

AT UKAT WE DO NOT
SHY AWAY FROM ADDICTION;
WE CHANGE THE NARRATIVE
AND ACCEPT IT AS A SYMBOL
OF OUR STRENGTH.



UK Addiction Treatment Centres

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www.ukat.co.uk



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UK Addiction Treatment Centres



PUTTING THE PIECES
BACK TOGETHER

ADDICTION IS AN ILLNESS THAT CAN IMPACT ANY OF US AT ANY TIME,
AND TO SUFFER DOES NOT MAKE US WEAK. IT MAKES US HUMAN.

Founded in 2012 by those who have been through addiction, UKAT's success comes with its simplicity. By employing a passionate team of staff dedicated to quality care, our clients remain at the heart of everything we do, and this fact informs each of our decisions.

Our private, UK-based treatment service offers support to people from all walks of life, helping them overcome addiction with a wide range of treatments and world-class facilities all over the country. We provide care based on what we know works, from our own experiences, to help others walk the road to recovery.



Daniel Gerrard,
Founder and Managing
Director

“

“I have seen both sides of addiction, and since recovering myself, have been inspired to provide the best quality services for those suffering the same. Addiction does not need to define us. It is not who we are. Addiction, instead, is a part of our story.”

OUR APPROACH



RECOVERY IS BUILT ON TRUST

We provide a safe environment for you to share your experience, set practical goals, and learn the tools to work through recovery with confidence. Our programme strengthens trust with those who have been through a similar journey, and each resident's combined courage builds highly powerful energy to inspire you towards positive change.

FREE AFTERCARE

The recovery network doesn't end once you leave rehab. The bonds of connection will be with you for life. We know how challenging it can be to integrate back into your routine post-treatment, so we supply a free aftercare package for up to one year.



WE KNOW WHAT YOU'RE GOING THROUGH - REALLY

Most of our UKAT family have experienced addiction first-hand or witnessed somebody close to them suffer. We understand what you're going through and appreciate how destructive addiction can be, but we also know how transformative recovery can be.

WE'LL FIND THE RIGHT OUTLET FOR YOU

We provide a tried and tested treatment programme that is tailored to your individual needs. Our programme incorporates a wide range of psychosocial and psychological interventions, workshops and treatments to give you the tools and understanding to live a life free from addiction.



WE CARE ABOUT YOUR LOVED ONES

Addiction is a family illness, and it can be challenging for loved ones to watch their friends and family suffer. Our therapists can provide help and advice to your loved ones, which will help them, and you, to navigate through your recovery as best as possible.

WE'RE ALWAYS HERE FOR YOU

Addiction doesn't take time off, so neither do we. We are open twenty-four-seven, all year round, including national holidays. Our specialist addiction team is always here to guide and support you through your recovery.



OUR ALUMNI COMMUNITY

Recovery is an ongoing process that requires work and dedication long after the rehab process. Maintaining a strong community network is an excellent tool to keep us grounded, and those relationships we build during our time in rehab are often some of the most meaningful.

Your wellbeing is our priority, so our Alumni Programme ensures that after you leave a UKAT facility, you still have ways to stay connected to our extended family.

With activities, social events, regular communication, newsletters and a private Facebook group which you can turn to for support, you can always look to us for advice and guidance.



"Staying connected can help minimise the isolation and loneliness that lead to feelings of depression, which can ultimately trigger a relapse. Connecting with support around you proves a valuable tool and may help save your life and your sobriety."

Kat McClelland,
Therapist at Sanctuary Lodge (UKAT facility)



"Very welcoming and staff very supportive with my recovery, always kept up to date during my stay, other peers helped me through my process of recovery and I am leaving with a very positive mindset."



Ashleigh T



"I have just spent 4 months with Oasis Runcorn and I cannot thank the staff and peers enough for basically saving my life, the support network I received was incredible and if I could stay I would have."



Dan




SANCTUARY LODGE
HALSTEAD  a UKAT facility

“

“I am still amazed how the staff transformed my thinking and actions to enable me to stay sober after leaving.”

Melanie P



Recovering from addiction can be a daunting process, especially amid the chaos of our fast-paced world. Situated in Halstead, Essex, our facility takes into account these pressures and is surrounded by nature to provide that added tranquillity during your stay.

Why Sanctuary Lodge?

Sanctuary Lodge is rated highly by the Care Quality Commission, identified as a supportive environment where staff work as a team to care for their clients. We are subject to regular inspections, meaning you can be confident in the quality of your care.

