

2019 Impact Report

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#### Who we are

The Nehemiah Project provides a home and support for men with a history of addiction. Our residential programme is abstinence-based and enables men to 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 challenging and painful, but also rewarding process of reviewing their lives and create a foundation on which to build a future

Nehemiah has four houses in South London. Our first-stage houses are in Streatham and Croydon with second stage move-on accommodation in Clapham and Wandsworth. At Nehemiah we believe that anyone can change their life, and this underpins all our work.



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

- The proportion of UK Prisoners with a drug problem doubled in 5 years between 2013/2014-2018/2019.
- Over 53,000 people in prison received drug and alcohol treatment during 2018-19.
- The cost to the taxpayer of holding inmates in our crisis-hit jails is at a record high. The bill is now £43,213 a year, or £118 a day, for every place at our 127 prisons up nearly six per cent in the past 12 months.
- Prison has a poor record for reducing re-offending nearly half of adults (48%) are re-convicted within one year of release.
- 47% of prisoners have no qualifications compared to only 15% of the working age population.
- Receiving treatment for drug and alcohol addictions in the community can **reduce offending**. 76% of offenders are more likely to be reconvicted if they use class A drugs on release.
- Most prisoners are entitled to receive a very small discharge grant to help them on release - however this has been fixed at £46 since 1995
- Less than half of people released from prison in 2018-19 had settled accommodation on release.

Source: Prison Reform Trust, Bromley Briefings 2019, Reform 2019, Ministry of Justice 2018, Public Health England 2019.

# Andy's Story

"I'm the eldest of five children and thirteen grandchildren, and had a strict upbringing with an alcoholic father. As the eldest I always felt that I needed to protect my siblings and cousins. At iunior school I came back from a school trip to find that my parents had split up and that my family was broken. I witnessed my father breaking up the house, which eventually got repossessed as he left my mother without financial support. A couple of months after my parents split up my grandad, my mother's father, who was her rock, died of a heart attack at the wheel. This was a devastating time for the family.

As I got older at secondary school, I got in with the wrong crowd and began to steal and commit petty crimes. At the age of twelve, I was smoking cannabis and drinking. One night whilst I was at a friend's house, drinking and smoking, my Nan called to say that my mother had overdosed herself and my siblings by crushing tablets into their food. My six-year-old sister managed to raise the alarm and call my Nan. Following this incident, my mother was put into an acute mental health hospital and me and my siblings were put in foster care. Fortunately, a foster carer took all five of us and I was there for four years until I was 16, when my Nan. who was in her 60s eventually was able to look after us.

At 16, I was hard to control and I felt enormous guilt for what had happened to my family. As a way of escaping I took class A drugs and by the age of 21 I was addicted to amphetamines, cannabis and cocaine.

I had a disregard for the law and had an arrogant and selfish attitude. My life spiralled out of control and I ended up in prison. In between my sentences I met my partner, who has stuck with me and has been great support.

Whilst in prison I found a passion for education and received funding for a Health & Safety course. I have continued to study and have recently sat another higher level exam.

I firmly believe that rehabilitation comes from within and during my last prison sentence, I decided I wanted to change my life and got a better understanding of who I was, and who I wanted to be. I have learnt that it is not a bad thing to ask for help and to show humility. I came to Nehemiah, completed the programme, have accepted the guidance and allowed other people to nurture me and reassure me. Now that the fundamentals are in place I can move to the next level. Nehemiah have helped me as I continue to study and I've recently been on a two-week work experience placement with a construction firm, shadowing their Health and Safety Manager. I'm hoping to secure a job in Health and Safety in the near future, build memories and make every day count."



### **Our Impact**

In the year 2019 the charity worked with 48 men. Of these:

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

Successfully graduated from the programme, the majority moving into our move-on housing or independent living\*.

people including Residents benefitted from Family Support with improved and reconciled relationships.

Residents participated and benefitted from Nehemiah Works Employment and Training programme.

74% of our men have remained abstinent for at least one year over the last five years and 95% of these men have not returned to prison.

Our move-on accommodation housed 13 different men during the year, all of whom had completed the stage one New Future Programme. Nine of the 13, are still living with us and are all undertaking meaningful activity, working, training or volunteering.

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 half of released prisoners reoffend within 12 months and this figure is higher for London.

For more information on our impact visit www.tnp.org.uk/about-us/publications and see our Success Mapping Report.

\*What happens when men leave early? Reasons vary: 10% leave within the first week, for some they are simply not ready for the programme. For others because we know that as addiction is a chronic condition it can reoccur and this will be true of just under half of those who leave. Yet, even within this group, we now know that 20% are doing very well. Others leave early for family reasons, job offers, and relocation opportunities and 10% leave without giving us a reason. For each person their circumstances are unique but we are convinced that the majority of those who will have benefited from the programme and their time at Nehemiah.

# **Family Support**

At the Nehemiah Project we know the devastation families and partners endure when their loved ones are addicted to drugs and alcohol. This can have a knock-on effect on the whole family and leave them feeling that they have no control, and at times, angry.

Our Family Support programme not only helps Nehemiah Residents reconnect with their families, but also provides support to families impacted by addiction in the community.

The Family Support programme aims to provide a safe, confidential and diverse space to enable families to rebuild relationships.

For more information contact Dawn Wilson at The Nehemiah Project on 07421 358329 or dawn.wilson@tnp.org.uk



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

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