



BRIGHTON

OASIS

PROJECT



Annual Report 2009-10

Words given by women attending at Oasis

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INVESTOR IN PEOPLE



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Support
 Good Food
Structured Routine

Care
Support Routine

Helps me
 to be **HAPPY**
 Without-using

Open
 Goals
FRIENDLY

Sobriety
Structure

Off-load

Support
Interaction
security

Help
 Happiness
Support

HELP
 Communication
Structure





My report this year as Chair of the Board of Trustees at Brighton Oasis Project is written at a time when seismic shifts are beginning to be felt across the whole of the public sector as the new Government

implements cuts in funding. For example major changes have just been announced in the structure of the National Treatment Agency which had significant responsibility for oversight and quality control of drug treatment services. There will doubtless be more changes and challenges to contend with through the coming year that will affect Oasis along with every other service in the public and voluntary sectors.

It therefore is even more imperative that Oasis not only maintains its high standards of service delivery to women and children affected by substance misuse, but also operates strategically to anticipate and respond to the changing national context for drug treatment services. Under the leadership and foresight of our Director, Jo-Anne Welsh, a number of initiatives have begun this year which I believe will stand us in good stead to weather the storms that may lie ahead. We have strengthened our links with other women only services in the city and were successful in our bid to the Ministry of Justice to establish the Inspire programme which offers alternatives to prison for female offenders. Bearing in mind the uncertainty of the continued level of statutory funding, Oasis will need to be poised to attract financial support from

other sources. This year we have become involved with two agencies, New Philanthropic Capital and Pilot Light, which will help us to examine and strengthen our processes at Oasis. The aim is to maximise the impact we have, both for the delivery of services and to evidence our effectiveness to potential funders.

Our Board of Trustees continues to work hard behind the scenes to support Jo-Anne and the staff in these endeavours. We are pleased to welcome two new members on to our Board this year: James Chapman works freelance in the field of recruitment and finance and has already made his mark in assisting our thinking about improvements to some of our systems. Jane Carmody is a senior NHS manager and has helped to strengthen the links between Oasis and the NHS.

The effective work undertaken by Oasis remains well regarded. In May we organised a successful national conference 'Women and Children First? Supporting Female Substance Misusers and their Families.' Requests for training, both nationally and locally, continue to be made.

Doubtless the world of substance misuse services will look quite different by this time next year. But I feel confident that Brighton Oasis Project will continue to maintain its place as a strong organisation and an essential resource for women and children in crisis.

Gretchen Precey
Chair

We are always looking for ways to ensure that the client's voice and their experience is at the centre of the work we do at Oasis. Their voice is given space in a number of ways in this year's report. We asked clients to say where they would like to be in 12 months time and their responses are included. As you'll see most aspire to living a better life, being sober/clean, having a nice home and being a better parent.

The publication of the new drug strategy this year identifies the need for treatment services to focus much more on "re integration and recovery". So it seems the government wants the same as the women using our service describe. The difficulty in this of course is how women are supported to achieve these goals, what services can support them on their journey, what opportunities are available for them and how long they will be provided with support before it is expected they and their families have "recovered". I hope that we at Oasis always have high ambitions for our clients and remain hopeful that positive change can be sustained.

We believe that when we don't aim high for the women and children we work with we limit their potential and chances. Our hope is that when the new strategy is finalised it will help resolve some of the real challenges for clients in moving forward. For us at Oasis I know that the frustration is not that clients are not moving on quickly enough but that they often feel their options are limited.

Voluntary work is often suggested as a first step in building confidence and getting back into work for people who have had

problems with drugs or alcohol, however for women there is often the barrier of finding appropriate child care. This is not a new issue but one that appears to have defied a solution for years, it would be great to see some innovative developments in this area.

We know from the crèche that not only is child care a pre requisite for women to access studying and work but that their children really benefit from this experience of quality childcare. Currently at Oasis we are all engaged in thinking about how we ensure our services fit the new agenda and meet women's needs effectively. Whatever the new strategy brings I know the team at Oasis will work hard to ensure that all the women and children who attend the project get the support and encouragement they need to get their lives back on track.

Jo-Anne Welsh
Director

“Oasis supported me during my most difficult time in recent years, leaving me with nothing but praise and gratitude. I don't feel I am exaggerating by saying that my contact with Oasis was life-changing and life-saving. My need for confidentiality & discretion was treated sensitively & respectfully”

Adult Treatment Services

In the delivery of its services for women with drug and alcohol problems BOP addresses women's needs from initial drop in / open access services through to aftercare services. This ensures women are supported throughout their whole journey and that they can access women-only services throughout their treatment. For women who are not yet ready or able to access formal treatment, we have an Outreach Worker who will go out to them in the community to provide support.

