The **Nehemiah** Project

REBUILDING LIVES



2020 Impact Report

www.tnp.org.uk

Who we are

The Nehemiah Project provides a home and support for men with a history of addiction. Our residential programme is abstinence-based where men can address the root causes of their addiction within a supportive environment.



One of the Nehemiah Residents preparing for a bike ride.

With over 20 years' experience, our holistic, peer group approach to recovery creates a safe place where men can go through the challenging and painful, but also rewarding process of reviewing their lives. We help our Residents create a foundation on which to build a future.

Nehemiah has five houses in south London. Our first stage houses are in Streatham and Croydon with second stage move-on accommodation in Croydon, Clapham and Wandsworth. At Nehemiah we believe that anyone can change their life, and this underpins all our work. We have plans to offer what we do to an ever growing number of men.

The changes in my life have been huge, due to encouragement, challenges, teachings, and a different type of love that I'd never encountered before, making me accountable and responsible.

"He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners."

The Facts and Stats

- 64% of people in prison have used Class A drugs.
- 38% of men in prison report committing offences to get money to buy drugs.
- Only around a third of adults in prison (34%) in need of substance misuse treatment following release in 2018-19 were successfully engaged in community based treatment within 21 days.
- The cost to the taxpayer of holding inmates in our jails is at a record high. The bill is now £43,213 a year for every place at our 127 prisons. Compared to this, it costs £15,000 a year to support a man recover their life at Nehemiah.
- Nearly half (47%) of all adults receiving treatment in custody during 2018-19 had problematic alcohol use.
- A study has estimated the annual total estimated economic and social cost of reoffending as £18.1bn.
- Only 22% (one in five) people leaving prison and referred to the Work Programme have found a job which they held for 6 months or more.

Source: Bromley Briefings 2019 2020 figures unavailable due to Covid-19

Keith's Story

Keith had a traumatic childhood that started with the death of his mother when he was two years old, which led to his older brother becoming addicted to substances at an early age. His brother was asked to leave the family home because of his drug use. Whilst Keith was at secondary school, his father had a heart attack, Keith then became his carer.

Despite his early trauma, Keith set up his own successful business and got married. Things were going well until his wife became pregnant after 14 years. He found her pregnancy extremely stressful, which led him to take refuge in taking drugs. This was detrimental to his relationship. Before his child was born, Keith was advised to attend a rehab, where he only stayed for a short period. His addiction led to the loss of his business and his family. Due to his drug addiction spiralling out of control, he has only ever seen his son on two occasions.

Keith ended up in various prisons until he decided he wanted to make a change in his life. He joined Nehemiah at the end of September 2019.

Working closely with his Nehemiah Key worker, Keith disclosed his experience of loss of contact with friends, and family and his desire to rebuild relationships. It was at this point that Dawn, Nehemiah's Family Support Worker became involved. Through Dawn's support, Keith made contact with a cousin who was able to contact Keith's older brother. Keith's brother made contact with Keith and came to see him after 30 years. His brother had been looking for him and they are both delighted.

Keith graduated from the Nehemiah 12-week recovery programme in January 2020. Despite Covid-19 and lockdown restrictions. Keith has remained focused on his recovery, has moved into new Nehemiah second stage move-on accommodation. passed a railway safety training course and secured full-time employment. Keith also gives a lot of encouragement to others and runs an AA/NA group from one of our houses every week for Nehemiah Residents, Keith also recently got baptised and continues to make huge strides, giving himself the best chance of a long-term recovery.



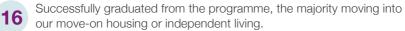
Keith working on the rail network.

Our Impact

Despite Covid-19, In the year 2020 the charity worked with 41 men. Of these:

- 27

engaged with 'A New Future' 12-week first stage recovery programme.





28 people including Residents benefitted from Family Support.

Our move-on accommodation housed **21 different men** during the year, all of whom had completed the stage one New Future Programme.

3 Residents were baptised at local churches

Only **5%** of the men who completed our programme in the last five years have returned to prisons, to our knowledge. Compared to this, nationally nearly **50%** of released prisoners reoffend within 12 months and this figure is higher for London prisons.

The Nehemiah Project was able to continue operating, throughout the Covid-19 pandemic and worked hard to maintain our high standard of recovery support. Our staff and residents adapted quickly to the new conditions and we managed to complete the programme via Zoom and with a few staff present in each of our houses, we managed to have two graduations in the summer and autumn. We opened a new second stage move-on house at Croydon in November and the same month we decanted our first stage house and office at Streatham ready for refurbishment. The pandemic has changed our way of working. We have supported our Residents both electronically and face-to-face, and all staff have been electronically linked to the charity, making sure that Residents continued with their recovery at the same time as keeping everyone at Nehemiah safe.

The majority of our Residents had completed the recovery programme or were close to completion when the first lockdown started in March, and this meant that the houses were able to maintain a good level of stability at what was a very stressful time for everyone. Whilst in lockdown, we introduced a rent deposit scheme as an incentive to help our Residents concentrate on their recovery with a clear focus towards the future. The past year has been one of the most challenging for Residents, staff, and the charity as a whole. Fewer employment opportunities were available for Residents. We have supported men who because of Covid have increased mental health issues and have not benefited from the usual programmes in prison. Yet despite this, we are still seeing some exceptional individual results of men who have completely changed their lives and have a new future and hope.

"I'm where I am not just because I wanted to change my life but because you helped me also to change and become the man I am today who has his whole life back plus family and is now getting married." Nehemiah Resident

How to join The Nehemiah Project

Criteria

- A man over 18
- Problems with substance misuse / addiction
- Eligible to claim Housing Benefit
- Willing to remain abstinent

You can also phone Paul Da Costa on 07719 960 703, to talk about it. You can email Paul on referrals@tnp.org.uk

To join Nehemiah a man must complete an application form. This can be done as a self-referral, or by an agency worker. We will send you a risk assessment form to fill out to support all interview candidates.

We treat all applications in the strictest confidence, and evaluate all forms using the same criteria. Anyone can phone our Referrals Coordinator to discuss a referral.

Please visit our website for more information at: www.tnp.org.uk/referrals

To donate, find out more or to sign up to our newsletters:

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