

North Somerset Recovery Community Support Project

By Broadway Lodge

Summer 2026 Newsletter

A warm welcome to our very first newsletter!

We are already more than half way through our first year of the project. To date, we've been very successful in signing up and offering support to over 100 clients in Weston-super-Mare. In fact, in July alone, we signed up an unprecedented 22 clients! Places on our various face-to-face sessions have been readily taken up, enabling clients to strengthen their recovery by experiencing much needed connection, all important structure, wellness and personal development.

Read on to find out more!



**BROADWAY
LODGE** est.1974
TRANSFORMING LIVES



What is NSR?

The North Somerset Recovery Community Support Project (also known as 'NSR'), provides a safe, welcoming and structured environment for people recovering from addiction, trauma, physical and mental health challenges, any form of abuse and other complex life experiences.

Our NSR service provides a combination of therapeutic support, group work, individual sessions, practical guidance and community-based activity. Its overall aim is to help clients move forward in recovery with greater confidence, routine, independence and resilience. We support clients to build stability, strengthen connection and develop the personal, social and community resources needed to sustain long-term recovery.

Where We Are Based

Our service is based in the offices of the North Somerset Training Hub on Alexandra Parade, Weston-super-Mare. This very central, and therefore easily accessible venue, is ideal for our purpose.

We have a wonderful working relationship with the Training Hub itself and are able to refer our clients to them for free courses, classes and workshops across a variety of subjects. In turn, the Hub refer their clients to us, where appropriate, creating a symbiotic relationship for the benefit of all. The building comes alive with a busy and exciting buzz that promotes happiness and wellbeing.



Meet The Team

The NSR team, all employed by Broadway Lodge, deliver a broad weekly programme that includes a women's group, a men's group, mixed-gender therapy groups, acupuncture and sound healing sessions, together with one to one counselling. In total, this equates to 10 sessions per week and provides up to 74 potential places for our clients. Some attend up to three sessions per week.



Some of the NSR team (l-r): Mags, Jan, Helen, Wendy & Annie

Annie, Counsellor

Annie is a qualified counsellor, working with our clients at Broadway Lodge as well as the NSR project. Following Helen's departure to pastures new, Annie has now taken over the Thursday counsellor role delivering our two group therapy sessions.

Jan, Project Administration & Support

Jan is the project overseer, and looks after all referrals, call-backs, sign-ups and walk-ins together with providing all project administration and support.

Mags, Health Care Assistant

Mags, a health care assistant at Broadway Lodge, offers auricular acupuncture to NSR clients on a Thursday morning. She is a fully qualified Reiki Master Practitioner and Spiritual & Wellness Coach.

Shaun, Men's Group Counsellor

Shaun is responsible for our men's group, held weekly on a Friday. This group is building well and earning itself a trustworthy reputation within the town.

Wendy, Counsellor & Holistic Therapy Practitioner

Wendy leads our Wellbeing Wednesday service. The morning women's group and afternoon auricular acupuncture, guided meditation and sound healing bath sessions are extremely popular with our clients.

Recovery Capital:

The Broader Value of Our Service

Recovery capital has been described as “the breadth and depth of internal and external resources that can be drawn upon to initiate and sustain recovery from alcohol and other drug problems”.

This concept provides a helpful framework for understanding the wider value of the service provided by our team.

Three main forms of recovery capital have been identified:

- **Personal Capital:** examples of this include safe and secure accommodation, physical and mental health and wellbeing, and opportunities to develop skills and experience such as employment, training and education.
- **Social Capital:** examples of this include peer support, and family, friends, social networks and opportunities that support recovery.
- **Community Capital:** examples of this include recovery-supportive community attitudes, services and resources such as non-stigmatising attitudes in the broader community, treatment services and other services and support. The quality and quantity of recovery capital available to an individual can play a significant role in promoting and sustaining recovery.

The North Somerset Recovery Community Support Project contributes to all of the above by helping clients improve stability, strengthen relationships and increase access to supportive community opportunities.



Our Clients in the Community

Weston has a very active recovery community. We are very proud to see so many of our current and former clients taking up roles and identifying ways they can contribute to the community in general as they grow and strengthen their recovery.

