



A message from the CEO

JOHN AIZLEWOOD

We are now entering our 51st year of addiction treatment and the impact our work has had is still as crucial as it has ever been. We have had some great support from our corporate supporters at Partners& and We Are Trailblazer, as well as various individuals and trusts, all of which we are very grateful for. The difference it all makes is significant.

We have been working with other like-minded organisations to ensure that Government is aware of the need to support the work that addiction treatment centres do across the UK, and have been meeting with ministers and civil servants to inform and educate them about the importance of our work. This is an area we will continue to contribute to and drive as we all want to be able to support as many people into recovery as possible.

As we enter a new financial year in an uncertain world your help and support for the charity is as important as ever, and I would like to thank anyone in advance for that ongoing or new support, thank you.

Kindest regards,
John

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Staff & Client Christmas Morning

We hope you had a positive end to 2024 and have enjoyed a happy 2025 so far. It's hard to believe it was almost half a year ago, but in December we had a brilliant Christmas morning involving all clients and staff to finish off our 50th anniversary year.

We gathered together in the Main Hall donning Christmas jumpers and festive accessories. A former client kindly returned to Broadway Lodge with a guitar to lead a string of well-known Christmas songs which we all sang to whilst carefully following our lyric sheets. Our housekeeping team supplied an array of sweet treats and cakes to indulge in after a Christmas-themed quiz. It was two hours of fun, togetherness and joy!

Please note - we haven't included clients in the photos due to confidentiality.



Markkus, Chris (Counsellor), Mandy (Housekeeper) & Tash (Counsellor)



Housekeepers Mandy & Julie



Regular visitor, Bo



Markkus (Head of Treatment, Counselling & Aftercare) & Charlotte (Marketing)

We have a new Patron!

We are delighted to welcome ITV West Country newsreader, Alex Lovell, to Broadway Lodge as a Patron. Alex is extremely interested and supportive of the addiction treatment we provide to people from across the UK and beyond and we are very grateful that she has accepted to be affiliated with our charity.

Alex is a well-known figure to many people across the west country. She has presented the local evening news on weeknights for over two decades, adding a welcome uplifting and authentic presence on our TV screens with her warm and upbeat personality.

Alex was a presenter on BBC Points West for 18 years prior to moving to ITV West Country which is her current regular presenting role. In addition to this, Alex has an extensive professional background that includes voice-over, acting and television presenting roles outside of news reading.

Alex recently spent the day at Broadway Lodge to meet with staff and clients, learning more about what we do and the detoxification and therapeutic treatment components we offer here in Weston-super-Mare. Alex said:

"I'm truly delighted to accept the role of Ambassador for Broadway Lodge. I was first introduced to this remarkable charity by a friend who invited me to a fundraising event last year, and right away, I was struck by the compassion and unwavering commitment of the staff. It served as a powerful reminder that addiction, in its many forms, can affect anyone and often remains hidden in plain sight within our society."

"My recent visit to Broadway Lodge only deepened my admiration. I found it to be a true haven of healing, a place where individuals are supported and guided with genuine care as they navigate their personal journeys towards recovery. I'm excited and humbled to be a part of this vital work and look forward to contributing in any way I can to Broadway Lodge's mission."

We are so happy and honoured that Alex is on board, joining fellow Patron, Chris Difford. Broadway Lodge CEO, John Aizlewood, said:

"We are thrilled to have Alex join the charity as a patron, her positivity and interest in the work we do at Broadway Lodge is great to see and I know she will be a great patron for the charity."



Alex (centre) with our CEO, John (left), and Registered Manager & Deputy CEO, Lee (right).

2025 Reunion

Saturday 13th September 12pm - 5pm
at Broadway Lodge

Shares | Photobooth | Healing Tent | Mahalo Meditation | Drama Therapy Workshop

Please note: the reunion programme and features are subject to change

Tickets Available Now!

[To read more & buy a ticket click here or scan the QR code](#)



Our Online Family Programme is now FREE!

We are pleased to announce that our monthly Online Family Programme is now free to participate in. We have removed the £20 charge for each session as we'd like to make it accessible for everyone who would like our support.

It is a one-day, counsellor-led session designed to be both supportive and educational to help people affected by a loved ones addiction to move forward and improve their well-being. It is open to anyone who has been affected by a loved one's addiction, whether the person they are close to has stayed at Broadway Lodge or not.



