

The **Nehemiah** Project



www.tnp.org.uk

2018
Impact Report

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.

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



"Nehemiah was my last chance. I knew that my health was deteriorating and it was life or death. I entered the Nehemiah programme and quite simply it saved me. I stuck with it, even when times were hard, after all it was my last chance and I knew that. The staff and the other Residents were the centre of my recovery. I stuck with the programme, and started to understand that I needed to focus on not only getting my body clean, but my mind straight. I am proud to say now that with Nehemiah's help I am nine months clean, have my own place, am in full-time employment and am enjoying life without the need to use".

Nehemiah Resident -



The Facts and Stats



After smoking, alcoholism kills more people in the UK than any other drug. One adult in 13 is dependent on drink, according to Government statistics.

Alcohol misuse is the biggest risk factor for death, ill-health and disability among 15-49 year-olds in the UK, and the fifth biggest risk factor across all ages.



The latest figures showed that 4,677 people slept rough across England on any given night in 2018 - a 2% reduction from last year but still an increase of 165% since 2010.



The prison population has risen by 70% in the last 30 years.

Prison has a poor record for reducing re-offending—nearly half of adults (48%) are re-convicted within one year of release. For those serving sentences of less than 12 months this increases to 64%.



People are more likely to desist when they have strong ties to family and community, employment that fulfils them, recognition of their worth from others, feelings of hope and self-efficacy and a sense of meaning and purpose in their lives.

Source: Alcohol Concern UK, Crisis UK, DrugWise, Prison Reform Trust: Summer 2018 Bromley Briefing, www.justiceinspectorates.gov.uk



"I had lost all hope and faith. Now I see things differently. This course is the best thing that has ever happened to me." - Nehemiah Resident

Our Impact

In the year 2018 the charity worked with a total of 39 men, 2 more than in 2017. Of these:



26

Engaged with 'A New Future' the first stage of our programme.

12

Successfully graduated and moved into our 'move on' housing or independent living.

71

Percent of our men remained abstinent for one year.

0

None of the 39 men we worked with re-offended.



Our 'move-on' accommodation housed 18 men during the year, all of whom had completed 'A New Future Programme'. Of these:

8

Are still living with us, engaged in work, education or training.

10

Are living independently and six are in work.

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



"This time last year I had nothing, no one and no where to go. Now everything has changed I have a new hope I have a future." - Nehemiah Resident

Looking forward

Family Support Programme

A new Family Support Worker has joined us, helping Residents to reconnect with their families and provide outreach support to families in the community who are impacted by addiction. Our aim is for our Residents to have better relationships with their family in support of their longer term recovery.

Nehemiah Works

Our new employment and training programme for Residents will be launched in the Spring 2019. This new programme will run alongside the 'New Futures' programme and will provide Residents with pre-employment skills and the coaching needed to secure meaningful employment. All Residents will prepare professional and personalised CVs and disclosure letters and practice handling a face-to-face disclosure conversation.

Our primary aim over the next five years is to give more people an opportunity to recover through Nehemiah's support. We will do this by growing the charity with support from our partner, The British Association of the Order of Malta. In 2019 we will open our next first stage house in Croydon and will look to open additional move-on and first stage houses in other London boroughs and elsewhere in the UK. An essential part of opening new houses is to replicate the ethos, warmth and atmosphere of our current homes.



John Patience -
Chief Executive



The ehemiah Project



For one of our Residents, his time at Nehemiah had been the longest he had spent outside of prison for 20 years. He continues to make good progress.



Another Resident who graduated from our programme secured a highly paid job and moved into independent accommodation, all within the space of nine months.



"I'm growing up to be the man I should be. I wish I'd known about Nehemiah sooner ." - Nehemiah Resident



"He has sent me to bind up the broken-hearted, to proclaim freedom for the captives and release from darkness for the prisoners."
- Isaiah 61:1

To find out more, make a donation or sign up to our Newsletters:

The Nehemiah Project
47 Tooting Bec Gardens,
London, SW16 1RF

Phone: 020 8773 7417
Fax: 020 8677 6874
enquiries@tnp.orguk
www.tnp.orguk

The Nehemiah Project Registered charity no. 1058536