



ESCAPE
Family Support

Annual Review

2017/18

Table of Contents

Chairs Report	3
Our Objectives and Aims.....	4
The Need for Our Services	4
ESCAPE Family Support	5
Recognition.....	6
Family Support Services	7
Our Family Service Interventions in Numbers	8
Northumberland Supporting Families Project	10
Family Support Case Study	11
Strengthening Families Programme	12
Recovery Support Service	14
Recovery Support Service Case Study.....	14
Our Recovery Service Interventions in Numbers:.....	15
Volunteering, Peer Mentoring and Befriending Service	16
Volunteers Pilot Training Case Study	17
Training, Education, Health and Wellbeing.....	18
Partnerships.....	19
The Future.....	23
With Thanks.....	24
Contact.....	26
Accounts	26

Chairs Report

2017/2018 has been another eventful year for ESCAPE. Each year in the twenty-four years since ESCAPE was established has brought its challenges, opportunities, successes and surprises and this past year has been no exception. We are a charity and we strive to remain true to our ethos and founding principles, whilst responding to the changing needs of those we serve and being mindful of the external environment. 2017/2018 has been no different. We have worked hard to listen carefully and closely to everyone involved in ESCAPE and planned to ensure we deliver services that were wanted and needed. The following pages describe our key service areas and what we achieved in the last year. There have been many successes of which we can all be proud.

2017/2018 posed significant financial challenges and, like many other small charities, we found that some of our previous funding streams were no longer available to us. However, the board of trustees faced up to this and working with our clients, carers, volunteers and staff we took action. We decided it was time to refocus our priorities and prepare the charity to return to its roots – providing support to families and carers who are affected by addiction to alcohol and drugs. No other charity in Northumberland does quite the same as we do, and we remain committed to ensuring this service continues. 2017/2018 has been a year of transition.

The transition necessitated some staff redundancies and trimming of budgets to ensure that as we moved into 2018/2019 our organisation would be financially secure and fit for its refreshed purpose. We did not take these steps lightly, but we knew it was necessary.

My sincere thanks go to everyone who has made ESCAPE successful in 2017/2018 and who has shared the work involved in preparing for 2018/2019. It is my pleasure to publicly thank everyone involved with ESCAPE – those who have provided services and support selflessly, those who have helped shape the future and those who have provided funds to enable the charity to serve the population of Northumberland. Without you all, ESCAPE would not be the organisation it is.

On behalf of the trustees including the Chief Executive, I hope you enjoy reading this Annual Report. We all look forward to a successful and rewarding 2018/2019.

Jackie L M Axelby

Chair

ESCAPE Family Support Ltd

Our Objectives and Aims

Our aims and objectives as set out in the objects contained in the company's memorandum of association are now to:

- i. to provide support, counselling, mediation to relieve the poverty, sickness and distress of drug, alcohol and solvent users and their families who are or have been suffering from the misuse of substances being any substance which is misused to the detriment of the health of the individual in the community of Northumberland and elsewhere as the Association may determine;
- ii. to advance education and training of the community of Northumberland and elsewhere as the Association may determine in the problems resulting from non-medical use and abuse of drugs and associated problems; and
- iii. to provide support, counselling, mediation and accommodation to relieve the poverty, sickness and distress of vulnerable adults in the community of Northumberland and elsewhere as the Association may determine.

The Need for Our Services

Northumberland continues to experience drug taking along with an increase in alcohol use amongst its population, both significantly contributing to the stark and worrying regional/local picture evidenced through Office of National Statistics and Public Health England publications and statistics, these include:

- The North East has the highest rates of alcohol related admissions in England.
- The rate of male alcohol specific deaths in the North East is higher than any other region
- Increases in the rates of both male and female alcohol specific deaths are greater in the North East than all other regions.
- The number of deaths relating to drug misuse in the North East are significantly higher than all other regions.
- The North East has the greatest proportion of binge drinkers (at 40%) than all other regions & significantly higher than the England figure of 26%
- Drug related deaths in Northumberland increased by 15% (from 67 to 77 deaths) over the period 2012/14 to 2015/17.
- The Northumberland 2016 alcohol/drugs demographic needs assessment has identified the increased prevalence estimate for higher risk drinkers in the county to be 14,600 and for increasing risk drinkers 45,200 with 1,324 opiate and/or crack cocaine users.

