

Bristol Drugs Project

Annual Review Newsletter 2010/11



An experienced and expert charity committed to helping communities, families and individuals to achieve independence from drugs and alcohol.

Reducing harm, promoting change, challenging prejudice, maximising people's potential.



This is BDP's 25th Anniversary Year and as usual it's been a very productive one. We provided our services to 4% more people than we did in 2009/10 – or helped 104 more people to get their lives back on track. Together with our funders we have also re-designed some of our services to get a sharper focus on supporting people into recovery. We were particularly delighted to receive a visit on 8th February 2011 from HRH The Princess Royal – about which more elsewhere in this document.

Chair's Report



There are many challenges ahead for both BDP and our service users, whether it is funding, changes to the benefit and housing systems or the major uncertainty in the financial world. However many of today's issues are not new and over the last 25 years we have met countless challenges with flexibility and energy – helping people maximise their potential and achieve independence from drugs and alcohol. We will continue to do so.

J M Prior FCA

Not the Annual Review...

We usually produce a detailed substantial document in its thousands, but in this very important year we've decided to do something different.

We're producing this slimline report – bringing it right up to date to October 2011 - to save both trees and energy and to produce something we think more people will have time to digest.

In this 25th anniversary year we're also producing something new - a diary for people using our services. It's a thing of real beauty – featuring the glorious batik produced for our 25th birthday by many service users. It includes service users' thoughts about their involvement with us and the significant dates in their lives – as well as lots of practical information. If you think that your service could use some of our diaries too please just ask us for some.

To mark the occasion, a tree was planted in Brunswick Square.

Maggie Telfer OBE, launches a year's worth of events, to celebrate 25 years.

Her Royal Highness The Princess Royal visited us on 8 February 2011 and met over 30 service users.

HRH The Princess Royal unveils a Batik created by service users to commemorate 25 years.

The National Needle Exchange Forum Conference 2011 was hosted by BDP.

Some thoughts from Structured Day Care service users...

"Give it a go! What have you got to lose? I would recommend the Structured Day Programme to anyone looking for structure, support and an opportunity to grow and to learn more about themselves."

"Since Preparation and Foundation I have really turned my life around. The area in which I've changed the most would be my self confidence, which is a strong foundation to build on."

"BDP is a fabulous organisation! It has helped me tenfold. Doing your group work programme has given me a good foundation for my life as a recovering addict."

"Having the ability to share openly and honestly, it has been amazing, an absolute life changer."

"You can feel so lonely, looking at yourself so brutally honestly can be very hard, but also rewarding."

"I felt so much support and kindness from everyone. The work we did was challenging but we had a lot of laughs!"

Services at BDP THE HEADLINEs!



Peer Support Workers

This volunteer role (created in 2009) continues to flourish. It enables people who are completing BDP's structured treatment programmes to develop confidence and skills as a volunteer - whilst also mentoring and supporting other drug users.

Their activities include:

- jointly running the weekly Information Group for drug users interested in starting BDP's Structured Day Programme.
- mentoring drug users who are finding it difficult to 'stick' in treatment
- providing ear acupuncture at BDP 6 days a week
- visiting drug users admitted to hospital
- designing and developing the garden at Brunswick Court and the Haven community garden

Most importantly our growing band of peer support workers make recovery visible, giving a message loud and clear that change and recovery is possible and happening day in, day out. Four peer support workers have moved on to become project volunteers at BDP and one has secured paid employment in the field. More info: justin.hoggans@bdp.org.uk

The M32 Project

New in 2010, this has further developed our family support and mentoring work: Two groups are run at St Paul's Adventure Playground for children and young people who's Mum and Dad have a drug and alcohol problem, one for those aged 10 and under, the other for those 11 plus.

STOP PRESS November 2011 sees the launch of **The Northern Lights** – child of the M32 group – enabling much easier access for young people living in North Bristol.