Volunteering

Many of our clients volunteer at the ARC (Addiction Recovery Café), in central Weston. This amazing facility provides: a twice weekly safe space together with a warm welcome; freshly prepared food and drinks; a variety of games and activities; and an abundance of help, advice, signposting and support. North Somerset Council's Substance Abuse Team has provided enormous support to this.

Schools Project

We have been invited on several occasions to deliver a talk to secondary school pupils. These occasions provide a particularly powerful opportunity for our clients to share with teenagers their personal experiences of substance misuse and addiction. The pupils are encouraged to ask any questions they may have about client experiences. This particular 'community involvement' has proved to be as meaningful both for the pupils and our clients.



Smart Recovery

Former client, Paul, has set up and runs a UK Smart Recovery weekly meeting at the North Somerset Training Hub on Friday nights from 7.00pm to 8.00pm. Here, participants are supported around effectively managing their recovery, helped to build up their motivation to change and make use of a set of proven tools and techniques to support that recovery.

Menopause Café

This is a drop-in monthly session held at Weston's 'The Other Place'. Our NSR women's group were actively involved in the initial consultation around this vital service and former client, Fiona, picked up the mantle and now runs the sessions with assistance from current client, Clare. This service offers a safe informal space for open discussion around the three stages of menopause and the symptoms that can accompany these.

Men's Group

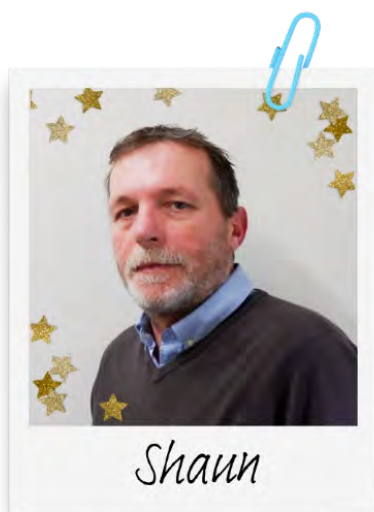
After securing funding from The National Lottery Community Fund, we were delighted to finally bring to life a project that we had been keen to launch for a significant time: a dedicated therapeutic group for men in recovery.

Our Wellbeing Wednesday group had already created an important space for women to explore the issues that mattered most to them. At the same time, men within our local recovery community were asking an understandable question: *"What about us?"*

This was never about comparison or competition. It reflected a genuine need for men to have their own safe, secure and consistent space where they could speak openly about the experiences, pressures and challenges that can be difficult to explore elsewhere.

Following a successful recruitment process, we were fortunate to appoint Shaun, a local addictions counsellor with a particular interest in supporting men after residential treatment. His knowledge, values and passion made him an ideal fit for what we hoped to create.

Since taking up the role, Shaun has brought warmth, consistency and commitment to the group every Friday morning. A regular cohort of men are now attending, building trust and creating the kind of honest therapeutic community we had always hoped the group could become.



We are incredibly proud to see this project firmly established and growing. What began as an idea has become a meaningful and much-needed source of connection, support and belonging for men in recovery.

A huge thank you to The National Lottery Community Fund for making this possible, to Shaun for bringing the vision to life, and most importantly, to the men who continue to show up for themselves and one another each week.

Wellbeing Round Up

Women's Wellbeing Group

Our 'Wellbeing Wednesdays' start with a women's wellbeing group in the morning which is based around the 5 Ways to Wellbeing developed by MIND – Connect, Be Active, Take Notice, Keep Learning and Give.