Moreover, the North East suffers the worst alcohol related health problems in the UK with 3680 alcohol related deaths per annum (2010-2012). This overall rate is 33% higher than the national average (Balance - North East Alcohol Office). The cost of alcohol related harm in 2015/16 was £341 per head of population.

ESCAPE Family Support

Since 1995 ESCAPE Family Support has been supporting people in Northumberland who have been affected by substance use. We support parents, partners, grandparents, children and wider family members who are affected and struggling to cope and deliver recovery support to drug and alcohol users.

The National Treatment Agency (NTA) has reported that 17% of the population are family members significantly affected by a relative's drug use. Many more are affected by a loved one's alcohol use. Northumberland has a population of 316,000 and this means that 53,720 of these are likely to be family members affected by drug use alone, with even more affected by alcohol misuse. Adults who have a relative with drug or alcohol problems have been increasingly recognised as having significant needs due to the stress of living with and/or caring for someone with addiction problems as have the children affected by parental drug or alcohol misuse. In addition, families have been identified by the NTA as a useful source of support during treatment and recovery of the substance user.

ESCAPE's confidential support services are person centred, tailored to the needs of each individual, to help them identify their priorities, achieve their goals and improve their lives. Wherever possible we mediate between that family and substance user to reduce conflict and alleviate the problems experienced and distress caused by drug and alcohol use.

We deliver impartial stand-alone services but also work in partnership with statutory and voluntary agencies and groups. ESCAPE is led by a strong board, including people who have personal experience and encountered problems. ESCAPE employs dedicated staff, supported by volunteers, peer mentors and befrienders throughout Northumberland, who are all committed to supporting people who are suffering because of substance use.

Our strength lies in our people and our team; we invest in their training and development. We have worked with the Investor in People standard since 2004, first achieving Investor in People Gold Standard in January 2010. We are proud to have retained the Gold standard ever since, this achievement includes successful assessment against the new more robust Gold standard in February 2017.

Also, ESCAPE has held the Investor in Health and Wellbeing standard since 2011 and was successfully assessed and achieved the new Investor in Health & Wellbeing Award in May 2017, demonstrating that we meet the requirements of all three key components of employee health and wellbeing: physical, psychological and social.



Recognition

Our work and the contribution we make is recognised and valued by key Northumberland organisations and agencies, as evidenced in feedback we have received:

"I really value the work of Escape. They work tirelessly to support carers of people with substance misuse disorders and to raise awareness and understanding with agencies of the issues and challenges these carers face. Due to the stigma they feel, these carers often do not feel able to access the support available to other carers. Escape have been keen to work in partnership and have been strengthening the links with substance misuse services over the last year, I hope that this will develop further in the future." **Liz Robinson - Senior Public Health Manager**

"Escape offers an excellent service to the carers it supports, who often feel marginalised due to the nature of their caring role. Kinship carers especially appreciate the support and activities available to themselves and the children they care for". **Debra Dodds, Operations Manager, Self Directed Support, Prevention and Carers Northumbria Healthcare**

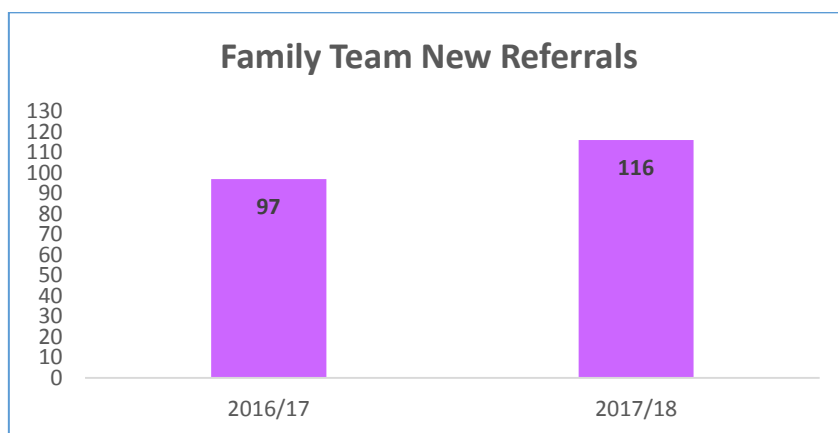
"As Alcohol Specialist Nurses employed by the Northumbria Healthcare NHS Foundation Trust, we witness the devastating impact alcohol addiction has not only on the individual but their nearest and dearest. For those who are still lucky enough to have support, families members will often voice feelings of total desperation, utter despair and complete isolation. Escape Family Support are an invaluable service, offering the bespoke care and support families of Northumberland really need. The referral process is seamless, and we are always confident that families will be contacted in good time, listened too and given appropriate support" **Linda Sample - Alcohol Specialist Nurse, Northumbria Healthcare NHS Foundation**

