



BRIGHTON

OASIS

PROJECT

Annual Report 2008-09

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INVESTOR IN PEOPLE



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Registered Limited Company No 347762

Registered Charity No 1065503

Our Vision

Women and children affected by substance misuse have equitable access to quality treatment services, enabling them to begin a process of change that improves their life chances and supports them to participate fully in society.

Our Mission

Brighton Oasis Project aims to improve the lives and maximise the potential of the diverse range of women, children and young people affected by substance misuse. We seek to prevent and reduce drug and alcohol related harm to women and their families by providing services which offer a continuum of support from harm minimization through to total abstinence, which are complemented by specialist services for children, young people and women working in the sex industry.



Our Values and Beliefs

- We believe everyone has a right to enjoy and achieve in life.
- We believe trust and respect are integral to everything we do and will embody these values in our work.
- We value equality and diversity, and will challenge discrimination both direct and indirect in all we do.
- We will work in a way that is both challenging and empowering to recognise the capacity women have to change their circumstances with support and encouragement.

Our Strategy until 2013

To deliver our vision we aim to:

- Maximise the number of women in drug treatment, ensuring their needs and experiences are heard within the drug treatment system
- Support women to achieve positive and lasting change
- Develop our family focused services to ensure women are given the best chance to fulfil their role as mothers and that children are protected and given the opportunity to thrive
- Work in partnership with colleagues from the statutory and voluntary sector to develop services for women offenders and their families



I am pleased to be able to report on another successful year for Brighton Oasis Project. We continue to offer an effective and well respected service to women and families affected by substance misuse.

But no dynamic organisation can afford to stand still and rely only on its past reputation. At Oasis we are striving to review and improve our services to individuals who take part in our programmes and in response to the changing requirements of our commissioners.

We started the year with a joint staff/board Away Day to evaluate the current functioning of the organisation and to plan objectives for our future development. One initiative that we have put in place this year is the development of outreach work in local schools for young people affected by parental substance misuse. Our work at Long Hill School has been well received and more projects are planned.

Our Board of Trustees continues to assist Jo-Anne and the staff in direction and decision making within Oasis. Unfortunately we have lost the services of three of our long serving members, Judith Cooper, Pauline Lambert and Richard Dean this year. Richard's departure has left us without a Treasurer, a key role on the Board, and we are urgently seeking to appoint a Trustee who can take on those responsibilities. However we have gained

the services of Douglas Sinclair who brings to the Oasis Board a wealth of experience in social work with children and families in Brighton and Hove. National knowledge about the work of the Brighton Oasis Project has grown this year with the publication of an article about our work in an international journal and a presentation in September at a world wide gathering of child protection professionals. This, together with requests for training from other local authorities and drugs agencies, reminds me yet again about the importance of the work Brighton Oasis Project undertakes. Our dedicated staff, clear headed leadership by Jo-Anne and supportive Board of Trustees has seen the Project go from strength to strength this year in the services we currently deliver and in plans for continuing development and improvement.

Gretchen Precey
Chair

“The work that the Oasis project does in Brighton and Hove provides women with a lifeline and a fantastic service. I was impressed by the stories of the women helped by the project when I was fortunate enough to visit them, and the project has my wholehearted support.”

Celia Barlow
MP for Hove and Portslade

Over the past 12 months at Oasis we have delivered services to more women than ever before, increased our funding and developed new services. This is really good news as it indicates we are helping more women than before, providing welcoming and accessible services. The numbers in drug treatment across Brighton and Hove have increased and, working in partnership with other organisations, we have helped to deliver on the National Treatment Agency's target to get more people into treatment.

Nationally we know that only half of the population with a drug use problem are accessing treatment, so we know we can't be complacent about our service and that we need to keep up our efforts locally, engaging with all types of women from across Brighton and Hove. We really value feedback from our clients about how they heard about Oasis and what the barriers were to them asking for help. We also have to make sure that we endeavor to receive feedback from parts of the local community who don't use our service in the numbers we expect and understand how we can better meet their needs, for example, women who identify as bisexual, lesbian or transgendered. We know Oasis delivers a really good service to the women and their children who come here, and we want to make it accessible to everyone who needs it.

