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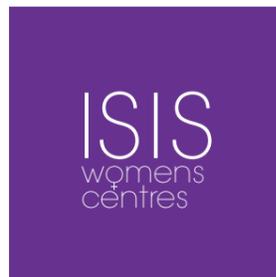
Registered Charity Number 1056672

Patrons:

Simon, the Most Honourable Marquess of Reading;
The Rt. Hon the Lord Mancroft

Trustees:

David Granger FCA – Chairman
Michael Adamson
Ann Buxton
Luke Chester-Master
Colin Chisholm
Amanda Fadero
Dr Anne-Marie Marlow
Caroline Penley
Amanda Raybone



www.nelsontrust.com



Nelson Trust 2013 Review



www.nelsontrust.com

Welcome

Welcome to our Annual Review. 2013 has been a year of change, challenge and opportunity

In April, Steve Cooke stepped down as Chief Executive after 16 years. Steve led a transformation of the Trust from a small local service to a nationally recognised charity that draws clients from across the UK, commands the attention of commissioners and ministers and has helped shaped the way people experiencing multiple disadvantage are viewed and treated. Our heartfelt thanks go to Steve.

I'm delighted to announce our new Chief Executive is John Trolan. Previously the Trust's Programme Director, John has been a key part of the team since 1998 and I look forward to working closely with him in the years ahead to realise our ambitious plans and help even more vulnerable people in need.

David Granger FCA
Chairman

The Nelson Trust

In 1985, Mary and Roy Brash invested their life savings in purchasing the former 'Nelson Inn' to establish one of the UK's first abstinence-based residential treatment centres.

From these humble beginnings, the Trust has become an award winning national centre of excellence in addiction treatment.

Building on the success of our specialist treatment services for women, the Trust established the ISIS Women's Centre in 2010, a safe, women only space where a wide range of problems related to offending, substance misuse, abuse and wellbeing can be addressed in a warm and supportive environment.

Our aim is simple, help more people in more innovative, creative and cost-effective ways to build new lives and realise their potential.

'I would never have believed that I could achieve so much and the sense of satisfaction I get from helping others is something else.'

My journey - Frankie

My addiction started at 12, I was drinking and smoking cannabis. By 17, I was hooked on heroin. I spent over 17 years in and out of prison for theft and dealing. I was suicidal because I had been taking drugs for so long, they had taken over my life and I didn't know how to stop.

The courts gave me a Drug Treatment and Testing Order which forced me to join a day programme then detox, and eventually I came to the Nelson Trust.

When I arrived, I was determined to beat my addiction. I was extremely depressed and suicidal; I know I would have been dead if I had not come to Nelson. The counsellors were very supportive and this was the first time in my life I felt people were listening to me.

The treatment programme brought up a lot of things to deal with that I didn't even know existed. The groups and sessions gave me the opportunity to 'dump it'.

After treatment I moved into the Trust's resettlement accommodation and took on volunteer work. I had never had a job so regular hours took a bit of getting used to. I decided I would like to give something back to society and help others like myself. Nelson helped me find my own place.

I wanted to stay local as I had found new friends and like living in Gloucestershire. I gained valuable experience working for a charity that supports people with mental health and addictions, which involved having my own clients and taking group sessions.

I also travelled all over the UK giving talks in prisons with UK Hospitals & Institutions (part of Narcotics Anonymous) of which I am also Vice Chairman.

I told people my story and let them know that there is a different way of life and they can turn their lives around. I then came back to Nelson and have been a Recovery Worker since 2011.



Another major part of my treatment was learning new skills. I was kicked out of school at 12 so the opportunity to learn, particularly computer literacy, was a whole new experience. I also did gardening which gave me a passion for nature. I loved the monthly outward bound days because it was a rest from the treatment schedule and really made me think about working as a team.

Looking back, I would never have believed that I could achieve so much and the sense of satisfaction I get from helping others is something else.



'Our aim is simple, help more people in more innovative, creative and cost-effective ways to build new lives and realise their potential.'

Enhanced Treatment Programme

In April 2013 we made significant changes to our residential treatment programme, incorporating what works best in treatment with client and staff feedback.