Family Support Services

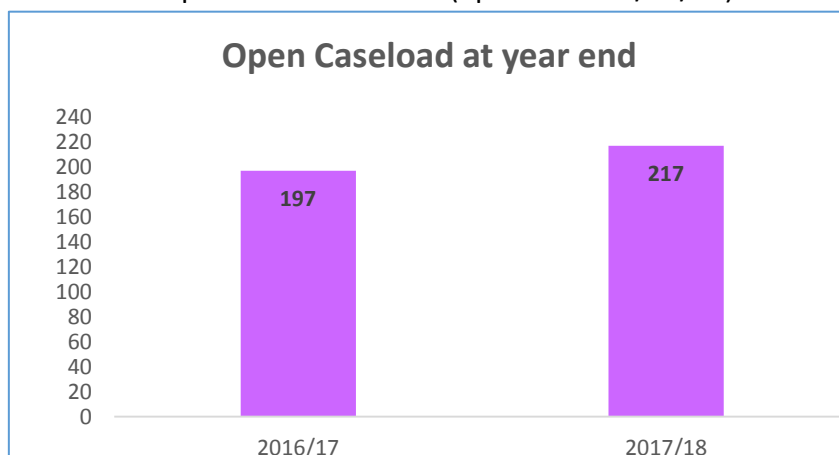
ESCAPE continues to provide Northumberland's only specialist support services for families and carers of substance users, without which beneficiaries are left isolated and unsupported.

This service is supported through grants from Northumbria Healthcare Trust and Awards for All. ESCAPE's Family Team deliver a range of services to the families and carers of substance users who include parents, grandparents, partners, siblings and children including 24/7 helpline crisis support, telephone support, advice, information, advocacy, comprehensive carer assessments, personalised care plans, 1-1 support, counselling, family therapy, support groups, personal learning opportunities, arts and respite opportunities and support to help family members work together. The team also provides specific support for kinship carers; for those with a family member involved in the criminal justice system; and for those bereaved by substance use. We continue to work with family members whether their loved one is in treatment or not. The Family Team continue to offer a range of support where multiple complex issues occur, including children's safeguarding, domestic violence and offending.

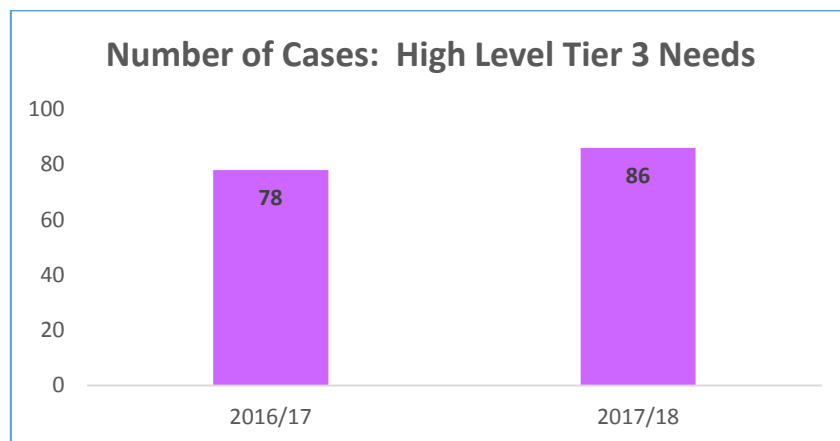
The family team received 116 new referrals during 2017/18 (up 22% on 2016/17).