Our facility

Our centre has a variety of facilities to ensure your comfort, including:



Nineteen en-suite bedrooms



Five beautifully refurbished shared rooms



Scenic gardens to reconnect with nature



An in house gym



Qualified chefs preparing nutritionally balanced meals

Our treatment

Our centre treats all addictions, ranging from drug and alcohol rehabilitation to behavioural addictions such as:

Gambling addiction

Sex and love addiction

Codependency

Eating Disorders

Everybody is unique, and while one person might respond to a particular course of treatment, this may not be the case for another. We incorporate a range of different treatments, allowing each client to explore the methods that work for them, integrating mind, body, and spirit into your treatment programme.

Your home away from home

When surrounded by a caring community and comfortable accommodation, you are more likely to engage with your treatment.

“My goal at Sanctuary Lodge is to provide a safe, comfortable environment for our clients to stay in. This means those who work with us can really connect with their treatment, starting their journey to healthier, happier lives.”

Maria Kornat, Centre Manager



Hedingham Road, Halstead CO9 2DW
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www.sanctuarylodge.com





“

“I remember my time at Banbury Lodge with great fondness. It was truly a turning point in my life that set me off in the right direction.”

Greg L



At Banbury Lodge, we explore addiction from every angle; our committed and highly-skilled team will do everything in their power to ensure that you leave us with all the tools you need to start your journey towards recovery.

Our facility

Located in the peaceful Oxfordshire countryside, our facility is surrounded by luxurious, tranquil grounds where you can slow down and settle into your recovery journey.

Our centre offers:



Twenty-two private bedrooms with en-suite



Two shared rooms



On-site gym



Social spaces for group activities



Private insurance accepted

Banbury Lodge is rated by the Care Quality Commission, regarded as a facility that puts into practice high values of service, providing clients with personalised care plans that give them the best chance of recovery.

Our treatment

No two people are the same, and each of us requires different levels of treatment. By utilising a range of different treatment methods, we offer the space to understand more about your illness and the ways it might affect you. Some of these treatments include:

Individual therapy to uncover the root causes of your condition in a safe space.

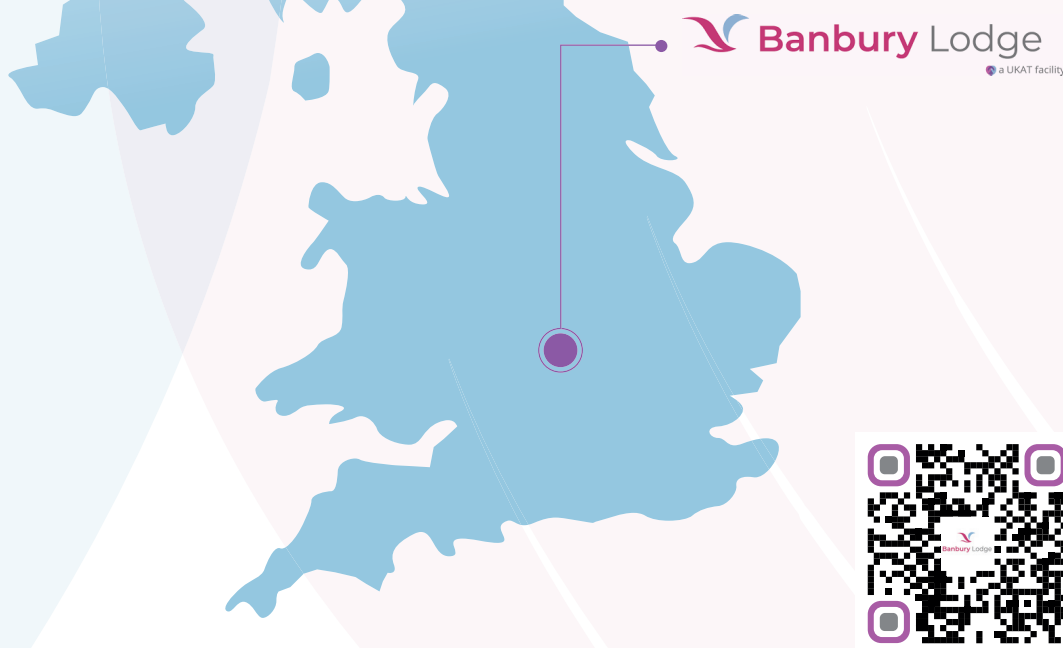
Group therapy as a means to communicate with those around us, bringing an end to the isolation that often results from addiction.

