

# May 2024 Newsletter

Updates from Broadway Lodge

CELEBRATING

50

YEARS



## A message from the CEO

JOHN AIZLEWOOD

Welcome to our newsletter which I hope you will find interesting and informative.

I consider myself very fortunate to be a part of Broadway Lodge with the greatest privilege of my role being able to see the transformation that our clients experience as they move through the programme every day, all driven by what the teams all do very skillfully.

This is an exciting time for Broadway Lodge as we celebrate our 50th anniversary, no small feat for any charity and one we are very proud of. We would love to hear from former clients and see you at our reunion on Saturday 14th September to celebrate recovery in this special year. We will be doing some fundraising throughout 2024 so that we can continue to do more of the great work that Broadway Lodge does and to help us and those we support for another 50 years.

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# 50 years of returning lives addiction has taken away

Back in 1974 we were in the midst of a global recession, New Years Day was celebrated as a public holiday for the first time, 26 year-old author Stephen King published horror novel "Carrie", ABBA won the Eurovision Song Contest with song "Waterloo" and McDonald's restaurants began to open in the UK. In addition, many well-known people today were born into the world including Robbie Williams, Victoria Beckham, Kate Moss and Leonardo DiCaprio. It was also in this year that Broadway Lodge was established.

This means we have been delivering abstinence-based treatment for addiction for 50 years this year. That's half a century! When it was established, not only was Broadway Lodge a new treatment centre for addiction in the UK, it was the first residential abstinence-based centre that incorporated the Minnesota Model philosophy into the treatment programme to be set up in the whole of Europe!

## In the early days...

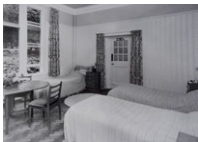
Back when we were founded, we were known as Totterdown Hall, adopting the same name from the previous use of the building.

Prior to being an addiction treatment centre, from 1937 it was run by Roman Catholic nuns and used as sheltered accommodation for women with learning disabilities (the full name being 'St.Mary's Convent, Totterdown Hall'), and even earlier, from 1923 - 1937, it was an all-girl's school, known as 'Totterdown Hall School for Girls'. The chapel was added during Broadway's time as a convent so that Catholic's had a place of worship to go to and a separate entrance was added there in order to cause minimal disruption to the other working areas. This is why the group rooms today are called 'Chapel 1' and 'Chapel 2'. Prior to 1923, the house was a large family home since it was first built in the 1700's, when it was known as 'Totterdown Farm'.

The name change to 'Broadway Lodge' happened in November 1976. From notes recently found, it appears the management and trustees preferred the name "Broadway House" but this was unavailable and they had to settle for something different.

Mr Travers Cousins, who himself was in recovery from alcoholism, was the 'brainchild' of Broadway Lodge, arranging the purchase of the property. Travers had found sobriety himself and was a co-founder and executive director at the Bristol Council on Alcoholism. Setting up the treatment centre was a large undertaking and he needed assistance to get the building ready for patients to have a successful treatment experience. A man called Dr Dan Anderson was key to the project and flew over from America for three weeks to help get Broadway Lodge ready for welcoming patients. He was experienced with the Minnesota Model and running other centres so brought his invaluable knowledge and skills to Broadway Lodge.

*If you look closely at the first picture, you can see that we still have the large wooden storage cupboards used by housekeeping today!*





The first patients arrived near the end of 1974 and in February 1975 there were eight patients with us. Patient number 10 was a 35 year-old gentleman called William Pryor (pictured), the great-great grandson of arguably the most famous biologist, Charles Darwin.

William returned to Broadway Lodge in August 2022, 47 years later and with the same number of years clean and sober time under his belt. During his return visit William kindly shared his inspirational story in his very own podcast episode. He detailed his school age years, time leading up to and during his active addiction and how life changed in recovery after his time at Broadway Lodge. You can watch William's Miracle Mansion Podcast episode by heading to our website at [www.broadwaylodge.org.uk](http://www.broadwaylodge.org.uk) and clicking 'Stories' in the main menu.

## Over 16,000 People

Today, we have welcomed over 16,000 people to stay with us from two weeks to six months, who joined their peers and staff to embark on a unique, emotional, challenging and enlightening experience. While the Broadway Lodge building, staff members and treatment programme have changed throughout the years, the 12 steps remains at the core of our treatment programme as does our overarching aim to not only help people achieve abstinence for the rest of their lives but to transform lives.

As part of our development and growth we have added compassion as a key component of our change alongside trauma informed care. We continue to provide multi-disciplinary, professional care and counselling combined with an array of therapeutic sessions that has allowed clients to discover their authentic selves, begin to heal, positively move forward with their lives, connect with, feel and express emotions again and to continue their growth path without the use of mind-altering substances or compulsive behaviours. Many have cultivated inner peace, self-love, happiness and fulfilment.

