

celebrating **15** *years in*
Drug and Alcohol Recovery

Acknowledgements

Thank you to everyone who made this publication possible, in particular those people who contributed their personal stories, and our sincere thanks to our staff, volunteers, trustees, supporters and our service users for their contribution and dedication over the years.

Our Mission

We are a quality service which promotes recovery and community integration for people who have experienced problematic drug and alcohol use.

Our Approach

By placing our service users' needs at the heart of our ethos and their own recovery journey, we provide a uniquely holistic, flexible service which includes:

Individually tailored support to promote recovery from substance misuse and improve overall health and well-being

Opportunities for education, vocational training, volunteering and employment

Practical help and advice around housing and finances

An environment which fosters mutual respect and support amongst our service users

Our Values

SUPPORTIVE to individuals and their diverse needs and to the wider treatment community;

PASSIONATE about everything we do;

INCLUSIVE by involving service users and staff in all aspects of what we deliver and through working in partnership;

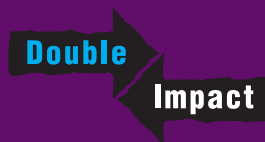
RESPONSIVE to our service users' changing needs, to the communities in which they live and to our staff;

EFFECTIVE in realising individuals' goals and achieving our aim

Welcome to our **15th** **anniversary** publication

Over the past 15 years Double Impact has grown from the idea of one person, into a thriving organisation which now provides services to over 1000 people who are recovering from problematic substance use, every year.

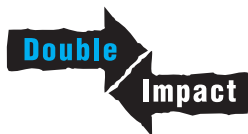
This era of continuous expansion is largely the result of an ongoing commitment to our mission, approach and values. We hope that the following pages convey something of the essence of Double Impact, its history, and the huge debt owed to its many friends, supporters, staff, and, overwhelmingly, service users, who continue to be the driving force behind it. Double Impact has been privileged to play a supporting role in their lives and remains humbled by the courage, determination, humour and mutual support demonstrated within its services on a daily basis. We hope and intend to fulfill this role for many more people, for many years to come.



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David Barton:

This 15th anniversary of the birth of Double Impact brings back memories of its modest launch. Although an innovative project seeking to provide a holistic approach to the problems faced by addicts in Nottingham, it initially had just one member of staff, Graham Miller. He is still with us and is responsible, more than anyone else, for Double Impact's success and growth. The initial partnership between Nottingham YMCA, People's College, The Probation Service and Nottingham Social Services was, in itself, ground-breaking. The project was funded initially by these bodies and by a European Union grant but its clear success rapidly led to mainstream Health Service funding, which has continued.

This achievement is a recognition not only of its client-centred approach but also reflects the dedication of all the staff. They should be proud of Double Impact's contribution these past fifteen years.

Dave Barton

Chairman of the Board of Trustees of Double Impact.



Graham Miller:

Double Impact has, over the past 15 years, been at the forefront of Drug & Alcohol Recovery through delivery of innovative and ground breaking services. In doing this Double Impact has supported thousands of people to establish their individual recovery pathways, promote wellness and begin to move on from addiction to a life free from drugs and alcohol. Double Impact's approach helps to break down the stigma faced by people recovering from addiction through its vigorous campaigning, service user involvement and charity work. Here's to the next 15 years of continued success for everyone involved at Double Impact from service users and staff, to supporters and

those working in partnership with our services. A well-deserved 15 years of success, achievement and positive benefits to everyone who has been touched by its endeavours. Happy Birthday.

Graham Miller

Chief Executive of Double Impact



well-wishers

By Stylee G

*well-wishers I was hesitant when it came
to expressing the eternal gratitude I
carried for you*

*it was that perplexity that drew you closer
and lifted - me from a marshland onto a soft
lily - pad of hope*

*the abounding foe's residing within were
silenced -
... and drowned out*

*cut short by the loud banging tune of
resolution your drums were reverberating*

*Well-wishers your intangible bond was not
detectable, yet when I was destitute of
vision it seemed your animation was
beautifully evident*

*I didn't see the optimism you were seeing
it was a one way mirror you held in your
hands*

*and in my strife my undeniable struggle to -
escape the mire to which I was acclimatized*