Talking therapies to foster positive thought patterns, giving you the tools needed to improve your overall mood and health.

In addition to these treatments, residential clinic weight management programmes are carefully managed. Our private chef can create a tailor-made menu to suit your dietary requirements, alongside enforcing a fresh and highly nutritious approach to food.

Treatment for young people

Banbury Lodge is one of the only facilities in the UK registered to treat alcoholism, drug addiction and eating disorders in young people aged sixteen to eighteen. We have a passion for spotting and supporting mental health and addiction issues at early stages of development and are committed to helping young people have a fresh start in life.





“

“This rehab saved my life and gave me a new way of living. I’ll be forever grateful for the support I received from the team there.”

Bradley B



Primrose Lodge is situated in Guildford, in the heart of Surrey, just twenty-eight miles Southwest of London. Our established home is ideal for those who wish to recover away from the busy city life, so they can quieten their mind and focus entirely on their recovery.

Our facility

We are proud to be rated by the CQC, with specific emphasis on our relaxed and homely atmosphere. We aim to make you as comfortable as possible with:



A choice of one of our nineteen spacious rooms complete with en-suite bathrooms



An on-site gym for clients to use throughout their residency



Experienced in house chefs preparing delicious and nutritious meals



Spacious settings ideal for walking



Comfortable living areas, perfect for movie and quiz nights

Our treatment

We appreciate everyone has their own story, which has led them to addiction, and we are committed to helping people recover from a multitude of dependencies that are holding them back from living a good quality of life, such as:

Prescription drug addictions

Illegal drug addictions

Codependency addictions

Behavioural addictions

Primrose Lodge offers a safe medical detox for drug and alcohol addictions.

Part and parcel with the detox, we provide a variety of holistic therapy treatments such as:

12-step programme

Cognitive Behavioural Therapy (CBT)

Family recovery programme

Yoga and mediation

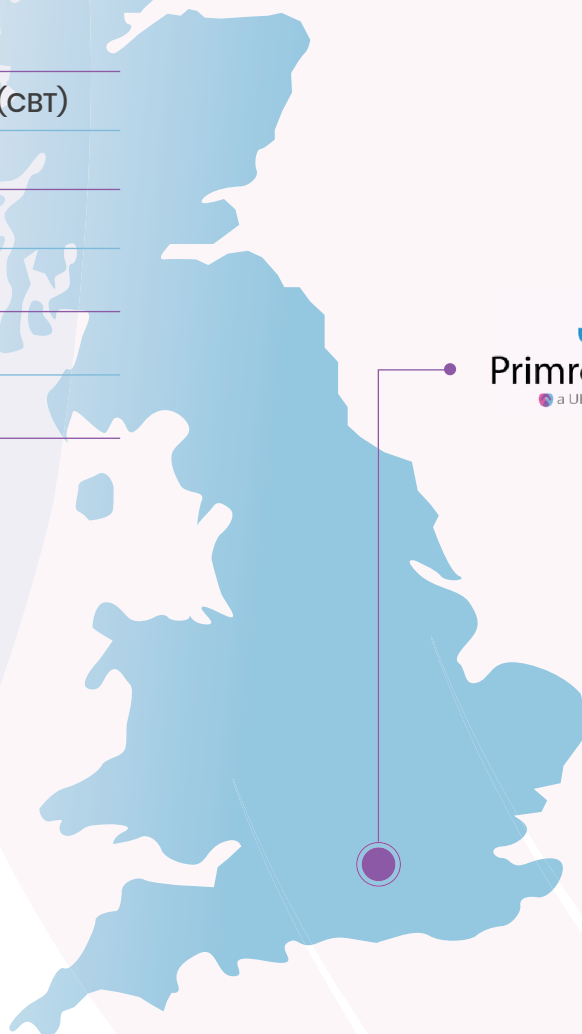
ART and creative workshops

Group therapy

One-to-one counselling

"I know how tough addiction can be, but after twelve years sober, I know how life-changing recovery can be, which is why we are so passionate about helping as many people as we can to overcome their addiction and get their lives back."

Johnny Beggache,
CQC registered Centre Manager




Primrose Lodge
a UKAT facility




Primrose Lodge
a UKAT facility

Perry Hill, Worplesdon, Guildford GU3 3RF
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info@primroselodge.com
www.primroselodge.com

Regulated by
 **Care Quality
Commission**



Recovery Lighthouse
a UKAT facility

“

“Treatment helped me get out of a devastating, life destroying addiction. I would recommend Recovery Lighthouse to anyone struggling with addiction.”

