

IMPACT REPORT 2014 / 15

Double

Impact

Est 1998



our mission

We are a high quality service which promotes recovery and community integration for people who have experienced problematic drug and alcohol use. This is achieved by providing opportunities for personal development, healthy choices, education, vocational training, employment and access to housing.

Recovery from Addiction

Double

Impact

Est 1998

Independence & Wellbeing

“Double Impact has been quietly generating sustained and visible recovery from addiction for many years. It’s commitment to working closely with service users and recovery networks to develop innovative responses to their needs is an approach which works - and has never been more needed in these financially challenging times. Clearly, Double Impact lives up to its name by delivering a huge impact, both on individuals’ lives and on the communities in which they live.”

Mark Gilman

Strategic Recovery Lead - Substance Misuse, Public Health England

our values

Inclusive

Supportive

Effective

Passionate

Responsive



a view from our trustees

At Double Impact we believe that service users can work towards and achieve a full recovery from addiction.

Supporting this ambition are our strategic priorities of staying at the forefront of recovery, delivering recovery from end to end, developing social enterprise and entrepreneurship, together with a drive for continuous improvement and growth. Our forward-thinking approach to delivering interventions continues to support people with drug and alcohol problems to achieve abstinence, whilst developing both recovery and community assets. Operating in an environment of co-production, in which service users are empowered to draw upon many personal and community assets, Double Impact ensures that they are best placed to continue building their lives and achieve long term outcomes.

To achieve any of this success takes a tremendous amount of work by our service users. In this process they are supported by a team of highly skilled staff, mentors and volunteers. On behalf of Double Impact and its trustees I would like to personally thank each and every service user and member of the team in achieving the impact that we do.



David Barton

Chair of Double Impact
Board of Trustees

our impact through innovation

With the changes in how services are commissioned and a further squeeze on funding, there has never been a greater need to produce more for less.

This report focuses on the impact of our work. Double Impact is renowned for leading the development of recovery in communities and this continues with the development of our new social enterprises, Recovery Recruitment and Café Sobar; looking ahead our next impact will be the embedding of our Recovery Academy model which brings together community and individual assets and promotes independence - read more about all these in this report.

In evaluating our impact we continue to focus on outcomes at the same time as ensuring services and interventions are delivered to the highest quality and effectiveness. We continue to benchmark and evidence everything to ensure that it aligns to the health and wellbeing needs of those who use our services; we measure impact against the "5 Ways to Wellbeing" principles which empower people to connect with others, be active in their community, take notice of their development, learn new skills and approaches and give back to society. Overall our ambition is to create a culture of independence and wellbeing in partnership with our service users, staff, trustees, commissioners, stakeholders and fellow providers.



Graham Miller
Chief Executive



rebuilding lives and strengthening communities

Addiction affects people from all walks of life and the reasons behind it can be complex.

Since 1998 Double Impact has been providing people with drug and alcohol problems the choices and the tools necessary to become free from their dependence and to transform their lives.

Our service users have often lost their home, their health, their job, family, friends, confidence and hope. The road from chronic addiction to a sustained and meaningful recovery can be a long one; without the right support at the right time people can return to drinking or using drugs and the cycle of devastation starts again. The costs of this to the individual, to their loved ones and to the wider community are immense. Double Impact steps in to break this cycle by dealing with all the issues facing people trying to establish recovery through:

- One to one support
- Therapeutic groups and accredited courses
- Housing support and specialist debt advice
- Employment projects
- Mentoring & volunteering schemes
- Safe spaces and social activities

**59% of people
completing their
recovery plans
with us were
abstinent from
drugs / alcohol***

*Double Impact's Nottingham city services Dec 13 - Dec 14

impact on society

What We Do Works

The impact of the charity's work goes far beyond those we help directly - recovery for the individual also relieves the great distress suffered by their families and friends and reduces the burden upon local health, social care and criminal justice services.

