





The Abbeycare Group are one of the longest established treatment providers in the UK and over a period of almost twenty years have helped thousands of people begin a new life in active recovery. With clinics in Scotland and Gloucester, we treat people suffering with addiction and the problems associated with the misuse of substances and addictive behaviours and have a proven track record.

Abbeycare offer uncompromising treatment programs for detox and rehabilitation from addiction. Our programme is open to anybody aged 18 or older who is committed to seeking recovery.

At Abbeycare, we offer an addiction rehabilitation programme that uses best practice and proven techniques – rehab that's designed to help you get to grips with the physical, psychological and emotional implications of your addiction.

At Abbeycare, you will get the support you need to recover from your dependency or addictive behaviours. You will also learn about making the big changes – in your lifestyle and in your thinking – that will let you maintain your recovery.

The aim of Abbeycare is to provide a specialist high quality residential abstinence based service within a private, confidential and safe environment. Clients will have the opportunity to heal and recover through a period of reflection and rehabilitation. They will identify what changes need to be made in themselves in order for them to maintain ongoing recovery. Our approach is to treat the whole person in mind, body and spirit. Our approach is also underpinned by the principles of honesty, openness and willingness.

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Inspected and rated

Good



# THE ADMISSIONS PROCESS

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We understand that reaching out for help for yourself or a loved one can feel overwhelming but you are not alone. When you call Abbeycare you'll talk directly to a trained admissions coordinator who will address all your concerns, answer all your questions and guide you through each step of the process.

Our telephone lines are open 24 hours a day and our specialist admissions department is open between 8am and 10pm during the week and 8am and 8pm at the weekend.

Your admissions coordinator will work with you over the telephone to complete a telephone assessment. This will typically take between fifteen and twenty minutes and the information gathered ensures we can provide you with a tailored clinical and therapeutic package that best suits your needs.

Your admissions coordinator will stay in contact with you to ensure the admissions process runs as smoothly as possible, and we can see you or your loved one settled and relaxed in our clinic as soon as 24 hours from making that first telephone call.



## PRIVATE MEDICAL INSURANCE?



Abbeycare work with many private medical insurance providers.  
For more information, please speak with our admissions team on 01603 513091.



# OUR TREATMENT APPROACH

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Our therapeutic treatment approach is informed by best practice and statistically proven research and provide a powerful combination for long term change, enabling you to rebalance your life.

The main therapeutic interventions provided are delivered within group and one to one settings. Our team of therapists and counsellors can help you discuss issues including family, relationship, bereavement and trauma issues.

During your stay you will be involved in the development of your own recovery care plan which will be tailored around your own personal needs with the support of your keyworker. Your recovery care plan will be treated confidentially.

During your treatment we will plan and prepare you for your aftercare. We will involve you fully in this process as we look for ways we can continue to support you once your treatment programme is completed.

Prior to leaving our service you will have been supported to prepare and present an aftercare plan.





# WHAT'S INCLUDED IN YOUR STAY?

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All of our treatment packages are fully inclusive meaning there are no additional charges once you have commenced treatment with us. Subject to the length of your stay, all of the above, as well as food and drink are included as standard.

## **Detox and Therapeutic Input**

- Clinical assessment
- Supervised detoxification
- Harm reduction interventions
- Structured therapeutic programme
- CBT
- 12-Step
- DBT
- Motivational Interviewing
- Relapse Prevention
- Key Support - Case Management
- Recovery Care Planning
- Aftercare Planning
- Continued aftercare and support groups

- Post treatment support, interventions and outcome monitoring

## **Complementary Therapies**

- Yoga Sessions
- Mindfulness
- Meditation

## **Continuing Care Programme**

- 18 month access to aftercare groups free of charge
- Invitation to annual recovery gatherings

## **Chargeable Extras**

- Continuing Therapeutic Intervention\*





# FAMILY AND EMPLOYER SUPPORT

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At Abbeycare we recognise the effects of active addiction on families, friends and employers and we know that these people can also make a positive difference in the recovery process.

Our support groups that are run on a fortnightly basis are psychoeducational, giving information on the illness of addiction and how this affects a person's functioning in both the family, the workplace and society.

We encourage participants to explore and challenge their own beliefs and prejudices surrounding addiction, helping them to become more aware of their attitudes and behaviours that may be contributing to the problem. We also guide them towards forming new perspectives and new ways of coping that are more beneficial to them, their families or employees.

Family support also provides a structured and supportive environment in which family members can address the difficulties that they have experienced in a healthy and productive manner. Family members will also learn how to make lifestyle changes that will empower them to live healthier and more fulfilled and satisfying lives, while also providing the effective support to the person in treatment during their recovery journey.



# OUR GLOUCESTER CLINIC

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Set in 45 acres of grounds, Abbeycare Gloucester is just four miles from Gloucester city centre, a short drive from the Royal Forest of Dean and the Cotswolds, and just an hours drive from Birmingham.