Zak P



At Recovery Lighthouse, we know that addiction can be incredibly overwhelming and make it seem like you are alone in the dark. We're here to let you know that you are not alone and that there is hope. Our aim is to guide you safely back into the light and put you on the path to long-term recovery.

Centre facilities

Recovery Lighthouse is located in the coastal town of Worthing, West Sussex. This seaside setting is the perfect place to unwind and breathe in the revitalising sea air while you focus on your recovery.

We have been inspected by the Care Quality Commission, who have rated us with particular focus on our safe and secure surroundings. These include:



Thirteen bedrooms



Yoga and meditation spaces



Film and game nights



Bespoke fitness guidance



Spacious and tranquil gardens



Beach walks

Our treatment

Recovery Lighthouse provides a safe medical detox for drug and alcohol addictions under the supervision of medical professionals. Alongside our detox programme, we provide a range of holistic therapy treatments, including:

The 12-step programme

One-to-one counselling

Dialectical Behavioural Therapy

Cognitive Behavioural Therapy

Group therapy

Family intervention therapies

Creative workshops

“Our rehab approach is based on connection and trust. Our sole aim is to help clients recover from the pain of addiction. We have an outstanding clinical team, providing treatments around the clock within excellent lodgings, ideal for your healing.”

Mark Alderson, Recovery Manager



Recovery Lighthouse
a UKAT facility



Recovery Lighthouse
a UKAT facility

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Regulated by
Care Quality Commission



"I couldn't have achieved my kick start to sobriety without beginning with Oasis. I am extremely grateful and thank my blessings every day."

Philippa C



Addiction can be a traumatic experience, and it is a condition that can slowly chip away at every aspect of your life, leaving you desperate and isolated. It is important to understand, however, that you are not alone. At Oasis Bradford, we are devoted to helping our clients recover from a multitude of substance and behavioural addictions.

Our centre

We're located in the heart of Yorkshire, and we're proud to say that we have been recognised for our high standard of care in our most recent CQC report. If you choose to recover with us, you will have access to:



Twenty-four-hour nursing staff on hand



One of our seventeen en-suite bedrooms



Yoga and Vibrational Gong Therapy



Nutritious meals cooked and prepared by professional chefs



Group walks

Detoxing at Oasis Bradford

Detox is a very important part of addiction treatment, so we provide a safe, comfortable environment for all our clients during the detox process.

Our treatment

Our rehab programme encompasses a range of treatments to address every aspect of your addiction. These include:

Cognitive Behavioural Therapy (CBT)

Family recovery programme

Yoga and mediation

Acupuncture and creative workshops

Group therapy

Relapse prevention

One-to-one counselling

Stress reduction techniques

Motivational interviewing

Music therapy

“Oasis Bradford is the ideal clinic for those struggling fiercely with addiction and requiring immediate yet safe care. We are here for you throughout the process, and we are devoted to ensuring you feel relaxed, secure, and emotionally supported throughout every step of the recovery.”

Tom Hegarty, Manager at Oasis Bradford



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“

“I speak with my sponsor daily, attend zoom meetings everyday and see my counsellor once a week. I can’t thank Oasis Runcorn enough.”

Danielle J



Suffering alone with an addiction alone can be an incredibly isolating experience. We at Oasis communities wish to assure you that your fears are recognised and to offer hope through our excellent staff and facilities.

Our facility

Oasis Runcorn is a spacious recovery facility located in the beautiful seaside town of Runcorn. One of the biggest advantages of staying at Oasis is that you will have the opportunity to access the town and walk along the coastline. This will enable you to connect with both nature and the outside world, which will help make you transition back to daily living smoother.



Twenty-two bedrooms



CQC rated



Shared and private rooms



Choice of two treatments: 12 step or Strengths Model

All treatment programmes offered at Oasis Communities Runcorn come at an extremely competitive price, and you can rest assured that you will achieve the highest quality service.

Secondary treatment

Oasis Recovery knows just how difficult it can be to return to your routine post-treatment. For this reason, our centre also offers secondary treatment to those on twelve week treatment programmes, to bridge the transition back into community living and find employment.

Connection

It is common for people with addiction to isolate themselves from their loved ones, allowing their addiction to engulf them over time. Collective input has the power to tear these walls of isolation down creating the possibility of a life free from addiction. That is why we create a real sense of community at Oasis Runcorn with everyone working together towards a common goal.

