



John's Story

Linwood Changed My Life





Background

“I realised I had a problem with alcohol about 10 years ago, although looking back it had been going on for about 40 years.

“During this time I’d had quite a few relapses which were treated with several detoxes. I’ve been in The Priory, done NHS detoxes and quite a few home detoxes as my wife at the time was a nurse.

“I’ve been in Linwood House 3 times, the last one in January 2017. When I arrived I really didn’t care if I lived or died. I’d been on a 3 week binge, drinking 5 bottles of wine a day, not eating. I was absolutely drunk and fell down a flight of concrete

stairs injuring my back, knees and arms – luckily I didn’t break anything. I realised I needed help and without that call I don’t know if I’d be here today.

“The level of drinking wasn’t sustainable. When I was in Linwood, my daughter came to my flat and found 80 empty wine bottles neatly stacked. It can get pretty rough and at that level of consumption I wasn’t going to last very long before I got alcohol poisoning.

Linwood – The First Few Days

“The first day is disorientating and strange. It’s a divorce, a death, you’re saying goodbye to a friend. It’s worrying. I found it physically and emotionally shocking and I did wonder what I was doing.

“Over the next few days, mentally you get used to the idea. Physically the medication starts to work and takes the cravings away. You’re helped by the love, warmth and empathy of the staff. It’s a professional detox, a professional service but it’s the emotional empathy from the people there that make it palatable.



Linwood gave me the advice and I chose to take it.



“I got into a routine. Food, sleep, awareness, acceptance. Then it became, I really want to do this. The staff are absolutely brilliant, all of them; the cooks, the cleaners, the carers, the therapists, the nurses and it starts with the manager. The environment is very caring, loving and reassuring and I knew it was genuine.

“The therapy is very useful, especially interacting with other people. The regime allows for free speech, it doesn’t inhibit it, which I found really good. It made me aware and gave me insight into the necessity to change and change whatever it takes to cope with the addiction. Linwood gave me the advice and I chose to take it.

“I had a light bulb moment during a therapy session. The content of the session, delivered by Julie, was on the effects of alcohol on the brain. That was the moment the light bulb came on for me. Physically, I thought it wasn’t going to hurt me, but watching this very good DVD on the effects of alcohol on brain it made me think what could I do if I didn’t have a wet brain and what I could do with my life, my business and most importantly, my daughter. I decided then I’d do whatever it took.”





Going The Extra Mile

“I did 2 weeks in detox, I stayed an extra week as I was frail and they gave me the extra time it took. It took its toll.

“After I fell down the stairs before I came in, I got a head injury. One of the care workers from Linwood took me down to A&E and waited with me for 6 hours. It was getting late so the Manager, Lynn came. In total we stayed there for about 10 hours until I was seen. This is what I mean about going the extra mile.

“Linwood will go the extra mile. I was frail and they gave me the extra time to recover. It took its toll. I wasn't in a good way at all when I came in.



Life After Linwood

“Since I’ve left Linwood, I’ve changed my whole life. I’ve had to face up to what needed to change and change it. Where I live - I’ve moved to a new city which is a much better environment for me.



“I’m going through a divorce. I’ve got a wonderful, strong, open and loving relationship with my daughter now that I am sober. A relationship I cherish.



“Linwood saved my life, no two ways about it.”



“I’m blessed I’ve been able to keep my business going over the last 19 years. I got friends who’ve supported me through it and clients that need to know, know. In the future I’d actually like to change careers and work in care, specifically with people who are going through an alcohol detox.

“I attend monthly aftercare workshops at Linwood, it is part of my support structure and part of the recovery process. I’ll continue to attend these for the full year, without a shadow of a doubt.

“It’s been quite a revelation so far what I can achieve. It’s been six months now but I know recovery is a journey.

“Linwood saved my life, no two ways about it.”





Linwood House

Detoxification and Residential Rehabilitation Centre
Wensley Road
Barnsley
South Yorkshire
S71 1TJ

Tel: 01226 221 697

www.linwoodhouse.co.uk