*I propelled the reflector of enlightenment
straight in their direction*

*yet I failed in my attempt to shatter the
dazzling image - well-wishers could see*

*they remained in the background yet they
stood - firmly in the foreground in protest at
the story line leading my theatre of untruths*

*they shielded me as they tore that play
house down with the courageous words they
left imprinted in my mind*

*slowly piece by piece they put the fragments
of my reflection back together
their redemptive love tipped the scales of
verbal commentary*

*and all I could do to express my recognition
was turn their selfless giving
into my giving back selflessly the
unbroken intangible bond of the
unseen well - wishers.*

“ I haven't used a
drug/drink now for 5
years and the quality
of my life just keeps
getting better
and better. ”

Double
Impact



"My experience with Double Impact...

I first came into contact with Double Impact in 1998. After years of abusing drink/drugs, along with the constant abuse of myself, family, and friends, I made a decision to try and change my life around with the help and support of some of the services in the City of Nottingham around at that time. Double Impact was such a service that I chose to tap into, after hearing good reports from fellow recovering addicts/alcoholics.

In the early days of my recovery I had very little worth, self-value and my confidence was low, if not non-existent. Double Impact helped me with this, by providing groups with other service users and staff members where I could discuss some of the obstacles I was experiencing at the time, also helping me to enrol into the local collage and giving me support in looking at the financial mess that using drink/drugs had got me into. I continued using the service for a good few years, along with other recovery forums and avenues - this helped keep me on the straight and narrow and fill a lot of the empty spaces that otherwise would have become a big trigger.

Later on through the years when life again had become a constant struggle after a relapse that lasted 3 years, Double Impact was again one of my first ports of call, but this time I got involved with the County service also. Again, they had a

big impact in helping rebuild the Kirk that first stood at their door, broken in spirit and without direction. I went on to achieve some really helpful and recognised qualifications, that today are still a big benefactor in the changes I've gone through and the stepping stones I've taken.

Thanks to the support and service that Double Impact provided and still carry on providing, I am now employed and have just completed my Diploma In Substance Misuse and also in Health & Social Care. I haven't used a drug/drink now for 5 years and the quality of my life just keeps getting better and better. Even though my involvement within the service as a service user has become more and more sparse throughout the last few years because of me becoming less dependent, I still on occasions enjoy visiting, socialising and feeling 'a part of' by interacting with the service.

Double Impact to me has been a God-send throughout my journey and a service which I have been able to rely on. Even though it hasn't been the whole of my journey, it is a piece that's helped give positively to my life, that solid foundation which it needed.

Kirk Blacker

celebrating **15** years in
Drug and Alcohol Recovery

Double Impact, what has it done for me?

It has helped me to regain my confidence, again.

I say "again" because Double Impact has helped me twice. The first time I managed over 5 years of recovery, but sadly I got caught up with gambling, and relapsed on alcohol for 9 months. Not only that, but I had to deal with depression, locking myself away, starting groups and stopping as my anxiety would kick in.

Double Impact was patient with me and let me get involved at my own pace. Gradually I started to get out of my room more, getting involved in groups. Double Impact drew out a talent I didn't know I had, I write poetry through creative writing. When I started poetry my work was dark and sounded painful. Now I write with a comedy feel as my confidence is becoming stronger.

I can read my poetry in front of crowds; a year ago I'd say 'You have no chance of me doing that'. I've even brought my poetry into schools with Double Impact, and I can tell you it is the best feeling in the world to encourage the school children to write poetry or even a story around addiction.

I know Double Impact has been brilliant for 15 years and I know they can provide a service that will help people for many, many years to come.

Jason Murphy

celebrating **15** years in
Drug and Alcohol Recovery

“ I know they can
provide a service
that will help people
for many, many
years to come ”

“The future is
looking good, family
relationships are building, I
am healthy, and committed
to recovery”

In my addiction I had lost everything...

My dignity, respect, my family, home, hope, and my health was suffering. Life was dark, miserable and lonely. Through desperation after being very ill, I got help. The Alcohol Liaison nurse at the hospital referred me to a local support service, 'Step Ahead' at Double Impact, for an assessment. It was at Step Ahead I did a 30 day programme where I learnt about overcoming addiction and the effect it has on the body, both physically and emotionally. The course covered relapse prevention, how to be assertive, change negative thinking to positives, self-esteem, and confidence.

