



In the grip of addiction?  
Reach for safe hands.



Action on Addiction

**Clouds House**  
35th anniversary, 2018



## Clouds House: for people in recovery

“Before going to Clouds I was broken and desperate. I’d isolated myself, I’d lost nearly all my family and was living apart from my children. I had nowhere else to turn.

Today I am starting to know who I am and what I like, and am starting to have confidence. Most importantly I have hope, ambitions and desire – things I thought were impossible.”

Natasha

At Clouds House, we’ve helped thousands of people lead a healthy and rewarding life free from addiction. We know that, given the right conditions and with trust, empathy and support, people can change.

Located deep in the heart of the Wiltshire countryside, Clouds House provides a crucial respite from daily life in a beautiful, tranquil and protected environment. The house is private and secluded and the stunning scenery creates the perfect setting for anyone embarking on their recovery from addiction.

Everyone you meet at Clouds House, whether our highly qualified treatment consultants, our hugely knowledgeable admissions team, our medical experts, our specialist counsellors, our caring housekeeping staff or our welcoming receptionists is fully focused on helping people make the transition from active addiction to recovery. We look forward to working with you to create, develop and maintain your own personal recovery.

## The magic of Clouds

Unlike many treatment centres, we don't just treat the symptoms of addiction, we help address the underlying causes. Our interpersonal group therapy model provides a rich and safe environment in which people gain valuable insights into their relationship with themselves, with others and with the substances or behaviours related to their addiction.

Clouds House is a place where new friendships and meaningful connections are made. There is strong evidence that peer-to-peer support, which forms the bedrock of our treatment programme, makes recovery more likely and more secure. Bedrooms are shared so that experience, hope and solidarity can be shared. All our meals are freshly prepared on site using balanced, healthy ingredients which aid recovery.

Our Care Quality Commission (CQC) reports are among the best in the country, and our team is connected to the world's leading addictions experts and research institutions. In December 2018, Clouds House was rated 'good' overall and 'good' across all aspects of the CQC inspection.

Ninety per cent of our clients are drug and alcohol free on discharge, and 95% tell us their treatment at Clouds House was either 'very good' or 'excellent'.



## Our treatment philosophy

We treat all forms of addiction including alcohol, drugs (both prescribed and non-prescribed), gambling, sex and love, pornography, and some food related disorders.

We treat private paying clients, those on private medical insurance schemes, and those in receipt of state funding. Thanks to the generosity of our donors we also run a bursary scheme so that those who are unable to obtain funding for their treatment can also benefit from our life-saving programmes.

All admissions to Clouds House are facilitated by a member of our admissions team. All our clients are assessed by our specialist GP and nurses on the day of their arrival, and receive individually tailored medically supervised withdrawal from alcohol or drugs according to their clinical needs.

We involve families in their loved one's treatment because we know that connection and communication loosen addiction's grip. We encourage friends and family members to visit on Sundays and learn about addiction through one of our morning lectures, or take up the offer of family counselling.

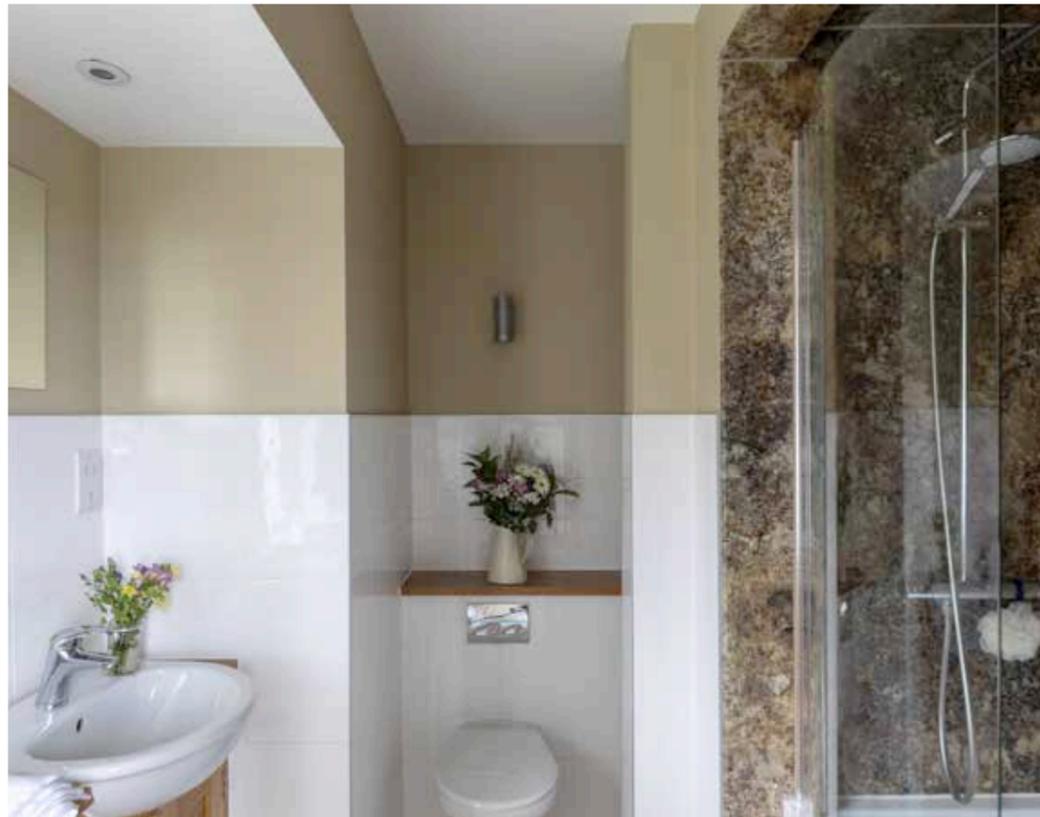
Our aftercare programme supports people in making the transition from residential treatment to lasting recovery from addiction.

