

THE  
ehemiah  
PROJECT  
Rebuilding Lives



2024 Impact Report



## A MESSAGE FROM OUR CHAIR

A warm and sincere “thank you” from me and everyone at Nehemiah to all our donors, supporters and volunteers. Your financial resources, time and skills have enabled us to achieve great results for Nehemiah Residents in 2024.

The Board of Trustees and the dedicated staff team at Nehemiah see men flourish, recover their lives, rebuild family relationships, secure employment and move on from the charity in a positive way.

During 2024 we invested in additional individual and group support for Residents in the second stage of our recovery programme, helping Residents engage in voluntary work, training, education and employment. This led more Residents to secure employment and training opportunities than previous years, and an increase in the number of Residents moving on positively into the community. It also extended the average time that residents stayed at Nehemiah, explaining why the total number of men helped was lower than in the previous year. We are also delighted that in second stage no residents absconded, reoffended or were recalled to prison.

The quality of our recovery programme remains paramount in 2025.

Your continued support is critical to the success of Nehemiah, to the men recovering their lives and their families. On behalf of everyone at Nehemiah, thank you. I look forward to reporting equally positive results in 2025.

### IMPACT SNAPSHOT

48

Men supported

70%

Completed our  
recovery programme

67%

Employed or in  
training

13

Positive Move-ons

*Colin Matthews*

# Who we are

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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.

With nearly 30 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 six 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 a growing number of men.



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**Nehemiah is a  
vitaly important  
place  
for people like me  
who need to  
recover their  
lives from  
addiction,**

***it works.*”**

*Nehemiah Resident*

# In 2024 The Nehemiah Project worked with 48 Men



## Back in the Community

32 Residents were in employment, training or regularly volunteering.

## 'A New Future' Programme

# 70% completed

## Re-Offending Rate



Just 5% of our men in the last 5 years have re-offended: nearly 50% of released prisoners UK-wide reoffend within 12 months.

## Family Support

29 Residents benefited from Family Support, with 12 men rebuilding family relationships.

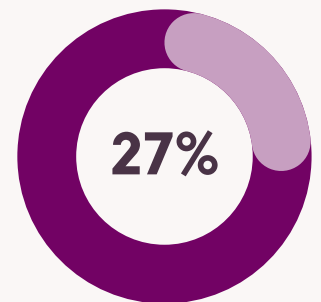


20 Men engaged with our 1st Stage 13-week programme, completing modules.

14 Men successfully completed 'A New Future', the majority moving into our move-on housing and independent living.

## Second Stage Residents

No second stage Residents absconded, abandoned their place or were recalled to Prison.



were from the  
BME  
community

# THE FACTS AND STATS

£ 51,724

The average annual overall cost of a prison place in England and Wales

An estimated **one in three** people in prison are suffering from a **serious drug addiction**

**70%** of people in prison with a self-identified alcohol problem said they had been **drinking when they committed the offence for which they were in prison**

**16%** are serving a sentence **in prison for drug offences**

**37%** In 2021-22, **under two fifths** of adults identified as in **need of post-release substance misuse support** were engaged in treatment within 21 days of leaving prison

**48%** **Less than half** (48%) of people released from prison between 2022-23 had **settled accommodation on release**, and **more than one in 10 (11%) were homeless** or sleeping rough.

Sources available on our website



# Pete's

## Story.



Football has always been my passion. As a child it gave me joy, and this has never really left me, but by age 14, I was also experimenting with drugs and alcohol. My father was an alcoholic, and when he drank, he became violent. Drinking helped me numb the pain of my childhood trauma and feel less alone.

For years, I was a "functioning" addict. I was married and got divorced, I worked in facilities management and played semi-professional football while using cocaine and drinking heavily. Drugs and alcohol were everywhere in my industry, so it felt normal. I lost jobs and relationships along the way, but I kept going. My addiction eventually cost me everything – my job, my partner, and even my ability to play football. In 2020 I received a suspended prison sentence for 10 weeks for being drunk and disorderly. I lost another good job because of it.

In early 2024, I was homeless, out of work, and unable to see my young daughter. I was then hospitalised, and this was how I found The Nehemiah Project. I was connected to Nehemiah through the Southwark Homeless Team and a charity called Bounceback. Within two weeks of applying, I had a place at Nehemiah and from the moment I arrived, I felt welcomed by both staff and residents.

