

WE BELIEVE EVERY LIFE  
MATTERS AND EVERYONE CAN  
RECOVER FROM ADDICTION.

YOUR HELP CAN MAKE THIS  
HAPPEN.



## Who We Are

Yeldall Manor is a residential rehabilitation centre near Reading in Berkshire. For over 40 years, we have been helping men to overcome serious drug or alcohol addictions and return to society to live new lives; drug, alcohol and crime free. As a non-profit charity, we aim to provide the treatment that many cannot obtain due to the gaps in public provision. We offer programmes that give individuals the time and help they need to thrive in their recovery, by providing a safe environment, community, and professional expertise. We recognise the need for a holistic approach that addresses all the factors beneath an individual's addiction, in addition to supporting them to develop meaningful activities and purpose. We are able to offer an intense package of treatment under one roof. Yeldall Manor addresses recovery within the context of our Christian ethos. This means that we acknowledge and communicate the inherent worth of every individual whatever their background, circumstances or beliefs.

Over four decades' experience in the sector has enabled us to develop quality services and interventions. Our counsellors are regulated by counselling bodies and are highly qualified and trained to deal with complex issues. Many of our staff have extensive experience in the substance misuse sector and some of them have been in recovery themselves for many years. Since our beginnings in 1977, we have formed solid partnerships and have become a well-known name in the addiction sector. We work closely with multiple organisations, such as homelessness charities, community drug and mental health services, GP surgeries, and prisons. The formation of these relationships over many years has fostered trust and confidence, as many services refer to us time and time again. We are registered and regulated with the Care Quality Commission (CQC) and received a rating of good in our May 2021 inspection.

## The Need for Our Work

It is estimated that the costs to society of the illegal drugs market and alcohol-related harm in the UK are £19 billion and £30 billion respectively (Home Office, 2021; Public Health England, 2017).

The second part of Dame Carol Black's Independent Review of Drugs, published in July 2021, revealed that:

- Drug deaths are at an all-time high, having risen 80% since 2012, and occur disproportionately in deprived areas.
- Over time, the Government have disinvested in treatment and recovery services.
- The pandemic has widened this inequality, worsening the situation.
- Many local authorities do not commission the full range of services required and there are important gaps in provision.
- Too many drug users are cycling in and out of overcrowded prisons: One in three people in prison have serious drug addictions, yet there is limited and insufficient treatment both during and after prison sentences.
- Drug users with co-existing mental health problems often fall through the gaps of community mental health treatment.

***“The public provision we currently have for prevention, treatment and recovery is not fit for purpose, and urgently needs repair... The Government faces an unavoidable choice: invest in tackling the problem or keep paying for the consequences.”***

***Professor Dame Carol Black***

In response to the incredibly concerning national crisis of addiction, the review stated that:

- Alongside treatment, individuals need somewhere safe to live and meaningful activity, such as a job, education or training.
- It must be recognised that addiction is a chronic health condition requiring long-term follow up, including the correct treatment and support for trauma and mental health that drive and accompany addiction.
- The Government need to re-commission more residential rehabilitation centres to ensure better national coverage.
- Well-trained professionals and recovery communities, where individuals can build a healthy and meaningful support network, are essential.

## Our Beneficiaries

Addiction is not an issue of a particular socio-economic or cultural group: Consequently, our residents come from a variety of backgrounds. This may include issues with homelessness, offending, unemployment and poverty, stressful and demanding careers, or traumatic events such as war and violence. Highly traumatic Adverse Childhood Experiences (ACEs), such as abuse, neglect or witnessing violence or addiction, have consistently been shown to increase risks of poor adult outcomes. These include physical and mental health problems, offending and addiction, with each additional ACE adding an accumulative and proportionate increase in risk.

*Of our current residents:*



The shame around addiction, abuse, and trauma often results in individuals isolating and adopting harmful behaviours to survive. Some residents have addictions in addition to substances, such as gambling, sex or food. Recovery requires working through deep-rooted issues, emotions and beliefs, and developing alternative coping strategies. It requires finding acceptance, connection and belonging in a safe community. This hard work requires time and stability, which many cannot achieve without attending residential rehabilitation.

## What We Do

Our holistic programme is up to two years in length and split into four phases, which can accommodate up to 49 residents at a time. Phases One and Two (up to 24 weeks residential rehabilitation) are the most intensive and operate in our main house. The high levels of support, treatment, and structure enable residents to initially stabilise physically, mentally and emotionally, before empowering them to grow in self-awareness and recovery skills. These phases include counselling, key-working, group therapy, training and work skills, and financial coaching. Our structured timetable, which also factors in daily cleaning and free time, helps residents develop routine and work/life balance.