For every £1 invested in Double Impact, the minimum benefits to society equal £4.02*

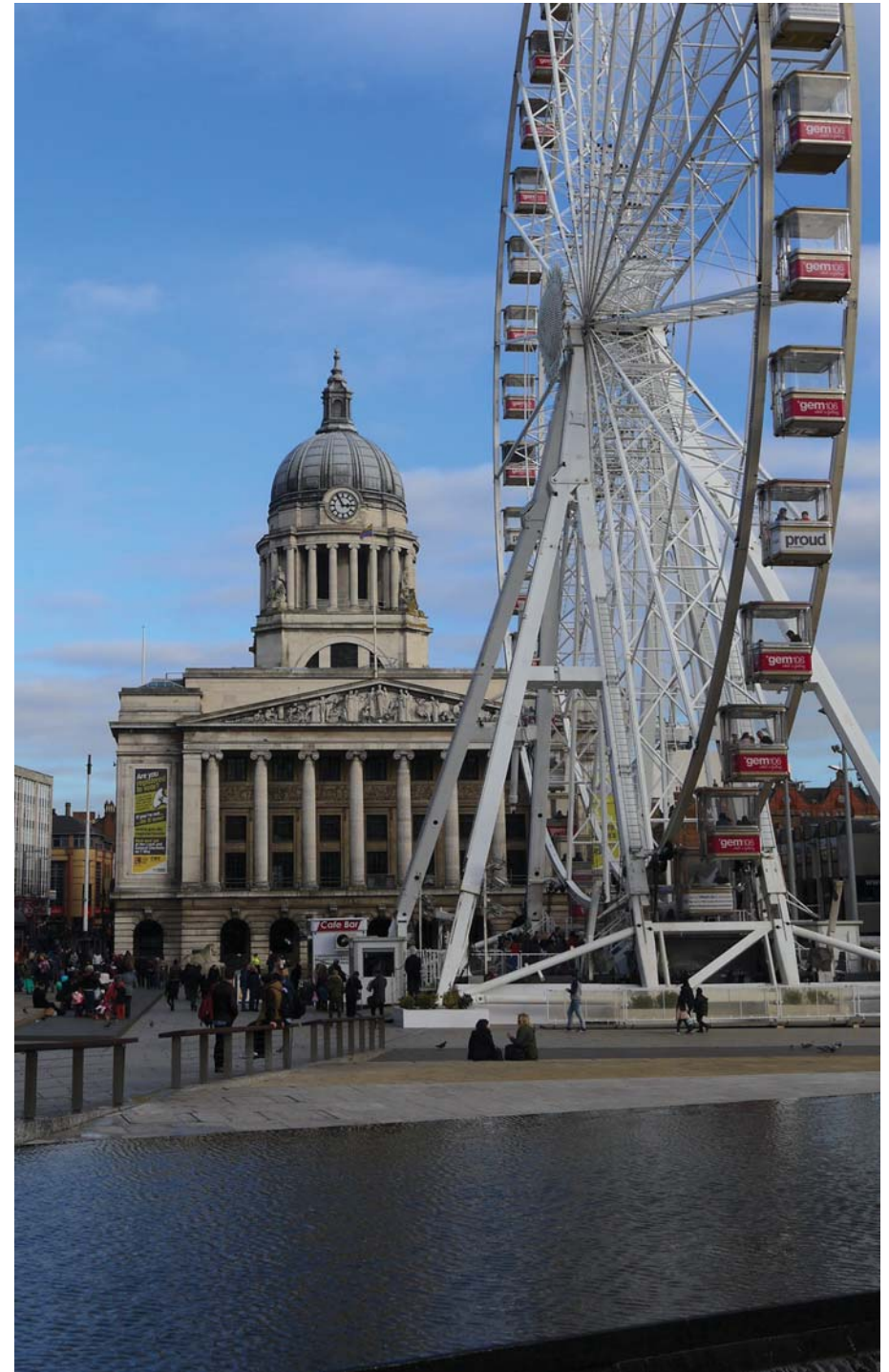
For some of our services, this return can be as high as £7, which compares very favourably to the average Social Return On Investment for drug services of £2.50 per £1 invested.

An independent study closely examined the changes experienced by Double Impact's service users as a result of our support and found that they were able to:

- Maintain abstinence from problematic substance misuse
- Avoid substance misuse-related crime and related anti-social behaviours
- Pursue job-related training and employment and gain qualifications
- Improve their physical and mental health
- Improve relationships with peers, partners, parents and children
- Actively participate in recovery communities

See the full report at <http://www.doubleimpact.org.uk/who-we-are/our-results/>

*independently evaluated by Lodestar, leaders in the field of Social Return on Investment (SROI)



impact on the individual

Abby, aged 33, came to Double Impact following a history of chaotic drug and alcohol use, convictions, and having two children removed from her.

She had just entered a residential rehab at the time we also took on her referral. This proved helpful later, when she left residential treatment, providing a link before she entered a day treatment programme, which she successfully completed. At this point she re-entered our service, very motivated to be the best mother she could be and not to return to the chaos she had come from. She was now pregnant.

