



**BROADWAY**

TRANSFORMING LIVES

— Since 1974 —





## Freeing lives addiction has taken away

We know that the prospect of going to rehab can feel daunting. But as the UK's most experienced abstinence-based addiction treatment centre, we understand addiction and how to treat it. We LOVE what we do and we are passionate about helping people to begin a new journey in recovery.

We work with clients to help them understand their addiction, address underlying causes and to build confidence, self-worth and self-esteem. Since 1974 our multidisciplinary team has helped to transform the lives of thousands of people, supporting them in their recovery from addiction to alcohol, illicit and prescription drugs, gambling, sex and gaming.



*"Broadway Lodge get it right.  
The level of support is incredible.  
I was never comfortable in my own skin –  
I wasn't comfortable in the world.  
I feel a lot of comfort now...  
I can show up for life today and  
that's quite amazing after decades  
of isolation and addiction."*

Rachael, former client

## Treatment Philosophy

Broadway Lodge is a residential abstinence-based rehab for adults where the 12 Step philosophy underpins our treatment programme. But that's just one element. Our comprehensive integrated treatment schedule means that clients will be involved in so much more than solely working through the 12 Steps.

For instance, there's regular one to one counselling, daily group therapy sessions, holistic and complementary therapies and psycho-educational lectures and workshops, not to mention the 24/7 medical and peer

support. Our counsellors work with clients both individually and in a group setting to explore their addictive behaviours and to address their underlying issues to help them to develop healthy coping mechanisms in a safe environment, without resorting to alcohol, drugs or harmful behaviours.

Clients are immersed in a programme that provides a healthy mix of challenge and support and enables them to develop a daily routine and to improve their mental, emotional and spiritual wellbeing.

*"The level of support was amazing, I can't thank this place enough. If it wasn't for coming to Broadway Lodge, it would have been just another endless detox and going back out there with no foundation to sustain me to be abstinent."*

Dawn, former client





# Programme Features at Broadway Lodge



- One to one counselling
- Group therapy
- Psycho-educational workshops & lectures
- Relapse prevention
- Stress management and mindfulness
- Art and music sessions
- Gender groups
- Auricular Acupuncture
- Massage

- Tai Chi Qigong
- Exercise sessions to improve physical fitness
- Access to local AA/NA/CA Fellowship Meetings
- External shares from people in recovery
- Range of leisure activities in free time
- Visitors on Sundays
- Outings to the local beach, pier and town centre
- Weekly Aftercare following completion
- Family Programme

## Referrals & Admission

We accept referrals from individuals who self-fund their treatment and from drug and alcohol services who have secured state funding for their service users. We also work with organisations who fund employees' treatment for addiction and we are registered providers for some private health insurers.

**Clients can be referred for:**

**Detoxification Only** – When an individual becomes physically dependent on a substance a medically supervised detox is often required for them to safely become abstinent. We provide detoxification from alcohol, opiates including prescribed substitute medication (methadone, buprenorphine/subutex), benzodiazepines (prescribed and illicit use), and prescribed medication e.g. pain relief. The length of the detoxification can be determined by our clinicians during the application process.

**Detoxification & Treatment Programme** – Once a client completes a detoxification with us they will smoothly transition to begin the structured treatment programme.

**Treatment Programme Only** – If an individual is not dependent on a substance which requires a detoxification, they can begin our structured treatment programme straight away for up to 24 weeks.

We support individuals with dual diagnosis where another condition co-exists alongside addiction such as Depression, Anxiety or PTSD and will often support individuals who have more complex needs. On the day of admission, a member of our friendly team will welcome the individual and shortly afterwards, they will be accompanied to the medical department where a suitably qualified clinician will carry out a thorough assessment and agree a treatment plan. Later, their focal counsellor will introduce themselves and set up a short meeting which we call an 'orientation'.

We understand how daunting it can feel at the prospect of entering rehab and living in a large house with new people which is why all new clients are allocated a fellow peer to be their supportive 'buddy' for their first week, helping them to settle in to the house and schedule.

# Detoxification

While stepping into rehab and beginning a detoxification from a substance may seem frightening, it needn't be.

Our specialist medical team are here 24 hours a day, every day, so that the detoxification can be closely supervised from start to finish ensuring that clients are as comfortable as possible. From the point of admission, our highly experienced clinicians will monitor any withdrawal symptoms and will prescribe accordingly until the individual has overcome physical dependence.

During detoxification clients will receive a tailored therapeutic programme which can include one to one counselling, group therapy, lectures and workshops. We also provide complementary therapies to help clients relax and to reduce any stress and anxiety.