For clients, entering treatment is just the start of a difficult and sometimes painful journey, but one that we hope is ultimately successful for them. The women we see all have different needs and we have learnt that we can't presume anything about our clients' individual experiences. However, many of

the women we see have experienced difficulties in their lives which have made them vulnerable to substance misuse. It's well recognised that drug misuse affects deprived communities disproportionately, and within these communities individuals are often disadvantaged and particularly vulnerable. However, whilst this may be the case, these individuals often display incredible resources and show enormous resilience in dealing with their problems. I can't think of any of the women we have worked with in the last year who would want to be thought of as a victim of their circumstances. On the contrary, the women we encounter show a willingness to accept responsibility and determine their own future, which is inspiring on a daily basis.

Last year, we used clients' own stories to illustrate our work. Our supporters told us they really liked this so we have used this approach again - this year we have included case studies in an attempt to demystify what actually happens in drug treatment and highlight the hard work our clients put into addressing their problems and changing their old patterns of behavior. It can be a struggle and not everyone can achieve their ambitions the first time they try or even the second, third or fourth time. What we recognise though, is that people do still keep trying and we need to be here for them at each attempt, recognising the enormous efforts required on a daily basis to cope with their circumstances without resorting to drugs and alcohol.

Jo-Anne Welsh
Director

Adult Treatment Services

We provide a range of services for women with substance misuse issues and their families. These services are aimed at supporting and engaging women at the different stages of their treatment journey.

Open Access

An initial point of contact which provides information about drugs and treatment services and can help women decide on their next steps. Harm reduction advice, information and guidance will be provided alongside information about other local services such as support against domestic violence.

- **560 open access appointments were provided in 2008-2009**

Structured Day Programmes

We offer 3 structured day programmes which are intensive community based interventions. We run a 'Models of Care' programme for women who refer themselves to the project, a 'POCAR' (Parents of Children at Risk) programme for mothers and a 'DRR' (Drug Rehabilitation Requirement) programme for women who are attending as part of a community sentence.

Attendance for at least 12 weeks is viewed as the most likely indicator of positive change in a women's substance misuse. Structured day programmes are particularly well regarded by women for whom



residential treatment is not an option due to child care commitments. Alongside individual key work there is a range of educational and supportive groups on offer including a parenting programme.

- **6 women completed the Parents of Children at Risk programme had their children returned to their care in 2008-2009**

- **83% of women were retained in treatment for over 85 days in 2008-2009**

- **102 women completed a Structured Day programme in 2008-2009**

- **50 women completed the Parents of Children at Risk programme in 2008-2009**

- **26 women either started or completed a community sentence in 2008-2009**

We ensure our day programmes include activities to provide structure to women's lives and improve their health and wellbeing. These activities are influenced by service user involvement and are supported by peers and volunteers.

- **19 women completed the Triple P Parenting Programme in 2008-2009**

- **29 healthy eating sessions were provided in 2008-2009**

Aftercare

Aftercare is a structured package of support for clients on exit from another programme. This is the final phase of treatment. BOP provides an aftercare group once a week alongside the opportunity for occasional one to one individual support and access to other BOP activities. Service users are supported to identify opportunities for personal development including work, study and volunteering.

- **33 women attended aftercare in 2008-2009**

“This is a very impressive and much needed service.”

Baroness Doreen Massey
Chair of National Treatment Agency

Outreach Work

BOP provides outreach services for both sex workers and vulnerable women who may be insecurely housed and finding it difficult to engage in services. We can arrange to meet women in a variety of community settings and support them to access treatment and services which will reduce their vulnerability, improve their physical and mental health and establish some stability in their lives. We provide in-reach into the local women's prison to provide continuity for women and support for them on release. We run a weekly drop in service for sex workers at Oasis where they can receive health promotion advice, support and supplies.

- **49 sex workers attended the drop in for advice, support and safer sex supplies in 2008-2009**
- **94 women made contact with the sex workers outreach project for the first time in 2008-2009**

Young Women's Service

In partnership with RU OK, the statutory young people's substance misuse service, BOP provides a service for young women aged 11-19. Working in the community meeting girls where they feel comfortable, the young women's worker uses a range of interventions to enable girls and young women to make positive choices and to ensure they are aware of ways to reduce risk associated with drug and alcohol misuse. The young women's worker also runs a group for young women aged up to 24 who are making the transition to adult services.

- **10 women attended the Young Women's group in 2008-2009**

“By extending support to those traditionally underrepresented by the support network, Oasis provides a vital service to the women and families of Brighton. Their success is an inspiration to us all.”