Despite the challenges she faces, Abby has devised with us a full timetable of groups, courses, and appointments designed to prevent relapse and promote personal growth. She has attended our Relapse Prevention and Stress & Anger Management courses, as well as Arts and Women's Groups.



Abby has remained positive, substance-free, healthy and a positive influence on others in recovery around her.

At the same time she has remained fully engaged and pro-active in working with services linked with child protection, while progressing steadily and safely towards her new volunteer role at a local hospital Day Centre and mentoring training with ourselves.

Of her time with Double Impact, Abby says,

"It keeps me busy, there's something to do every day, you can come and have a chat with staff - it's a nice atmosphere. Although I am going through a lot I'm still laughing and smiling. I don't want to go down that destructive road again."

Anthony, aged 43, recognises now that his problems with alcohol and drugs started in his teens – but it wasn't until he had tried and failed numerous times to stop drinking that he started looking for help in his mid-30s.

Following being sacked from his job, he went to his GP for help, who referred him to an alcohol service. He also began to attend several meetings of Alcoholics Anonymous a week -

"I did everything I could to keep busy - I was scared I was going to die." It was here that Anthony first heard about Double Impact and its mentoring course. Around this time he started volunteering for the local service user magazine, SUMO, and wrote his first article for them.

"It was excellent - I met new people and learnt many things which have benefitted me in my everyday life - I learnt a whole new way of looking at things."



Since completing the course, and with ongoing support from Double Impact, Anthony has progressed to become the co-editor of SUMO magazine and has learnt many new skills...including proof-reading and IT skills. He has also trained to become a co-facilitator of Double Impact's Schools project, giving alcohol awareness training to young people in partnership with the Amy Winehouse Foundation.

Anthony has now found paid employment, which still allows him to keep up with his other projects and to spend time with his daughter. The impact on her of his recovery, says Anthony, has been massive:

"Now I pick her up every day from school, see her in the holidays and even took her away on holiday - which was my first for 20 years!"

Anthony feels that the last 20 years have been like "A bad dream - but the last 2 have been brilliant - I've done more, learnt more, met more people - **now I live my life.**"



impact on education & employment

Double Impact Recovery Academy

Many of the people who currently access drug and alcohol treatment in Nottinghamshire are long-term unemployed, and lack basic levels in English, Mathematics and IT. Although many of them overcome their dependence on drugs and alcohol, they can struggle to access education, training and employment, vital components of independence and a fulfilling life, which often results in a drift back into drug and alcohol misuse.

The Academy creates learning, training, volunteering and employment opportunities for these individuals, based on a '5 Ways to Wellbeing' model - empowering them to connect with others, be active in their community, take notice of their development, learn new skills and approaches and give back to society.

The Academy works in close partnership with local adult education providers, simplifying access to a huge choice of formal and informal learning options, and guides each student to map existing assets and opportunities within the community.

We are excited to be working with Professor David Best, a leading figure in research around recovery from drug and alcohol problems, to design a research project evaluating the effectiveness of the Academy model.

The Academy delivers:

- Training, Education and Employment opportunities
- Peer Mentoring
- Recovery Coaching
- Volunteering
- User Advocacy & Involvement



The combination of these elements in an academy model has already been piloted in Nottinghamshire and is in the process of being rolled out across the organisation.



RECOVERY RECRUITMENT

Creating Employment and Training Opportunities

Recovery Recruitment

Recovery Recruitment, a Big Lottery funded project, supports people established in recovery towards work experience, volunteering and paid employment. Working in close partnership with local businesses to provide bespoke training and employment opportunities, this tailored service matches highly motivated individuals with socially responsible and forward thinking employers.

In its first 9 months, Recovery Recruitment has worked with 49 individuals, 24 of whom have found paid employment and 35 of whom have engaged in work related training and/ or education. 32 have experienced an increase in their personal and financial independence through the support of the service.

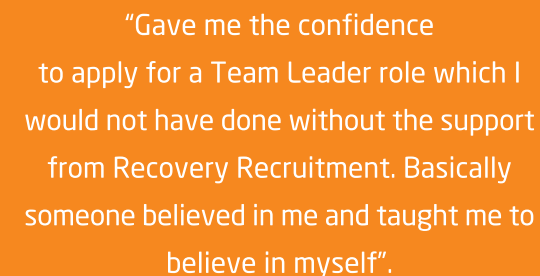
Part of the project's aim is to build reciprocal relationships with employers, thereby tackling the stigma around addiction which is a barrier to employment for many recovering people.