"We work on the basis that the opposite of addiction is connection, and encourage interaction and vulnerability into treatment, giving clients a safe space to open up and find their voice."

Faith Noone, Centre Manager



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T 0203 131 5938
info@ukat.co.uk
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“

“Every member of the team had my end result of sobriety on their agenda. They were all friendly, caring, knowledgeable and professional. Thank you for giving me back my life.”

Linda G



Our facility

Situated just outside London, our centre is located on a charming suburban street in Luton, and we guarantee our clients a peaceful, homely environment to begin their recovery journeys.

Our facility offers:



Comfortable
common areas



Twenty-one
beds on site



Qualifi ed chefs
trained to
accommodate a
variety of dietary
requirements



Fully trained staff
who ensure that
you are never
without the
appropriate care

Why Liberty House?

From our own experience, we know just how advantageous it can be to have a warm and welcoming environment that radiates hope during difficult times.

Rated “Good” by the Care Quality Commission, our services are recognised as going above and beyond to ensure every client experiences expansive and holistic care. We are subject to regular inspections, meaning you can be confident in our unwavering quality of treatment.

Our treatment

Each type of treatment we offer provides something unique, and examples of our treatments include:

Individual therapy

Group therapy

Sound therapy

Gong therapy Art

therapy

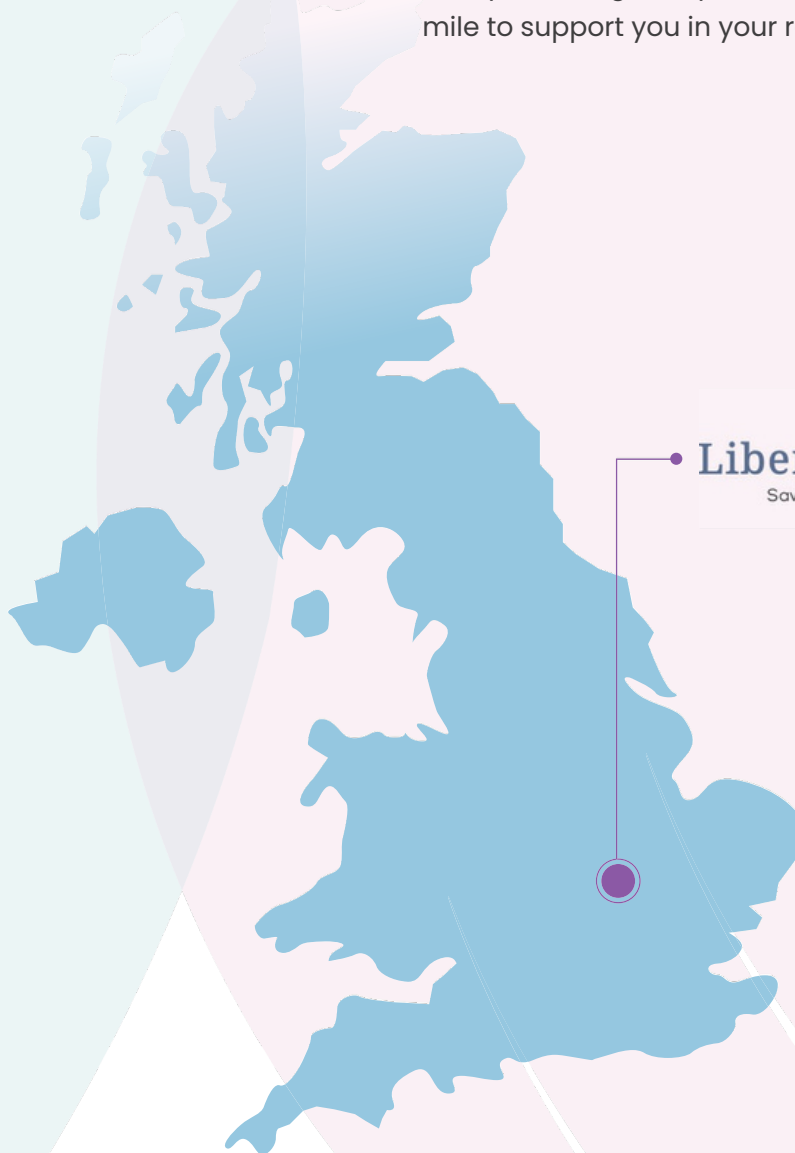
Meditation

Family care

At our facility, we provide family therapy once a month, involving your loved ones in the healing process and helping you to build bridges and strengthen relationships.