Phase Three (up to 24 weeks semi-independent living) assists residents in transitioning to independence, as they implement their newly acquired skills in semi-independent living, called The Lodge, which is still situated on the Yeldall estate. In addition to counselling, key-working and groups, they shop, cook and clean for themselves, engage in voluntary work, and are encouraged to build their support network in the wider community. Phase Four (12 months supported housing) provides residents with safe and supported accommodation in the community, whilst they continue to develop their training and/or employment skills, preparing them for fully independent living. We also offer aftercare support to ex-residents and are expanding our programmes to support the family members of our current residents.

The long length of our programme, which deliberately breaks down the transition of leaving rehabilitation to total independence across the phases, enables the men to practice their recovery skills across different settings and still within a support network. Very importantly, this means when they hit struggles or make mistakes, they can explore this with staff and peers and learn what to do differently next time. Maintaining their abstinence longer term helps build hope and confidence, which are key for successful living.



## Our Impact

***“Each £1 spent on treatment will save £4 from reduced demands on health, prison, law enforcement and emergency services.”***

***Independent Review of Drugs***

Research has shown that in most cases you need to be in “treatment” for at least 12 weeks to see lasting changes. Of those who moved on from the Yeldall residential rehabilitation programme during the last year, 84% did so having completed at least 12 weeks (Phase One) and 74% did so having completed up to 24 weeks (Phases One and Two). Furthermore, of those who had chosen to move on to our Phase Four supported housing, 82.4% then moved on into safe accommodation in a planned way, the majority being private rental. For every resident who remains abstinent from substances and offending, and maintains their own tenancy and employment, the following costs to society could be saved: £722 per one night A&E stay, £42,670 annual prison cost and an average of £410 Universal Credit and £780 Housing Benefit per month.

Furthermore, the qualitative impact of our work can be demonstrated in soft outcomes, such as residents' improvements in their emotional and mental wellbeing and sense of identity and purpose. By supporting and monitoring residents in their goals over the past year, we have seen that:

87%

report a more meaningful use of their time

90%

feel part of a community

97%

report improvements in their emotional health

81%

have made progress in their ability to secure accommodation

90%

report better finance management

87%

have improved relationships with their family

## Funding Needs

In order to continue our work and get as many men into treatment as possible, we are appealing to various grant-making trusts to assist with the following costs:

- £30,000 p.a. Recovery Worker salary (including pension, NI, training and management costs)
- £10,000 into our Good Samaritan Fund (allowing those who cannot obtain the very limited local authority funding to access treatment)
- £5,000 towards essential building refurbishment costs, such as the repair of windows and external staircases
- £5,000 p.a. towards core running costs
- £2,000 towards Esthertime; a project launched in July 2020 to support women struggling with addiction

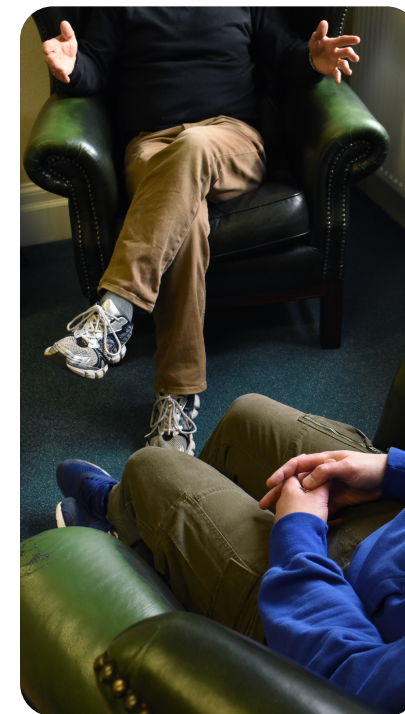
Thank you for any support you are able to offer us.

***"My life was falling apart with no direction, on a path of self-destruction. Being at Yeldall has helped me find the reasons for my addictions, and to release and process trauma from my childhood in a safe place where I wouldn't be judged. For the first time in my life I see a future for myself, that I am worthy of life and to be happy in myself and have a family."***

***Current Resident***

***"You gave us our Dad back and that is priceless."***

***Daughter of Ex-Resident***



**YELDALL  
MANOR**  
recovery for life

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Charity Registration No: 1000038  
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Yeldall Manor is registered with and regulated by the Care Quality Commission