

CLOUDS HOUSE

Residential addiction treatment,
and a recovery community for life.

Inspected and rated

Good



Taking the *first step*

If you are reading this, you are already doing something brave. Whether it is for yourself or for someone you love, looking into treatment is often the hardest part, and you do not need to have it all worked out to start a conversation with us.

This guide is here to help you decide. It explains who we are, how we treat addiction, what life at Clouds House is really like, and how to take the next step. Take it at your own pace. There is nothing to sign, and nothing is expected of you simply for reading on.

We have been helping people recover since 1983, in a calm and welcoming Georgian manor house in the Wiltshire countryside. People arrive feeling all sorts of things, frightened, unsure, worn out and quietly hopeful, and they are met with warmth and without judgement, exactly as they are.

There is no commitment in reading this guide, and none in picking up the phone. We would far rather talk early, and honestly, than have you wonder whether you would be welcome here. You would be. Whenever you feel ready, we are here.





WHY CLOUDS HOUSE

What sets us *apart*

There are many places you could turn to, and choosing one is rarely easy. Here is what makes Clouds House different.



01

Forty years of experience

Treating addiction since 1983. Thousands of people have begun their recovery with us.

02

Rated Good by the CQC

Good in every category at our most recent inspection: safe, effective, caring, responsive and well-led.

03

A charity, not a business

Run by The Forward Trust. We answer to no shareholders, so our decisions are about your treatment, not profit.

04

A real therapeutic community

Recovery here happens among people from all walks of life, not just in a consulting room.

05

More than the addiction

An unusually broad range of support, from equine-facilitated learning to ADHD coaching, art and the outdoors.

06

Support that lasts

Aftercare and a nationwide recovery community that keep supporting you for years, not just the weeks of your stay.

Recovery should be possible for *everyone*.

Whoever you are and whatever your past, brought together by a shared experience and a shared wish to get well. That common ground, more than anything, is what makes Clouds House work.

There was always such a great mix of people, all with very different stories but living together and sharing this common thread.



WHO WE HELP, AND HOW

Two routes, *one community*

People come to Clouds House by one of two routes. Whichever you take, from there you walk the same path, the same programme, the same community, the same welcome.



ROUTE ONE

A medically monitored detox

A planned, supervised opiate detoxification, or deprescribing regime from prescription medication, with our clinical team alongside you the whole way.

ROUTE TWO

A rehabilitation place

For alcohol dependence that doesn't require a detox, substances such as cocaine, cannabis and ketamine, and behavioural addictions such as gambling, sex and love addiction.

●● Both routes lead to one programme, and one community.

Not sure which fits you? That is exactly what the first conversation is for. We will tell you honestly, and an early chat never commits you to anything.

Where the *work* goes



Recovery here is about far more than stopping a substance or a behaviour. Addiction is usually rooted in our relationships, in difficult feelings and in unresolved trauma, in the ways we have learned to cope with pain. We will show you how to live a life free of addictive substances and behaviours, and help create the right conditions for you to begin your journey of recovery.

Our programme follows the **Minnesota 12-Step model**, an abstinence-based approach that treats addiction as an illness rather than a failing, and brings people together to recover alongside one another.

Interpersonal group therapy, at the heart

Our flagship model of interpersonal group therapy creates a rich and safe environment in which you gain valuable insight into your relationship with yourself, with others, and with the substances or behaviours that have come to drive it.

It is also a place to explore how you relate to other people, to challenge and be challenged with honesty and care, and to build the everyday living skills you will go on to practise in the wider Clouds House community.





MORE THAN TALKING THERAPY

Other ways *in*

A range of other approaches sit alongside the core programme. They are not extras. They give people who do not always find words easily other ways to engage, reflect and reconnect.

Mindfulness

Practice to settle a busy mind, ease stress and steady the emotional ground recovery needs.

ADHD coaching

One-to-one coaching on how ADHD and addiction feed each other, building focus and routine.

The gardens, kitchen and table

Growing, cooking and sharing food rebuilds routine, responsibility and self-care.

Equine-facilitated learning

Horses give honest, wordless feedback that reaches what talking cannot, and rebuilds trust.

Exercise and the outdoors

Movement and time in the Wiltshire grounds rebuild physical health and lift the mood.

