

# Rebuilding lives one brick at a time



NEWS Winter 2018



## Lives changed

Our recent Residents Graduation took place on 1st November when 4 Residents graduated from our Supported Housing Programme, 'A New Future'. It was very moving to hear from the men as they told their stories and how Nehemiah has helped them recover their lives. One of the graduates told the audience that after 20 years, he will be seeing his mother who will be visiting him from overseas. His time at Nehemiah was the longest period that he has spent outside of prison in over 20 years.

The Resident's probation officer said "With the support from the team at Nehemiah he has come on leaps and bounds since his release. The structured support and care from the team at Nehemiah has changed his life, and he is now in a position to continue his recovery and put his drug use behind him. At his recent graduation ceremony I was brought to tears by his speech about the impact of the Nehemiah staff, Wandsworth Chaplaincy, but also my own impact upon his journey and battle with addiction. He is now drug free, attending the gym several days per week, attending volunteer work 5 days a week, and this is largely due to the support from Nehemiah".





In early 2019 we plan to open a new first stage house in Croydon offering 6 more spaces for vulnerable men with a history of addiction. This is a great opportunity for Nehemiah to replicate the good work that has been taking place in Streatham, helping to change the lives of hundreds of men over the past 20 years. Along with this new facility, Nehemiah will be offering additional family support for Residents, helping them to reconnect with their families. There will also be an enhanced employment and training programme.

## David's Story

David graduated from the programme in July this year and has since found full-time employment and his own flat.

*"When I came to the project I'd been living in London and I was in and out of custody for being drunk and disorderly, basically causing mischief and totally out of control. I had recently been deported from the Philippines after serving a prison sentence there. I had no direction, no respect for anyone or anything, including myself. I was totally dependent on drugs and alcohol. I knew I had to sort myself out when I had a heart attack and found myself living on the streets. I was referred to a drug counsellor by A&E as I'd been admitted to A&E about twelve times in the space of three months. I found myself in a detox centre who then referred me on to Nehemiah.*

*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, as was the decision to take up voluntary work in a local charity shop, which not only provided me with support, but also helped me find friendship with like-minded people. So 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. But I still have a lot of work to do.*

*Now I am working towards building myself a new foundation whereby I can support myself and possibly start a family".*



Last year Nehemiah worked with 37 men and as we grow the charity we aim to support over 50 men per year. At Nehemiah we believe that anyone can change their life, and this underpins all our work. Our holistic, family approach to recovery creates a safe place where people can go through the painful process of reviewing their lives and building a foundation on which to build their future.

**£20 provides for individuals to have counselling and support sessions and group therapy sessions.**

**£50 goes towards giving a man a safe home with structured support to help them reintegrate back into the community.**

**£100 pays for the cost of a recovery support group once per month for Residents and other men recovering from addiction.**

**How to donate: [www.tnp.org.uk/get-involved/donate](http://www.tnp.org.uk/get-involved/donate) or contact our Fundraising Office on 020 8773 7414 email [lois.momoh@tnp.org.uk](mailto:lois.momoh@tnp.org.uk)**



## **Francis Skydives for Nehemiah**

Francis Johnson-Beke is our Caretaker at 47 Tooting Bec Gardens. He brings a great sense of fun and thoughtfulness to the house. He encourages the Residents to play football and sets an example every morning by going over to Tooting Bec Common at first light to train.

Francis wanted to do more to support our Residents, and decided to take to the skies - on October 23rd he jumped out of an aeroplane at the North London Skydiving Centre in March, Cambridgeshire and raised over £850.

"I've never skydived before and I wanted to do something that was challenging to myself to show the men at The Nehemiah Project, that they too can rise to the many challenges in their lives, to overcome their past and look positively to the future".







## London Marathon

Nehemiah still has 3 charity Virgin London Marathon places left for people interested in running for Nehemiah and supporting our Residents, one mile at a time! Running for Nehemiah is a great way of supporting men as they recover their lives and helps us to raise the profile of what we do.

Please contact Lois on 07903 868840  
[lois.momoh@tnp.org.uk](mailto:lois.momoh@tnp.org.uk) if you are interested.

## Coming soon.....'Nehemiah Works'

In spring 2019 we will launch 'Nehemiah Works' our new employment and training programme for Residents.

The programme will be delivered in two parts. Part one will be a pre-employment course using coaching techniques to build self-confidence and self-esteem, raise aspirations and motivation and release the potential in Residents through challenging mind-sets and attitudes.

Part two of the programme provides Nehemiah Residents with a coach to give intensive coaching as they make job applications, prepare for interviews and connect with employers. If you are able to offer training or employment for our Residents please get in contact with us.



Reconnecting with families is often crucial to the recovery of men at Nehemiah. Family members' mental and physical health can be affected as much by addiction as those who are addicted. Addiction destroys family relationships and often families struggle to cope and find it difficult to share their experiences with others. Nehemiah's new Family Support Worker will provide support to Residents as they try to reconnect with families and provide outreach support to families as they find ways to help their loved ones recover their lives. Please contact us if you are affected by someone with a substance misuse or would like to volunteer for our recovery café or Family Support Programme.

**Contact us The Nehemiah Project**

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