

The  **Nehemiah** Project
Rebuilding Lives



2022 Impact Report

www.tnp.org.uk

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 25 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. We help our Residents create a foundation on which to build a future.

Nehemiah has five houses in south London. Our first stage houses are in Streatham and Croydon with second stage move-on accommodation in Croydon, Clapham and Wandsworth. At Nehemiah we believe that anyone can change their life, and this underpins all our work. We have plans to offer what we do to a growing number of men.

“It’s taken 35 years for the penny to drop for me, Nehemiah showed me a new way.”

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

The Facts and Stats

- An estimated **one in three** people in prison are suffering from a **serious drug addiction**.¹
- **70%** of people in prison with a **self-identified alcohol problem** said they had been drinking when they committed the offence for which they were in prison.²
- **64% of men** in prison have **used Class A drugs** compared to 13% of the general population.³
- **22% of prisoners** said they drank alcohol **every day** in the four weeks before custody.⁴
- **One in six men (16%)**, are serving a sentence in prison for drugs offences.⁵
- A report on accommodation and support for adults leaving prison found that in **the year to February 2020 65%** of those without settled accommodation had **reoffended compared** with 44% of those with settled housing.⁶
- The average **annual overall cost** of a prison place in England and Wales is now **£44,640**.⁷
- A recent study has estimated the annual total estimated economic and social **cost of reoffending as £18.1bn**.⁸

¹ Home Office (2020) Review of drugs: phase one report, London: Home Office.

² The alcohol and crime commission report, London: Addaction committed the offence for which they were in prison. (2014)

³ HM Chief Inspector of Prisons (2020) Annual report 2019–20, London: HM Stationery Office.

⁴ Wiles, N. et al. (2006) Self-reported psychotic symptoms in the general population, The British Journal of Psychiatry, 188: 519–526
Light, M., et al. (2013) Gender differences in substance misuse and mental health amongst prisoners, London: Ministry of Justice.

⁵ Table 1.4i, Ministry of Justice (2021) Offender management statistics quarterly, April to July 2021, London: Ministry of Justice.

⁶ HMI Probation (2020) Accommodation and support for adult offenders in the community and on release from prison in England: An inspection by HMI Probation, London: HMI Probation.

⁷ (Ministry of Justice (2020) Costs per prison place and cost per prisoner by individual prison establishment 2019 to 2020 tables, London: Ministry of Justice; Table 42, Ministry of Justice (2011) National Offender Management Service Annual Report 2009/10: Management information Addendum, London: Ministry of Justice ;and HM Treasury (2020) GDP deflator and market prices.

⁸ Ministry of Justice (2019) The economic and social costs of reoffending, London: Ministry of Justice.

Devon's Story



"I came from a violent household, so spent my childhood in and out of children's homes up and down the country from the age of three, separated from my siblings, including my twin sister, as we were all in care.

At the age of nine, I started running away from care homes, smoking marihuana, spending time on the streets. By the age of eleven, I was in a detention centre, at age twelve I was in a secure unit. At fifteen, I started smoking crack cocaine. I was in and out of prison for committing crime. There were brief periods of time when I would come out of prison, work, but then relapse and end up back inside.

I ended up receiving a sixteen-year IPP (Imprisonment for Public Protection) sentence of which I served twelve but was recalled to prison and served three and a half years. On release, I stopped committing crime following a restorative justice programme where I met some of my victims and received therapy and counselling.

Unfortunately, I relapsed after my sentence, but managed to receive support at a rehab in Bournemouth. I'm pleased to say that I have now been clean for three years.

I needed to return to London to support my mother who was ill and applied to Nehemiah, knowing, that it provided a safe, abstinent environment. I had planned to spend six weeks at Nehemiah, however, I soon realised that I still had issues I needed to address, which were holding me back from thriving. The 12-week programme really helped me to focus on my recovery, with group sessions giving me a voice and the resources to deal with issues that I needed to finish. My Nehemiah keyworker has been my rock and instilled the need to look after my physical, mental and spiritual self. The family support group has really made an impact on me and helped me to develop a stronger relationship with my son and the rest of my family as they see the positive change in me.

I graduated from the 12-week programme in November 2022 and have been volunteering for a local wellbeing charity at the same time as continuing an Open University degree in Criminal Social Psychology. Moving into one of Nehemiah's second stage houses in the near future will really help me in my long-term recovery and my future plans to help others who have been through similar life experiences."

Our Impact

In 2022, the charity worked with 51 men. Of these:

- 41** engaged with 'A New Future' 12 week recovery programme, completing modules.
- 18** successfully graduated from the programme, the majority moving into our stage-two housing and independent living.
- 28** Residents benefitted from Family Support and 28 children were reconnected with their fathers as a result.
- 20** Residents were in employment, training or regularly volunteering.

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

In 2022, we implemented our **online and peer mentoring programmes**. Our online programme is a six-week lighter version of our 12-week 'A New Future' residential recovery programme, covering the same areas. So far people from Emmaus Communities have been benefitting from the programme and we aim to open this up to more people in 2023. In December 2022, seven people including Nehemiah Residents participated in peer mentoring training which was delivered in partnership with The Forward Trust. The peer mentors are being matched up to new Nehemiah Residents who may need additional support. Further peer mentoring training sessions are being planned this year.



Volunteering at Nehemiah

Since January 2022, Nehemiah's volunteers, alongside 29 Nehemiah Residents have given up a total of 300 hours for Nehemiah. Nehemiah has 31 volunteers, who have been regularly volunteering since August 2021. Volunteering activities have included gardening at the different Nehemiah houses, healthy eating workshops, translating for one of the Polish Residents, writing Christmas cards for St John care home Residents, Peer mentoring training, volunteering at the British Association of the Sovereign Order of Malta soup kitchen and putting up Christmas decorations at 47 Tooting Bec Gardens.

"If you are willing to do the programme, honestly, it will give you your life back."

Resident Quote

How to join The Nehemiah Project

Criteria

- A man over 18
- Problems with substance misuse / addiction
- Eligible to claim Housing Benefit
- Willing to remain abstinent

You can phone Paul Da Costa on 07719 960 703 Monday-Friday or Kirsty Holt on 07379 124 193 (available Tues, Wed, Thurs)
email Paul and Kirsty on referrals@tnp.org.uk

To join Nehemiah a man must complete an application form. This can be done as a self-referral, or by an agency worker. We will send you a risk assessment form to fill out to support all interview candidates.

We treat all applications in the strictest confidence, and evaluate all forms using the same criteria. Anyone can phone our Referrals Coordinator to discuss a referral.

Please visit our website for more information at:
www.tnp.org.uk/referrals



To donate, find out more or to sign up to our newsletters:

The Nehemiah Project
47 Tooting Bec Gardens
London
SW16 1RF

020 8773 7417
enquiries@tnp.org.uk

www.tnp.org.uk

