

THE MATTHEW PROJECT

no compromise

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THE MATTHEW PROJECT

2006



*Inspiring, creative, supporting, education, breaking the cycle, empowering
adults, young people, carers, tenants*



WELCOME ³

The Matthew Project

supporting people with drug and alcohol related issues

providing innovative education about the risks of drugs and alcohol

empowering people to make more informed choices

www.matthewproject.org

Patrons

The Rt. Revd Graham James, Bishop of Norwich

Robert Green, Norwich City Football Club

Craig Fleming, Norwich City Football Club

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Need support?

24/7 HELPLINE
0800 764754

4 FOREWORD



The Matthew Project has earned a reputation for working in an innovative, compassionate and professional way with young people and adults in Norfolk.

You can find Matthew Project workers in schools, in nightclubs, in McDonald's, in police cells, or even in its double decker bus 'youth venue' in a rural village. It is this proactive and positive approach which is so distinctive about its work.

Matthew Project workers communicate in a way that people find easy to understand. For example, youth workers discuss the risks of drugs in a culturally relevant way that young people respect and understand. There is a value driven commitment, which underpins the work of The Matthew Project that service users respect and appreciate. It produces good results for individuals, families and communities. This is often achieved through positive partnership working.

Children's Services has worked in close partnership with The Matthew Project for many years. I am delighted to commend its work to you.

Lisa Christensen
Director of Children's Services

'Over the last year we have seen lives changed despite the short term and tenuous nature of much of our funding.'



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The Matthew Project workers and volunteers are an amazing group of people. They work hard to make a difference to people's lives in so many compelling and innovative ways.

The people who we meet are often looking for hope – they're not particularly interested in the latest government agenda or our funding challenges. They want someone who knows what they are talking about, will believe in them and not give up. Our workers have this in abundance. They are a constant source of amazement to me. They are the real face of The Matthew Project to the people who matter most.

Over the last year we have seen lives changed despite the short term and tenuous nature of much of our funding. In the pages of this review I hope you will find a taste of what we do. We have grown over the last few years but we never want to compromise on the true 'calling' of what we do – to make a genuine difference.

Julian Bryant
Director - Matthew Project



INTRODUCTION 5

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Scared?

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“Most young people will be offered drugs. You will find us in schools, night clubs, on the street, in villages – wherever young people are. We talk to young people in ways which they listen to, through drama, interactive lessons, 1-2-1 or on our double decker bus. We provide relevant education in creative and innovative ways to help young people make better choices. We support them when they need help.”



Service provided

Drug and alcohol education through dynamic assemblies and lessons

Outreach into the community including night clubs

Group work and multimedia activities on mobile units

Young person

‘Two of your youth workers came to our school and I was really impressed with how they communicated so well with us.’

Teachers

‘A great, relaxed and fun way to get some important messages across. Kids enjoyed it, so remembered it.’

“We work with vulnerable young people who need support in relation to drugs and alcohol. Young people are referred to us if they are having problems, or have been excluded from school. We meet young people to suit their needs, sometimes at school, at home or in a neutral cafe. We provide information and advice on how to reduce the harm caused through drugs and alcohol. Through encouragement and practical help we enable them to make changes in their lives. We work with many young people whose parents use substances and support them to cope with this in their daily life.”

This work is in partnership with MAP and Children’s Services.



‘If I hadn’t met my T2 worker at the right time I hate to think where I would be now, probably in a coffin.’

Service provided

Working with young people with problematic drug and alcohol use

Working 1-2-1 and in groups with young people

Supporting parents and carers

Support in schools

T² 7

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Using drugs?

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- » Over 19,000 young people contacted
- » 242 Voicebox and Bus outreach sessions
- » 149 Assemblies and lessons in schools
- » Over 70 other young people’s activities and events

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- » Provided intensive support for 438 vulnerable young people
- » 376 facilitated groups for young people at risk

'I have not had anyone who has cared about me - it is nice to know someone cares.'



Service provided

Drop in: weekdays from 10am - 4pm,

Wed 2pm - 4pm

Helpline 24/7

Counselling and Brief Therapy

Worker dedicated to supporting families and friends (carers)

Email help



'The Matthew Project was a great help to me when I felt there was no-one else. They visited me in prison and my parents, house and gave me all the support I needed. I am now in full time work and soon will be self employed.'

Service provided

Assessments in police cells and courts

Support and advice

Referral for treatment

COUNSELLING AND SUPPORT TEAM

"It can be difficult to know where to access support but our helpline is anonymous and often the first point of contact for people. I work with worried parents who need someone to talk to, people who are at crisis point or when users want help for the first time. We get calls in the middle of the night and some calls can last for an hour. The helpline can be the starting point for a life being turned round. All kinds of people also come to the drop in to ask questions, get information and help and exchange needles. I can also arrange for treatment or counselling if they need it."

"Often our clients have turned to drugs and alcohol to cope with issues like the death of a loved one, feelings of rejection or abuse. Sometimes they are distressed, lost or do not feel that they have any value. Many want to stop using substances but do not think they can - counselling assists clients to address their issues and develop ways to cope without using drugs and alcohol."



'I was worried about my daughter, so I rang the helpline to ask questions - I am now meeting the carers worker and feel more able to cope with my situation.'

"We start work at 7.30am and visit the police cells and courts around the county to meet people who have been arrested over night. If their crime is related to drug and alcohol use we can offer them confidential advice and support to access treatment - often through the Drug Interventions Programme. People can start a habit with a drug which costs a lot of money and we try and help them to reduce this habit. It's a challenging role, but with a great sense of achievement when you help someone change their life around."