Our staff

You can rest assured that our dedicated team is always working with you in mind, going that extra mile to support you in your recovery.



220 Old Bedford, Rd Luton LU2 7HP
T 0203 131 0727
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www.libertyhouseclinic.co.uk





"The treatment I received at Linwood House was exceptional. The 12 step programme of AA which UKAT introduced me to has saved and changed my life, and for that I am eternally grateful."

Sam C



Our home

Situated in Barnsley, South Yorkshire, Linwood House is a newly-refurbished facility that is situated within its own extensive grounds. Our beautiful and stately residence is ideal for those who want to recover within luxurious surroundings and seek tranquillity amongst nature.

What we treat

At Linwood House, we treat many forms of addiction, such as: prescription drug dependency, illicit drug addiction, alcohol addiction and a range of behavioural addictions.

We appreciate everyone has their own story which has led them to this point, and we are committed to being there for our clients as they embark on their recovery journey.

A safe and secure place to detox

Linwood House provides safe medical detox for all drug and alcohol addictions. Whatever your worries or anxieties, we will be with you every step of the way to ensure you feel safe and relaxed and get all the emotional support you need throughout the process.

Alongside detox, there will be a number of holistic workshops every day which will help you address the root causes of your addiction so you can begin to overcome it, such therapies include:



Cognitive Behavioural Therapy (CBT)



Family recovery programme



Yoga and meditation



Group therapy



Relapse prevention



One-to-one counselling



Stress reduction techniques



Motivational interviewing

Amenities for your wellbeing

We are also very proud to be CQC rated, with particular praise given to staff leadership and our safe, comfortable facilities, which include:

Personal bedroom with en-suite

Comfortable sitting rooms
(ideal for movie and quiz nights)

Peaceful therapy rooms

Onsite gym

Communal dining area

Spacious gardens ideal for walking

You can trust our level of care.

“Our team of qualified professionals are pleased to welcome you into our home. Our sole aim is to help free those suffering with addiction, and no matter how low you feel, we believe you can overcome it. Let us navigate you safely through your recovery.”



 **LINWOOD**
HOUSE a UKAT facility



 **LINWOOD**
HOUSE a UKAT facility

Wensley Rd, Barnsley S71 1TJ
T 03301 736 751
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linwoodhouse.co.uk

Regulated by
 **Care Quality**
Commission



Bayberry

WELLNESS & RECOVERY
CENTRES

The Manor

Private Residential Treatment. Warwickshire, England

www.bayberry.org.uk

THE SETTING

A Place Designed for Recovery

Bayberry Manor is a Grade II listed, 17th-century manor house set within private, landscaped grounds in the Warwickshire countryside. Steeped in character and warmth, the house has been thoughtfully designed to feel far removed from any clinical environment.

The Manor is approximately 30 minutes from Birmingham International Airport and is well connected to the national rail network. Chauffeur transfers to and from any mainland UK location are included in the programme fee for all Manor clients.



“*A genuinely restorative place to begin again.*”



ACCOMMODATION

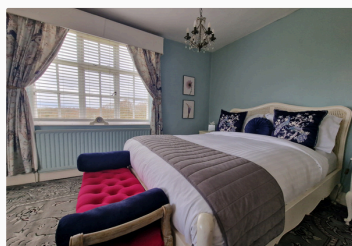
Comfortable rooms. Peaceful surroundings.

The Manor has **four** individually furnished bedrooms, all with garden or countryside views and hotel-quality linens. Rooms are serviced daily, with housekeeping included alongside a full laundry and ironing service throughout your stay.



THE TUDOR ROOM

Double-aspect, first floor room. Garden and field views. Private bathroom with bath and shower



THE WHITE ROOM

Double-aspect, en suite shower. Bright and spacious with views across the grounds.



THE SPIRES

First floor, en suite room, overlooking fields and distant church spires.



LONGVIEW

Second floor room, en suite shower & wide open field views. Light and peaceful.

Built Around You



Outside scheduled sessions, the therapy rooms are available to Manor clients as private office or meeting space, creative studios or quiet retreats. Business meetings and visits from professional advisors can be accommodated, with catering provided.

TAILORED TO YOU

No two stays at the Manor are the same. Before and upon arrival, each client's needs, routines, and preferences are discussed, so that every detail of daily life has been thoughtfully arranged around them.

“Your recovery doesn't fit around our programme. The programme is designed to fit around you.”