After Step Ahead I moved to the next stage in the programme, Double Impact, to continue my journey in recovery. I was set a care plan with a key worker and was told about the courses and the support that Double Impact has to offer - I can learn more about myself and addiction, also gain recognised qualifications. I enrolled in the 'Emotional Management' course; I found this quite a difficult course to do, as I looked at myself in depth and how I reacted and coped with situations, the effects this had on me emotionally and how situations affected other people.

I have benefited so much from this course, my confidence is starting to build and I participate more in the group discussions. I completed the course and enjoyed learning so much that I have enrolled in another. I am really enjoying education,

going back to basics and learning new skills. This is helping me manage my life, and arrange my days so they are structured and I have a routine that is manageable.

I have chosen this type of learning through Double Impact because it is helping me with life skills; simple basic learning and I gain a recognised qualification at the end of the course. I am making new friends who are also in recovery and have support from both peers and staff on a daily basis.

The future is looking good, family relationships are building, I am healthy, and committed to recovery. In the future I am planning to continue my learning, doing more courses at the Recovery College, along with some voluntary work. I will go back to work, hopefully in a recovery environment where I can help others in their journey.

In recovery I am continuing to make positive changes in myself, learning how to cope and manage life's little obstacles. Thanks to the help and support of Step Ahead and Double Impact my whole outlook on life is changing positively. I am a different person, I have a life and things to look forward to, just to wake up in the morning and look forward to the day and face the challenges life brings.

Dee Beecroft

How I changed my life, with the help of **Double Impact**

I first approached Double Impact in the winter of 2009, having just been released from hospital following another relapse from my alcohol addiction, resulting in mal-malaise seizure.

I had struggled with my addiction on and off for more than 20 years and first went for help in 1990.

During the 90s, I gained some sort of 'control', but, following a highly stressful episode in my life (early 2000) relapse occurred, which led to my first experience of serious, life-threatening seizures.

I was given a detox at an NHS organisation in Nottingham, and during the early to mid 2000's attended a day-unit, to support my intention to 'drink sociably, and responsibly'. I supported this plan, by doing computer courses at college, and working voluntarily in a charity shop. However, following an exit from working in the shop, (due to a change in management policies and procedures) and being able to keep 'safe', I relapsed three times in 2009, got into debt with my bank, and ended up in hospital detox again, after seizures.

I seriously considered what Double Impact had to offer in Jan of 2010, and during this time, decided that I was unable to control my drinking and that I had to abstain completely, for an indeterminate period of time, if I was to get any sort of positive quality and meaning of life back together.

Having agreed a recovery care plan with my key-worker (I detoxed myself by gradual reduction), I really 'went for it' 100%, to stay sober and improve my life.

I started attending the educational support groups Double Impact had on offer, and then moved on to the accredited courses, and soon had a building portfolio of qualifications, based on self- understanding, and maintaining abstinence.

My self-esteem grew, as did my ability to maintain abstinence, and I started volunteering (Peer Mentor), for DI, in June 2010.

I have since worked (no alcohol since Jan 28 2010) as a volunteer, progressed through DIVA placements (Double Impact Volunteer Academy), in other care agencies, worked as a Senior Mentor, represented DI at other agencies, supported DI groups, and attended external sector educational groups (Nottingham Recovery College).

Very hard to tell when, but sometime during 2012, I became aware that I would be able to return to full-time work again now - moreover, I wanted to (I had been volunteering for over 2 years). Good fortune was to come my way.

In December of 2012, following the announcement of the emergence of "Recovery In Nottingham", I was informed through DI that there were positions being created which I would be able to apply for, and the Recovery Peer Support Worker was one of which I had been working towards.....I applied, was successful, and I am now in full-employment, happy and more optimistic about my future, thanks to Double Impact and it's committed members, service users and associates.

Dale Grantham

“ My self-esteem
grew, as did my
ability to maintain
abstinence ”



A man with short, light brown hair is standing in front of large, multi-paned windows. He is wearing a dark blue pinstripe suit jacket over a grey cardigan and a light blue button-down shirt. He has his hands in his pockets and is looking directly at the camera with a slight smile. The background shows the window frames and some blurred interior elements.

