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“I remember my time at Banbury Lodge with great fondness. It was truly a turning point in my life that set me off in the right direction.”

**Greg L**



At Banbury Lodge, we explore addiction from every angle; our committed and highly-skilled team will do everything in their power to ensure that you leave us with all the tools you need to start your journey towards recovery.

## Our facility

Located in the peaceful Oxfordshire countryside, our facility is surrounded by luxurious, tranquil grounds where you can slow down and settle into your recovery journey.

Our centre offers:



Twenty-two private bedrooms with en-suite



Two shared rooms



On-site gym



Social spaces for group activities



Private insurance accepted

Banbury Lodge is rated by the Care Quality Commission, regarded as a facility that puts into practice high values of service, providing clients with personalised care plans that give them the best chance of recovery.

## Our treatment

No two people are the same, and each of us requires different levels of treatment. By utilising a range of different treatment methods, we offer the space to understand more about your illness and the ways it might affect you. Some of these treatments include:

**Individual therapy** to uncover the root causes of your condition in a safe space.

**Group therapy** as a means to communicate with those around us, bringing an end to the isolation that often results from addiction.

**Talking therapies** to foster positive thought patterns, giving you the tools needed to improve your overall mood and health.

In addition to these treatments, residential clinic weight management programmes are carefully managed. Our private chef can create a tailor-made menu to suit your dietary requirements, alongside enforcing a fresh and highly nutritious approach to food.

## Treatment for young people

Banbury Lodge is one of the only facilities in the UK registered to treat alcoholism, drug addiction and eating disorders in young people aged sixteen to eighteen. We have a passion for spotting and supporting mental health and addiction issues at early stages of development and are committed to helping young people have a fresh start in life.