Celia Barlow
MP for Hove and Portslade

Crèche

BOP has always acknowledged the importance of childcare for women substance misusers. Our Ofsted registered crèche works with babies from birth. Our youngest child this year was 10 days old. In the school holidays we are able to take children up to the age of 11. The crèche is open every day for two sessions.

- 70 children were cared for in the crèche in 2008-2009



Young Oasis

Young Oasis is a service for children and young people who are affected by familial substance misuse. It provides one to one therapy over at least 12 weeks to enable children and young people to explore and express their feelings and develop strategies for coping with their circumstances. This year we have developed a new group programme to be delivered in schools or community settings and ran it for the first time over a 12 week period.

- 21 children and young people received counselling or play therapy in 2008-2009
- 9 boys attended a dramatherapy group at a local school in 2008-2009



*Report on Radio 1 Trip
10th September 2009*

“ For National Tackling Drugs week Radio 1 came to Oasis and interviewed the kids, who came about drug use in the family and information for other children. It was very enjoyable and as a present we got an exclusive visit to the Radio 1 studios in London and we went on the London eye. I would also like to thank Toby for giving me a new perspective of looking at things and allowing me to open my imagination. ”

Quote by Josh aged 12

Sally - 35 year old woman with substance misuse, domestic violence, suffered from (post natal) depression leading to suicidal attempts. Had her three children taken into care.

REFERRAL DATE:	June 08
REFERRED BY:	Social Services
OFFENDING HISTORY:	Various offences dating back to 2007 including: Criminal damage to a property and Violent assault: Common Assault and ABH, section 18. All offences were committed whilst under the influence of drugs and alcohol.
DRUG USE:	Yes – Cocaine and Alcohol
Victim of abuse:	Yes, Domestic Violence
Mental health issues:	Yes – 2 suicide attempts, anxiety and depression.
Children:	3
BOP Interventions:	One to one with key worker • Counselling • Life Skills • Triple P Parenting • Relapse Prevention • Services user/Peer Support • Holistic Therapies- Acupuncture and Relaxation • Leisure Activities – Yoga and Kick Boxing

Social Services referred Sally to the POCAR programme after a violent incident, linked to substance use, resulted in her 3 children being removed from the home. Sally stopped using cocaine when she began to attend POCAR appointments, but continued to drink alcohol. Sally did not see alcohol as a problematic substance for her. Alcohol use was discussed regularly in key work, focussing on harm minimisation techniques.

Sally engaged well with the POCAR groups and key work. As well as looking at the impact of drug and alcohol use on parenting, Sally also explored the impact of her relationships and the associated risks. Sally discussed what further support was available in key work and has subsequently become involved with RISE (domestic violence) and Fellowship meetings, which she has used as part of her ongoing support.

Sally's programme was gradually reduced until she completed POCAR 6 months after the initial referral. By the time that Sally completed POCAR she had also stopped drinking alcohol as she felt that this was a barrier to having her children returned to her. Throughout Sally's attendance on the POCAR program Sally's key worker was able to attend meetings with Social Services and report on the progress she was making.

After completing POCAR Sally became a service user rep for Oasis and regularly attends meetings and conferences for Oasis. Sally remained abstinent from drugs and alcohol and now has her children back home. Sally said attending Oasis has helped her turn her life around and given her the tools to be a better parent and is thankful to everyone at Oasis for their help and support on her journey.

Sinead - Woman in her 30's, sentenced to 6 month Drug Rehabilitation Requirement for shop theft .

REFERRAL DATE:	June 08
REFERRED BY:	Courts / Probation (sentenced to a 6 month DRR)
OFFENDING HISTORY:	Yes
SENTENCING HISTORY:	15 convictions for 44 offences, 4 custodial sentences. Primarily shop theft and fraud.
DRUG USE:	Yes – Heroin and Crack Cocaine
VICTIM OF ABUSE:	Yes – Childhood: sexual, physical, emotional Adulthood: previous domestic violence
MENTAL HEALTH ISSUES:	Depression/anxiety
CHILDREN:	Yes, 3yr old child living with her.
BOP INTERVENTIONS:	Weekly 1-1 keyworks • Twice weekly substance use screening • Crèche provided for her child • Relapse Prevention Group • Relationship Support Group • Breaking the Offending Cycle Group • Goal Setting Group • Healthy Eating Lunch • Yoga • Positive Parenting Group (started, not finished) • Aftercare Group (started, not finished)