Double

Impact

“ I remain grateful for the part Double Impact has played in my own personal recovery. ”

My recovery has come full circle...

The first time I heard about Double Impact was in May 1999 when I was in treatment for cocaine addiction and Graham Miller came to the group, talked about the service and what he (as D.I. was in those days) could provide in terms of support after we had completed treatment.

On leaving, I went to meet Graham at Double Impact, which consisted of two small rooms in the YMCA, in one of which you could smoke – something we both did in copious amounts in those days! I spent much of my early days of recovery in this room, drinking tea whilst being motivated by Graham to keep following my chosen path (which was abstinence).

At this point in my life I found myself unemployed and unemployable ; I had never even switched on a computer and had a great fear around I.T. Over the next few months, with Graham's support, I identified volunteering opportunities and began to look at gaining some computer skills, which were necessary to get a job . I accessed the computer training that D.I. provided in partnership with People's College, which was a great learning environment, as everybody on the course was in recovery and the tutor was very empathic towards our situations.

Over time my confidence grew and within 8 months of leaving treatment I was looking for full-time employment in the treatment industry. I heard about a job in the county working for 'Sorted', which at the time was a service user-led drug outreach service. Graham supported me through the whole application and 'preparing for interview' process. I'd never filled in an application before or indeed had a formal interview in my life . With Graham's help I was able to overcome my fears and anxiety which resulted in me being offered the job.

From that point onwards I have been in full-time employment, working for a variety of organisations, and over the years, whenever I've been applying for a job Double Impact has been available to offer advice, even though I stopped accessing the service regularly a long time ago.

My recovery journey has come full circle in that I now find myself working for the organisation which is a source of great personal pride and satisfaction. The Double Impact ethos of working with people seeking recovery has not changed over the years – thankfully there is now just a lot more of it!

I remain grateful for the part it has played in my own personal recovery.

Steve Youdell

Double Impact....a new way of life

My first assessment at Double Impact was in May 2008. I was staying in a rehabilitation centre in Nottingham for 28 days treatment for alcoholism.

After I was discharged I was very reluctant to go to my second appointment at Double Impact. I was full of fear, lost all confidence in myself and suffered from panic attacks constantly. I made a big effort and managed to get there. Besides going into rehab, going to Double Impact was the best thing I have ever done for my recovery. I have never looked back. I was welcomed straight away by a friendly face and I could feel myself getting more at ease and safe.

I've had so much help and support from all the staff and other service users and a big thank you to my keyworker, Jason. For the last 3 ½ years, after taking a GATE mentoring course, voluntary work at Double Impact has given me more than I would ever have dreamed possible. When I was in the madness of King Alcohol, I would never have thought at some point in my recovery I would be able to help myself, but to be able to give back to others is a wonderful feeling.

Double Impact has definitely given me, and many others, a new way of life.

Glo Whitehead


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“ I was welcomed
straight away by a
friendly face and I
could feel myself
getting more at ease
and safe. ”



Double

Impact

A close-up portrait of a middle-aged man with a shaved head and light blue eyes. He is looking off to the right with a thoughtful expression. He is wearing a dark blue jacket over a light blue polo shirt. The background is a plain, light-colored wall.

Double

Impact

“ It was nice to know
I had someone who
had also suffered
with addiction, and
remembered what it
was like ”

I will never forget what **Double Impact** and its staff did for me

Double Impact and my then support worker played a huge part in helping me stay clean, when I found recovery in 2005.

I started accessing Double Impact in 2005; I was given a support worker, who was always there for me when I needed to bend his ear. He was always honest with me and very straight talking.

It was nice to know I had someone who had also suffered with addiction, and remembered what it was like when you first 'cleaned up' and the issues and struggles that come with it. Through this support worker we formed a 5-a-side team and we had some right fun times, and the bonus was we also won our league in the second season.

I used D.I. most days and formed some friendships in there; Friday afternoon always was popular, because that was the day of CAKE! Complementary therapies also played a huge part of my time at D.I. I always tried to be the first through the door on those days.