## The services we provide

- Pre-treatment assessment (in person, on the telephone or by video conference)
- Psychiatric assessment with our consultant psychiatrist
- Medically supervised withdrawal from alcohol and other substances
- Round-the-clock medical care
- Access to our specialist GP and consultant psychiatrist
- Interpersonal group therapy
- Vital links to 12 Step fellowship meetings
- Individualised support from a focal counsellor
- Education through lectures and workshops
- Relapse prevention support
- Family-focused work
- Facilitated aftercare

“Hope is something you lose when in active addiction, Clouds definitely gave hope back to me.”

Fiona



## Our complementary therapies

- Relaxation classes
- Mindfulness sessions
- Help with sleep hygiene issues
- Art therapy
- Creative writing
- Yoga
- Zumba
- Mustard Seeds, our Friday night music, now in its 36th year

“I was very resistant to change, but looking back I can see a seed was planted in me during my time at Clouds which acted as a perfect springboard to a new life – a life in recovery.”

Andy

## Clinical Lead

### Dr Simone Yule

BSc 1988, MB Bch 1991, DRCOG 1994, FP Cert 1996.



Dr Yule is a specialist addictions GP who acts as clinical lead for Action on Addiction. She was one of the first GPs to be awarded the RCGP Diploma in Substance Misuse, and is a partner in a GP practice in Shaftesbury. Dr Yule has oversight of all the charity's clinical governance arrangements and chairs the Clinical Governance Board. Dr Yule also oversees the clinical care aspects of the treatment programme at Clouds House as well as the detoxification regimen.

## Management Team

Director, Residential Services, Nicky Holdaway

Registered Manager, Alex Askew

Nurse Practitioner and Non Medical Prescriber, Dave Ings

Treatment Manager, Anya Sparks

Treatment Consultant, Michael Rawlinson

## Consultant Psychiatrist

### Dr Cory de Wet

MBBCh 1995, MRCPsych 2000, MSc 2004.



Dr de Wet is the visiting Consultant Psychiatrist for Clouds House. He has 15 years' experience as an NHS consultant psychiatrist, including training and experience at the Bethlem and Maudsley Hospitals in London (1998-2004). He has specialist clinical and research experience in substance misuse, anxiety disorders, schizophrenia and bipolar disorder. Prior to joining Clouds House, Dr de Wet was Clinical Services Director for adult mental health services in West Hampshire.



## Action on Addiction

Clouds House is one of a number of life-saving treatment centres run by the national charity, Action on Addiction.

Our ambition is to build thriving communities of recovery for individuals and families by developing the best quality and most effective residential and community-based addiction treatment services in the UK.

We also campaign to raise the standard of professional education within and across the addictions field, fund ground-breaking research into different facets of addiction, increase access to treatment for all those who need it, and remove the stigma relating to addiction and associated issues.



## How to find us

Clouds House  
East Knoyle  
Salisbury  
SP3 6BE



## Contact us

admissions@actiononaddiction.org.uk  
0300 330 0659



## Action on Addiction

Head Office, East Knoyle, Salisbury, Wiltshire, SP3 6BE  
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