



Welcome Information

Admission

On arrival you will be greeted by a member of staff and will begin the admission process. This will be conducted in your room. You will complete an LFT 30 minute covid19 test and begin working your way through lots of forms. The nurse will come and see you to assess your medical needs and then you will have a consultation with one of the Oasis Doctors to discuss your detox regime. This will be conducted over Skype.

Once your LFT test comes back as negative you are free to come out of your room but please wear a mask at all times.

On the following day a member of staff will ask you to complete a PCR covid19 test. Once a negative test result is confirmed you are then able to walk about the building without a mask.

If any client is witnessed not wearing a mask before their PCR result is confirmed warnings will be given and your treatment may be terminated.

Groups

Groups will be conducted everyday within the unit. These will consist of House meetings, Process Group, Lifestory, Mindfulness, Relapse Prevention, Team Building Sessions, Group Walks, Gong Therapy and Education Workshops.

All clients are required to attend group sessions unless you are excused by the nurse for medical reasons.

Meal times

All meals are to be eaten in your room until your PCR test has come back as negative. When your PCR is confirmed as negative you will be eating meals in the dining room with other negative clients. The breakfast trolley is placed in the dining room for you to help yourself to cereals, fruits and toast. Lunch will be served from 12.45pm by the chef Ian and dinner will be served from 16.45. Please go and collect this yourself from the hatch and bring it back up to your room if you haven't received your PCR result. If your PCR is already confirmed please eat in the dining room. When you have finished your meal please wash your plates and cutlery and keep the dining area clean.

Help yourself to tea/coffee/juice/water at any time.

Shop Run

Shop run will take place on Tuesday and Friday afternoon. Staff will come around the night before and ask you if you would like anything. Please be sure to have brought enough money in or be able to bank transfer to our Oasis Account. Caffeinated drinks/fizzy drinks are not allowed.

Mobile Phones

On admission you will hand your mobile phone in and it will be kept in your valuables box in the office. Mobile phones are available to collect from the office Monday to Saturday from 6.30pm. A roll call will take place at 8.15pm in the dining room. Please attend and hand your phone back in. If you do not attend you will not get your phone the next day. On a Sunday you can collect your phone from 3.30pm. Please hand your phone back in at 6.30pm in the dining room.

Smoking Area

You are able to go out for a cigarette when you like as long as it is not in group time.

Family Room/Lounge

The family room and lounge are free for you to use to chillout and watch TV during the evening when you have some spare time. The family room will be locked at 10.00pm and the lounge will be locked at 1.00am. Communal areas will be out of bounds from 1.00am and you will be required to head back to your rooms.

Washing facilities

The client laundry room is situated upstairs and will be open until 11.00pm for you to wash your clothes. We provide washing powder. Please ask staff if you would like clean towels and bedding.

Therapeutic duties

All clients are required to do TD's in the morning before meetings start at 9.30am. In the dining room you will find a client information board where you will find a list of cleaning jobs related to the room that you are in. The cleaning trolley will be placed downstairs for you to use. Please place the cleaning items back on the trolley once you have finished.

Medication

Medication will be administered in your bedroom with the nurse and support worker on shift. Medication times are 6am, 12pm, 17.30 and 22.00pm.

If you have any questions or concerns please come to the office window in the reception area.

If you would like to connect to wifi when your phones are available please connect to **Guest-Wifi**.

If you need to make any professional phone calls please let staff know during the House meeting and we can facilitate this using the office phone.