More info: karen.black@bdp.org.uk

'pod'

In August 2011 we launched a new service for people using 'other drugs' – anything apart from heroin and crack cocaine. In the first two months 55 people have contacted pod – a service clearly meeting a need. This builds on our work from 2008, responding to growing concern about Ketamine use –including the associated urinary tract problems. More info: steve.jackson@bdp.org.uk

Partnerships

We sustained our service delivery partnerships with Nilaari Drug Agency, Hartcliffe and Withywood Kick Start and Communities Action Around Alcohol And Drugs and developed some new ones:

Bristol Bereavement Through Addiction group. As well as a twice-monthly support meeting at BDP, the group, of which BDP is a member, held the first Bristol Memorial Service for people whose lives were lost to drugs or alcohol in December 2010. Over 100 family and friends met in St Stephen's Church to recognise and celebrate the lives of loved ones. The second event takes place on December 3. More info maggie.telfer@bdp.org.uk

SMART Recovery UK. BDP is actively involved in rolling out a new self help network. The first Bristol meeting went live in April, meeting at BDP, with a second meeting up and running in November.

More info: julie.palfrey@bdp.org.uk

Older Drug Users

Following research into the unmet needs of older drug users, we set up a programme for this group in May 2010. A regular group of 12 – most of whom were very isolated - now meet weekly. Given that a key theme from the research was fear – both of detoxing and change and of continuing to be drug dependent - it has been amazing to witness the changes being made by individuals during a relatively short period. More info: bob.fisher@bdp.org.uk

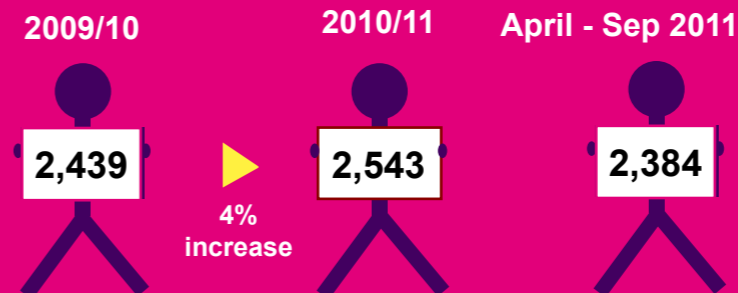
Shared Care

Maximising People's Potential (our Three Year Plan) has a key target to reduce the proportion of people in treatment who feel 'stuck'. A major system redesign which got underway in March 2011 – aiming to speed individuals' progress towards recovery - will help accelerate this work.

More info: jayne.peters@bdp.org.uk



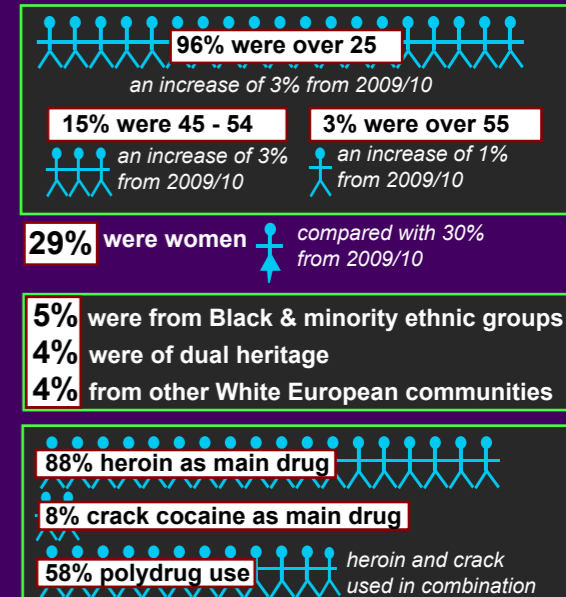
Adults in Bristol Benefitting From BDP's Structured Treatment Services



600 Adults in Bristol during the year used BDP's Harm Reduction (so-called Tier 2) services only

467 Young people received support through the Early Intervention service delivered in secondary schools across North and Central Bristol and 40 children and young people used our new M32 project

The 2,543 individuals engaged in structured treatment during the year looked like:



Volunteers & Staff: Who They Are, What They Do, Why They Help

BDP employs over 100 staff and has more than 70 volunteers and mentors throughout the year. Meet some of them below.



