

About The Nehemiah Project

Nehemiah rebuilt Jerusalem after the Roman destruction of the city - and we at Nehemiah rebuild lives. The name "Nehemiah" means "comforter". We welcome men from all faiths or none and our programme is secular. We are a registered charity. We are committed to help and support our Residents in making the changes they want in their lives.

We have 3 houses in South London - our first stage house in Streatham takes eight men, and we have nine move-on spaces in two houses. All our houses provide a home and non-judgmental space for men to change their lives.

Our qualified support-workers deliver the daily programme and keywork Residents, offering support in every aspect of daily life. Administrators and counsellors work with men to tackle matters from Universal Credit to mental health problems. Our caretaker even runs a football team for the men!

How to find us



Address: 47 Tooting Bec Gardens
London
SW16 1RF

Phone: 020 8773 7417

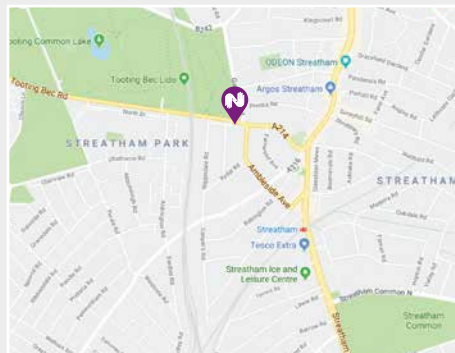
Email: referrals@tnp.org.uk
enquiries@tnp.org.uk

Fax: 020 8677 6874

Website: tnp.org.uk

Nearest Stations: Streatham 
Tooting Bec 
Northern Line

Buses: 249, 319, 133,
333, 57, G1



“ I knew no amount of therapy would make me change unless I wanted to.”

Are you thinking of applying to Nehemiah?

This leaflet tells you what we do – what to expect from us and what we will expect from you.

**Are you serious about your recovery?
Nehemiah might be for you. Live in our house
and we will help you take that next step into the
community.**

Who we are

The Nehemiah Project is a charity helping men recover their lives from a cycle of addiction, offending and /or homelessness. You can break this cycle with our professional, non-judgmental support and move on to recover and rebuild your life.

What we do

We offer supported housing to men who want to recover from addiction. We are abstinence- based, and all men must test clean when they join us. Residents attend our compulsory 3-month programme, which involves groups held every weekday morning in our Streatham house. There are weekly keywork sessions, and we encourage you to see a counsellor. Everyone must attend three meetings a week - AA, NA, Smart Recovery. We do our best to support your recovery and help you manage your future and make your own choices. When you finish the programme, we have two move-on houses, where you will be supported to find work, training or education. We will help you with this until you are ready to move on into independent accommodation.

What makes us different?

- **We are small, like a family**
- **At Nehemiah all staff believe that men can recover their lives and achieve their potential**
- **We tailor our support to each person**
- **We care**

All our houses are small and offer a comfortable home environment where family members are welcome. Men live as a community and share housekeeping duties and often cook for each other.



**You have a contract with us – we are not a
prison - becoming a Resident is a choice that
you make and we respect.**

If you apply what will happen?

When we receive your referral we assess whether we think you will flourish at Nehemiah. We also use a risk assessment to give us a fuller picture. If we think that you would do well at Nehemiah, we will arrange an interview to talk to you about you, and about Nehemiah. Then we make our decision - unfortunately we are not able to work with everyone - please see on the next page. If we offer you a place, we put you on the waiting list. We try to work with release dates so that you can come straight to us.

**We only work with men
who want to join us.**



Sam's story

I remember feeling angry and frustrated as I was growing up, never feeling good enough. At 16 I moved out as my mother found me too difficult and I spent nearly 10 years sofa surfing.

All of my life I have worried about what people think of me. I realise now how my insecurity led me into a world of alcohol, drugs and crime as a teenager. I started stealing in order to afford my habit. I spent my late teens getting into trouble with the police and going in and out of prison.

My feelings of shame and guilt grew worse as I spent more time drinking and stealing. To feel better, I drank more. I wanted to feel numb. It wasn't long before drinking was the only way that I knew how to function. In my early twenties I tried to give up drinking on my own. I went cold turkey and would quickly relapse.

After some professional support to stop drinking, I found out about Nehemiah. I had an interview, was accepted and joined the programme. I very quickly felt like I was part of a big family.

At Nehemiah, men are treated like adults with a fixed address, a home. I found a hope.

**Sam now runs his own
business and chairs an AA
group**