

Rebuilding lives one brick at a time



Nehemiah

News

Summer

2018

"You will open the eyes of the blind.
You will free the captives from prison,
releasing those who sit in dark dungeons"
Isaiah 42:7 (NLT)

At Nehemiah we help vulnerable men rebuild their lives from a cycle of crime and addiction. Most of the men we work with disclose a history of poverty, abuse and neglect. Nehemiah enables these men to break the cycle by providing professional and life changing support required to secure a new future.

Thanks to Jamie our Chairman and longest serving Trustee who has stepped down after 35 years.

Jamie Colman brought a wealth of experience and passion to Nehemiah and has helped us enormously, making Nehemiah the project it is today.

Jamie is followed by Tom Nell, a Trustee for many years. Two new Trustees, Gavin Boyle and Robert Atwater have also recently joined the board.

We welcome them and thank all our Trustees for their dedication and support.

Prayer Group.

I have a strong feeling that I was destined to be part of The Nehemiah Project.

I met John Patience at a farewell gathering for Mgr Roger Reader in January and not long after this, he invited me to the house in Streatham, introduced me to the 'family', I shared with him my holistic approach, and my experience of running a prayer group at Coldingley prison. The men really value the prayer group, as it's the one time in the week when they can share how they're really feeling, and trust that God will take care of it all. I've watched them grow in confidence and begin to believe that they're really loved by God, no matter what they've done.

Together with Isobel (one of my chaplaincy volunteers at Coldingley), we agreed to run a weekly prayer group at Nehemiah. We listen to music, share our joys and sorrows and pray together. We also encourage the men to engage with a local church – it's so important to connect with other people of faith, as we can all support each other on our journey.

My hope for the future is that all those who commit to the recovery programme at TNP will embrace the opportunity to develop a lasting relationship with God, and come to experience the deep peace that only He can offer.

Gerlinde Symons

(RC chaplain, HMP Coldingley and HMP Brixton)

I've recently been reading a book called 'Flourishing' by Maureen Gaffney, and it has really brought home the need for us to focus on how the men we work with at Nehemiah have opportunities to flourish. Gaffney in her book explores the psychological research into the factors which enable people to overcome adversity, maximise potential and enjoy life and ultimately 'flourish'. Two of our former Residents recently came back to tell us how their lives are flourishing. One had gone to his niece's baby shower which shocked his family to see how transformed he had become and the other has rebuilt his relationships with his children and grandchildren which is giving him so much joy.





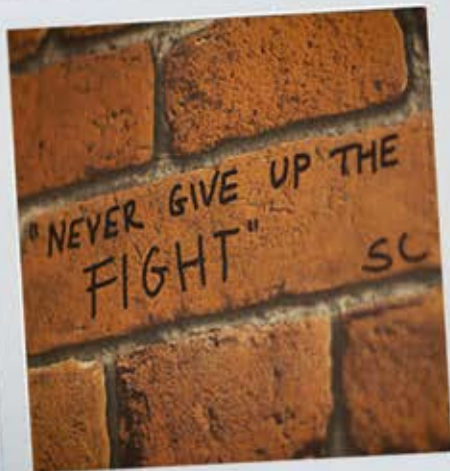
On 13th April Three men graduated from Nehemiah's 'A New Future' 12 week programme. It was very moving to hear how living and being supported at Nehemiah had transformed the men's lives, how relationships with family members had been strengthened as a result and how with persistence the men had resolved issues and were determined to make a new future for themselves.

"I would like to thank everyone at Nehemiah for helping and supporting me".

"Thanks for sticking with me when I couldn't see a way out".

Simon's Story.

"I have had 35 years of drinking solidly, no stopping nothing to slow me down. After working for 20 odd years as a chef at a merchant bank still drinking, I lost my job. It was then that I needed to change my life. A friend told me about Nehemiah, so I tried to detox myself before I came, which they told me afterwards was dangerous - I didn't realise! Anyway I came to Nehemiah and I started to get into it. At first it was hard and then it changed. I started to get my children back, I've got three children 32, 21 and a 5-year-old. Now I've got all my children back, I've got my grandchildren back and I owe Nehemiah a lot for that as I wouldn't have got them back my way. I'm here at the end of my journey now, because in a few months I'm looking to move on. The whole of my life I will look back and think I wish I came to Nehemiah earlier. The staff, even when I had my low stages were there to help bring me back up for that I will always be grateful. For all the new men here, you can do it and you can get all of your people back but you've just got to be patient".



You too can help rebuild lives

Our prisons face huge challenges. By working along side prisons The Nehemiah Project can sustain the changes men have already started to make whilst in prison. By supporting Nehemiah you will help rebuild men's lives, helping them overcome their addictions, get back into work and reconnect with their families. Please donate www.tnp.org.uk/get-involved/donate

Virgin London Marathon - On Sunday 22nd April 8 people ran for Nehemiah in this years' Virgin London Marathon, raising over £14,000.



Prudential Ride London-Surrey 100 on 29th July 2018



We have 4 places available
- please contact Lois Momoh
if you are interested in
riding for Nehemiah
lois.momoh@tnp.org.uk
07903868840for Nehemiah.

Thank you to all our generous supporters who help Nehemiah transform and rebuild lives.

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