'For me, volunteering is all about wanting to 'give something back'. It's a great opportunity to practice listening and empathy with a non-judgemental approach, which sounds obvious but isn't always easy. BDP really succeeds in its aim to reduce harm and support people in making real positive changes and it's very satisfying to feel part of that.' **Suzi Davies**

'When I first started volunteering for BDP I never thought I would be doing the things I am doing now or that it would change me in the way it has. I am a much better person, I react differently to situations and



problems. I love my Tuesdays at BDP, the people I work with and the challenges it brings.' **Debbie Nash**

'Today (11.11.11) is my very first day as a BDP volunteer! The training was brilliant but I've been really keen to get started. It's been a very hectic Drop-in today so I've met loads of clients and, as a new volunteer, had all those first conversations. Being a volunteer is really special for me because I've had my own issues and when I needed help it was there: I've seen what a difference it's made to my life. I'm now giving something back.'

Kaine Etele

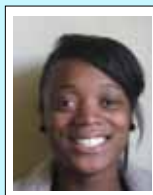


'I've been at BDP almost four years to the day! I'm one of the people who manage our 6 day a week drop-in. With dozens of people through our door every



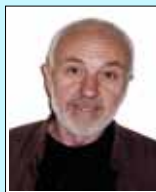
day - each with their individual problems and needs - I have to make sure that I and the volunteers working alongside me provide them with a great welcome, good information and encouragement to make their next change. I really enjoy supporting our volunteers - putting their first day anxieties to rest and watching them flourish. The other part of my job is working out on the mobile harm reduction service (MHRS) which takes BDP's services across Bristol. On my Wednesday session on the MHRS, out 'til midnight, I see some of the most vulnerable people in this City.' **Jane Neale: Harm Reduction Worker**

'I joined BDP as a Shared Care worker in May 2011. Prior to Shared Care I was working in HMP Bristol for nearly 3 years as a CARAT worker. Seeking a new community challenge, where else better to go in Bristol than BDP (due to all the positive comments from colleagues and clients).



Already 6 months down the line I can say how impressed I am with everyone's passion for client recovery and how the doors are always open for you to ask that dreaded 'silly question!' **Gemma Nevers: Shared Care Worker**

'I started working at BDP September 2002. It's been a great 9 years working in a very intense way with a great client group and being part of a team with lots of brilliant energy. Doing my Masters in Cognitive Behavioural Therapy (CBT) while at BDP has helped me develop both my client work and my role in supervising other staff.



And last year I started facilitating our brand new meeting for Older Drug Users for people over 50. It's been great to bring people together who have been really isolated and an inspiration to work alongside drug and alcohol users my age who are making major life changes.' **Bob Fisher: Senior Practitioner**



'I'm BDP's newest Service Manager - starting 2 years ago. BDP has a great reputation - and really lives up to it on a day to day basis. I enjoy the diversity of the teams I manage: family support, housing and early intervention (working with young people in schools). I also really enjoy BDP's commitment to the client work that we do - at all levels. I am really impressed that good ideas for change come from all corners of BDP - not just Managers - and that the motivation to deliver excellent services runs through BDP.' **Karen Black: Community Team Manager**

'I started working for BDP in February 2011 - after having been a volunteer for a couple of years. My role involves running different parts of our group work programme - from Preparation for Recovery, where you need to really capture people's interest and build motivation for change, to our Boost programme, where people are drug free. It is fabulous to see people progressing through their recovery - moving forward in their lives and onto new ventures.' **David Graham: Structured Day Programme Worker**



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Special thanks to:

James Bence of WH Bence Coachworks Ltd for his continuing interest in our work and his sterling work in maintaining our old Mobile Harm Reduction 'bus'.



Principal Funders



"Go for it, it works! You get out what you put in, it has changed my life for the better. I have gained self-confidence, awareness, a life!"

And Also

The extraordinarily generous residents of Bristol.