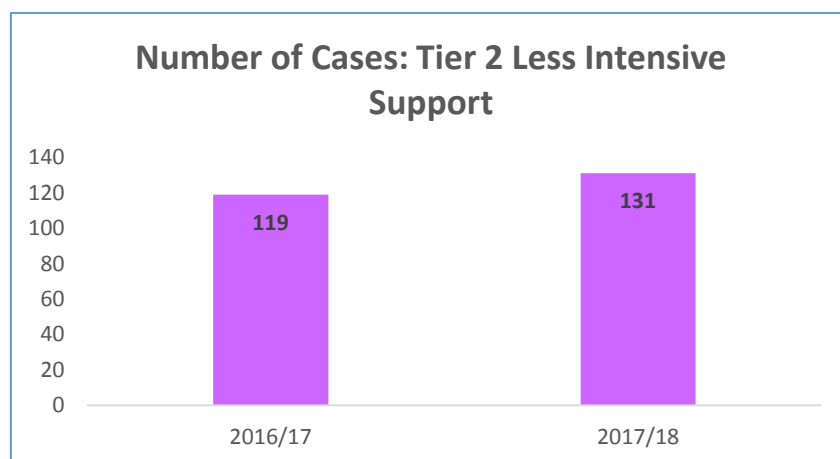
The family team had an open caseload of 217 (up 10% on 31/03/17) on 31st March 2018.



Of the 217 open cases, 86 (up 10% on 31/03/17) have high level Tier 3 needs.



The remaining 131 cases (up 10% on 31/03/17) are sitting within Tier 2 less intensive support.



Our Family Service Interventions in Numbers

273	Helpline Calls
431	Brief Interventions
84	Counselling sessions
128	Family Therapy sessions
1,556	CRAFT 1-1 support sessions
20	CRAFT Programme Group Sessions (2 Full Programmes)
24	CRAFT Maintenance Support Group Sessions
110	Complementary Therapy Sessions
26	Coffee Mornings/Mutual Aid groups
26	Art Group Sessions
13	Kinship Group Sessions
32	Children's Art Sessions (CRAFT)
82	Family Respite Breaks
4	Pamper/Wellbeing Events
6	Family Fun Days

Community Reinforcement and Family Training (CRAFT) is a significant part of the work we undertake with families; it is an evidence-based, motivational programme of support for family members who have frequent contact with a loved one (i.e. partner or adult son / daughter) who is using alcohol or drugs problematically but who refuse to enter treatment. It is also proven to be very effective with families whose loved ones are in treatment. The three main aims of CRAFT are to: improve the life of the "Concerned Significant Other", reduce the users' substance misuse and encourage a loved one into treatment. Family members who have participated in CRAFT report significant benefits for themselves and the substance user.

83% of our CRAFT participants rated CRAFT course delivery and content as excellent with the other 17% rating this as very good.

These operate on a scale of 0 = Poor and 10 = Good.

Average stress/anxiety ratings before the course were: 1.66

Average stress/anxiety ratings after the course were: 7

Average overall Happiness ratings before the course were: 2.5

Average overall Happiness ratings after the course were: 6.16

CRAFT significantly reduces stress and anxiety and increases overall happiness. See below some comments from participants that show us how people feel after completing CRAFT:

"I feel more confident and empowered to handle my situation in a more constructive way".

"There is a new way to approach what seemed like an impossible situation".

"I learnt how to deal with challenges, improve my own wellbeing and improve and rebuild relationships".

"CRAFT helped me to stop letting his problems bring me down and affect my life and happiness".

"CRAFT equips you with resources and skills to continue being a support but not at the cost of your own happiness".

"I am really glad I did it. I have a way forward and have learned so much".

"Awesome!"



Northumberland Supporting Families Project

ESCAPE also supported the work of Northumberland County Council throughout 2017/18 by providing support to families within Northumberland's Supporting Families Project. We received 16 referrals and worked with 9 new families through leading on early help. Funding for this work ended on 31/03/2018; all early help cases are now closed although this took longer than anticipated due to lack of suitable alternative support to meet needs, the relationships already built up with the families and ensuring needs were met prior to case closure. Funding for this project was payment by results, all claim targets with the families were achieved and full payment received.



Family Support Case Study

Wendy came into service at Escape in 2009 seeking support for herself and stating she felt she could no longer continue to live the way things were. Wendy stated her husband was addicted to alcohol and drank excessively on a daily basis to the point that she was currently fearful he would die. Wendy was desperate for things to change and stated she felt helpless and didn't know what to do to change her situation.

