

Recovery is getting better  
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# Banbury Lodge

 a UKAT facility

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A comfortable  
private treatment  
clinic offering a  
fully supported  
programme.



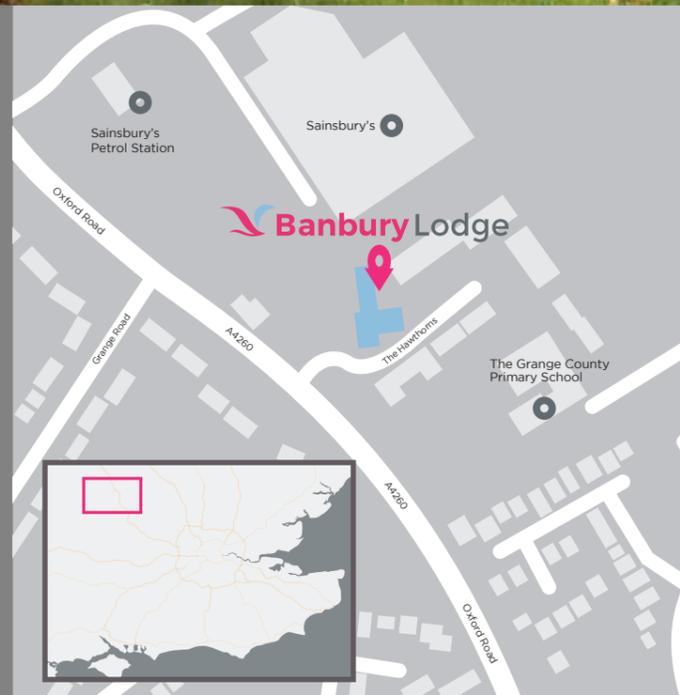
**Banbury Lodge**

The Hawthorns  
Banbury  
Oxfordshire  
OX16 9FA

0203 811 5721

Int. +44 (0) 203 811 5721

[www.banburylodge.com](http://www.banburylodge.com)





## The Banbury Lodge Team

The people who work at Banbury Lodge all have one thing in common: a burning desire to help patients achieve long-term sobriety. You can rest assured that our team of doctors, counsellors, therapists, and support staff have all been fully trained and have the credentials and qualifications to provide first-class care to you.

In addition to training and qualifications, our team has specialist knowledge and expertise in all types of addictions and mental health conditions. We work hard to maintain this knowledge with continuous training, which ensures that our clients always receive the most up-to-date and relevant care.

What you might be interested to know is that many of the staff at Banbury Lodge have their own personal experiences with addiction and recovery. These individuals know exactly how you are feeling because they have been where you are now. This makes them the perfect people to relate to you and to help you as they have the first-hand experience of addiction recovery and are living proof that it works.

Many of our clients find this refreshing because they know that they have something in common with almost everyone they come across within our clinic. From other patients to counsellors and support staff, most of those you meet in our clinic will be able to empathise with you and offer you support and guidance to ensure you reach your goals.



## Welcome to Banbury Lodge

There are a number of reasons we consider ourselves the best place for you to begin your recovery journey. The most important being that, as our client, your wellbeing will always be our number one priority. We will do everything in our power to ensure your comfort and safety during your time with us, and our state-of-the-art clinic has been designed to assist with this. We have made sure that our facility is one that you will be completely comfortable with on every level, and our fully trained staff members are passionate about making sure you are fully supported at all times.

What makes our facility all the more exceptional, is the fact that many of the staff at Banbury Lodge have their own personal experiences with addiction and recovery. These individuals know exactly how you are feeling because they have been where you are now. This makes them the perfect people to relate to you and to help you through this process, as they have the first-hand experience of addiction recovery, and are living proof that it works. Many of our clients find this refreshing because they know that they have something in common with almost everyone they come across within our clinic. From other patients to counsellors and support staff, most of those you meet in our clinic will be able to empathise with you and offer you support and guidance to ensure you reach your goals

## Banbury Lodge Addiction Treatment Programme

### Medical Detox

Our team of specialists can prescribe you a suitable supporting medication if your specific addiction so requires. Medical detox is always safer at a facility.

### Personalised Plan

When you come to our clinic, you will meet one of our experts who will assess your situation and work with you to create a custom treatment plan.

### Dual Diagnosis

There is likely to be a complicated relationship between the type of substance you are abusing and the mental health condition you are dealing with. We take this into account and help you fight both.

### Therapeutic Models

We work with a multitude of therapies including holistic (such as art, music and mindful fitness), medical (such as detoxes), and behavioural (CBT, DBT).

### Food & Nutrition

Our chef is working every day to provide healthy, nutritional meals for all our residents. We include a nutritional plan for every client as part of our personalised programme.

## How we treat addiction

When you come for treatment at Banbury Lodge, you can expect a personalised programme of care that has been designed around your individual needs. We know that the way in which addiction affects people differs from person to person. With that in mind, it is important to make sure that the treatment plan you get is one that will work best for you.

**12 Step:** The 12-step principle is used across the world and is the basis for fellowship support groups such as Alcoholics Anonymous, Gamblers Anonymous, and Narcotics Anonymous.

**Trauma:** Our programmes are designed to help you develop positive thought patterns for dealing with your trauma-related memories.

**CBT:** By using CBT, we can help you to break down your negative issues into smaller parts in a bid to make them easier to deal with.

**Meditation:** Meditation is a tool that allows you to take control of your state of mind. It is a Buddhist practice that encourages a sense of calm.

**Mindfulness:** A mindfulness programme is an essential part of your recovery programme because it can help to heal your mind and body.

**Art Therapy:** Our therapists use a variety of art therapy techniques to help you communicate your feelings and emotions.





## Facilities at Banbury Lodge

The Banbury Lodge staff believe that everyone in need of rehab deserves every opportunity to recover in a safe and secure environment.

### Beautifully decorated rooms

Banbury Lodge has 22 private en-suite bedrooms and 2 shared bedrooms. Every room has been decorated to a high standard to ensure your comfort at all times. Your wellbeing is our main priority and we want to make sure you feel at home within the clinic. We also take your security very seriously and you can rest assured that your personal safety is always guaranteed when you are with us.

### Ideally situated

Located in the stunning Oxfordshire countryside, Banbury Lodge is within easy access to all major cities by rail or road. Away from the bustle of urban life, you can relax in a peaceful environment while you focus on your recovery in quiet and tranquil surroundings. Your family and friends can visit easily as Banbury Lodge is within easy reach of cities such as London, Manchester, Newcastle, and Birmingham.

### Variety of treatment rooms

You will have access to a gymnasium, separate rooms for group and individual therapy, as well as for our holistic treatment sessions. Your experience during your stay will also happen within our designer-made living quarters and recreation facilities.

## Our Level of Care at Banbury Lodge

Banbury Lodge uses a proven therapeutic programme in which each stage is a separate level of treatment. This helps you recover fully, without skipping important steps.

Below is the process our clients go through:

- IMD inpatient medical detox
- IR inpatient rehabilitation
- RT residential treatment
- SC secondary care
- TC 3rd stage housing referrals
- 24/7 care

