



BROADWAY
LODGE est.1974

TRANSFORMING LIVES



Returning 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 and compassion focused 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 are 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 therapies and psycho-educational lectures and workshops, not to mention the 24/7 medical and peer support.

Our counsellors work compassionately 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.

We support individuals with dual diagnosis where another condition co-exists alongside addiction such as depression, anxiety or PTSD.

"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



- Daily group therapy
- One to one counselling
- Psycho-educational lectures
- Range of interactive, educational workshops
- Personalised assignments
- Calming meditation sessions
- Gender groups & mini groups
- Auricular Acupuncture
- rTMS (available to purchase additionally)*

- Yoga
- Hypnotherapy*
- EMDR*
- Reiki*
- Massage
- Access to AA/NA/CA Fellowship Meetings
- External shares from people in recovery
- Range of leisure activities in free time
- Therapeutic films

*dependent on length of stay

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 can detox people from any substance and commonly detox clients from alcohol, opiates (including prescribed substitute medication e.g. 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 therapeutic treatment programme.

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

On the day of admission, a member of our friendly medical team will welcome them and settle them into their room in our Gordon Beard Unit where they will stay initially. A suitably qualified clinician will carry out a thorough assessment and agree a treatment plan. There are a range of therapeutic interventions during time spent in the Gordon Beard Unit and after a short settling in period (usually a few days), they will move into the main house to join up to 32 peers for the full therapeutic programme.

We understand how daunting it can feel at the prospect of 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 in the main house, helping them to settle into 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 monitor any withdrawal symptoms and prescribe accordingly until the individual has overcome physical dependence.

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



Our clinicians include:

- Consultant Psychiatrist
- Non-Medical Prescribers
- Registered Mental Health Nurses
- Registered 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





Therapeutic Treatment

This is where transformational change really happens! In therapeutic 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 in both individual and group sessions, clients address root causes of their addiction, explore other presenting issues and develop healthy coping mechanisms for challenges faced. They also gain a deep understanding of the 12 Steps.

At the start of treatment the client is 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.



"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 12 weeks of residential treatment at Broadway Lodge, some clients choose to spend an additional period of time with us which we call Extended Treatment. This 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 therapeutic 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 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 are 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 online aftercare group after treatment completion. These free sessions can help former clients to stay on track with their recovery and online aftercare provides a space to talk through any challenges being experienced with the support of a counsellor and the other participants.



"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. Do you treat anyone under the age of 18?

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

Q. What's the cost of treatment?

Cost depends on whether a detox is required as the first stage. Please contact us to find out more about our treatment packages and prices by calling 01934 815515 (available 9am - 5pm Monday to Friday) or emailing hello@broadwaylodge.org.uk

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

Treatments available at Broadway Lodge as well as all main meals and drinks are included in the cost of treatment, other than rTMS therapy which is available to purchase additionally if eligible.

Q. Can clients use their phone?

Mobile phones can be used at allocated times during treatment.

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, comfortable clothing (including nightwear, coat, dressing gown, slippers), cigarettes/vape, MP3 player, a book to read in spare time.

Q. Do you offer single bedrooms?

Bedrooms in the Gordon Beard Unit are twin en-suite and in the main house there are 13 single occupancy bedrooms (many with an en-suite), as well as same-sex shared bedrooms with two or four beds (most beds are double size in the main house). 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.

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Registered Charity Number 269167

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