They helped me out when I got into debt, and helped me sort out some programmes. I will never forget what Double Impact and its staff did for me - I will be forever in their debt.

I no longer use D.I., anywhere near as much. But I still show my face now and again and it's really nice to see friendly faces, and seeing the dedicated hard work all the staff do.

Chris Dobson



Thank you D.I. – You Rock!

By Catherine Castle

When I first came to DI, I felt like a dry drunk.

I had drunk heavily for thirty odd years, and self medicated from the age of 18.

I felt suicidal every day – like having a cup of coffee.

I become so ‘sick and tired’ of being ‘tired and sick’.

I aimlessly ran towards ‘anything to make me better’ and ignorantly running away from myself.

An underlying yearning to be where nobody would recognise me.

My head was like mashed potato and tepid dirty dishwasher water.

DI accepted me when I could not bear myself – accept myself with all my flaws.

I felt ‘safe enough’ to slowly unpick my core beliefs about myself.

My prejudices/perverted truths were allowed to be spewed onto the examination table ...

I was acknowledged and held whilst I sloshed through sickly sweet cement that had dangled me in its web for so long.

Very gently, very subtly I was spoon fed a very different – very ‘alien’ way of how to perceive myself – and ‘others’.

At first I resisted – looking back in hindsight – resisted me.

I had sneered at myself and uttered depravities at myself behind closed doors.

It is, was, insidiously grown and nurtured – self gratifying comfort.

Desperately persevered, this private hell I had entertained for so long was too sickening and painful to keep exposing myself –

willingly and cheerfully fickle.

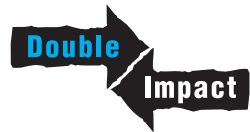
DI gave me hope, a new beginning – a refreshing insight that could, and did strip me of half the woman I was. One day at a time life is good.

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Cath Kime - Tony Herbert's Mum

"Congratulations Double Impact on your 15th Birthday. My son, the late Tony Herbert would be proud to be part of your continued hard work and success. I am proud that Tony was part of the foundations of such a compassionate and helpful organisation."



**Katherine Ogden, General Manager,
Cineworld Cinemas Nottingham**

"Working with Richard and the team at Double Impact has been a great experience. Everyone is so passionate about what they do and the support they give their clients is fantastic. We have supported them by employing a client as part of their recovery programme and he has turned out to be one of our best employees. We will continue to support Double Impact by offering further placements and in their fund-raising efforts."

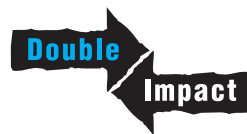




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Ira Unell, Trustee

"Double Impact started 15 years ago when the term recovery was little more than a theory. Their real achievement has been in defining what recovery is in practice and how to help people improve the prospects for their own recovery. Now they are at the centre of newly developing services which itself is a testament to their value, vision and determination. Well done Double Impact."



Ian Wardle, CEO, Lifeline Project

"Double Impact is one of those high-value, Recovery-Oriented organisations that can lay genuine claim to having pioneered 'Recovery' as a value driver long before it was fashionable. And, unusually, in their market segment, they have developed very effective strategic capabilities around partnership and coalition-building."

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Double

Impact



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Dominic Ruffy, Resilience Programmes Manager, Amy Winehouse Foundation

"Since our first introduction we have been nothing but impressed and inspired by the wonderful work Double Impact does for recovery in Nottingham. The Recovery Ball last year was a fantastic event which will only be eclipsed by this year's celebration, where we are delighted that Mitch is entertaining the guests with his band. We are delighted to say significant progress is being made towards AWF and Double Impact delivering the Amy Winehouse Foundation Resilience Programme in Nottingham schools, working with Double Impact volunteers to deliver meaningful sessions to students about drugs and alcohol and all the associated issues. We wish Double Impact every success for this year and the years ahead, delivering exceptional recovery services to Nottingham."

Rachel Day: Director of Achievement, Nottingham Academy School

"For the second year running the partnership between the charity Double Impact and The Nottingham Academy has produced a memorable course for young students, raising the awareness of alcohol and the dramatic impact it can have on lives. Both organisations feel that this provides an invaluable opportunity for students to learn about the implications of alcohol, presented using a variety of formats. Along with meeting recovering alcoholics and experiencing the simulated effects of alcohol on co-ordination via the wearing of 'beer goggles', students also acted out scenarios related to alcohol and explored the negative social implications of alcohol through creative writing. All of the students commented on how enjoyable and worthwhile the day had been."