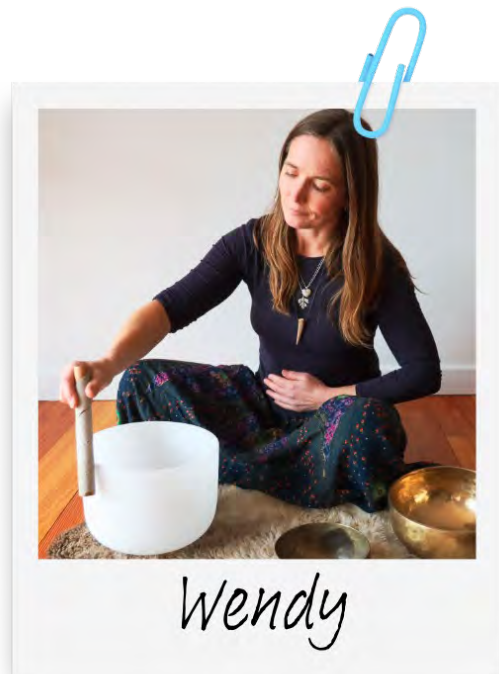
These sessions are predominantly sharing circles, facilitated by a counsellor. Women can come together in a safe, compassionate space to connect and talk about whatever they are experiencing in life to gain support, understanding and learning, or simply to just be heard. We also have wellbeing activities which have included Tai Chi, Yoga breathwork, Reiki, meditation, seed planting, rock painting, pumpkin carving, wreath making, egg painting, walking in nature, learning about our environment, learning how to regulate our nervous system, and trips out to exhibitions, Weston Museum and the Old Town Quarry.

Connecting with other women who have experienced similar issues in an inclusive, safe environment is so important and everyone leaves feeling nurtured and nourished by the sessions and are developing improved relationships with self and others.

Afternoon Wellbeing Group

In the afternoon both men and women come in for a seated group session of auricular acupuncture with restorative sound healing, a mid-week re-set, which starts with a guided meditation followed by the sounds and vibrations of various instruments which take participants into a deep state of relaxation.

This powerful combination is deeply nurturing and rebalancing, allowing the nervous system to rest and feel safe, and clients leave feeling more connected and at peace, often reporting improved sleep, pain relief and better able to manage their recovery.



Client Voices

A much enjoyed element of our service are the activities and trips we arrange for our clients. These are aimed at encouraging self-confidence, connection and curiosity and are always well attended. We felt that it was important to hear directly from the clients about what these experiences and activities meant for them.



Bowling, February 2026

Following a group afternoon out to the local bowling alley, Clare shared with us:

“I get a little anxious in scenarios that are physical and I become embarrassed. But it was a really amazing afternoon and took me out of my comfort zone. The experience was a great opportunity for us all to bond and have some fun together. Being able to laugh and let myself go was so freeing for my soul.”

Trip to Bristol Zoo Project, May 2026

Participant Lewis loved this trip and tells us:

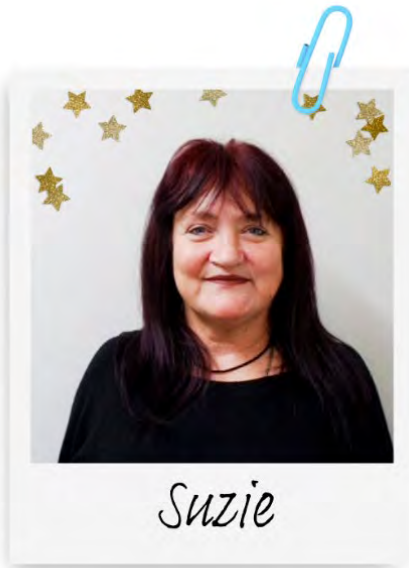
“I felt and enjoyed the togetherness and connection with others that perhaps I would never have seen myself connecting with before. When I’m sober I’m fully able to fully take in, appreciate and process the beauty of life, connection and nature. And, I’ve never seen a bear climb a tree before, it felt quite surreal!”



Volunteering Role at Broadway Lodge

Suzie has used her voice recently to share with us her experience of volunteering at Broadway Lodge where she is working as a Recovery Support Worker, helping clients with step work, taking them to appointments and shadowing the Health Care Assistants. Suzie explains:

"I love the connection and feeling that I have a purpose, which is character-building for me and giving me experience in a capacity in which I will soon be employed by Broadway Lodge! Whilst I admit to feeling a little anxious at the beginning, I have gained so much from the experience. My self-confidence has improved as has my self-esteem. Any anxiety has now subsided and I have hope for the future."