Our clinicians include:

- Psychiatrists
- Non-Medical Prescribers
- Mental Health Nurses
- General Nurses
- Health Care Assistants

*"I felt really, really safe in my detox which was important to me, particularly as a vulnerable woman. I needed that stability that Broadway gave me during my detox. The level of support that I encountered was second to none. My treatment felt tailor made — all of my needs were met emotionally and in therapy. The love, care and understanding — there's not enough words of gratitude that I could give to Broadway Lodge."*

Annesa, former client









## Treatment

This is where transformational change really happens! Whilst in treatment, clients follow a powerful, structured programme every day. With a healthy mix of challenge and support, the varied therapeutic activities and peer support during this stage are instrumental in providing the tools to achieve a life free from addiction.

Working with our qualified therapists, clients will address root causes of their addiction, explore other presenting issues and develop healthy coping mechanisms for challenges faced. They will also gain a deep understanding of the 12 Steps.

At the start of treatment the client will be supported in establishing a detailed care plan to create a treatment experience tailored to meet their needs. Specific treatment goals will be identified and regularly reviewed to monitor their progress. Clients can stay at Broadway Lodge for up to 24 weeks.



*"All clients we spoke with said they felt safe. Clients described a quiet, calm and homely environment. Clients told us that the service had a community spirit, and that everyone looked out for each other. Clients also said that the service was very structured."*

CQC Inspection Report, 2018



## Extended Treatment

Following the first phase of residential treatment at Broadway Lodge, some clients choose to spend an additional period of time with us which we call Extended Treatment. This treatment programme is a stepping-stone prior to living independently in the community.

Whilst continuing to live on-site at Broadway Lodge with access to the majority of the main treatment programme, clients are given more freedom and responsibility with the chance to pursue hobbies and interests and become involved in community and voluntary work whilst living in a safe and supported environment.

Extended Treatment is a great option for those who have progressed through the main Broadway Lodge treatment programme and are ready to gain more independence but with our continued care and expertise.



*"For every step of the way there was massive support, they were completely connected with me. They all go that extra mile. They understand you and have endless amounts of empathy. I've had a lot of therapy and counselling outside of rehab but I've never experienced the kind of knowledge, understanding and support that the team has, it's incredible. I'm endlessly grateful."*

**Rob, former client**



## Preparing for Treatment Completion

Before a client completes their transformational treatment experience at Broadway Lodge, we will provide them with advice and support for maintaining abstinence and assist in their preparation for their next stage - whether it's to return home or relocate somewhere new - so that they have the tools and knowledge to be able to sustain their recovery for the long-term.

Prior to treatment completion, clients will be supported to move on to third stage accommodation if they choose. Broadway Lodge own two four-bed houses in Bristol and have links with many other third stage (often referred to as 'dry house') providers.

All former clients are welcome to access our weekly Aftercare day which allows them to fully focus on their recovery, address any issues that they are experiencing with the support of a counsellor and peers and to keep a connection with Broadway Lodge.



*"Broadway Lodge promised me three things: that it was possible to stop using, that the obsession for using could disappear someday and that I could find a new way to live. It was all true. And the most important thing I received was hope."*

Julian, former client



# Broadway Lodge

## Frequently Asked Questions

### **Q. Are males and females treated at Broadway Lodge?**

Yes, all genders are treated at Broadway Lodge.

### **Q. Do you treat anyone under the age of 18?**

No, we are a treatment centre for adults age 18 and over.

### **Q. What's the cost of treatment?**

Cost depends on whether a detox is required as the first stage. Please call us to find out more.

### **Q. Do clients have to pay for anything extra during treatment?**

No, all treatments available at Broadway Lodge as well as all main meals and drinks are included in the cost of treatment.

### **Q. Can clients use their phone?**

Mobile phones can be a distraction therefore clients are not permitted to use any media related devices (mobile phones, iPads etc).

### **Q. What should clients bring for their stay at Broadway Lodge?**

Towels, toiletries, personal appliances (hair dryer, shaver, toothbrush etc.), bank card, DWP information (if applicable), money for at least a week to buy items from the local shop, casual clothing (including nightwear, coat, dressing gown, slippers, loose clothing and trainers for classes such as Tai Chi and Aerobics), cigarettes/vape, MP3 player, a book to read in spare time.

### **Q. Do you offer single bedrooms?**

Clients usually share single-sex bedrooms. Addiction is an isolating illness so sharing a bedroom with others is an integral part of the treatment process. We understand the reservations that can be felt about the prospect of sharing a room but we often find that these feelings soon disappear as highly supportive relationships with peers are built. However, we are able to provide a single room when available.

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Registered Charity Number 269167

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