Nottingham Crime and Drugs Partnership (CDP)

"Double Impact has been committed to helping to deliver Recovery for many years, long before it became a key aim in Government drug strategies. They have consistently shown outstanding innovation to continually develop new services, programmes and treatments that put the service user firmly at the heart of the Recovery journey."

Their ethos to empower service users to achieve Recovery and develop to their full potential now sits at the heart of the wider drug treatment system in Nottingham City. Congratulations to everyone at Double Impact!"



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Paul Pearson, Trustee

'I have had the pleasure of working with Double Impact from the very early days. I was inspired by Graham and by Tony Herbert (one of the founders) to get involved and join the Board. I don't think it would be exaggerating to say that Double Impact is responsible for playing a major role in inventing the theory and practice of recovery locally and promoting it nationally. The organisation has always, and continues to develop and deliver innovative recovery-focused services that help people move away from substance misuse, out of treatment and into recovery in the community. Double Impact puts the emphasis on working with individuals and enabling them to improve their lives. It is also a great partner organisation with a strong belief in and commitment to partnership working. It's a privilege to be a part of the work of such an inspirational, enterprising and effective organisation. Congratulations on reaching this milestone!'



Double

Impact

Don Hayes MBE, CEO, Enable

"I can remember when Double Impact was set up and received its first funding. It is testimony to the fact that they are so good at meeting the needs of people in recovery that they have gone from strength to strength, even during times when funding has been short and other services have been lost or reduced."

Enable is very pleased to be associated with Double Impact. We have a shared commitment to social inclusion and making learning accessible to those who most need it. They have very successfully delivered a number of our learning and skills programmes and we look forward to our relationship continuing for many more years."

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The Gathering

By Miggy Angel

The protagonists have reconvened this evening, assembled within an auditorium born of our shared concerns, beneath a moon whose milky eye is witness to this gathering. Our faces, though incandescent in the glow of communal lanterns, are windows upon hearts, which beat with hardships fought on bloodied boulevards. Bruised memories haunt each participant. Tonight, we shall share amongst ourselves our news of the war. We will testify to death-defying tales of courage & grace garnered in the face of extinction. We will breathe new life into the myth of a brave folk, who took the might of darkness to task, fought for life's endangered pattern in the caverns of chaos, & pulled the silver tooth of hope from the black, arid mouth of despair. When all is said & done, once each glance has met its face, & every touch has found its place upon a willing recipient, silence shall envelop us. & in this pausing to reflect, our solitary purpose shall present itself. The realisation dawns, that all we ever really wanted was this peace. It isn't much, not so very much, but everything itself. Not one single thing in this whole cosmos of fire, wonder, & light, is as precious as this. & now that we have earned it, we shall keep it close, by giving it away again, to those who need it most.

**A poem written specifically to mark the UK's
first Recovery Ball hosted by Double Impact
on 11th October 2012**

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Double Impact, the job which 'called out to me'



DOUBLE IMPACT, SINCE 2001

My when I arrived at Double Impact, it consisted of a small office, and an adjoining small meeting room with no windows and very little light. Most of the light that was there was human, as I started to learn how to make what should be turn a bit more real every day. Graham's induction for us included the suggestion that we might close early every Friday because it was so quiet, and Anna started asking herself if she would have enough to do here to keep sane. (Those ideas survived for a few weeks!) We had office-hour use of the adjoining lounge for YMCA residents, carpeted with an

excellent but garishly patterned Axminster, and featuring a motley collection of soft seating, with holes in the upholstery that appeared to grow bigger every night in our absence. Smoking was permitted in the room at that time. It used to get so cloudy there that you could literally not see the difference if a fire was starting nearby. (This did actually happen.) And the project members were smoking pretty heavy, too! In spite of this dim-looking arrangement, a light was clearly glowing in Double Impact. People struggling to keep away from drugs or drink they had put down, huddled there, encouraged each other, sparked each other with jokes, puzzles, and quizzes while Anna provided non-stop 1-to-1's and groups from dawn to dusk.