“ I have no doubt that I would still be in the situation were it not for the support I received from Oasis. ”

Open Access

Open Access is the initial point of contact for women at Oasis, this service can be accessed by either dropping in or calling in advance and making an appointment. Women coming to Open Access have a range of needs and may well be seeking to enter treatment, or be exploring their options whilst seeking help with other issues such as housing problems, debts or domestic violence. All women coming to Open Access are given harm minimization advice related to their current drug/alcohol problems aimed at keeping them safe. The Open Access service operates between 1.15 and 3.15 every week day except Thursday. Some women use the service more than once whilst others may come only once before making the decision to enter structured treatment.

- *In 2009/10 681 appointments were made in Open Access*

Structured Day Programmes

In 2009/10, 96 women at Oasis started a structured programme, attending for around 20 hours a week. This includes 25 women who were ordered to attend by the court on a Drug Rehabilitation Requirement. The structured programmes are made up of a range of one to one and group activities that enable women to change their patterns of behaviour and learn strategies to reduce or stop their drug and alcohol use. The programmes are specifically tailored to the needs of women and address the wider issues facing women with drug and alcohol problems, for example, the domestic violence and experience of abuse this group often face. Women usually attend for around 14 weeks although those on a community sentence attend for much longer.



In addition to this we have a separate programme designed specifically for women whose children are at risk or in need due to their mothers drug or alcohol use (POCAR). In 2009/10, 51 women commenced this programme with a 98% retention rate for 12 weeks

(a useful indicator of whether treatment will be effective). Women attending this programme access both one to one and group work activities including parenting groups.

- *34 women completed the Triple P parenting programme in 2009-2010.*

Aftercare

Aftercare is designed to provide women with a period of support after they have completed a structured programme. Alongside a specific weekly group women can continue to access other BOP activities such as Yoga, Healthy Eating Group, Kick Boxing and Acupuncture. They are also encouraged to ask for one to one support on an ad hoc basis if experiencing difficulties or stress which may affect their recovery. Aftercare helps women to plan their future and consider their options about future training and work opportunities.

- *40 women accessed Aftercare in 2009*

Counselling

We have been able to provide counselling for women who have completed a programme at BOP or who are known to us through outreach. The counselling service is provided by a volunteer who has been able to see 3 women each week. The length of the counselling support is variable depending on the women's needs, with some clients attending for long term support. Counselling is used to explore a range of issues, some of which women are only able to face when they achieve stability in their lives. Funding through the Ministry of Justice has allowed us to increase the expansion of this service

to meet the needs of women offenders.

- *10 women attended counseling in 2009/2010*

Sex Workers Outreach Project (SWOP)

The service had contact with an average of 51 individual women per month with a total of 88 first time contacts.

In a snapshot survey of 16 women 81% of women said they had had a sexual health check directly as a result of contact with SWOP and 50% said that they had been vaccinated against Hepatitis B as a result of contact with the service. 81% said that they had given more thought to their safety at work as a result of contact with the service.

“ Brighton & Hove police work closely in partnership with The Oasis Project and have done for some time, particularly in relation to building the trust and confidence between the police and the sex worker community. ”

It is a vital relationship that helps to ensure the police have an understanding of the sex worker community, but it has also allowed us to be more visible to the community and has enabled vulnerable women to come forward and report crimes to us where perhaps in the past they would have been reluctant to do so. ”

*Ian Pollard
Police, Detective Chief Inspector*

Young Oasis

'Young Oasis' is a therapeutic service supporting children and young people aged 5-18 years, who have a family member who is using, or has used drugs or alcohol problematically. Young Oasis has had 5 therapists working during the last year, 3 of which are volunteers.

Typically these children and young people's stories go unheard; which means that they are often misunderstood and don't get access to much needed support. 'Young Oasis' recognises this and provides a confidential space for 1:1 creative therapy sessions of at least 16 weeks. Working in this way can help children and young people identify and communicate their feelings and build on ways to cope with difficult circumstances; this is done through use of the arts, as well as talking. We also offer information and signposting to other agencies working with young people.

'Young Oasis' has also been continuing to build links with the community and this year has taken its creative therapy group model into a local school and youth club; each group ran for 12 weeks. The school has agreed to fund the group for another year due to the positive feedback.

- 21 children and young people received counselling or creative therapy in 2009-2010

- 10 boys and 3 girls attended 2x Dramatherapy Groups at a local school and Youth Club

- 4 boys and 2 girls have been involved in a research project for Adfam, facilitated by Young Oasis.

