

Next Steps Recovery Centre

The Matthew Project

THE
MATTHEW
PROJECT

no compromise on hope

Our vision

Next Steps will be the first of its kind in Norfolk, providing a safe, welcoming environment, where those in recovery from addiction can build the confidence and skills needed to sustain their recovery.

This booklet provides a brief summary of the Next Steps project, and shows how, with your support, we can create a thriving recovery community in the heart of Norfolk, helping to unlock the potential of some of Norfolk's most vulnerable individuals.



A rendering of the completed Next Steps foyer, showing, in the foreground, the café seating area and, in the background, the mezzanine floor (right) and multipurpose room (left).

The Matthew Project

For over 34 years, the Matthew Project has been supporting vulnerable people in the East of England with issues relating to drug/alcohol misuse and mental wellbeing.

We support individuals to recover from substance misuse, build on their relationships with others, improve their mental/physical health, and boost their skills and employability. We believe that every person, no matter their age or background, deserves the chance to improve their life.

In order to deliver these activities, we offer a range of services across Norfolk, Suffolk, and Essex. Our beneficiaries come from all walks of life, and include children and young people, adults, veterans, those misusing drugs and/or alcohol, those in recovery from addiction, and those affected by somebody else's addiction, among others.

Our core services include the following:

- **Recovery Support Programme (RSP):** supporting those in recovery from addiction, based at the new Next Steps building. The RSP was launched in 2018, and is growing into an effective, well-known support service for those in recovery from addiction. The RSP will play a key role in the Next Steps project.
- **Unity:** supporting under-25s across Norfolk who are affected by their own or somebody else's drug/alcohol misuse.
- **Outside the Wire:** supporting veterans, current serving personnel, and family members across Norfolk and Suffolk. The majority of our clients are affected by drug and/or alcohol misuse.
- **On Track:** providing employment support for disengaged 16-24 year olds across Norfolk.
- **Youth and Family Team:** providing a range of services across Norfolk, including smoking cessation, peer support, social prescribing, and support within the criminal justice system.

“ The biggest risk to recovery is isolation. There is an absolute need for a centre like this. ”

Graeme Malcolm, Services Manager, CGL Norfolk



The site

In October 2018, the Matthew Project moved into a new building, funded by Public Health England, located close to the centre of Norwich. This building will form the basis of Next Steps. With a total area of over 550m², plus offices, the building has a huge amount of potential, with ample space for a wide range of activities and support. Our plans for Next Steps are ambitious, and will help to turn the building into a vital local asset, accessed by hundreds of local people every year.

We are currently in the early stages of renovating the building, which was previously used as a science laboratory. So far, we have raised £656,000 towards the completion of Next Steps. This has allowed us to purchase the building and complete the first phase of development. Since October, we have refurbished the office space, and created a new art workshop, a group room, and an IT suite. We have also purchased a minibus for transporting service users, and removed most of the original fixtures and fittings to prepare the building for the next phase.



Next Steps will be situated at 70-80 Oak Street, to the north west of Norwich city centre. The building is within a 10-minute walk of the centre of Norwich, and easily accessible via public transport.



The building was previously used as a science lab. This means there is ample space, with many large, spacious rooms. However, we were also required to remove many original fixtures and fittings to prepare the building for the second phase.



The new minibus, for transporting service users, and the refurbished art studio and IT suite.

Our plan

In order to complete the work, and turn Next Steps into a beacon of hope for those in recovery across Norfolk, we need to raise a further £250,000. This funding will be spent on an exciting mix of refurbishment work, new rooms/spaces, and a range of equipment and items, which service users have helped us to plan and design. These include:

- ① A training kitchen and café, where service users can build their culinary skills and visitors can enjoy food and drink
- ② A new street-facing entrance, to boost the visibility of Next Steps, and allow easier access for visitors
- ③ Four one-to-one therapy rooms, providing a safe, secure space for one-to-one support
- ④ A skills and employability workshop, teaching a range of skills to those in recovery.
- ⑤ A multifunctional space, providing room for physical exercise, activities, and seating area.
- ⑥ A soft play area, creating a family-friendly environment for visitors and service users.
- ⑦ A mezzanine breakaway area, providing space for relaxation and socialising.
- ⑧ A library area, providing a space for learning.
- ⑨ A new toilet block
- ⑩ A laundry and shower room



Recovery support

Every year, over 3,000 people in Norfolk access services for problematic drug and/or alcohol use, with an average of 53 individuals completing treatment and returning to the community each month. There is currently nowhere else in Norfolk providing recovery support in a community setting. As a result, social isolation, relapse, and unemployment is common.

