



OUT OF UNCERTAINTY COMES HOPE

“Unsure about my future, after this fantastic experience I return to Lampton Court focused on my recovery”

“As I am travelling down to Plymouth Yacht Haven, I feel unsure at what lies ahead. Inside I feel excited because I love the sea, and at the same time I am a little anxious too. I am someone who likes their own space at times and with my peers and crew onboard I’m realising that this is not going to happen. We arrive at the yacht and I can’t help but smile to myself, whatever fears I have, I will face them head-on and try to get all I can from this wonderful opportunity.

We get onboard and are introduced to the crew and our tutor. We are then given our waterproofs and life-jackets and allocated our rooms. I am in the Austin Powers Suite, right at the back of the boat with three other guys.

We set sail for Cawsands, it felt so good, you could see the joy in everyone’s faces, gliding through the waves and rocking from side to side. I sat at the back of the boat on deck

just watching the land disappear in the distance.

I then thought of my brother, and how he would have loved to have been able to do this. My brother’s death is something I have struggled to come to terms with at Lampton Court. I have tried to ignore the pain of this, but right now I couldn’t do that. I cried until I couldn’t cry any more. Afterwards I felt a tremendous weight had been lifted off my shoulders. The sense of relief was enormous, I’m not sure why this happened onboard the yacht, but I feel it was meant to happen.

We arrived at Cawsands and downed anchor, this is where we are going to spend our first evening. We sorted out the rota for cooking and cleaning. If at one point I thought this was going to be a holiday, I now realise it wasn’t!

We started doing our portfolios and spent the rest of the evening playing games, including cards and chess amongst others. When we went to bed, none of us could sleep we were that excited, we laughed and joked like I have never done before whilst clean and sober. It was an amazing feeling, here I was in a situation that I



believed would be uncomfortable, sharing a room with three others in an enclosed space, and I felt

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The referral Team are waiting for your call.
If you would like us to make a presentation to you and your team or would like a copy of our DVD, please ask.

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completely at ease. I struggle with being able to tolerate people sometimes, but I learned to cope.

After only a few hours sleep we were up at 7am, had breakfast and cleaned the boat. We learnt how to do knots, a reef knot and a bowline knot. I felt tired, but my adrenaline helped carry me through the day. Some people were brave enough to climb the mast, which was 90 feet in the air. This was one fear I didn't want to conquer, I was saved by the wind and rain. Throughout the whole stay on Integer, the weather was what you might say was really bad, lots of rain and winds up to gale force 8.

During the next days we all took our turns working different parts of the boat. I took control of steering the yacht, at the helm, as it's called. The sea was really rough, but exhilarating. We learned to set the sails, to be a lookout, to navigate and all other kinds of exciting stuff. Ultimately we were gearing up to take complete control and then to sail at night, which was unbelievable. It was pitch black and we learned to navigate via the flashing lights on the buoys before we arrived back to where we had begun.

We worked great as a team and were told we were the best so far, which we were all proud of. I felt a great sense of achievement, not just for myself, but for everyone, it was a team effort. I bonded with people which I never thought would happen.

I went on this trip unsure about my future. I came back to Lampton Court with renewed optimism, focused on my recovery and above all hopeful for the future. I thank everyone that made this life changing experience happen, it will live with me forever".

Simon



Module Three - Flying Experience

As an acknowledgement of accomplishment everyone who achieves week 10 in module 3 will be given a session flying a light plane over Devon. This experience gives a truly amazing view from the cockpit and will offer a different view on the world!

This experience will be written into your module 3 programme during week 10. The day of the flight will be subject to weather conditions; high winds and driving rain will reduce the pleasure you get from the experience!

Successfully achieving this benchmark in your recovery is something to celebrate.

We hope that this experience reflects our admiration for your achievement.



MY TYPICAL WEEK AT LAMPTON COURT

"Every week here at Lampton Court the group decide on which resident will be head resident for the week ahead. This week it was me. This is my week."

Monday

Wake up at around 06:45 and it's my job to wake the other residents up. I like to do this as jolly as possible to try and get everyone in good spirits for the day ahead. At around 08:00 all the residents are allocated a cleaning job. These are called therapeutic duties (TD's). Once completed we then have an hour to catch up on our daily journals. At 09:30 I go and round up the residents for our daily morning check in group. This is where all the residents and 3 of the staff sit round and tell the others how they are feeling. After that we have open group where anyone can speak about anything that is on their minds. This is a good opportunity for everyone to know and understand how each of us are feeling. After that we have a team building exercise. This week was a session where each member of the group had to write one nice comment about each other. This made us all feel very good. 12:30 is lunch time, a good time for me as I love my food. I've not had a bad meal yet. Then, after lunch its an hour free time. Then

in the afternoon its journal group. All of us have a daily journal and its an opportunity for each member to read their journal out and get feedback from the rest of the group. A very productive session for me. After that its tea and evening check in group. After group its our time; then to bed at 10:30.