This work is in partnership with Norfolk Drug Interventions Programme, Norfolk Constabulary and Norfolk Probation Area.



'If it was not for The Matthew Project I would not be where I am now. I am clean of all drugs and I don't drink any more.'

CRIMINAL JUSTICE TEAM

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Need advice?

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» Times Drop in used - 2490 » Appointments - 2592
» New clients in therapy 161 » Internet hits each year 66,000 » Helpline calls 804

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» Meet 5000 people in cells » Nearly 400 assessments
» 325 referrals for treatment needs



10 HOUSING SUPPORT TEAM

"Our clients maybe housed, living in temporary accommodation or are being re-settled and we offer all kinds of support. A support plan is tailored to their needs and we can help with benefits, debts, organisation, basic life skills, cooking on a budget and signposting for extra help. For different reasons, many of our clients are leading chaotic lives and everyday issues can seem unachievable - we help them to get back on track and lead a more stable life. I find it rewarding to be able to empower people to self-support".

This work is in partnership with Supporting People.

'...has helped me in every way, built up my confidence and helped me live a normal life.'

'I don't think you could [improve the service]. Floating support has done more for me than anyone ever has. [It has] given me strength to go on when I've felt like giving up.'

Service provided

- Practical housing support visits
- Support plan
- Benefit and debt advice
- Life skills
- Weekly visits

All donations help change lives:

'The Matthew Project has helped me understand why I should not drink and smoke so much, I felt lost and unhappy at home and drank to cope. Now I feel stronger.'

15 year old girl, Norwich



It has been an exciting fundraising year and we would like to thank all those who have helped us make a difference including charitable trusts, individuals, companies, statutory funders and the Norfolk Drug and Alcohol Action Team. All donations and support are so important to us with demand for our services increasing. They help us to start new initiatives and fund effective services reaching people who need our support.

Two events this year were particularly successful; the Robert Green golf day and the fundraising dinner at Stower Grange Hotel. We are grateful for the support of Norwich City Football Club and in particular Robert Green and Craig Fleming.

It has been encouraging to see the increase of standing orders, church support and the growth of our profile within companies.



FUNDING 11

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Using alcohol?

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- » At any one time the housing team supports over 100 people
- » Over three quarters of clients completed a tenancy support plan
- » Average of 15 referrals a month from treatment centres

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Where the money came from:

Grants	917,000
Donations	101,000
Fees	159,000
Surplus on sale of property	189,000
Other income	36,000
Total	£1,402,000

And how it was used:

Delivering services	1,159,000
Fundraising	45,000
Governance	18,000
Total	£1,222,000

Our balance sheet at 31 March 2006

Property	-
Other fixed assets	47,000
Investments	450,000
Money owed to us	38,000
Cash at bank	186,000
Owed to us and received in advance (144,000)	
Net Assets	£ 577,000
Restricted funds	56,000
Designated funds	467,000
General funds	54,000
Total	£ 577,000

The above figures have been extracted from the audited accounts for the year ended 31 March 2006 and provide a snapshot of the financial position. A copy of the full accounts including the Auditors' Report and Trustees Report can be obtained from The Matthew Project office or downloaded from our website.

Just 5 years ago the Matthew Project had an annual budget of £250,000 and 15 staff; it now employs 4 times that number working all over Norfolk. We have developed our services and are known as an agency that delivers.

Is an organisation successful when it grows to help people who are often in desperate need? Or is this a sign of the tragedy played out in the lives of the people who come to The Matthew Project for help?

The Matthew Project works in partnership with other agencies to enable people to achieve the physical, social, emotional and economic wellbeing which is their right. Together we are making a difference to many individuals – that really is success.

Paul Hoey
Chair person - Trustees

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Just 5 years ago the Matthew Project had an annual budget of 250,000 pounds and 15 staff, it now employs 4 times that number working all over Norfolk.



The Matthew Project would like to thank Paul Hoey who is stepping down as Chair person. He has done an excellent job in a period of change.



TRUSTEES 13

THE
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Worried?

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12 COST OF GENERATING FUNDS





14 STANDARDS

All work at the Matthew Project is evaluated to ensure the delivery of effective services. We ask for service users views in different ways including feedback forms and other mechanisms. The young persons' steering group meet monthly and help to develop our youth services.

The Matthew Project has achieved 'Investors in People' status and uses the nationally recognised Quality in Alcohol and Drug Services (QuADS) organisational standards.

All workers are trained and have appropriate professional qualifications. As an organisation, the Matthew Project is a member of the British Association of Counselling and Psychotherapy and is bound by its ethical framework for good practice.

The ongoing work of The Matthew Project would not be possible without our dedicated and professional Administration and Finance team.

THE FUTURE

This year we hope to increase our profile across the community to reach more people who need help and support.

- Thetford – a new service for adults who misuse drugs and alcohol
- Support for friends and relatives of clients
- Brief interventions work
- Binge drinking and sexual health education

Most people in some capacity are affected by drugs and alcohol at some point in their life. We need your support to fund:

- Drug education outreach sessions to young people
- Counselling sessions – helping to change lives around
- 24/7 support through our helpline and website

Visit www.matthewproject.org or telephone **01603 626123** for more details.



Online

Visit our new look website
www.matthewproject.org
(funded by Awards for All)

Head Office

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CONTACT US 15

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Can't stop?

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