I completed the 12-week recovery program and attended three fellowship meetings a week. The support I received from Nehemiah's Counselling Psychologist helped me address the pain at the heart of my addiction. For the first time, I was able to let go of the past and begin to heal and because of this I have reconnected with my daughter and my parents.

I have now moved into one of Nehemiah's stage two houses and am regularly volunteering for Street Soccer London, a charity which aims at improving the wellbeing for people through football-themed training and personal development.

Recently, I was selected to join the Homeless World Cup as the Goalkeeper for England team for the Seoul, South Korea Tournament. I never thought six or seven months ago that I would be representing England in the Homeless World Cup, back playing football. Being part of the team gave me a new lease on life. It was unreal, meeting new people coaches, players, staff, everyone was fantastic, I couldn't ask for anything more. It was an incredible experience – one that has inspired me to pursue my dream of becoming a football coach.

# Olly's

## Story.



I had a good childhood, but when I was four, my mum was arrested for armed robbery and later became addicted to drugs. After she was released, my dad helped her with housing, but she hid her addiction. I moved back with her, and soon, she involved me in shoplifting. She sent me to steal food from doorsteps. I knew it was wrong, but she was my mum—I wanted to help.

As a teenager, drugs became my life. At 13, I found my mum's stash and started smoking weed. When my dad discovered she had sold our furniture, he wanted me to live with him, but I was already drawn to a different world. I was good at boxing and football, but stealing and getting high felt more exciting. At 17, I moved out, started drinking heavily, and used harder drugs like cocaine. To fund my habit, I robbed people—even drug dealers. Eventually, I was convicted for making shotgun threats. I spent nearly 20 years in and out of prison. At my worst, I made £20,000 a month, but 80% went on drugs. Prison didn't feel like punishment—it was just a more relaxed version of my life outside. Everyone smoked weed. It was normal.

The first time I went to Nehemiah, I wasn't ready. I fell back into the same cycle and returned to prison. But at 40, something changed. My two sons, now teenagers, barely knew me. My friends were settling down, and I was stuck in the same life. I was placed in an enhanced prison wing with psychiatric

support, weekly drug tests, and a job. I reconnected with my family. My dad and Will, a former Nehemiah resident, visited me. Will had turned his life around. Seeing that gave me hope—if he could do it, maybe I could too. At the same time, I reached out to my mum after eight years. I had a feeling something was wrong. Soon after, I found out she had stage 4 cancer, and not long after I went to her funeral. I realised my bitterness and anger had always been directed at her—for the violence, for the life I'd ended up in. When I let that go, I felt lighter.

I wrote to Nehemiah, asking for another chance. This time, I was serious. I had to start from scratch, but I understood why. The structure helped—morning duties, group sessions, therapy, self-reflection. The balance was exactly what I needed. The family support at Nehemiah changed everything. Dawn, our family practitioner, helped me rebuild relationships. I hadn't spoken to my younger brothers in over a decade—now, we talk all the time. I even spent Christmas with them for the first time in 12 years. Most importantly, I'm reconnecting with my sons. This Friday, I'm meeting them for pie and mash—it means everything. Next week, I graduate from Stage One and move into a Stage Two house. I still have a long way to go, but for the first time, I believe I have a future. Will inspired me to change, and now, I hope I can do the same for someone else.



# Family Support

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The emphasis of family support groups in 2024 was to ensure that all residents had the opportunity to engage and rebuild their relationships with their families if they chose to. Attending the family support group fortnightly has given residents a safe environment to look at unresolved matters, which previously kept them captive in addiction. This year 29 residents benefitted from our family support groups, with 12 residents reconnecting with family.

The family support work also extended to the community around the residents, family members have also had the opportunity to connect with the service. One such example of this was a resident's partner who sought support both for her relationship with her partner and his substance misuse, and her own family history of addiction.



# Driving Change Through Research

For the past two years, we have been working with South Bank University Addiction Centre to explore how the Good Lives Model can strengthen our Stage Two programme as men move into the community. The Good Lives Model advocates for the importance of basic human needs, and suggests that individuals need to achieve these human needs to have a happy, healthy, and meaningful life.

With the support of our PhD researcher, we are developing a framework to apply this model in practice. As part of this work, we are co-creating a new way to measure progress, building on our existing Nehemiah Star framework, in collaboration with staff and residents.