Creative therapy and art space

A space to express through making and art what words cannot. Opening summer 2026.

A space of your own, *and never alone*

Bedrooms at Clouds House are shared, and that is by design. Partial-height dividers give each person a generous, private space of their own, somewhere light and quiet to rest, read and gather your thoughts, set within a room shared with others walking the same path.



A space that is yours. Your own corner, your own light and your own quiet, with room to retreat whenever you need it and never the feeling of being shut away.

The quiet power of company. Mornings begin in good company and evenings end with someone to talk to. Living alongside others in recovery, a word of encouragement, a shared laugh, an understanding glance, does as much for healing as any session in the day.

Light, and a long view. High leaded windows fill each room with morning light and open onto the Wiltshire gardens, so that rest and quiet become part of getting well.

I arrived dreading the thought of sharing a room. It became the very thing that saved me.

A FORMER RESIDENT





Grown here, *cooked here*

Good food is part of treatment here, not separate from it. Much of what reaches the table is grown in the Clouds House gardens by residents themselves, then picked, prepared and shared as part of everyday life in recovery.

Garden to table. Residents help grow much of our produce in the kitchen garden, and what is picked finds its way straight into the day's cooking. Tending, harvesting and then sharing the meal becomes part of rebuilding routine, patience and self-worth.

Seasonal menus, made in house. Our in-house catering team develop seasonal menus around the freshest produce, striving for excellence at every meal and treating good food as part of how people get well.

Nourishment for the work ahead. Every menu is built for healthy, balanced nutrition, with all dietary needs and preferences carefully catered for, so each person is well fed through demanding days.

Sitting down together to eat food we had grown ourselves was the first time in a long while that I felt part of something.

A FORMER RESIDENT



LIFE AFTER CLOUDS HOUSE

A beginning, *not the end*

The weeks you spend here are a beginning, not a finish line. When someone leaves Clouds House the support carries on, both for the person in recovery and for the people who love them.

AFTERCARE AND RECOVERY SUPPORT

Support that follows you home

Everyone who completes a programme is offered structured aftercare, part of the treatment from the very start rather than an afterthought.

Weekly aftercare groups, joined from home. Familiar faces and a steady weekly rhythm keep the same support with you wherever life takes you, a place to keep talking honestly and stay accountable long after the weeks here are over.

Forward Connect. Through The Forward Trust's nationwide recovery community, you and those close to you stay connected to others in recovery, building the recovery capital that holds it all together for as long as you want it.

FAMILIES AND LOVED ONES

The whole family can heal

Addiction is rarely something one person carries alone, and you may be reading this for someone you love. With their consent, we involve the people who matter to them, so recovery belongs to the whole family.

We support the people around them too, helping families understand addiction, rebuild trust and care for their own wellbeing as recovery takes hold.

Talk it through with us. You can discuss your needs and the support available, for you or someone you love, with our admissions team whenever you feel ready.

Beginning is *simpler than it feels*

There is no daunting process to face on your own. Every admission begins with a conversation, and we guide you gently from there, at a pace that feels right for you.



THE ADMISSION PATHWAY

01

A conversation

It always starts with a friendly chat with our admissions team. No pressure, no commitment, just a chance to talk things through.



02

A structured assessment

A structured assessment helps us understand your needs in full, so we can shape a treatment plan that is tailored to you.



03

Your plan, and a date

Our team will discuss your needs together to agree the right support for you, and we will arrange your admission date.

WAYS TO FUND YOUR TREATMENT

— PRIVATELY

Funded by you or your family, or through private medical insurance.

— LOCAL AUTHORITY

Arranged through the drug and alcohol service in your local area.

— BURSARY

We fundraise to help people who cannot access other funding.

Because we are a charity, we genuinely want treatment to be within reach. If you are paying privately, we explain the fees and any deposit clearly and up front, with no hidden extras.

READY TO TALK?

At Clouds House, we believe in *you*.

One conversation is all it takes to start. There is no obligation, and nothing to prepare. We aim to respond to every enquiry within one working day.

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ONLINE

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Prefer us to call you?

Scan the code to send your name, a number and a good time to ring, straight to our enquiry form.