Wellbeing Wednesday

Our Wednesday afternoon auricular acupuncture with restorative sound healing sessions is extremely popular with clients. David recently wrote:

"There is something truly transporting about the combination of the sounds and meditation. I often struggle with truly focussing, or rather, not focussing, on outside influences while trying to meditate. However, experiencing these sessions has enabled me to truly focus on myself, how I am feeling, and how my body is feeling. I open my eyes at the end to find I have never left the room. The detachment and relaxation seem to last for quite some time after the session."



Weston Recovery Festival

Saturday 5th September

The second Weston Recovery Festival takes place on **Saturday 5th September 2026** at Weston's Italian Gardens, from 11.00am to 6.00pm.

Over 25 stallholders have signed up for the Recovery Festival and Walk. The Walk will commence at 12.00 noon accompanied by the highly energetic community band, North Somerset Samba.

Entertainers, including 'Rising Voices' (the Bristol Recovery Choir), will be performing on the main stage in the Italian Gardens, along with DJs, singers, and a dedicated MC to continually remind guests of the jam-packed host of activities taking place.

Holistic healing practices will be on offer and a programme of shares will take place in the main event tent. Plus lots, lots more.

Broadway Lodge and Sefton Park treatment centres will be represented at the festival, as well as Fellowship groups and other organisations within the North Somerset recovery community. In particular, we are looking forward to welcoming the Bristol Recovery Choir (some of whom underwent treatment in Weston-super-Mare), CURO, Epic Foundation, Blissful Healing, ArtSpace, Osprey Outdoors and more.

North Somerset Council's Substance Abuse Team has lent enormous support to this event.



Markkus & Wendy at last year's event

Good luck & thank you to Helen!

Written by Markkus, Director of Therapy & Aftercare at Broadway Lodge (pictured below with Helen)

It is with great sadness, but also enormous pride, that we say goodbye to counsellor Helen after 18 years of loyal service at Broadway Lodge.

Helen initially joined us as a trainee, with little confidence or belief in herself, but with a genuine desire to support people affected by addiction. She trained as a counsellor at Broadway Lodge and, during those early years, left and returned to Broadway Lodge three times to get married and have her beautiful daughters, but she certainly learnt the skills and aptitude to become a polished counsellor.

When Helen returned for the first time, she worked alongside Wendy in the Recovery Centre, where she truly began to hone her craft. She supported people at very different stages of their recovery journey, from those who were just two weeks abstinent to those who had completed primary or secondary treatment and had been in recovery for several months.

Three children later, Helen joined our aftercare service, which has since developed into this current North Somerset Recovery Community Support Project. Alongside this, she took responsibility for managing our two third-stage houses in Bristol and has done an outstanding job in both roles.

One of the greatest privileges has been watching Helen's confidence grow and seeing her become the professional she is today: sharp, funny, confident, loving, gentle and deeply committed to the people she supports.

To top it all off, Helen has recently completed her master's degree in Counselling & Psychotherapy, achieving a distinction. Soon afterwards, the perfect opportunity arose in Bristol, closer to home, and after 18 years she made the difficult decision that it was time to move on.

It was undoubtedly the right decision for Helen, even though she leaves a huge hole behind her at Broadway Lodge. At the same time, her departure creates an opportunity for somebody else to step forward, grow and shine, just as Helen has done throughout her remarkable journey with us.

Helen leaves with our deepest gratitude, admiration and very best wishes for everything that comes next.



Our Service in Numbers



100 clients signed up to our project since December 2025



60 clients are actively engaging in our sessions every week



6 clients are sponsoring others



20 clients are in active volunteering roles



16 clients have completed, or are in, formal education



30 clients have completed, or are on, training courses



2 clients are going to university in 2026



4 clients are volunteering at the local WithYou drug and alcohol service



12 clients are working in employed roles

Our location & contact details

North Somerset Training Community Hub,
31 Alexandra Parade,
Weston-super-Mare,
North Somerset,
BS23 1QZ

T: 07440 072498

E: recoverycommunitysupport@broadwaylodge.org.uk

W: www.broadwaylodge.org.uk

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