We've recently set up a recovery support group for those in recovery from addiction, called the Recovery Support Programme (RSP), which provides a range of support for those in recovery. By engaging individuals after they leave clinical treatment and offering ongoing support and advice, the project will help prevent relapse and costly representation to services. The project will also attract individuals with low level issues who would not normally present at local commissioned services.

Next Steps will allow us to grow the RSP and provide support to hundreds of individuals each year. The centre will provide a range of support services, including the following:

- Providing skills and training opportunities for those in recovery, helping to improve their employability.
- Helping those in recovery to develop new positive social networks and build confidence.
- Creating a peer mentoring scheme, where those in recovery support one another.
- Reducing the rate of relapse, and improving the long-term outcomes of those in recovery.
- Providing one-to-one therapy and counselling.
- Providing a space for local organisations to come together, to help provide the best, most holistic support for those in recovery.

“ *The Recovery Support Programme has provided me with the coping mechanisms to maintain sobriety, teaching me self-care and worth. To strive for and achieve my goals.* **”**

Jane, Recovery Support Programme Member



Project funding

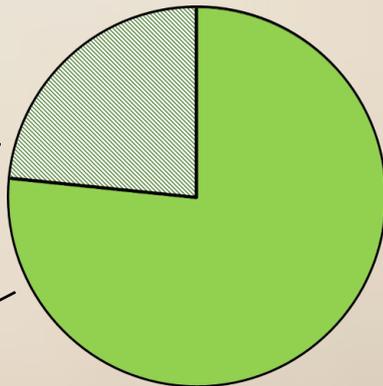
The majority of the work so far has been carried out using our original capital grant from Public Health England, which included funding for the building's purchase, as well as designated sums for refurbishment work and for the minibus. In addition, volunteers have so far contributed over 250 hours of their time for free towards the refurbishment work. Funding from Norfolk County Council has also allowed us to put staff in place to manage Next Steps and run the Recovery Support Programme until mid-2020 and beyond.

The secured £656,000 can be broken down into the following categories:

- £596,000 from the original Public Health England grant, used for the initial purchase and towards refurbishment.
- £50,000 from the Matthew Project's unrestricted reserves.
- £10,000 towards the toilet block from grant funding.
- 250+ hours of volunteer time from trustees and volunteers, giving their time for free on the refurbishment work.

£250,000

What we need to complete Next Steps



£656,000

What we've secured so far

How you could support Next Steps

Any donation, big or small, will make a big difference to the development of Next Steps, allowing us to support more of those in recovery to realise their potential.

Examples include:

- £100 will pay for a table and chairs for our Next Steps café.
- £6,330 will pay for one of our four new therapy rooms.
- £9,986 will pay for our new resources library and soft play area.

Anybody donating over £500 will have the option of being formally thanked on a 'Wall of Thanks' located prominently within Next Steps. We will also be happy to discuss ways of acknowledging and publicising larger grants, including naming rights for specific rooms and spaces.

In addition, any support in the form of volunteering time, donations of equipment, and sharing of expertise will go a long way towards helping us to achieve our goal.

The Matthew Project

70-80 Oak Street, Norwich, Norfolk NR3 3AQ

(t): 01603 626123 (w): www.matthewproject.org (f): 01603 630411

(e) ryan.hook@matthewproject.org

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Company limited by guarantee

Registered office: 70-80 Oak Street, Norwich, Norfolk NR3 3AQ

Company number: 6388343