Manor Exclusives

• Gym & Spa Access	Pool, gym, sauna, steam, spa (unlimited visits at a local private club)
• Full Time Personal Trainer	Supporting individual programmes, with on-site gym and country walks
• Coffee House	Daily, 3.30–5.30pm (cakes, barista coffee, informal social time)
• Devices	All phones and laptops permitted throughout; unrestricted Wi-Fi
• Chauffeur	Included for admission and discharge; local business travel by arrangement

At Bayberry Manor, treatment is delivered through individual sessions each weekday. We uniquely tailor care to each client's requirements, adapting to their lifestyle responsibilities, preferences, and recovery needs.

“Every meal is prepared to order, with breakfast, lunch and dinner served daily, at times agreed with the client.”

Before arrival, the team takes time to understand each client's routines, priorities and expectations, allowing every aspect of their stay to be carefully planned. From therapy schedules and daily routines to dining preferences and environmental comforts, no detail is overlooked.

Personalised Dining



No set menu. Every meal is made to order by our Executive Head Chefs and served in the dining room, lounge, garden, or bedroom, at times that suit the client. Snacks and drinks are available throughout the day and evening.

Daily Living & Environment



Wake times, meal schedules, room temperature, bedding, housekeeping, visiting times, and evening routines are tailored around the individual.

Therapy on Your Terms



The level of contact from staff, from close accompaniment to complete privacy, is set by the client and adjusted as needs evolve. Therapeutic approaches are equally personalised, remaining aligned with individual preferences.

Supporting Professional Commitments

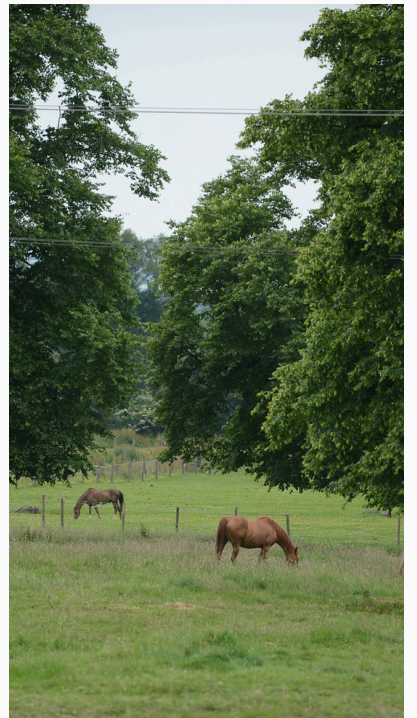


Treatment can be arranged around essential commitments, with therapy scheduled to accommodate meetings, calls and other obligations, allowing clients to remain engaged with important responsibilities.

Lifestyle and Wellbeing



Supporting physical wellbeing and personal interests, from gym and spa access to personal training, creativity and more.





THE PROGRAMME

The Heart of Recovery

The Manor Programme is entirely **one-to-one**. There is no group therapy, no shared timetable and no requirement to work alongside other clients. Every programme is designed around the individual, beginning with a thorough clinical assessment on the day of admission.

“*A personal, one-to-one journey of restoration and lasting change.*”

PROGRAMME DETAILS



Psychotherapy

1:1 pluralistic therapies including trauma-informed



Psychosexual Therapy

Specialist talking therapy for identity & relationships



Respite & Retreat

Stress, burnout and resilience building



Activity & Movement

Tailored to desired results



Lifestyle & Wellbeing

Coaching, planning & personal goals



Family Support

Aligned with client's needs



Aftercare

For as long as you need it



Outstanding Therapists

Qualified, Accredited, Recognised

CONDITIONS WE TREAT:

Mental Health | Alcohol | Substance Use | Behavioural Change |
Personal Development | Life Changes & Challenges

Clients receive 15 hours of individual psychotherapy each week, plus additional wellbeing and support sessions. Timing, pacing and content are shaped in ongoing discussion between client and therapist - and more intensive stays are also available.

Nationwide Support



UK
Addiction Treatment
Centres

Find help across
the UK



“We pioneered our customised, one-to-one, service 14 years ago and are proud to continue supporting our clients with their unique needs and circumstances

Mandy Cooper”



Bayberry

Admissions 24/7



0808 163 3227



admissions@ukat.co.uk

Scan for our Website



Compassionate Care

Kindness, understanding
and discretion at every
step.



Expert Support

Evidence-based
treatment from
experienced teams.



Lasting Recovery

Continued care, and a
lifelong alumni
community.