A FEW SIGHTS AND SOUNDS OVER THE YEARS

Over time our base in the YMCA Building on Shakespeare Street expanded bit by bit, always overlooking the busy Nottingham scene with its constant parade of surprises: the student who dried her red hair leaning topless out the window opposite for about 2 seconds before she figured out she had an audience (don't bother looking - that building went down years ago); the distinctive crown (i.e. top of head) of the Crown i.e. Prince Charles walking along with his entourage through the street right beneath us; the flying mobile from the accidentally loosened hand of a project

member pretending he was going to chuck his mate's phone out the window (no damage other than the phone and possibly the friendship).

LOSSES

We cannot celebrate our work without marking the losses to drugs and alcohol which we are constantly struggling to prevent. We have said good-bye too soon to too many, and we never forget that our work is about life and death.

“ Sometimes it's a burden we
struggle to emerge from, but
other times it is the gateway
to a wonderful new path
we never realised was
waiting just for us. ”

While the public often seem to regard alcohol as the cuddly uncle of substance misuse, the fact is it has claimed the majority of victims I have known. And yet reports on alcohol deaths remain unwanted. Go figure.

CHANGES AND CHANGING

Since my arrival in 2001, the number of key-workers increased, the County service was established, academically accredited education was offered, a full 9-5 timetable was built, debt & benefit advice provided along with links to many other services, and a training and volunteering programme developed that

contribute significantly to Nottingham's ability to provide professional substance misuse treatment which employs the talents of many who have 'worn the T-shirt'. More new initiatives have begun than I can list, always with a step-by-step modus operandi which permits us to try things out without fearing failure:

- Seek feedback from project members (our 'service users') to learn what is needed
- Experiment with trying to provide this within existing resources
- Report evidence of a need that can be met
- Seek resources to support the new initiative.

WHAT IT'S ALL ABOUT TODAY

So here we are today, Double Impact an independent charity, providing a significant contribution to the work of Recovery in Nottingham, which in turn is set to present a unified service in a new building within a few months. A lot has changed but a lot feels the same. The space we offer can be the living room of your new extended family, a job or volunteer club, an oasis, an educational and social centre, or simply the fingerhold for people to hold onto their lives. Day to day, the job we do is learning about another person's fears and the dreams they hardly dare dream, and helping light up and clear the stepping stones that will get them where they want to be. And the unexpected? That's the only thing we can expect. Sometimes it's a burden we struggle to emerge from, but other times it is the gateway to a wonderful new path we never realised was waiting just for us.

Geri Griffin, staff member since 2001

Double Impact - Timeline

The concept for a recovery based aftercare programme is born through the vision of Tony Herbert (Founder)

1996



**1996/
1997**

Interested local partners are brought together - Nottingham Health Authority, The Nottinghamshire YMCA, People's College (now South Notts/ Central College), Macedon (now Framework), the Nottingham Drug Action Team and Ira Unell Consulting

People's College secure start up funding from the European Social Fund (ESF) to develop a new initiative to support recovering drug and alcohol users

1998



**11 May
1998**

Graham Miller is employed as sole employee and service opens, delivered from 1 room in the Nottingham YMCA

Service works with 50 service users in first 7 months

**May-Dec
1998**



**End
1999**

Group programme commences in partnership with People's College including an I.T and a peer support group

**Early
2001**

Conference in Madrid to celebrate joint European project with other 4 partners



- Nottingham City Drug Action match funding with further ESF funding and a further two staff being employed



- 'S.T.A.G.E.' (support, training, access, guidance and employment) group programme is designed and launched

**April
2001**

- First expansion of space within YMCA from 1 to 3 rooms.
- Steering group becomes a management group of a community partnership
- Double Impact User Involvement Forum (the Focus Group), is established

Start delivery of complementary therapies for service users, later to develop into 'Healthy Highs' programme including training for holistic therapists

2002



D.A.T / E.S.F funding pays for two additional staff, bringing the staff team to 5

2003

- Key partner in 'Gear Change', training recovering service users to work in the field of drug treatment

S.A.M.P.L.E.R' (Support, Access, Mentoring, Progression, Learning, Education, Recovery) programme is developed and launched as part of a semi-structured group programme

