



UK Addiction Treatment Centres



Recovery



UK Addiction Treatment Centres



Contact UKAT
for advice and
admissions

Call our 24-hour confidential helpline

0203 811 5721

Int. +44 (0) 203 811 5721

E: info@ukat.co.uk

www.ukat.co.uk

Medical insurance accepted

UKAT is the fastest
growing rehab
group in the
country, here to
help you and your
loved ones
beat addiction.



ABOUT UKAT

Our purpose is to provide excellent care and treatment in order to help those suffering from addiction disorders achieve a goal of life-long recovery.

Our treatment centres provide comfortable and well-maintained accommodation and have successfully treated hundreds of people affected by the negative impact of addiction.

We treat addiction as an illness, not a life choice, and ensure that all our practitioners are highly trained and motivated in order to support individuals embarking on this life-changing process.



T&C apply
see www.ukat.co.uk

HOW WE TREAT ADDICTION

Our specialist treatment programmes allow an escape from the external pressures of day-to-day life giving individuals time and space to examine the self-defeating behaviours that may lie behind their addictions.

Utilising the skill of our practitioners, we deliver a variety of therapeutic approaches including CBT, twelve-step facilitation, trauma groups and person-centred care, offering each individual the opportunity for life-long recovery.



“UKAT’s state-of-the-art rehab centres offer person-centred treatment, which helps individuals better understand themselves, and then to move forward and stay well.”

TREATMENT SERVICES



| DBT

Evidence-based therapy used to help relapse prevention and co-occurring disorders



| 12-Step

Promotes principles such as honesty, open mindedness, compassion and altruism



| CBT

A proven theory used to treat emotional and mental health behavioural problems



| Holistic

Treats the person as a whole rather than just focusing on one aspect of the individual's issues



| Health

If any health issues occur, our consultants and GPs are available for appointments



| Trauma

Staff are trained in using the post-induction therapy model from Pia Melody and the Meadows in the United States



| Music & Art

Creative methods of expression that can resonate with feelings used as a therapeutic technique to address emotional issues



| Interventions

Interventions are a process of persuasion used to break through denial with a firm plan of treatment in place and at the ready



| Food

Freshly prepared using local ingredients wherever possible and offering good quality, tasty and nutritious home cooking

OUR REHAB CENTRES

Our state-of-the-art luxury rehab centres have a range of facilities, including gym and en-suite rooms. Set in tranquil surroundings by the sea side, rural countryside or quiet villages, our centres are strategically placed in idyllic locations to aid the recovery process. We pride ourselves in providing the best quality of care in well-maintained luxurious accommodation.



We are regulated by the Care Quality Commission.

OASIS BRADFORD

Built in 2009, Oasis Communities Bradford was initially commissioned by the Department of Health as the only detox unit of its kind in West Yorkshire. The 17-bedded detox unit is equipped to accommodate people with limited mobility and wheelchair users who can self-case and can make provision for some additional personal care needs.

Oasis Communities Bradford provides a safe and supportive environment, where clients can complete a physical withdrawal from drugs and/or alcohol, or stabilise their use safely with medical support in a specialist treatment-environment.

Oasis Communities have a rehab recovery choice for everyone. By utilising evidence-based treatment interventions clients are able to choose the philosophy that best matches their own belief system.

OASIS BRADFORD FACILITIES AND ACCOMMODATION

- 24/7 nursing care on-site
- Free family support and aftercare
- CQC registered
- 17 en-suite bedrooms
- Variety of treatment rooms
- One-to-one and group counselling
- Close to major motorways and public transport

Oasis Communities
21 Bolling Rd
Bradford
BD4 7BG
01274 352 482
www.oasisrecovery.org.uk



OASIS RUNCORN

Oasis Runcorn is quite unique in offering two treatment programmes allowing for tailored treatment and client choice. A 12-step programme and Oasis strengths programme are both delivered within the therapeutic environment.

