

REHABIT

Addiction • Counselling • Recovery



Funded by
*Cripplegate
Foundation*

 **JOURNEY TO
EXCELLENCE**
COMMITTED TO IMPROVEMENT 2024

AGE UK – LET'S TALK

REHABIT

WHAT WE DO

We support people in north London, mainly Islington and Camden, who are struggling with drugs or alcohol and at risk of falling through the cracks or getting stuck in the mental health system.

Many have co-occurring conditions and find it hard to access specialist help. While others have tried statutory services but couldn't fully engage - often due to a fear of group work - or have exhausted existing options.

We offer:

- Peer support from volunteers with lived experience of addiction.
- Free abstinence-focused counselling for up to 26 weeks
- Flexible, community-based engagement.
- Where needed and we can resource it, we offer dedicated advocacy

Our **UNIQUENESS**

Sometimes it's the simple things that can make a difference:

- We go to where our clients are
- We respond immediately
- We don't have a waiting list
- We bust the myths around 12 steps
- We are flexible and understanding about meeting times
- We give people more than one chance
- We don't judge

Misconception 1

People who struggle with alcohol are weak or lack willpower.

Misconception 2

You have to drink every day to have a problem.

Misconception 3

Using one drug always leads to harder drugs.



POSSIBLE IMPACT OF DRUGS AND ALCOHOL

- Have they affected your relationships (parent, siblings, partner, colleagues, children)?
- Has your performance at work suffered? Or maybe at college?
- Have you started to drink or use drugs earlier in the day? Even first thing in morning to settle? Or maybe last thing at night to help you sleep?
- Do you think about alcohol or drugs in between using them?
- Have you tried to stop but find you can't?
- Has it become something done in secret?
- Are you spending money on rather than food or other essentials?

WHAT HELP IS THERE?

Contact
GP

Better Lives
drug /
alcohol
service

Rehabit
/ SWIM

12 step
recovery
groups

Talk to
Frank

Continuing
support from
recovery
groups

REHABIT

WHAT MIGHT SUPPORT LOOK LIKE?

Support looks different depending on the service and the person, but often includes:

- One-to-one conversations
- Where needed, professional guidance and support with detox
- Group sessions
- Support from someone with lived experience
- Counselling
- Help with practical issues and social connection



12-STEP PROGRAMMES

For 12-step groups, meetings are closed and confidential.

People are not forced to speak or pressured. The focus is on listening, shared experience, identification, and support from others who understand.



SUPPORTING FRIENDS AND FAMILY

Supporting someone can be difficult, especially if you feel worried, frustrated or helpless. Some simple principles can help:

- Listen more than you talk
- Be present, even if you don't have answers
- Avoid judgement or lectures
- You don't have to fix the problem. Often, being calm and consistent matters more than saying the 'right' thing.
- If you feel they won't hear it from you, try to gently guide them towards someone they trust, or a service that can help.

- We need a sustainable **30k** for our core counselling services and allowing for growth
- We need **c.6k** for operation and client costs
- We need a sustainable **30k** p/a for our operations roles
- We need to find influential patron(s)
- We need more peer supporters with lived experience of addiction, ideally with a 12-step programme
- We are steadily increasing our client base and getting a good reputation within our networks
- We offer addiction awareness training to peers and their clients



Connected – we support and stay connected to our communities

Email us at support@rehabit.uk or call:

- Sean Robinson, CEO / peer support - 07801 624027
- Dave Smith, chair - 07748 128113
- Jamie Gregory, trustee
- Jo Betterton, trustee
- Jack Murphy, trustee
- Ian Blake, trustee
- Aaron Barzey, trustee



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THANK YOU

Special thanks to Banbury Howard for making us
their charity for the year and developing our brand