There is now more face-to-face time between clients and recovery staff, and our treatment houses are structured to reflect the needs of clients at different stages in their recovery.

In our mixed gender programme, new arrivals start in our intensive addiction-focused treatment unit, Nelson House, and undertake psychosocial/educational groups, lectures and workshops on the nature of the addictive process and learn living skills to enhance and support their recovery.

Nelson House has a high staff ratio to reflect the intense support clients require at the beginning of treatment.

After 8 – 12 weeks, clients graduate to our solution-focused recovery houses, East Wharf or Stonebank.

The move is made when clients demonstrate personal responsibility for their behaviour and are assessed as no longer requiring high intensity support.

They will be working towards move-on plans through intensive education training and employment (ETE)/ careers advice, resettlement planning and family work.

Our specialist women only programme has been enhanced to offer access to women's safety work, more trauma informed groups, women-only ETE sessions and eye movement and desensitization processing therapy (EMDR).

The number of dedicated recovery staff has also been increased. As early results indicate, this enhanced service gives clients the best possible foundation on which to build a life free from addiction.

"I could do that"

In 2005, we approached Stonehouse Rotary Club to ask for help to fund a Literacy Tutor. A member mentioned our request to his wife, a retired special needs teacher. Gill Rogers' response was "Well I could do that and it won't cost anything."

Gill was as good as her word and eight years later is still as active as ever.

She says her work with our clients is "the most rewarding experience of my teaching career – working with people who are so motivated".

Gill added "The greatest obstacle for most is their confidence. As a child or young person, they came to believe they had failed – now, with support and encouragement they realise they have the capacity to read and write well as their confidence blossoms." And the Rotary Club very kindly fund all Gill's learning materials. Our heartfelt thanks go to Gill and Stonehouse Rotary Club.



'We provide treatment for around 150 clients a year from all over Britain and beyond; including our work in the community we work with over a 1000 individuals.'

A new look

To raise awareness of the breadth and depth of our work, we have developed a new visual identity and website.

If you haven't already done so, please visit www.nelsontrust.com where you will see and hear first-hand from clients about how they have been able to transform their lives.

Our website is a vital tool in explaining what we believe, who we are and what we do.

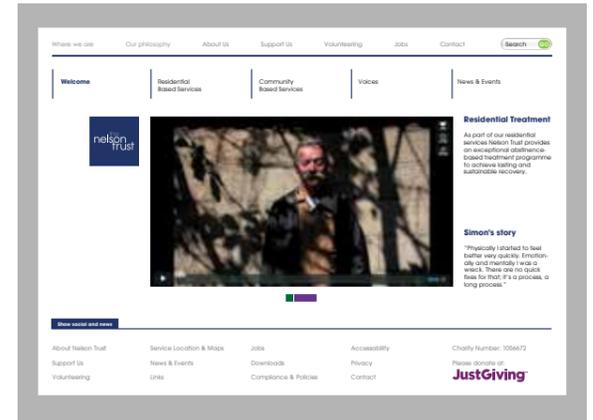
Add us to your Favourites, because over time we'll be sharing more good news stories, development plans, new services, campaigns, events and much more.

A new emblem

We are adopting a new emblem to explain who we are and what we stand for. We have chosen the Cotswold Blue, or Large Blue, the UK's rarest butterfly.

Discovered in 1795, it became extinct in the UK in 1979. The Cotswold Blue not only gives us a unique local connection, as Gloucestershire is one of the few places it is being reintroduced, but the Blue's embodiment of renewal, rebirth, new life, hope, spirit and energy makes it so relevant.

The Blue's fight for survival against the odds resonates strongly with the experiences of our clients and symbolises what we seek to enable people to achieve.



ISIS

Howard League Award

In July 2013, ISIS was presented with The Howard League for Penal Reform's Community Programmes Award – Services for Women.

John Benstead, Chief Executive of the Gloucestershire Probation Trust, our lead funder commented:

"I am absolutely thrilled that ISIS has now received the national recognition it undoubtedly deserves.

ISIS is an inspirational scheme that transforms the lives of some of the most vulnerable women caught up in the Criminal Justice System.