How To Read More & Book:

You can see our upcoming session in the events section on our website where you will also be able to read more about it and book a place:

www.broadwaylodge.org.uk/events

Jo Celebrates 35 years at Broadway Lodge!

On the 1st March 1990, Jo started working at Broadway Lodge as a health care assistant and we are very pleased to say she is still a valued member of the Team! Jo is now a Senior Health Care Assistant & Therapist Coordinator.

Over the years Jo has acquired new skills to bring to Broadway Lodge for the benefit of clients. She has trained in massage, reflexology, Indian head massage and auricular acupuncture which are all a hit with clients. She is also a Smoking Cessation Adviser to help people to stop smoking.

Congratulations Jo, thank you for all of your hard work and dedication.

Tree Planted in Ashley's Memory



In December we welcomed a former client's mum and sister to Broadway Lodge – Margaret and Hayley. Their son and brother, Ashley Winter, sadly relapsed and lost his life to the powerful illness of addiction a year earlier, 5 days after leaving treatment where he was sober, safe and happy for 12 weeks.



Ashley during his stay at Broadway Lodge

Margaret and Hayley met with counsellors and nurses who cared for Ashley. They also bought a beautiful acer palmatum tree to plant in our garden along with a plaque in Ashley's memory. The plaque reads "In loving memory of Ashley Winter who spent a happy time here in 2023".

Margaret and Hayley also bravely held a session for clients and recorded a podcast where they talked about the struggle of supporting Ashley through active addiction and how this, along with the grief of losing Ashley, has impacted them.

It was a pleasure to spend time with Margaret and Hayley and we can't thank them enough for all of their time and generosity.



Watch Margaret & Hayley's podcast episode here:
<https://www.youtube.com/watch?v=xQ7IAhtjHok>



Self-compassion is not selfish!

Ways to Practice Self-Compassion

1. Celebrate your victories!
2. Don't apologise for your feelings
3. Don't say 'maybe' when you mean 'no'
4. Start each day with finding something positive about yourself
5. Let go of expectations
6. Set boundaries
7. Ask for help
8. Remember to practice gratitude
9. Practice mindfulness

Benefits of cultivating self-compassion include:

- Helps to regulate mood and bring emotions into balance, improving our overall sense of wellbeing
- Helps to re-build relationships in recovery
- Helps us to feel happier
- Helps us to foster self-acceptance and support for ourselves, rather than criticising ourselves
- Helps us to foster feelings of safety and comfort
- Helps to increase self-esteem
- Allows us to be more supportive of others

Day Trips around the South West

Last October we decided to start taking clients on the odd day trip out of Broadway Lodge to experience some of the wonderful attractions we have around us in the south west. The first was a trip to Glastonbury (detailed in our November 2024 newsletter) and we have since been on three more days out.

In December some of the clients and staff members wrapped up warm and headed to the Bath Christmas Market which featured over 200 festive chalets lined up in a number of Bath's old, picturesque streets.

In March, 13 clients were selected at random to join a very interesting day out starting with a guided tour of Shepton Mallet Prison. This prison was in operation from 1625 to 2013 and has almost 400 years of fascinating history. On the way back, they stopped in England's smallest city of Wells to visit the magnificent Wells Cathedral, an impressively ornate architectural gem of the region.



Bath



Wells Cathedral



Shepton Mallet Prison



Shepton Mallet Prison



Shepton Mallet Prison



In April, a minibus of clients travelled up the M5 motorway to Tetbury in Gloucestershire, to walk around Westonbirt Arboretum which has a magical display of over 2,500 colourful trees and shrubs from around the world. Clients were able to benefit from a day in the fresh air surrounded by nature in this relaxing, serene environment.

Runners raising money for Broadway Lodge

We feel very lucky to have been chosen by four very kind and inspiring people this spring as their charity to raise money for through gruelling running events.