“Adfam values our continued close relationship with Brighton Oasis and supports its development as a provider of best practice when working with children and families. Adfam is also grateful for the involvement of Brighton Oasis in our Domestic Violence project, enabling the voices of children affected by drugs and alcohol and domestic violence to be heard. We look forward to future work together.”

*Joss Smith,
Head of Policy & Regional
Development, Adfam*

Creche

Our OFSTED registered crèche continues to be a central element to the services we provide. We look after children aged 0-5 years in term time and 0-11 years in the school holidays. Without this service, a number of the women accessing treatment at Oasis would be unable to attend due to a lack of appropriate childcare.

- In 2009-2010 we looked after 55 children from 46 families. 42 of these children had a Child Protection Plan.

- The youngest child to be cared for in the crèche was 8 weeks old

- Last year our Christmas party was attended by 21 children

Sophie - 11 year old girl referred to Young Oasis by Patched. Sophie's mum was drinking problematically & using crack cocaine & her abusive behaviour was impacting on the family.

REFERRAL DATE:	September 2009
REFERRED BY:	Patched
FAMILIAL SUBSTANCE MISUSE	Alcohol and crack cocaine
VICTIM OF ABUSE:	Yes, domestic violence
SIBLINGS	One
BOP INTERVENTIONS	1:1 Integrative arts psychotherapy, 12 week block, 50min sessions, weekly basis.

The escalating parental conflict led to a series of domestic violence incidents, life at home had reached a crisis point. Sophie feared people knowing about the problems at home and had become increasingly withdrawn. On first meeting with Young Oasis, Sophie spoke of 'bad feelings at home' and blamed herself. There was a sense that no-one had time to listen to her and that she was struggling to cope alone in a situation that felt out of control.

Sophie was offered a 12 week block of therapy; the focus of the work was to provide space for her to express herself and tell her story. It also covered;

- Reparative work and nurturing -time to be a child and play.

- Protective behaviour work around parental conflict and violence and anxiety around her mum's mood swings. Not feeling safe around mum.
- Express grief and loss around mum's absence/return, erratic behaviour.
- Contacting difficult emotions – Sophie cut off from her feelings.
- Support around feelings of it all being her fault
- Holding feelings in her body – exploration using bodywork.

At times Sophie found it hard to express how she felt, but ways were found through

use of creative therapy techniques, eg. drama, role-play and clay, image-making and stories.

During the 12 weeks of therapy the therapeutic relationship developed and Sophie became more confident in talking about her feelings, she was able to have eye contact and be present in sessions. Towards the end of therapy Sophie's mum left the family home permanently, therapy offered an opportunity for Sophie to explore powerful feelings. By the end of therapy Sophie was more able to clarify, identify and organise feelings. It was reported that she was enjoying school more and mixing more with her peers. Sophie was supported in having a sense of belonging outside the home and building healthy relationships that would be ongoing.

The work carried out at Young Oasis was beneficial to Sophie at a time of crisis; it supported her in very difficult circumstances and allowed her a space for expression and reflection. Primarily it helped Sophie to understand that the trauma at home wasn't her fault, which had been a heavy weight for her to bear.

We continue to provide a number of complementary therapies for women accessing our programmes, including kickboxing, relaxation, a creative group, a healthy eating group, auricular acupuncture, and yoga.

Yoga continues to be a popular activity, helping women to take time out from their lives, relax and de-stress. Sian who completed a programme at Oasis a while ago has composed a poem describing the positive effect of yoga to her:

Yoga – A Psalm for the Soul

*For one treasured hour,
The Women of Oasis
Allow themselves
Reprieve from judgement and blame
To be led into Yoga
And the love and well being
It inevitably brings.*

*Engaging with Ooja breath
The sound of sea, dragging
Pebbles back and forth,
In and out,
The body warms.
Organs, blood, breath
And a connectivity,
Begin to pulse through positions
That bend, yield and counter change.*

*Congratulations to us all
'Tis a joyous carol for the spirit
And a psalm for the Soul*

*"I'm hoping to be with my
five children at home
without drink or drugs"*

*"New house with me
and R. be happy."*

*"Still sober and
back to work"*

*"I'm going to be clean. And
have a happy family with M.
And try and get into college"*

*"In 12 months time I
would like to be clean from all
prescribed medication and
my son home with me
and his Dad."*

*"In 12 months time I would like to be
completely clean and me and my kids
happy and content with life."*

*"I wanna be travelling with my girl all around the world
teaching English with my TEFL - I'm gunna pass!"*

