

# The Nehemiah Project

ENABLING MEN TO BREAK FREE FROM ADDICTION AND CRIME



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

## Supported Housing Programme Referrals

Nehemiah offers abstinence-based Supported Housing to men recovering from addiction. We follow recognized pathways to recovery

# Who we are

**At Nehemiah we help vulnerable men rebuild their lives from a cycle of addiction, offending and /or homelessness. We enable them to break this cycle by providing professional and non-judgmental support and give men the opportunity to make positive changes in their lives.**

## What we do

The Nehemiah Project is a residential Charity where we support our clients to make the transition from addiction into recovery. Their stay with us is in two stages.

*A New Future* - in the first stage men attend a compulsory, group-based programme every weekday morning for three months. This follows recognised pathways to recovery, and includes process groups and educational sessions. Residents are drug- and alcohol-tested weekly, and attend regular keywork sessions. Wider support in life skills provides a supportive environment where our Residents are encouraged to take responsibility and be pro-active in their new lives.

After completing *A New Future*, men move to one of our second-stage houses, where they are still supported, and look for training, education or volunteering whilst consolidating the behaviours learned in Stage One. They are tested fortnightly in this stage to help prevent relapse. Our Residents stay with Nehemiah until they are ready to move-on into independent accommodation.

Men in both stages must attend three meetings a week to widen their support network, AA, NA or similar.

## Why refer to Nehemiah

We tailor our support to each man - each one of our Residents has individual problems and different needs and we seek to work with these. What we want to see is each man succeed in his recovery and reclaim his life. Our ratio of staff to men is 1:6, one of the lowest in the sector.

Our men are our best ambassadors – read and hear their own words on our website - [www.tnp.org.uk/how-we-help](http://www.tnp.org.uk/how-we-help)

At Nehemiah all staff believe that men can recover their lives and achieve their potential. We are like a family, and men come back to Nehemiah to speak for us and offer support to new Residents.

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

Our  
impact

**71%** of our Residents  
are abstinent after  
one year

## 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 ten 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**

## How to refer

- Men over 18
- Must be abstinent
- No arson or sexual offences
- Must have history of addiction
- Eligible for Housing Benefit
- **We can accept men on Tag or Home Detention/Curfew**

Complete a referral form and risk assessment from our website and email to [referrals@tnp.org.uk](mailto:referrals@tnp.org.uk) or post to the address below. You can also phone our Supported Housing Team to discuss a referral, waiting times and arrange a visit.

The risk assessment is an important part of our selection process - referrers should complete the risk assessment as fully as possible.

Sadly we cannot accept men with a history of serious mental disorder such as psychosis or schizophrenia, as we do not have the resources to help in these cases. Again, if you are unsure, please call us to discuss - we will help wherever we can and it is in the man's best interest.

Only **5%**  
go back to  
prison

**64%** find work or training  
in under two years -  
some stay longer

We work with  
men of **all faiths**  
or none

We work closely with  
Probation and other support  
agencies to achieve the best  
outcome for our Residents.

# The Nehemiah Project

## REBUILDING LIVES

### 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 four houses in South London – our first stage house in Croydon takes six men and we have nine move-on spaces in two houses. All our houses provide a home and non-judgemental 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:** 1-3 Frederick Gardens  
Lodge Road  
Croydon  
CR0 2PP

**Phone:** 020 8773 7417

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

**Fax:** 020 8677 6874

**Website:** tnp.org.uk

**Nearest Stations:** Thornton Heath



**Buses:** 60, 109, 64, 198,  
250, 289