Helen ran the London Landmarks Half Marathon on Sunday 6th April, raising £709

Matt ran the London Landmarks Half Marathon on Sunday 6th April raising £468

Alice ran the Newport Marathon on Sunday 13th April raising £1,143

One of our nurses, Charlotte, ran the London Marathon on Sunday 27th April raising £787

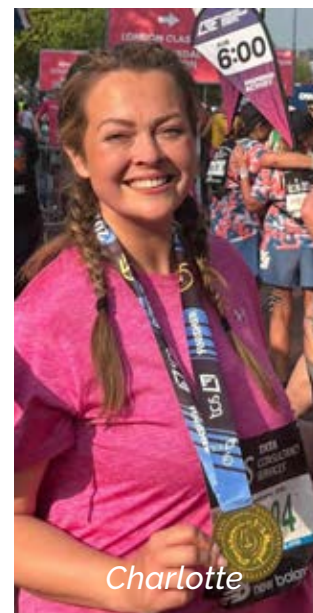
That's over £3,100!! We are in awe of their commitment and determination, running those distances isn't easy and we know how hard they trained. We cannot thank Helen, Matt, Alice and Charlotte enough - you're all amazing! We'd also like to thank all of the generous donors for their support.



Matt & Helen



Alice



Charlotte

Donate Online

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](#) or scan the QR code. Thank you for however much you can give.



NEW CHARITY PARTNER OF THE YEAR

We are delighted to have been selected by We Are Trailblazer, a PR consultancy for events, as their charity of the year for 2025/26. We Are Trailblazer was founded by Oli and Sam and we are very grateful to them both. They first heard of Broadway Lodge at a roundtable event and shortly after met with our CEO, John, to learn more and visit us.

Oli Ballard said: 'I feel privileged to have seen firsthand the amazing work that Broadway Lodge does. Addiction is no respecter of persons, and it is reassuring to know there is a sanctuary where people with addiction problems can get the help they need, get their self-worth back and lead the life they want.'

Oli and Sam have kindly provided PR support to Broadway Lodge and in addition, Oli is running the Bridgwater Half Marathon in September '25 to raise money for Broadway Lodge which we are very grateful for.

TRAIL BLAZER.

www.wearetrailblazer.com

We are extremely grateful for the continuation of support from Partners& who chose Broadway Lodge as one of their charities of the year in spring 2024. They have raised a considerable amount for our charity which we appreciate immeasurably.

PARTNERS

Our new rooms!

We've moved some staff offices around in the main house to be able to create two new bedrooms and two shower rooms on the ground floor where the lift is situated.

With the significant support of some grant providers, we were able to turn these bright spaces into client bedrooms, fitting two queen-size beds in one to make a twin bedroom and a double bed in the other to make an accessible single-occupancy bedroom. These rooms benefit from tall ceilings and large windows, allowing for amazing panoramic views that stretch across Weston-super-Mare and even to the Bristol Channel with Cardiff in the distance.

In addition to two new bedrooms, we have created a large accessible wet room with toilet and another shower room in the same area where the bedrooms are located.

As we run a mixed gender house, these changes provide the huge benefit of increased flexibility with room arrangements as well as the ability to treat more people each year.

Alex Lovell, our new Patron, officially opened the new bedrooms in March when she visited Broadway Lodge. We felt bold and painted one of the walls in each room dark green, complimented with warmer beige tones to create a cosy feel and the feedback from staff and clients has been really positive.



Alex Lovell (centre) with John (CEO) & Lee (Registered Manager)



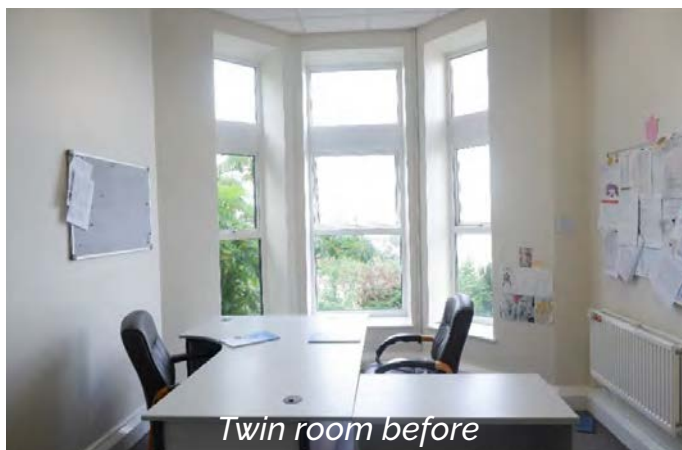
Single-occupancy room



Single-occupancy room before



Twin room



Twin room before



Twin room

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Registered Charity Number 269167

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TRANSFORMING LIVES