It provides a real rehabilitation alternative for Magistrates and Judges when they are considering imprisonment.

Gloucestershire Probation Trust are proud to be in partnership with Nelson Trust and ISIS."

Lankelly Chase Promoting Change Network

ISIS has been awarded £150,000 over three years by the Lankelly Chase Foundation to extend its vital work.

A wider range of agencies dealing with homelessness, substance misuse, mental and physical illness, extreme poverty and violence will now be able to make referrals.

The funding pays for dedicated key workers and enables ISIS to be part of a national network of PCN partners sharing best practice, learning and experiences.

Most importantly of all ISIS will be engaging and helping many more vulnerable women in Gloucestershire in the coming years.

'With the support of ISIS, Natasha found the strength to turn her life around, a role model of determination and strength, who can tell her story of survival, giving hope to other women, starting on their journey of recovery.'

ISIS in Swindon & Wiltshire

During Autumn 2013, ISIS proudly opened its doors in Swindon.

Building on the success of ISIS in Gloucestershire, our partnership with Wiltshire Probation Trust (WPT) enables vulnerable women in Swindon to access a similar range of core services to our Gloucester clients.

WPT have also awarded the Trust, funding to create 'satellite' services across Wiltshire in 2014, with bases in Chippenham, Salisbury and Trowbridge to provide a county wide service.

Natasha's Story

Natasha was referred to ISIS under a suspended sentence order with an Alcohol Treatment Requirement. She had a history of alcohol misuse and had been in an abusive relationship. She retaliated, stabbing her partner.

At ISIS Natasha completed OCN qualifications in Crime and its Impact and Drug and Alcohol Awareness. She also attended groups on relapse prevention, self esteem, anxiety management, emotional wellbeing and anger management.

Natasha also worked hard to address her domestic abuse experiences, attending our Freedom Programme which helped her understand her abusive relationship and its effects upon herself and her children.

Natasha has three sons, the youngest of which was fathered by her abusive ex-partner. Social Services placed him with his paternal grandparents and Natasha was desperate to increase contact. Given her significant progress and restored abstinence, we supported her in applying for a contact order. She now has unsupervised contact and her older boys often come to stay. Our Family Focus team supported this whole process.

Natasha was keen to find work, so we referred her to Action for Employment. She started volunteering at a cancer charity which she really enjoyed and was offered paid employment. She also enrolled on our Mentoring course, successfully completing an OCN, Level 3 in Mentoring Skills. The course facilitators were so impressed they secured funding for her to undertake Level 4.

After two years, Natasha realised she was ready to leave ISIS and go out and gain experience working towards her goal of helping others. Natasha is an inspirational woman who, with ISIS' support, found the strength to turn her life around, a role model of determination and strength, who can tell her story of survival, giving hope to other women, starting on their journey of recovery.



'ISIS is an inspirational scheme that transforms the lives of some of the most vulnerable women caught up in the Criminal Justice System.'



Sir David Brewer CMG JP, Her Majesty's Lord-Lieutenant for Greater London, presented the award to Rose Mahon, ISIS Manager; Niki Gould ISIS Team Leader; & Diane Oatley, Probation Officer, Gloucestershire Probation Trust

Family Focus

Families First Pilot

Family Focus is pioneering an innovative new approach to working with Troubled Families.

The objectives are to get children back into school; reduce youth crime and anti-social behaviour; put adults on a path back to work; and reduce the high costs these families place on the public sector.

Our pilot involves intensive 1:1 work both with families with complex needs and their Family Support Worker (FSW) at one and the same time. By working in this way, a deeper understanding and closer working relationship can be developed.

The pilot also includes separate training and mentoring for the FSWs, who each have caseloads of 6 clients



on average, so that learning can benefit many more families.

Early indications are promising and we are working closely with Commissioners to explore how this can be scaled up locally in the short term and as a model of best practice potentially regionally and nationally in the longer term.

'Our Family Focus service works to support the healthy development of family relationships and reduce risks to children by working with everyone in the family from infants to grandparents, whether individually, in groups or in family settings.'

Crisis Intervention in Schools

In partnership with Gloucester Academy, we are piloting a Pupil's Crisis Intervention Service.