*"In 12 months time I
want to be clean from my medication
with my children back full time and
living in a 3 bedroom house, And also
working the 12 step programme and
doing voluntary work. My parents
will still help, but less."*

*"I want to have been in
rehab with baby and starting to go
back to my own house with baby and me
off methodone and seeing my other kids."*

*"To be clean off the Meth and
to have my own 1 bed flat!"*

*"In 12 months, I hope to be further in my job.
Children happy at home and still soba!"*

*"I will have my kids back and
I will be the HAPPIEST
MUMMY in the whole world!"*

Words given by women attending at Oasis

Kate's introduction to the world of drugs started early, for as long as she can remember both her parents had used drugs. Not surprisingly this led to a very disrupted childhood and having to take responsibility for herself at a very young age. At age 8 Kate's mum was sent to prison leaving Kate caring for both herself and her sister. When neighbors became aware of this social services intervened and a process of moving in and out of care and different fosters placements began which was to last for the next 8 years. Despite the fact that things were difficult with her parents Kate really wanted to be with them and often absconded from foster placements to go back home. When Kate found life hard she began to cope in the way she had learned from a young age; by using drugs. She was taking drugs in the day whilst at school. By the age of 15 she was using £30 pounds worth of heroin a day. Although she was in contact with services her substance misuse continued to escalate over the next few years, and along with this came offending which brought her into contact with the police and probation.

It was at this point that Kate first came to Oasis, sentenced to a Drug Rehabilitation Requirement (DRR) she was ordered to attend Oasis for 20 hours a week. Although Kate was engaging well with the programme life was not without its difficulties and in 2009 when she should have been leaving her current accommodation she found herself pregnant. Sadly shortly after finding this out her partner assaulted her and consequently she ended the relationship. Kate realised that social services would be very concerned about her ability to look after her baby safely that she needed to demonstrate that she could put her baby's needs first. Kate began attending the specialist antenatal clinic and

her pregnancy was progressing well, she did however continue to smoke cannabis which social services were clearly concerned about. Kate attended Oasis throughout this period and was supported to prepare not only for the birth of her child but the process she would need to go through to demonstrate her ability to prioritise her baby's needs. The birth of baby Hope was a difficult time for Kate; she was anxious about the future and had no family or partner support. Kate realised that she needed not only to address her substance misuse for her future but to learn how to parent her child in a safe environment. Social services also made it clear to her that they needed to see sustained change in her behavior and abstinence for the future. Kate has just completed a successful 6 months in rehab, baby Hope is thriving and social services though obviously wary are pleased with progress that Kate has made. Kate is once again attending Oasis to gain support while she gets used to living alone with her baby and managing abstinence from drugs and alcohol. She is absolutely committed to ensuring her baby has a better start in life than she did.

“ The One Stop Clinic is a service for pregnant women in Brighton and Hove who are involved with substance misuse ...the clinic also sees mothers and their babies through into the newborn period. Alongside the specialist workers we are also pleased to have the input of Oasis. The integration between all the services at the clinic can only improve the outcome for this group of women, at a time that the majority of women find stressful, and need additional support. ”

Dr Neil Aiton Consultant BSUH

Our volunteers continue to make a fantastic contribution to the services we provide through enhancing the support and time we can give as well as offering their ideas and enthusiasm throughout the project. We are currently lucky enough to have a number of volunteers who have been with the project for over a year, whom we have been able to develop and train to a high standard whilst they support the women, children and young people accessing our services.

We currently support 10 volunteers who can be found in the crèche, supporting groups, running open access drop-in sessions, cooking group lunches and within the young oasis team. They add a new and diverse dimension to our staff team and enable us to maximise our capacity.

We view volunteering as a two-way relationship and offer a robust volunteer training programme and regular supervision, endeavouring to develop the skills of those kindly offering us their time no matter what stage they may be at within their careers.

Fianna

Fianna has been volunteering at BOP for over a year. She is in her final year at University, where she is studying Law, with a particular focus on Human Rights and Healthcare Law and Ethics. Fianna has assisted in supporting Adult Services at our 'Open Access' drop-in service twice a week, and has recently taken up shadowing experienced staff members in one of the Group sessions run at BOP, Young Women's Group. YWG offers a safe environment for women aged

between 18 and 25 to come and access support in areas of drug and alcohol abuse. These opportunities have enabled Fianna to build on her communication skills, personal development and most importantly, to offer help where it is invaluable.