Abbeycare Gloucester provides the perfect backdrop for your recovery, offering a wide range of individual and group therapies throughout the week in the most luxurious of settings.

Hygrove House offers large, spacious and comfortable communal spaces alongside private luxury bedroom accommodation.

Clients can also make the most of relaxing communal lounges and gardens, enjoy some private time in the privacy of your own room or unwind in the small gym area.

There are three standards of accommodation to choose from and all prices are fully inclusive of all aspects of the treatment programme.





# OUR ACCOMMODATION TYPES

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## STANDARD SINGLE

Our 5 Standard Single Rooms are our entry level rooms.

- Small but comfortable room
- Single Bed
- Bathroom with en-suite facilities
- 28 or 32 inch Smart TV
- Complementary WiFi



## EXECUTIVE DOUBLE

Our 22 Executive Double rooms are the most popular choice.

- Extra Large Bedroom with panoramic views of Gloucestershire and Crickley Hill
- King or Queen Sized Bed
- Comfortable Bathroom with en-suite facilities
- 32 inch Smart TV
- Complementary WiFi



## PREMIER SUITE

Our three Premier Suites are the largest and most comfortable rooms available.

- Extra Large Bedroom with panoramic views of Gloucestershire and Crickley Hill
- King or Queen Sized Bed
- Large comfortable Bathroom with en-suite facilities
- 55 inch Smart TV
- Complementary WiFi

# FREQUENTLY ASKED QUESTIONS

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## How quickly can I book in?

In most cases, admission can be within 24 hours of you making contact with us. We appreciate that when you call us you may need help quickly, or alternatively it may take time to work out how we can support you. We will work with you to provide the best and safest outcome.

## What is the admissions process?

After your initial enquiry a member of our admissions team will conduct a short telephone assessment with you. Once our clinical team has reviewed and approved your assessment, a date and time for admission will be set.

## Can you pick me up?

Yes. We offer a complementary pickup service from local airports, bus and train stations. Pickups from further afield can be organised. Please speak with the admissions team. for more information,

## How long should I stay for?

There's no right answer as it depends on your needs as an individual. However, we do recommend a minimum 28 day programme as this will give you the best chance of maintaining long term recovery. We offer packages up to 12-weeks in length.

## Who is there to support me?

Our team of highly experienced staff are there at every step of the way to help and support you. There will also be other clients who are going through a similar experience and you'll form bonds with them and help to support each other. It's very powerful to see how far people can come in such a short space of time, especially in times of need.

## Should I bring some cash?

Cash or a payment card would be useful when you are going out for organised activities, or just if you require any personal items such as toiletries. The majority of services at our treatment centres are included in the price of your stay. Any cash or cards may be stored in our safe for safe-keeping.

## Will anyone know I'm here?

This is entirely up to you. We will never disclose details of any clients who have accessed treatment with us, either currently or in the past. For more information on this please see our privacy policy on our website. How you tell people where you are is up to you and unless there is a medical or legal reason, we will not disclose your whereabouts to anyone.

## Can my friends and my family visit?

Your friends and family are more than welcome to visit once you have completed your initial detox. Visitors must complete a visitor request form which will be authorised by the Registered Manager. In some instances we may allow you to visit your friends and family off site as well.

## Can I bring my mobile phone?

Of course you can! We know that many treatment centres restrict access to your phone or worse still do not let you have access to it at all. However, we recognise that you will be away from your friends and family for a long period and keeping in touch with them and sharing the progress you are making is important for both them and you.

All clients are asked to hand their phones in at the start of the therapeutic day and these are returned at the end of the day and during the lunch break.

## What else do I need to bring?

Apart from your clothes and toiletries there's very little you need. A full list of information on this will be sent to you when you confirm your booking but don't worry, should you forget or need anything our team are there to help and can purchase anything you need for you.

## What does a typical day consist of?

A typical day at Abbeycare consists of individual and/or group therapies, recovery assignments and mindfulness. There may be other recovery related activities which will be led by our recovery practitioner team.

## What is my room like?

All rooms are tastefully furnished and comfortable enough that you are relaxed as possible and can concentrate on the reasons for your stay. WiFi is complementary and nearly all rooms have Smart TV's and tea and coffee making facilities.

## What qualifications do the staff possess?

Each member of the team has gone through the appropriate training and are qualified and experienced in their area of expertise. Many are well known names within the industry and are highly respected for the results they achieve.

We have gone through an extensive recruitment period to ensure we have the right people in place for you.

## What about my cultural or religious beliefs?

Your social, cultural and religious beliefs are respected by us. If you wish to practice any of your beliefs or keep in touch with your faith community, our staff will do their best to assist you in achieving this.

**If you have any other questions, no matter how silly you think they may be, please do not hesitate to ask. We understand only too well that life's demands can potentially cause blocks to you getting the treatment you need so we will do as much as we can to assist you.**



*Consistently delivering exceptional evidence-based addiction treatment, creating recovery opportunities for clients, their loved ones and our communities.*



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