**Dr John Patience**  
**Chief Executive**

“

I am very encouraged by the potential of our work with South Bank University Addiction Centre. Lauren, our PhD researcher has focused on applying the Good Lives Model to our programme with a particular focus on support as men move into the community.

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# Volunteering at Nehemiah

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The past twelve months have seen a variety of volunteering activities at the Nehemiah Project. With 65 regular volunteers, these have ranged from healthy eating workshops at both the Croydon and Streatham Houses, IT drop-in sessions at our Croydon House, dyslexia and literacy one-to-one support with our Residents, volunteers conducting research into local activities and opportunities for our Residents and of course, our garden volunteers who work alongside our Residents to beautify the gardens of our Nehemiah houses.

These activities add real value to our work, help our staff team, and provide opportunities for both Residents and volunteers to socialise and learn about each other's lives. Our wonderful Volunteers have even braved the London Marathon and Ride London to raise funds!



# How to join us

## Criteria

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

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 team to discuss a referral.

*You can phone:*

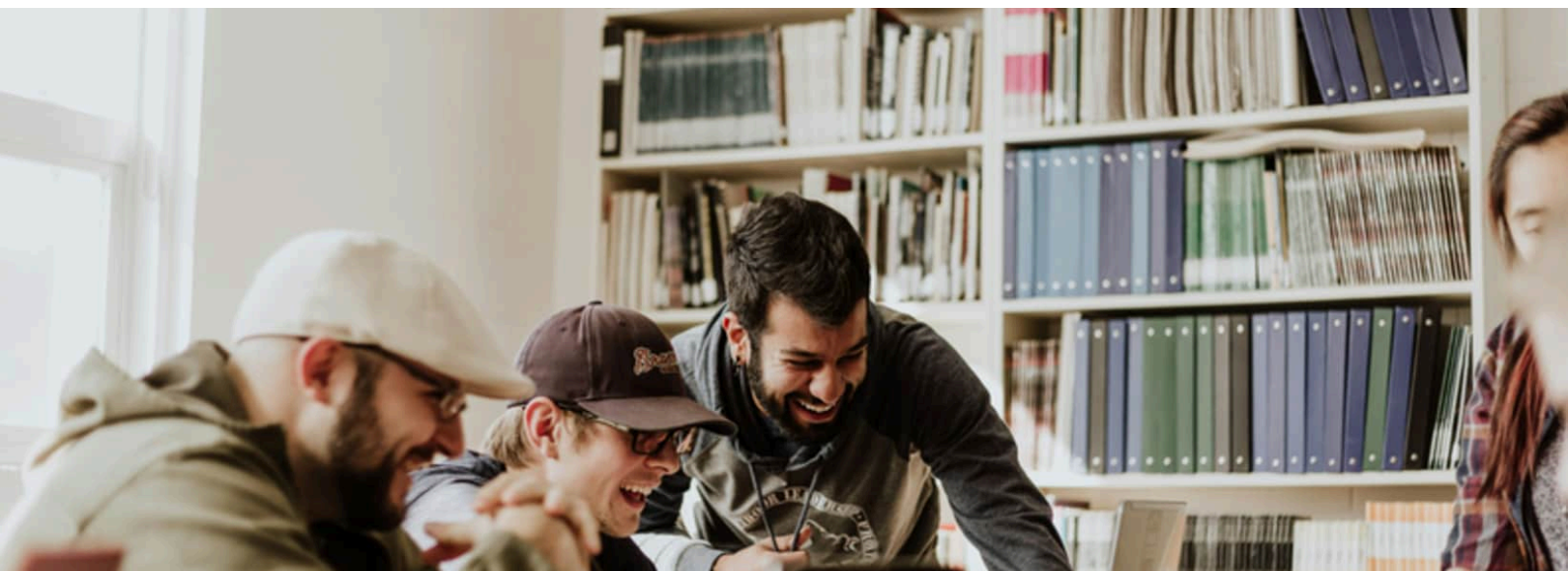
*Paul Da Costa - 07719 960703*

*Bridget Walker - 07442 049780*

*or email [referrals@tnp.org.uk](mailto:referrals@tnp.org.uk)*

**Visit our website for more information at:**

**[www.tnp.org.uk/referrals](http://www.tnp.org.uk/referrals)**





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**Thank you**  
to all our donors  
and volunteers.

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