We have also helped hundreds of loved ones through the family programme which still continues today, although it is a shorter day online rather than a three-day course that it used to be.

We are honoured to have been able to work with so many inspirational people over the last 50 years and look forward to supporting many more people to begin their recovery journeys.

# Long Service

Although we don't have staff members who have worked here since the beginning, some have accomplished over 30 years of employment with us! Maintenance manager Stuart, who began his career as a kitchen assistant, has worked at Broadway Lodge for a whopping 39 years! Senior health care assistant and holistic therapist, Jo, nurse Jennifer, health care assistants Rhona and Johanna and counsellor Charma have also dedicated over three decades to Broadway Lodge and we are very grateful!



Stuart



Jo



Jennifer



Rhona



Johanna



Charma

## 50th Anniversary Appeal

As a small charity, every grant and donation makes a real difference and we really appreciate the generosity and kindness of our supporters. We love what we do and it's wonderful to watch our clients change during their stay with us, physically, mentally and emotionally, which is very special. Donations go towards the treatment that they receive whilst also helping to secure the survival of our much-needed work.

**Make a Donation**

If you would like to make a one-off or monthly donation of any amount you can afford, please [click here](#) to make a donation online on our JustGiving page. Thank you for however much you can give.

# Interview with counsellor Andy

## What brought you to Broadway Lodge?

I was in treatment here 15 years ago. I was actually discharged for my chaotic behaviours, but then I came back five months later and after a 13 week stay, I left for a dry house in Bristol. I then undertook a counselling concepts course which led me to do a degree in counselling and psychotherapy. I also volunteered with the homeless, where I was always known for a great work ethic and my reliability, something I pride myself on to this day. I worked part-time with The Salvation Army and then approached Broadway Lodge to see if I could complete my training hours. Opportunities at Broadway Lodge opened up and the rest is history.



## What is the best thing about working at Broadway Lodge?

Working on the solution that gives people a different way to live, so that they get into recovery and are then equipped to maintain a life in recovery.

## Tell us about one of your proudest moments

Probably getting clean and sober. Gaining my degree was a great achievement but it wouldn't have been possible if I had not got into recovery. Getting into recovery freed me to do what I do today and that includes being a parent.

## What aspect of your work always surprises you?

The emotional depth in which we are able to work. I am not a very naturally empathetic person but I surprise myself with the empathy I am able to convey. It is because you are taught to develop many skills as a counsellor and this is one for me.

## What is the most rewarding element of being part of the Broadway Lodge team?

The fact that we are like a family. We may start the day one way which then can change, but we always end the day in a good place for all. Having been a client here, I saw it as a Miracle Mansion, and now I am in the team I see how much is done to create that.

## Tell us something about you we don't know

I absolutely love singing even though I have the worst voice in the world. It could be anything from Pie Jesu by Katherine Jenkins to Bon Jovi. I have a very eclectic taste in music.

*Celebrating our 50<sup>th</sup> year*

BROADWAY LODGE 2024

## 'RED CARPET' REUNION

SATURDAY 14TH SEPTEMBER 2024

• 4.30pm - 11.30pm •

THE WINTER GARDENS, W-S-M

## TICKETS ON SALE!

TICKET

[Click here for more information  
and to buy your ticket](#)

# New Therapies at Broadway Lodge

## Mahalo Meditation

Each week, talented and passionate guided meditation facilitator, Dawne (pictured), leads her very own, deeply relaxing and supportive 'mahalo' meditation session at Broadway Lodge for clients who are staying with us.

Dawne developed mahalo meditation by combining her passion for supporting people with addiction with her spiritual learning, observations and experiences from travelling throughout the world. With her knowledge and experience, not only does Dawne help participants to deeply relax and ease any stress, she teaches, motivates and inspires participants during the sessions she delivers.

She usually begins by giving a talk, followed by the guided meditation featuring mantra music and burning scents, such as sage, that are known to have specific healing properties.

Those who partake often leave her session feeling light, peaceful and relaxed.



## Repetitive Transcranial Magnetic Stimulation (rTMS)



Repetitive transcranial magnetic stimulation (rTMS) is a groundbreaking, non-invasive and drug-free treatment that uses a magnetic field to induce an electric current which is used to stimulate specific areas of the brain to change behaviour. It can treat a variety of mental and physical health conditions.

rTMS therapy at Broadway Lodge is used as a treatment for addiction by reducing cravings and is a valuable addition to the existing therapeutic programme. It is delivered at Broadway Lodge with AIM Neuromodulation Ltd to clients staying with us at an extra cost. We are also treating outpatients who would like rTMS therapy to reduce cravings.