Sinead was referred to Oasis by the courts to undertake a 6 month Drug Rehabilitation Requirement (DRR) community sentence. She had a previous offending history and had been convicted 15 times for 44 offences, including 4 custodials. She had experienced sexual and physical abuse as a child and domestic violence as an adult. She had a history of depression and anxiety and was living alone with her 3 year old son following separation from his father due to domestic violence. She moved to Brighton via the refuge service and reported difficulty in trusting anyone as a result of her previous experiences.

When Sinead began attending Oasis she was using heroin and crack three times a week. She reported high levels of motivation to address her substance misuse. Sinead

described very low self esteem, alongside depression and anxiety. She participated well in group work and key work sessions and rapidly made changes in her substance misuse, stopping both the crack use initially then the heroin. Her key worker at BOP supported her to address her debts and work towards improved self esteem. Her confidence at BOP grew and she became involved in the service user forum. She successfully completed the DRR, drug free. In addition she reported improved social networks away from the drug scene, increased self confidence and increased confidence in her parenting.

Angie - Woman in her late 20's - outreach services provided.

REFERRAL DATE:	Encountered in outreach setting (parlour)
OFFENDING HISTORY:	Yes
SENTENCING HISTORY:	None
DRUG USE:	Heroin and Alcohol
VICTIM OF ABUSE:	Yes, History of domestic violence
MENTAL HEALTH ISSUES:	Undiagnosed
BOP INTERVENTIONS:	Outreach meetings • Health promotion interventions (sexual health) • Referrals to sexual health services • Harm minimisation advice regarding substance use • Provision of free condoms and other safer sex supplies • Advice and info on personal safety at work • Ongoing support around a bad experience with a client at work as well as support around reporting to the police via "Dodgy Punter Scheme" • Emotional support / Crisis intervention • Help with benefit claims • Triage for return to treatment – restarted methadone prescription • Referral to BOP adult services • Support with making / attending other health appointments • Regular weekly goal-orientated meetings to work through practical and emotional issues that had prevented her from dealing with financial issues and accessing substance misuse services

The sex workers outreach worker initially made contact with Angie on a visit to a parlour. She was in her late 20's and used heroin and alcohol daily. She had a history of experiencing domestic violence. The outreach worker visited her for over a year using brief interventions before the client self referred to the SWOP drop in at Oasis in crisis. She had gotten into debt and was in danger of losing her accommodation.

The client didn't want to do sex work anymore, but felt she had no choice due to the fact that her benefits had been stopped. She had been discharged from drug-treatment services due to non-attendance, and was finding it difficult to find

the time to get back into treatment, due to having to work everyday. She said she was overwhelmed with her situation.

Angie was given emotional support at Oasis through 1:1 goal orientated meetings. With support from the outreach worker she was able to successfully reapply for benefits.

Following assessment the client re-engaged with the drug treatment system. With her financial situation back under control she was able to maintain her housing, and to reduce and later leave sex work. She completed a 12 week structured day care programme at BOP and was abstinent from heroin on completion.

“I have managed to achieve POCAR and completed it, I can now manage how much alcohol I consume and have met with other parents and exchanged ideas. As a person I have become a lot more confident and I’m now about to start college to help move on from Oasis.”

Quoted By C

“With Oasis I have achieved a new sense of self, a self who is more confident, strong, outgoing and reliant on little else other than those there to help me.”

Quoted By M

“What I have achieved at Oasis is to stay drug free and have set boundaries and rules at home, and my home life is more settled in a good way not so mad, I have met new people and completed my Triple P with my daughter, I now want to do it for my teenage boys. HELP!”

Quoted By S

“Since coming to Oasis I’ve been given the help I need with my drugs use, domestic violence and really personal things that happen in day to day life. Oasis is the first thing I’ve ever achieved and completed.”

Quoted by Alice

“That I can become a better parent and that I can be more assertive about myself.”

Quoted by SM

“I’ve done my DRR order here and really enjoyed it. It’s given me structure and a sense of achievement which I have lacked in my life for many years.”

Quoted by Tina

“Since coming to Oasis I’ve been given the help I need with my drugs use, domestic violence and really personal things that happen in day to day life. Oasis is the first thing I’ve ever achieved and completed.”