Bayberry

WELLNESS & RECOVERY
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THE SETTING

A Place Designed for Recovery

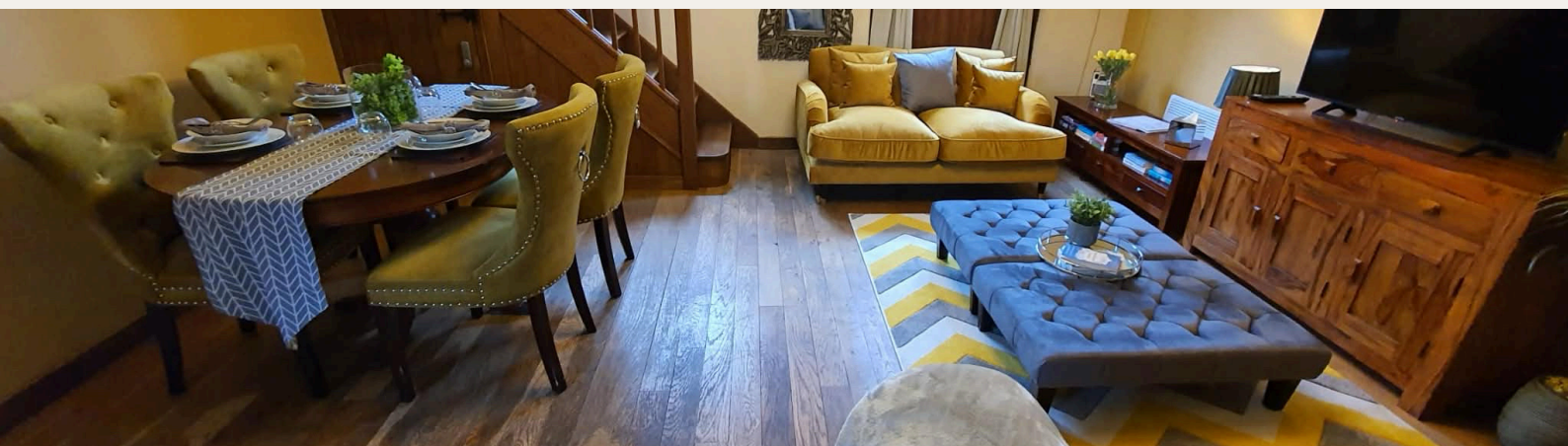
Bayberry Cottages are set within private, landscaped grounds in the Warwickshire countryside, with each cottage having been carefully considered to provide comfort, privacy, and warmth, reflecting a traditional sense of care and quiet country living.



While it feels secluded and private, the location remains highly accessible, with Birmingham International Airport around 30 minutes away and strong connections via the national rail network, making travel straightforward from across the UK.

“

Where heritage meets quiet restoration.”



ACCOMMODATION

Where privacy and comfort are prioritised

The cottages are set around a private courtyard, with each one housing no more than **two clients**. The environment is calm and residential in feel, designed to offer comfort and privacy rather than anything institutional.

What's included in your cottage:



Chef-prepared meals daily



Smart TV



Wi-Fi Access



Local Pool, spa & gym access



On-site coffee house



Courtyard garden & orchard



THE PROGRAMME

Where Recovery Takes Shape

The Bayberry Cottages Programme offers a structured residential treatment experience combining group therapy, individual psychotherapy, and peer-supported recovery. Each admission begins with a full clinical assessment, ensuring care is tailored from the outset and continuously shaped throughout the stay.

“A structured path to recovery, with space for individual change.”

PROGRAMME DETAILS



Core Therapeutic Model

Structured group therapy, or combination of group and 1:1 sessions



Therapeutic Community

Peer-supported recovery within a safe, guided environment



Structured Weekly Timetable

Full weekday programme with consistent therapeutic rhythm



Creative & Holistic Therapy

Art, mindfulness, and wellbeing-based interventions



Personalised Clinical Planning

Programme adapted continuously to individual progress



Recovery Skills Development

Practical tools for relapse prevention and long-term stability



Aftercare

For as long as you need it



Outstanding Therapists

Qualified, Accredited, Recognised

CONDITIONS WE TREAT:

Mental Health | Alcohol | Substance Use | Behavioural Change | Personal Development | Life Changes & Challenges

Clients follow a structured weekly timetable centred on group therapy as the primary therapeutic framework, with a choice to include regular one-to-one psychotherapy sessions. This balance allows for personal reflection in private sessions while also engaging in shared therapeutic work that builds connection, accountability, and insight.

Nationwide Support



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