“ Oasis has been invaluable to my own personal development. It has allowed me to find my own direction, and has provided me with an experience that has enabled me to see what I want to do beyond my studies. An amazing team of people to work with, an amazing opportunity to make a difference. ”

Fianna



Open Mornings

We continue to hold a monthly open morning for those interested in finding out more about our service. During the morning, we provide a presentation about the services we offer, explain the referral process and give a tour of our premises. We have seen a great interest in our work this year, with attendance from varied health and social care professionals throughout the city and beyond. Over 60 local professionals and some from further a-field have attended this year.



1993 — Women's Drug project established at Brighton Women's centre. The aim of the project was to support women drug users by offering a support group & drop in with a crèche facility

1995 — Successful bid submitted for SRB funding for £192,000 to establish a family day centre for drug misusers & their children

1996 — The project formally separated from the Brighton Women's Centre & became Brighton Oasis Project

1996 — Successful bid to National Lottery for £127,748 over 3 years. Services delivered at Brighton Women's Centre, Tranxactions, and the NHS Drug Dependency Unit.

1997 — Brighton Oasis Project becomes a Limited Company & achieves charitable status

1998 — First day programme commenced at Oasis attended by 8 women

1998 — Lease obtained on 22 Richmond Place, building & refurbishment commenced

2000 — Sex Workers Outreach Project commences to work with women in the sex industry



2001 — Oasis 8-16 Young Peoples group wins Community Care Award in the Drug & Alcohol Category

2005 — Achieve Investors in People status

2006 — Start to deliver services as part of the Parents of Children at Risk Programme (POCAR), an interagency initiative

2006 — Acquire lease for number 11 Richmond Place to establish POCAR programme

Brighton Oasis Project wins Best Drug Team in the South East in the first Home Office Tackling Drugs Changing Lives Awards



2007-08 — Over 85% of women remain in treatment with Brighton Oasis Project for more than 12 weeks

2007-08 — Over 60 women have commenced POCAR at Brighton Oasis Project

2009 — Brighton Oasis Project is part of a successful £500k joint bid to the Ministry of Justice to fund the 'Inspire' project led by Brighton Women's Centre, working with women who have offended and those at risk of offending.

2010 — Brighton Oasis Project holds its first national conference attended by 120 people from across the UK.

2010 — Funding received to deliver the Healthy Eating Initiative across drug treatment services in Brighton.

Incoming resources from charitable activities	Total £
Unrestricted:	
Brighton and Hove Primary Care Trust	337,874
Brighton & Hove City Council	71,876
Sure Start	3,500
Children and Young Peoples Trust	24,386
Other Grants	5,198
	£442,834

Restricted:	
Capacity Builders	10,000
Ministry of Justice	13,351
Brighton and Hove Food Partnership	1,990
Communities Against Drugs	22,274
	£47,615

Donations	2,476
Investment Income	187
Other Income	4,746
	£7,409

Total £ £497,858

Expenditure 2008/09	
Staff costs	377,185
Rent	31,294
Utilities	36,188
Audit and Accountancy	16,755
Project Expenses	17,890
Individual Project Costs	21,863
Depreciation	6,623
Staff Travel and Expenses	3,373
Supervision	4,315
IT Costs	51
Other small costs	
	Total £ £519,003

Net Income Over Expenditure For The Year £-21,145

INDEPENDENT AUDITOR'S STATEMENT TO BRIGHTON OASIS PROJECT
 We have examined the summary financial statement for the year ended 31 March 2010 **Respective responsibilities of the directors and the auditor.** The directors are responsible for preparing the summary financial statement in accordance with applicable United Kingdom law. Our responsibility is to report to you our opinion on the consistency of the summary financial statement with the full annual financial statements, and its compliance with the relevant requirements of section 427 of the Companies Act 2006 and the regulations made thereunder. We conducted our work in accordance with Bulletin 2008/3 issued by the Auditing Practices Board. Our report on the company's full annual financial statements describes the basis of our opinion on those financial statements. **Opinion.** In our opinion the summary financial statement is consistent with the full annual financial statements of Brighton Oasis Project for the year ended 31 March 2010 and complies with the applicable requirements of section 427 of the Companies Act 2006, and the regulations made thereunder. We have not considered the effects of any events between the date on which we signed our report on the full annual financial statements and the date of this statement. Mr Mark Cummins FCCA (Senior Statutory Auditor) For and on behalf of Russell New Ltd.

Brighton Oasis Project gratefully acknowledges funding and support from the following:

Brighton and Hove City Council
NHS Brighton and Hove
Brighton and Hove Children and Young People's Trust
Sure Start Central
Home Office Communities Against Drugs
Brighton and Hove Right Start Partnership
Community of the Blessed Virgin Mary
Brighton District Nurses Association
Brighton Women's Centre



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