"The help I have received from Recovery Recruitment has been tremendous and enabled me to apply for numerous jobs with various organisations and I am now attending interviews and am confident I will be in a paid role in the near future."



"I have gained a huge amount of confidence in applying for employment and am now confident when attending interviews."



"Gave me the confidence to apply for a Team Leader role which I would not have done without the support from Recovery Recruitment. Basically someone believed in me and taught me to believe in myself".



impact on recovery communities

Creating lasting assets

Double Impact believes that effective, long-term recovery takes place within the community. Our services act as supportive pathways which connect people with the wider recovery community ; this helps to prevent individuals from becoming 'stuck' and over-reliant upon services, but instead encourages them to develop their own support networks. Through this process, many choose to 'give something back' to our services through mentoring, volunteering and involvement in recovery groups and events, which empowers them to create lasting assets for their own and others' recoveries.

Café Sobar

Our latest venture is an alcohol-free bar and venue called 'Café Sobar', benefiting our service users, their families and friends and the general public. Café Sobar, which was set up with the support of a Big Lottery Grant, provides a welcoming space for anyone wishing to socialise without the presence of alcohol, and provides training and employment opportunities for people in recovery.

The venture operates as a Community Interest Company, with any profits being ploughed back into the Double Impact Charity. In this way we hope that the benefits of Café Sobar will be enjoyed by the recovery community and the general public for years to come.

Café Sobar is the home of regular social gatherings for recovering people and their loved ones. Attracting people from across the East Midlands, in the last year these events have helped over 40 individuals to reduce their social isolation and the associated risk of relapse.



I feel safe and comfortable on entering - as someone who struggles socially I have always ended up having a conversation with someone - a miracle!



Winners 2014 from left to right:

(Graham Miller, CEO),
Andy Downs, Geri Griffin,
Nigel Reeves, Colin Metcalf,
Studio House team,
(Sheriff of Nottingham
and Friend), Rosemary Pearson,
Graham King, Louise Wightman,
Ann Collins, SUMO Magazine team
(additional winners Primark and
Hetty's Family Service not shown).

I just wanted to say
that yesterday's recovery
award event was fantastic.
The atmosphere was one I don't think
I've felt before, even at the many
service user events I've been to -
there was so much respect, love and
hope all packaged up into one room.

Tammy Coles,
Health & Wellbeing Manager,
Public Health England

Spirit of Recovery Awards

Double Impact was proud to present Nottinghamshire's first 'Spirit of Recovery Awards' which recognised the contribution that individuals, teams and organisations have made to the local recovery agenda, and the life-changing impact of their efforts. Service users, mentors, volunteers and staff all made nominations and a selection panel then had the difficult task of deciding the winner for each category.

The event was a celebration of the local recovery community, of which Double Impact is proud to be a part.

The award categories are:

- Unsung Hero
- Outstanding Employer
- Extraordinary Achievement
- Recovery Team
- Volunteer of the Year
- Exceptional Recovery Worker
- Community Impact
- Creative Recovery
- Mentor of the Year
- Lifetime Achievement

Growing Mutual Aid networks

Double Impact has long supported the growth of mutual aid networks across its geographical footprint. Mutual aid meetings, such as Alcoholic and Narcotics Anonymous, and Smart Recovery UK, are now widely recognised as a key element of sustained abstinence and meaningful recovery from substance dependence. Double Impact has promoted the rapid growth of SMART Recovery in Nottingham city, through training service users as group facilitators and hosting new meetings across Nottinghamshire.

Double Impact hosts a total of 11 mutual aid meetings within its service centres, across the city of Nottingham and the county of Nottinghamshire.





Establishing Recovery-Focused Services

Recovery In Nottingham



impact through prevention

Double Impact is partnering with the Amy Winehouse Foundation to deliver a programme of alcohol and drug awareness sessions to young people in schools and colleges in Nottingham. The programme, funded by The Star Trust, provides education and information on the dangers and consequences of alcohol and drug misuse for young people, raises awareness of support available and changes perceptions of addiction.

The sessions use a range of different approaches to engage with students such as arts and drama, as well as a more conventional teaching approach. The Real Life Stories session is facilitated by trained Double Impact service users and focuses on their own experiences with addiction and journeys into recovery, then moves on to explore key themes relevant to young people including self-esteem, peer pressure and risky behaviour.