## Trauma Focused Group Therapy

Whilst addiction is recognised as a trauma itself, for the purpose of this weekly group therapy session, addiction 'alone' is not treated as a trauma but it is the traumatic experiences that have derived prior to addiction or caused because of addiction that are processed and explored. Working with trauma at Broadway Lodge is not new to us, but introducing this new trauma focused group therapy session, led by a counsellor, means that clients who have suffered trauma are able to speak about it in a different way. Through the group they gain empathy, understanding and identification, and can support others who have also experienced trauma.

There is a reading that is read aloud at the start of every session which reminds those who take part that they are a survivor rather than a victim and that they are not alone, they are not defined by their trauma, they can move on, they can gain strength from their trauma and they can support others through their trauma.

# Our Miracle Mansion® Podcast

Did you know we have our very own podcast? It's called 'Miracle Mansion' Podcast' and can be found on Spotify, Apple Podcasts and Google Podcasts. We also have video versions to watch on our YouTube channel and on our website in the 'stories' section.



Each episode features a former client courageously sharing their story and experience of addiction treatment at Broadway Lodge with Markkus, our Head of Treatment, Counselling & Aftercare. They offer hope and inspiration and demonstrate that recovery IS possible.



Would you like your own episode?



If you are clean and sober, left treatment at Broadway Lodge at least one year ago and you would be happy to record a Miracle Mansion® Podcast episode with Markkus, we would love to hear from you! You can express an interest to Markkus by emailing [hello@broadwaylodge.org.uk](mailto:hello@broadwaylodge.org.uk) or calling 01934 815515 (9am - 5pm Monday to Friday).




## 50th Anniversary Golf Day in Bristol

**Sold out!**

On Monday 10th June we will be holding a charity golf day at The Bristol Golf Club (near the M5 junction 17), where 25 teams of four players will be competing for first place! The day includes refreshments, evening dinner, prizes and an exclusive silent auction and special guest.

We are really excited about this event and we're sure it will be a fast-paced, fun day of golf action with a good measure of socialising. All we need now is some beautiful summer weather.



Do you want to challenge yourself by signing up for a running event?



Whether you're an experienced marathon runner or just starting out, there are over 1,000 running events to choose from on Run for Charity. As a charity, we are signed up with them so you can secure your place at some of the most in-demand events in the UK and smaller local ones, sometimes for a significantly reduced fee if you commit to fundraising an amount for Broadway Lodge.

Choose from marathons to family friendly 5k runs and even inflatable courses and bungee jumps. Remember to check Run for Charity if you have a specific run you'd like to do, you might get early access and a guaranteed place for the more popular events that you'd usually have to enter a ballot for. There are limited spaces so be quick to avoid disappointment!

You can browse all upcoming events by location on our website by clicking the below web address. If you sign up, we'll be in touch to support you and tell you how wonderful you are.

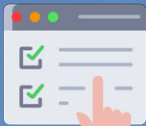
Happy running!

[www.broadwaylodge.org.uk/about-us/support-us/challenge-events/](http://www.broadwaylodge.org.uk/about-us/support-us/challenge-events/)



## Former clients - please help us by completing a quick online survey

We would like to gather insights from former clients to better understand how the work we do supports them after they have left Broadway Lodge. If you stayed at Broadway Lodge, please spare 10 minutes to take our quick, anonymous survey by [clicking here](#). Thank you!







# Leaving a gift in your will to Broadway Lodge

We are extremely grateful to anyone who makes the special and personal choice to help people suffering from addiction in their will, whatever the amount. Even a small gift to Broadway Lodge, after your loved ones have been taken care of, could be enough to transform the lives of several people who are at rock bottom and determined to begin their new life in recovery.

Below is an example of the wording you could use to leave a gift in your will:

"I leave £..... to Broadway Lodge of 37 Totterdown Lane, Weston-super-Mare, BS24 9NN. Registered charity number 269167 (England & Wales)"

Please remember that your will is a legal document which must follow strict rules in order for it to be binding. The best way to ensure that your wishes will be carried out exactly as you want them is to make or change your will with the assistance of a solicitor.


If you would like to talk to us about leaving a gift in your will please don't hesitate to get in touch by emailing [hello@broadwaylodge.org.uk](mailto:hello@broadwaylodge.org.uk) or calling 01934 815515 (9am - 5pm Monday to Friday), and we'll go from there.

Thank you.

We have recently been contacted by an extremely kind individual to let us know that they are going to leave a legacy to Broadway Lodge because of all the help and support we gave to one of their loved ones.

THANK YOU!





Broadway Lodge  
37 Totterdown Lane  
Weston-super-Mare  
North Somerset  
BS24 9NN

01934 812319

[www.broadwaylodge.org.uk](http://www.broadwaylodge.org.uk)

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