves were really happy about doing it. One client said that it gave her a real boost of self-confidence and she felt proud of herself for standing up and talking and also proud to represent Broadway Lodge.



Face to Face Aftercare & Wellbeing Wednesdays

In-person aftercare and Wellbeing Wednesday sessions in Weston-super-Mare are available to former Broadway Lodge clients as well as anyone who is in recovery, unemployed and living in North Somerset. The aims of these sessions include:

- To stay on track with their recovery
- To engage in social interaction
- To receive support for any challenges
- To improve confidence, mental wellbeing and overall wellbeing
- To gain life skills

Read about what participants have been up to!

Thursday Aftercare Outcomes & Socials: Aftercare is held on Thursdays and offers two separate group therapy sessions delivered by Helen (counsellor), along with Jan offering aftercare support. The groups are well attended by a variety of people in various stages of their recovery which leads to a great mix of experiences and a diversity of input. Outcomes following aftercare support have been fantastic and include:

- 8 people are now engaged in active job searching
- 1 person has found paid employment
- 10 people are now in education or training
- 4 people are gaining a qualification/on a course
- 25 people are experiencing reduced barriers to employment

Clients often speak of the value of having a different space within a supportively held therapeutic setting to explore a wide range of topics and experiences of living life in recovery.

The groups hold a valuable space to meet, connect and to have fun together, which we encourage and support to our quarterly trips. In the last 12 months, participants have been to Thorpe Park, the Banksy art exhibition in London, bowling and Longleat Safari Park.

Wellbeing Wednesdays: Wellbeing Wednesdays are led by Wendy and Jan. There is a women-only group in the morning and a mixed-gender afternoon session. These sessions are focused on having the time and space to connect with others and relax.

Mixed-gender Wellbeing Wednesday afternoons provide a relaxing mid-week space to nurture mental, emotional and spiritual wellbeing. Participants engage in auricular acupuncture with sound healing meditation or drumming.



The morning women-only sessions offer a varied mix of social, wellbeing and educational activities focused on the '5 ways to wellbeing' and differ each week. They are designed to support participants to build confidence, improve self-esteem, connect with other women, learn about self care and to move forward. Group activities have included: yoga, a visit to the SS Great Britain, cold water swimming and a drumming and sharing circle in nature.

Participants are reporting an increase in the ability to calm the mind and relax, improved ability to manage anxiety and physical pain, to connect with others, develop spiritually and get some clarification on life matters during the meditation time. For many it is a mid-week opportunity to re-set and re-charge as well as meet and connect with other like-minded souls.



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Proudly treating addiction &
transforming lives for 50 years