Quoted by Alice

“I achieved through Oasis to understand how alcohol not only effected myself, but also my children, with counseling and alcohol relapse prevention I was able to stop drinking and have a safe home for myself and my children.”

Quoted by Cheryl

“I have learnt that not all females are two faced and do and can understand what’s going on in your life and help.

I have learnt to assert myself instead of either bottling it up or just flying off the handle

I have also realized that asking for help and admitting my problems do not make me weak

I have learnt to trust professionals more.”

Quoted by Tash

“I have learnt that there is somewhere were I can receive support and understanding, no matter what the problem. I also have found it enabled me to form better relationships with women, which I’d always found hard before.”

Quoted By J

“I feel I have achieved a lot with Oasis, I have learnt to be more assertive, I’ve learnt and manage my drink a lot better, handling situations with my past relationships and better ways to cope with my son.”

Quoted by Mel

Our volunteers continue to be an invaluable resource to Brighton Oasis Project, bringing in fresh ideas and increasing the diversity of our team.

We currently have volunteers working throughout the organisation: in the crèche, supporting Adult Services, working with Young Oasis and providing additional services such as a Healthy Eating Group. Without the volunteers we would be unable to provide the range and volume of activities currently available.

We endeavour to help our volunteers acquire new skills and gain valuable work experience during their time here. We recognise the different reasons people have for volunteering and support them to achieve their personal goals. We currently have twelve volunteers working with the project: to illustrate the role they can play, we've used Bex and Toby as examples...

Bex

Bex attended our volunteer training programme alongside seven others in April 2009. This involved her attending 5 evening sessions covering topics such as child protection, professional issues, drug and alcohol awareness, communication and diversity and equality. After completing the training, she went on to support Adult Services at our 'Open Access' drop-in service once a week. Initially shadowing experienced staff members she has gradually built up the skills, knowledge and competence to undertake this role with minimal supervision. Bex is hoping to gain paid employment working directly with

clients in the near future.

Toby

Toby has been volunteering at BOP for over year. He is now in his final year of training in dramatherapy; a therapy which uses physical actions, projective images (metaphors) and story, character and play to explore personal/social issues safely. Toby has worked alongside our Young Persons Therapist to help facilitate a 12 week therapeutic intervention at a local secondary school for a group of boys who have a family member who is using, or has used drugs or alcohol problematically. He has also provided weekly one:one counselling for young people at the project. Toby has been able to access a range of training and development opportunities whilst in placement and has had the unique experience of a trip to Radio 1 with the boys from the group!

"I have really enjoyed working at Oasis since coming here on placement as a dramatherapy trainee. I helped to set up a group outreach programme for young people affected by drugs and alcohol, which is a new and innovative service. I think that it offers an invaluable and very human service to people in real crisis."

Toby

"My time at Oasis has been invaluable to my personal development and something I thoroughly enjoy"

Bex

Incoming resources from charitable activities	Total £
Unrestricted:	
Brighton and Hove Primary Care Trust	269,707
Brighton & Hove City Council	49,777
Sure Start	8,000
Crime Reduction Initiative	40,667
Children and Young Peoples Trust	8,500
	£376,651
Restricted:	
The Monument Trust	25,000
Lloyds TSB Foundation	20,000
Brighton and Hove Food Partnership	1,000
Communities Against Drugs	22,274
Other grants	4,300
	£72,574
Donations	1,126
Investment Income	7,747
Other Income	15,814
	£24,687
Total £	£473,912
Expenditure 2008/09	
Staff costs	336,580
Rent	35,416
Utilities	27,507
Audit and Accountancy	16,485
Project Expenses	4,960
Individual Project Costs	5,319
Depreciation	7,281
Staff Travel and Expenses	5,777
Supervision	2,504
IT Costs	2,179
Other small costs	1,147
	£445,155
Net Income Over Expenditure For The Year	Total £ £28,757

Auditors Statement: In our opinion the above income and expenditure summary is consistent with the full financial statements for the year ended 31 March 2009. Russell New Limited. 19th November 2009. Registered Auditor, Steyning, West Sussex.

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
Sussex Probation Service
Home Office Communities Against Drugs
Community of the Blessed Virgin Mary
Brighton District Nurses Association

Our Board of Trustees

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