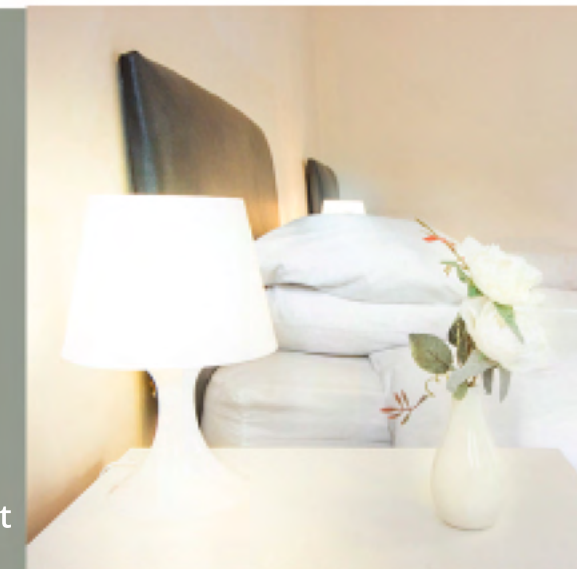
Oasis Runcorn provides primary and secondary treatment. We have created a residential rehabilitation centre offering a range of treatment options. Our service provides a safe environment with tailored treatment programmes for people to recover. Our unique programmes mean that we can provide bespoke treatment and care dependent on a person's needs.

From therapeutic community, cognitive behavioural therapy (CBT) through to 12-step programmes, Oasis Communities offer proven, evidence-based programmes delivered by our highly qualified and professional team of counsellors, many of whom are also in recovery.

OASIS RUNCORN FACILITIES AND ACCOMMODATION

- Bespoke person-centred care planning
- 4, 8, 12 & 24-week treatment packages
- Sober living accommodation available
- 17 bedrooms
- Range of psychosocial and therapeutic activities
- One-to-one and group counselling
- Two treatment programmes offered

Oasis Communities
38-40 Bridge Street
Runcorn
WA7 1BY
01928 279 717
www.oasisrehab.co.uk



SANCTUARY LODGE, ESSEX

Sanctuary Lodge is a state-of-the-art rehabilitation facility set in the picturesque market town of Halstead, in Essex, England. We offer treatment for addictions and other behavioural and psychological conditions and illnesses. A full-service rehab, the clinic offers complete treatment including medically supervised detox, rehabilitation and recovery therapies.

Client facilities include twenty-four en-suite luxury double bedrooms, making it the perfect sanctuary for those starting their journey in recovery.

We have some of the most experienced and highly-trained addiction staff in the UK. We also provide all clients with 12 months of free aftercare, helping them maintain their recovery.

SANCTUARY LODGE FACILITIES AND ACCOMMODATION

- 24 en-suite bedrooms, each with TV and Wi-fi
- One-to-one counselling and trauma room
- 3 main therapy rooms
- Clinical & medical assessment room
- Fully-equipped gym
- Large, fully equipped kitchen
- Comfortable dining room
- Staffed round-the-clock

Sanctuary Lodge
Heddingham Road
Halstead
CO9 2DW

01376 768 152
www.sanctuarylodge.com



PRIMROSE LODGE, SURREY

Our clinic is a large, spacious, fully residential detached facility with attractive gardens and 24/7 security. Situated in Guildford, Surrey, it is within easy reach of London and local transport links. Our clinic boasts its own well-equipped gymnasium. There, residents integrate regular physical activity into their treatment plan, for a healthy mind, body and spirit.

Primrose Lodge is a purpose-built, fully integrated substance detox and addiction rehabilitation facility. Inside are purpose-built one-to-one counselling rooms, group rooms and treatment rooms, enabling us to facilitate our comprehensive treatment programmes within suitable surroundings. We offer 13 en-suite bedrooms, completely refurbished and decorated to a very high standard with furnishings to match.

PRIMROSE LODGE FACILITIES AND ACCOMMODATION

- Peaceful and recovery-oriented environment
- 19 en-suite bedrooms
- 24-hour staff
- Treatments based around the 12-step concept
- Variety of treatment rooms
- One-to-one and group counselling
- Well-established and maintained private gardens. Our gardens provide a refreshing, beautiful environment for leisure and relaxation

Primrose Lodge
Perry Hill
Worplesdon
Guildford
GU3 3RF

01483 945 004
www.primroselodge.com



LIBERTY HOUSE, LUTON

Situated just outside of London, our facility boasts 18 beds, large grounds, recreational facilities and fully trained staff.