**End
2003**

Graham submits proposal to Notts County D.A.T to start a county-wide service working with service users at an earlier stage of treatment

- Funding secured for a new Nottinghamshire service employing 2 staff, based at Venture Centre in Worksop and later in Mansfield CVS
- 5 bed abstinent accommodation for Double Impact service users established in YMCA and managed by Double Impact - known as 'the Dry floor'
- Nottingham service users enjoy free YMCA gym access for the first time and form a football team
- A Service User Representative is appointed to the Board for the first time

2004



2005

- Nottinghamshire team expands to include a Basic Skills Tutor and expands delivery of accredited courses and training
- Double Impact is a key partner in another employment initiatives for recovering people, the award-winning Project Recruit in Nottinghamshire Double Impact delivers accredited courses in partnership with Enable
- Arts council funds first of several arts programmes and Double Impact holds the first of many public art exhibitions

- In reach prison services signpost inmates of HMP Nottingham and HMP Ranby to local drug services and education programmes



2006

- Double Impact is commissioned to deliver services in the Nottinghamshire conurbations
- Organisation is incorporated to become a Not-for-Profit Company Limited by Guarantee with a Board of Directors.

**3 May
2006**

- Double Impact hosts first national Aftercare and Recovery Conference, 'What Next? - the evidence for Aftercare' - attended by 170 people, supported by the NTA, Notts County DAT and the Nottingham Crime and Drugs Partnership
- S.A.F.E. (Structured Aftercare For Everyone) Programme starts offering more intensive structured programme

- Double Impact runs National Consultation Road Show visiting 6 major UK cities to inform best practice and policy in Aftercare
- Double Impact presents findings at National Injecting Drug User Conference

**2007
/08**

2008

- Double Impact hosts second national aftercare conference 'Life Beyond Drug & Alcohol Treatment' supported by local commissioners and partners
- GATE (Guided Access Towards Empowerment) Mentoring Service starts, training and employing service users as volunteer mentors to support others in the system

- Double Impact delivers year-long 'Access to Arts' programme culminating in a regional arts conference about using the arts in drug treatment



- Tenancy Support Services (3 Ways and Solutions) commence in Nottingham and Nottinghamshire

**time
Out**

- Nottinghamshire county develops new services including 'Time Out' for stimulant users, a structured education programme (D.I.C.E) and personal development/ recreational programme (S.E.L.F)

**Double
Impact**

**May
2010**

- Business Development Team established to focus on organisational sustainability

**April
2010**

- 'Step Ahead' alcohol service commences delivery in Nottingham of an intensive 12 step- based day programme

**STEP
AHEAD**

Alcohol Recovery Service



**Jan
2011**

- Organisation is awarded registered Charitable Status by Charity Commission

**April
2011**



- Recovery Partnership commences delivery of services in Nottinghamshire in partnership with NHS Trust, Framework, Hetty's and the Citizens' Advice Bureaux

**June
2011**

- Double Impact Volunteering Academy (D.I.V.A.) is launched which places service users into work placements with local and national employers

**Sept
2011**

- A group room within the Nottingham City Service is dedicated to Tony Herbert.
- Fundraising begins with service users and staff completing the Robin Hood Half Marathon



**Oct
2011**

- Transition Fund enables expansion of Business Development Team to include a fundraising coordinator



- Turnover exceeds £1m for first time
- Double Impact commences first schools programme, delivering alcohol awareness education and workshops to teenagers in local schools

**Jan
2012**

**Double
Impact**



**July
2012**



- Double Impact flag is pitched at the top of Mount Kilimanjaro by our fundraising coordinator

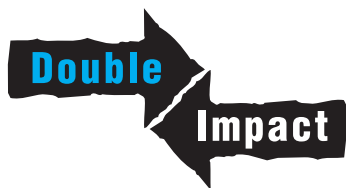
- Double Impact holds first ever U.K. Recovery Ball in Nottingham Council House

**Oct
2012**



2013

- Recovery in Nottingham Partnership commences service delivery in Nottingham city, in partnership with Notts NHS Trust, Framework and BAC-IN
- Over 4000 service users accessed the service over 15 years.



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