A Family Focus therapist is based at the Academy 3 days per week during term time to offer assessments, crisis intervention, counselling, clinical support and supervision to the Academy's "Keep Safe" team.

We are particularly supporting vulnerable pupils on issues such as self-harm, self-esteem, body image, anger, sex and relationships.

Our programme gives secondary school age pupils a range of ways to access help and support at a critical point in their lives, especially where they feel they cannot share anxieties with anyone else.

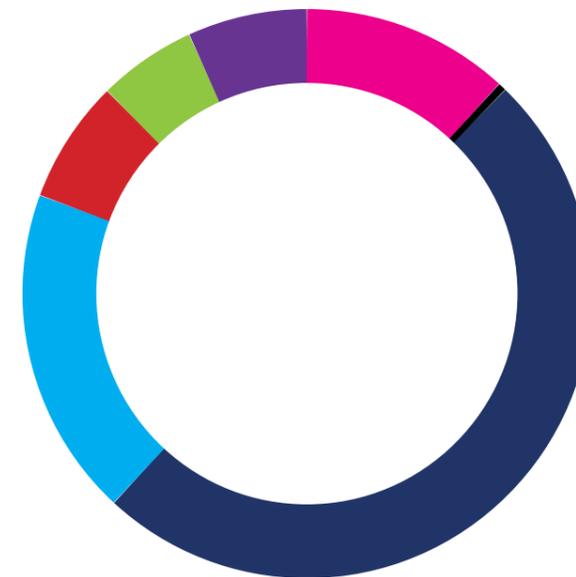
As with our Troubled Families pilot, this programme has the potential to be scaled up and replicated.

2012/13 Financials

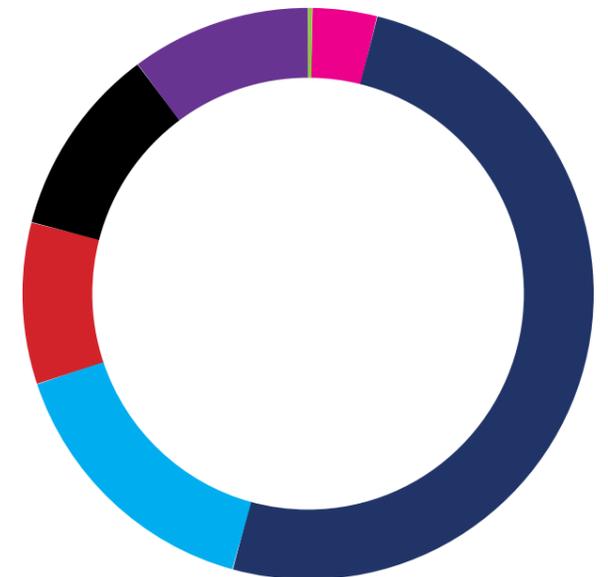
Income & expenditure

The information given here is a summary from the Trust's Reports and Financial Statements for the year ended 31 March 2013. Copies can be downloaded from www.nelsontrust.com

2012/13 Income £2,985,590



2012/13 Expenditure £3,019,001



Raising Awareness & Funds

Thank You

We would like to thank everyone who supported us in 2012/13. Every penny really does count and the funds we raise enable us to deliver our current services and develop new ones. We would particularly like to thank the following:

The Albert Hunt Trust
Barnwood Trust
The David Thomas Charitable Trust
The Coultts Charitable Trust
eesi Limited
The Esme Fairbairn Foundation
The Dulverton Trust
The Florence Shute Millennium Trust
Fluck Convalescent Fund
The Gibson Charitable Trust
J Paul Getty Jnr Charitable Trust
The Jack Lane Charitable Trust
The Sir James Roll Charitable Trust
The Macfarlane Walker Trust
The Parivar Trust
The Worshipful Company of Pewterers
The Pilgrim Trust
Santander Foundation
The Spirax Sarco Group Charitable Trust.
The Summerfield Charitable Trust
Stonehouse Rotary Club and Round Table
Tancroft Communications
Zurich Community Trust (UK) Limited

Gloucestershire's First Recovery Walk

To celebrate the UK Recovery Foundation's (UKRF) Recovery Month in September, we organised Gloucestershire's very first Recovery Walk.

