



"I couldn't have achieved my kick start to sobriety without beginning with Oasis. I am extremely grateful and thank my blessings every day."

**Philippa C**



Addiction can be a traumatic experience, and it is a condition that can slowly chip away at every aspect of your life, leaving you desperate and isolated. It is important to understand, however, that you are not alone. At Oasis Bradford, we are devoted to helping our clients recover from a multitude of substance and behavioural addictions.

## Our centre

We're located in the heart of Yorkshire, and we're proud to say that we have been recognised for our high standard of care in our most recent CQC report. If you choose to recover with us, you will have access to:



Twenty-four-hour nursing staff on hand



One of our nineteen en-suite bedrooms



A private spa bath where clients can relax and unwind



Nutritious meals cooked and prepared by professional chefs



Group walks

## Detoxing at Oasis Bradford

Detox is a very important part of addiction treatment, so we provide a safe, comfortable environment for all our clients during the detox process.

## Our treatment

Our rehab programme encompasses a range of treatments to address every aspect of your addiction. These include:

The 12-step programme

Cognitive Behavioural Therapy (CBT)

Family recovery programme

Yoga and mediation

ART and creative workshops

Group therapy

Relapse prevention

One-to-one counselling

Stress reduction techniques

Motivational interviewing

Music therapy

*“Oasis Bradford is the ideal clinic for those struggling fiercely with addiction and requiring immediate yet safe care. We are here for you throughout the process, and we are devoted to ensuring you feel relaxed, secure, and emotionally supported throughout every step of the recovery.”*

**Tom Hegarty**, Manager at Oasis Bradford



21A Bolling Road, Bradford BD4 7BG  
T 0203 733 5467  
info@ukat.co.uk  
www.oasisrecovery.org.uk