Allowing our clients to feel at home and as comfortable as possible means our bedrooms and general facilities are decorated to a very high standard, with the aim of creating a safe, secure and comfortable environment. The building overlooks the town's main green park.

As well as overlooking the town's main park, our service is also situated near the local cricket pitch, tennis courts, basketball courts and other sports facilities, which provide ample opportunity for our clients to integrate regular physical activity into their treatment plan, if they should wish to do so.

LIBERTY HOUSE FACILITIES AND ACCOMMODATION

- Peaceful and recovery-oriented environment
- 18 beds - all rooms decorated to a high standard
- Open 24 hours
- World-Class rehabilitation programme
- Immediate admission
- One-to-one and group counselling
- Set within quiet and picturesque suburban surroundings

Liberty House Clinic
220 Old Bedford Rd Luton,
LU2 7HP
01582 953 527
www.libertyhouseclinic.co.uk



RECOVERY LIGHTHOUSE, WEST SUSSEX

Recovery Lighthouse is a state-of-the-art alcohol and drug-rehab in West Sussex. All our staff are respected addiction treatment practitioners. We have a long history of helping people get well, we care about the people we help and have had a great success in treating addiction and other related conditions.

We are passionate about treating addiction and every client that enters our programme can be sure of 100 per cent commitment from our staff. The majority of our staff are in recovery themselves, so they fully understand how you will be feeling. Each client who completes a full addiction rehabilitation programme at Recovery Lighthouse will be entitled to 12 months aftercare at no additional cost.

RECOVERY LIGHTHOUSE FACILITIES AND ACCOMMODATION

- Peaceful and recovery-oriented environment
- 13 rooms - all rooms decorated to a high standard
- Open 24 hours
- World-Class rehabilitation programme
- Immediate admission
- One-to-one and group counselling
- Ambient surroundings

Recovery Lighthouse
18 Winchester Road Worthing
BN11 4DJ
01903 334 615
www.recoverylighthouse.com



BANBURY LODGE, OXFORDSHIRE

Banbury Lodge is a private clinic where clients can access a comprehensive treatment programme to help them overcome all types of addiction, behavioural disorders and mental health problems. We provide a clean, calm and comfortable environment where people can break the cycle of addiction with support from a team of passionate and dedicated individuals.

Our aim is to provide clients with the tools they need to get their lives back on the right track and as such, we offer excellent detox and rehabilitation programmes, with aftercare support, provided as standard. We are proud of our clinical excellence and you can rest in the knowledge that we are regulated by the Care Quality Commission as well. The standard of care provided by Banbury Lodge is extremely high and our record of success speaks for itself.

BANBURY LODGE FACILITIES AND ACCOMMODATION

- Free aftercare
- Family groups
- En-suite rooms available
- Gym
- High staff-to-patient ratio
- Holistic therapies
- One-to-one sessions

Banbury Lodge
The Hawthorns
Banbury
OX16 9FA

01295 641 553
www.banburylodge.com



LINWOOD HOUSE, SOUTH YORKSHIRE

Linwood House is an established drug and alcohol detoxification and residential rehabilitation centre located in Barnsley, South Yorkshire. The centre provides adult in-patient treatment for substance abuse and dependence.

Linwood House provides comprehensive treatment for drug and alcohol addiction and dependency. People come for treatment with us from different backgrounds, different upbringings and different reasons.

Our therapy approach is focussed on helping those suffering from an addiction address their dependence and empowering them to make choices and the changes they need in order to achieve their personal recovery goals.

LINWOOD HOUSE FACILITIES AND ACCOMMODATION

- One-to-one and group sessions
- Fully certified addiction specialists
- Calm and relaxing environment
- Proven therapeutic methods
- Dedicated medical staff
- Accessibility
- Free aftercare

Linwood House
Wensley Rd
Barnsley
S71 1TJ

01226 221 697
www.linwoodhouse.co.uk