Outcomes

Through participation in this project students:

- Have increased knowledge and understanding of the consequences of alcohol/ drug misuse
- Are more able to make better decisions with regard to their own current or future alcohol/ drug use
- Avoid the social, criminal and health damage associated with alcohol/ drug misuse
- Are better supported if they are, or have been, experiencing difficulties around either personal or parental alcohol/ drug misuse

"Students were buzzing about the event for the rest of the week and the feedback was wholly positive"

"Really enjoyed people talking about their experiences, I found it interesting and sad and it has improved my knowledge"





double impact are...

Experts by experience: We know our service users inside out and what recovery from addiction involves - over 40% of our workforce are in long-term recovery themselves.

Recovery Oriented: We are recognized by commissioners, national drug and alcohol partners and Recovery Activists (such as the UKRF) as leaders in the field of recovery-oriented services.

Trusted providers: With over 16 years experience of working with commissioners and other major funders to deliver their outcomes, we have the figures to prove that we consistently achieve and exceed targets.

Innovators: Innovation is a hallmark of our approach and has led to many exciting developments in our services. We work closely with service users to ensure that our work is designed around emerging trends and needs; through this process we continue to develop and discover new and more effective ways to fulfil our mission.

Good to work with: Building good, effective partnerships with the organisations and communities we work with is at the heart of everything we do. We depend on partnerships to achieve our mission of nurturing independence and wellbeing for our service users. That's why we have become experts at working together with different organisations.

Good to work for: Double Impact employs 39 members of staff and generates approximately 3640* hours of voluntary work experience a year. We provide placements for students from both Nottingham's universities and employ people in recovery wherever possible in our services. (*Nottingham city services)

Inclusive

Supportive

Effective

Passionate

Responsive

financial activities 2014-15

Detailed Statement of Financial Activities for the Year Ended 31 March 2015

	2015 £	2014 £
INCOMING RESOURCES		
Voluntary income		
Donations	6,997	29,698
Grants	1,455,564	1,744,085
	1,462,561	1,773,783
Total incoming resources	1,462,561	1,773,783
RESOURCES EXPENDED		
Charitable activities		
Staffing costs	1,286,270	1,172,441
Rent and services	33,019	105,699
Insurance	9,391	7,538
Telephone	9,302	16,360
PR, promotions and publicity	32,409	46,240
Sundries	7,940	35,478
Travel	26,319	23,716
Information technology	5,495	24,640
Therapies	11,373	10,335
Consultation	24,373	20,347
Membership fees	3,811	2,096
Service user activities	26,581	44,588
DBS checks	1,701	2,181
Childcare	1,762	7,720
Professional fees	5,214	5,068
Bank charges	877	910
Synergy - consultation/develop	-	23,446
Outsourced HR/Health & Safety	-	11,123
Fixtures and fittings	75,221	19,503
Computer equipment	21,142	25,192
	1,582,200	1,604,621
Governance costs		
Auditors' remuneration	3,940	3,780
Total resources expended	1,586,140	1,608,401
Net (expenditure)/income	(123,579)	165,382

supporting our impact

Double Impact would like to thank:

200 Degrees Coffee, ACT Peer Mentoring, Amy Winehouse Foundation, Arch Communications, Association for Simulated Healthcare Practice (ASPiH), Business In The Community (Nottingham) BAC-IN, Café Sobar, Constellations, CRI, Crocodile House, Dear Albert, Double Impact Service users and Focus Group, Double Impact and Synergy CIC staff team and volunteers, Double Impact Board of Trustees, Enable, Framework Housing Association, Hetty's, Holistic Health Team, The Sheriff of Nottingham – Councillor Jackie Norris, I'm Not from London, Infused Learning, Joey Raynor and Addictive Daughter, Keith Willis Associates, Laughing Matters, LeftLion, Magnet Insurance, Mansfield Citizens Advice Bureau, Matt Shelton at Drophead, Mark Gilman, NGDigital, New College Nottingham, The Nottingham Building Society, The Nottingham Contemporary, The Nottingham Playhouse, Nottingham Trent University, Nottinghamshire County Council Adult Education and Learning, The Nottinghamshire Golf & Country Club, Nottinghamshire Healthcare Trust Substance Misuse Services, Nottinghamshire Substance Misuse Commissioning Team, Nottinghamshire YMCA, The Opportunities Fund, Outback Interiors, Outram Street Studios, Primark, Professor David Best, The Recovery Forum, Recovery Links, SCUF, Smallkid Design, SMART Recovery UK, Smellie Savage Computers Ltd, The Star Trust, SUMO Magazine, Sutton Community Academy, Trent Sound, Two's Company, UK Recovery Federation, The University of Nottingham.



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