Tuesday

Wake everyone up and then its time for my TD's. Then its free time and then its check in group at 9:30. After check in its time for assignment group. All the residents are set assignments around their addictions. This week mine was powerlessness. Very interesting and very productive. After group its lunch and in the afternoon at 2:30 its activity group. This will normally be a game of football and volleyball. After tea its check in group and then a bit of gym and TV

Wednesday

Wake everyone up, downstairs and then TD's. Then the best group of the week for me. Relapse prevention. This

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week it was role play. This involved one of the group trying to entice another member into using their drug of choice. The object of the exercise was to practice being assertive rather than using aggression or being passive to achieve our aims. I took a lot out of this, as did everyone who took part. Then lunch and in the afternoon its one to one work and a time to catch up on my assignment or journal. Then its tea, check in group and then TV and bed. A good day today.

Thursday

Wake everyone up and downstairs for TD's. Then it's my second journal group of the week. Again a very good group. Plenty of positive feedback. Its good to hear how well I am doing from the rest of the group. Had lunch and then we had activities. We had a game of volleyball and although my team lost its always enjoyable. Then it was back in the gym and then evening meal. After that we had check in group and watched a little bit of big brother. Another productive day for me. Still clean and as motivated as I have ever been.

Friday

Once again woke everyone up at 6:50 Came down and had a coffee and did TD's then we had stress management group. Today's group was about taking the positives out of the negatives. I have never done this before and it was a new way of thinking for me. Then it was lunchtime and an hour to catch up on my journal. After lunch we had relapse prevention catch up group. Going

over everything we had done on Wednesday. I find it good to have a catch up after a day or so's reflection on what we did. Very good. After group it was guided meditation. Now I have to say that when I first arrived I was not open to this sort of thing but I have found it to be very relaxing and enabled me to get in touch with my emotions in a way I have never done before. Evening meal, TV and then bed at half ten. Another good day.

Saturday

Today is the day we all go out on group activities. This is a very good day. Sometimes we go surfing, camping or even walking on Dartmoor but today was horse riding. I really wasn't sure about this but I found it very relaxing trekking over Exmoor. The views were stunning. I have never appreciated what nature has to offer before and if I hadn't had the courage to come to Lampton then I would never have tried any of the activities out. It's a whole new world for me. When we get back its tea and then check in group. I am exhausted after today so its an early night. A great day.

Sunday

Didn't get up till 9:00 today. A nice lie in. It was my turn to cook breakfast with Sharon. We always have a laugh cooking. It's a nice start to my Sunday. After that I cracked on with my assignment. Got it finished which was a huge relief. Read it out next Tuesday. Then it was a really relaxing afternoon reading a book and then it was evening meal. After that we have check in. Slightly different today as we discuss how our weekend has been and I handed over the head residency to another resident. They then have to organise the various jobs and TV nights and its their turn to wake everyone up for the week ahead. A really full, productive week. Learned a lot. The best move I have ever made is coming to Lampton Court. I am flourishing and I didn't think I could ever get this far. Lampton has been crucial for my personal development.

Peter



NEW DVD

**DRUG AND ALCOHOL REHAB
WITH INPATIENT DETOX**

For more information visit our Website: www.lamptoncourt.com
For enquiries or referrals - Telephone: 01237 470280
or Email: admissions@lamptoncourt.com

Lampton Court has produced a DVD showing the services offered to it's clients.

If you have not already received a copy, or would like additional copies, please contact Alison on 01237 470280 or email admissions@lamptoncourt.com

"Growth through learning and change via action"



LAMPTON COURT

Growth Through Learning and Change via Action

MISSION STATEMENT

Lampton Court is dedicated to the establishment of self reliance and freedom from alcohol and drug dependency. We aim to achieve this by offering a safe supportive therapeutic programme, encouraging *growth through learning and change via action*.

ADMISSIONS

Referrals from the individual themselves or family and friends as well as from the Social Services, Probation, G.P's, Agencies involved with the individual, are accepted.

A telephone referral will begin the process of admission, followed by:

- A telephone assessment with the individual.
- Completion and return of an application form.
- Individual assessment at Lampton Court.

If the outcome of the assessment procedure is positive, a date will be given to start the appropriate Module.

CHARGES

To enquire about current charges please contact our Admissions Team, these charges include accommodation, appropriate dietary needs, group therapy, activity therapy and one to one counselling. Additional charges for pathology, prescriptions and specialist consultations will be made at cost. There are some Assisted Places available depending upon the individuals circumstances, subsidised by the Company. If funding is likely to be a problem, please contact our Admissions Team for further advice.

Payments Terms and Conditions

A deposit is required prior to arrival, and thereafter costs will be payable 4 weeks in advance, unless otherwise agreed in writing, for each individual, prior to admission.

"Growth through learning and change via action"

For enquiries: Telephone 01237 470280
or Email admissions@lamptoncourt.com

Lampton Court is operated by Health & Care Partnerships Limited and is registered as a residential treatment facility with Devon County Council and CSCI. Any surplus or profits generated by the company are used in developing initiatives dedicated to reducing the problems of drug abuse.



Drug and Alcohol Rehab with inpatient Detox

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