On a gloriously sunny Sunday, over 100 intrepid walkers set out from the Trust's STAR centre for the 3 mile walk to Stroud's Stratford Park. There they were serenaded by a local Jazz group and heard UKRF Director Alistair Sinclair speak about the challenges and opportunities of life in recovery.

There was a wonderful festive atmosphere and hopes are high that it will be the first of many walks, attracting more and more participants in the years ahead.



A Very Special Thank You

We are honoured to have a very active and dedicated voluntary Fundraising Committee which works tirelessly to raise awareness and vital funds for our work.

2013 proved to be a fantastic year raising over £65,000. A packed programme included our Annual Clay Pigeon Shoot, Garden Day, the inaugural Richard Lister Golf Day and our Annual Lecture in which world renowned historian and travel writer John Julius Norwich captivated his audience.

Our heartfelt thanks go to everyone who made the events possible, our Committee, hosts sponsors, speakers and guests.

Save the Date!

Our Committee have an exciting programme of events lined up for 2014. If you'd like to join us, field a team, sponsor an event or donate an auction lot, we'd love to hear from you,

Clay Pigeon Shoot, Berkeley Castle

Friday 16th May

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam a rhoncus justo. Pellentesque eu consequat libero, non dapibus velit.

Sarah Connolly CBE Concert, Pittville Pump Rooms

Sunday 31st August

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam a rhoncus justo. Pellentesque eu consequat libero, non dapibus velit.

Nelson Trust Golf Day, Minchinhampton Golf Course

Friday 19th September

Lorem ipsum dolor sit amet, consectetur adipiscing elit. Nam a rhoncus justo. Pellentesque eu consequat libero, non dapibus velit.

Other events

Dates for our Garden Day, Lecture and other exciting events will appear on our website.

www.nelsontrust.com

Please visit us regularly to catch the latest news or contact the Fundraising Team on 01453 732072 or fundraising@nelsontrust.com

Follow us on Twitter

A great way to support us and keep up to date with the latest developments is via Twitter, simply log on to your account and follow us @TheNelsonTrust.



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Donations

Here's my gift to help someone realise their potential

Please accept my cheque/postal order made payable to the Nelson Trust.

I would like to donate £ _____

Title (Mr, Mrs, Ms, Dr, other) _____

First Name _____

Surname _____

Address _____

Postcode _____

Email _____

Please send this form, together with your donation to:
The Fundraising Department, The Nelson Trust, Port Lane,
Brimscombe, Stroud, Gloucestershire, GL5 2QJ.

Don't forget Gift Aid. If you are a UK tax payer you can Gift Aid your donations, making them worth 25% more to us at no extra cost to you. That's because we can claim back the tax you have paid on your donation (25p for every £1 you donate). Simply complete the declaration below.

I am a UK tax payer and I would like all donations I have made in the last six years and all future donations to be treated as Gift Aid until I notify you otherwise. I pay sufficient tax (income or capital gains tax) to equal the amount that the Nelson Trust will reclaim,

Signature: _____

Date: _____

JustGiving[™]

Charity Number: 1056672

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Regular Giving – A gift that keeps on making a difference

You can also set up a regular gift with your bank or building society. Many supporters find donating by standing order the easiest way to support our work. Your donation is automatically taken care of through your bank, and you can choose to give a fixed amount regularly that fits in with your monthly budget.

Standing Order Mandate

Name(s) of Account Holder(s)

Bank Building Society account number

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Branch Sort Code

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Name and full postal address of your Bank or Building Society

To: The Manager	Bank/Building Society
Address	
Postcode	

Please pay the sum of £ _____

monthly quarterly annually

to The Nelson Trust starting on _____

until further notice. This supersedes any previous standing order to The Nelson Trust. Please add my account name as the reference.

The Nelson Trust's bank details are:

Account Name: The Nelson Trust

Account No. 00549516

Sort Code 30-98-29

Address: Lloyds TSB Bank, 12 Rowcroft, Stroud,
Glos. GL5 3BD

Signed _____

Date _____

Please post this form to your bank so they can set up the regular donation.

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