Wendy was identified as an ideal candidate for CRAFT and allocated a place on the course. She embraced the principles of CRAFT and began to apply them in her relationship with her husband and her situation began to improve straight away, she gained more confidence and was more in control using the strategies she had learnt. She practiced the positive communication skills and boundary setting/safety planning strategies which helped her to become more assertive and she was able to manage her situation more effectively. As her approach to her husband's excessive drinking became more productive she obtained more confidence and positive outcomes. On completion of the course Wendy had achieved the 3 main aims of CRAFT;

- *She got her husband into treatment*
- *She helped him to manage reducing his drinking to safer limits*
- *She improved her own quality of life.*

Wendy also attended other educational workshops such as drug and alcohol awareness and also overdose prevention/alcohol withdrawal education. She now enjoys her life and participates in therapeutic arts/crafts workshops such as gardening and making hanging baskets and wreaths at Xmas. Wendy is a regular volunteer at Escape and gives her time freely. She has taken it upon herself to bake fortnightly for Escape's carer coffee morning as she loves baking. She has previously done a sponsored swim to fundraise for Escape and is a regular attendee at training workshops and events at Escape and is currently doing Escapes peer mentor volunteer training course.

Wendy was asked if she would like to include her comments in this case study of her journey and her response was as follows; *"Escape is a superb service and I couldn't fault the support I've received"*

Strengthening Families Programme

Children in Need have supported delivery of our Strengthening Families Programmes this year.

To measure distance travelled for those who attended Strengthening Families we used the Family Star which looks at a number of indicators and scores these pre and post programme.

Overall the accumulative values of each score for one of our programmes can be seen below:

Family Star Scores										
Physical	Well Being	Emotional Needs	Child safety	Social Networks	Education	Behaviour & Boundaries	Family Routine	Home & Money	Progress to Work	Overall
18	15	15	34	19	23	15	28	20	11	197
5	10	10	0	3	6	16	4	5	14	74
23	25	25	34	22	29	31	32	25	25	271

It is clear from the table that the group as a whole progressed with an overall Pre-programme score of 197 increasing to 271 (+74) at Post programme. As a group we seen the greatest increases around greater confidence in addressing behaviour and putting boundaries in place (+16) and Progress to Work (+14). With regards to Progress to Work this is linked to a focus on 'What's next' for parents and in particular those who it was relevant too being referred to our Bridge Project. Well Being (+10) and Emotional Needs (+10) also showed a good increase across the group which links closely to group members benefitting from sharing experiences with group members, the recognition that others go through this and building on their relationships with their children throughout the programme. The only score that did not create a change in scores across the group was linked to Child Safety. This was linked to all group members feeling strongly that although they recognised they required additional support in relation to their children, appropriate support was already in place whether this was ESCAPE, social work, Early Help Assessment and therefore risks were being managed well.

Below is a breakdown of overall individual case scores:

Family Score Scores-Individual Cases				
Scores	Case 1	Case 2	Case 3	Case 4
Pre	43	38	51	65
	1	20	19	34
Post	44	58	70	99

Families that participated in the Strengthening Families programme told us:

“Realising we were not the only family with problems was a relief”.

“As a family you learn to sort your problems and work together”.

“We found it insightful on how to deal with problems and taking a lot of positivity away from the group”.

“We learned how to speak to each other assertively and working together as a family is one of the many things learnt”.

“You yourself can offer support to other families just like they do to you. Things you take away are things like problem solving and working as a team”.

“This programme helps you lots, you gain knowledge, even if you’re shy you can just listen to others, you won’t be judged”.

“It is open to everyone and anyone no matter what you’ve done, who you are or what you look like”.

“We listened to other families’ problems and shared ours and built trust and friendships”.

“I would highly recommend this programme to other families because it is insightful and brings you closer”.

A key Stakeholder view on our work supporting families:

“ESCAPE offer an invaluable service to families living within our community. We know from talking to families how well known they are and the impact they have on children and families lives particularly those affected by substance misuse. They have worked in partnership with the children’s centres for a number of years and more recently have helped to support the Early Help offer for children aged 0-19 through direct delivery of the Strengthening Families Programme within one of our centres and by being key partners within our Network group” **Jean Hedley - Children Centre, Early Help Locality Manager**

Recovery Support Service

This project is funded by Lloyds Bank Foundation and thanks to their support ESCAPE continues to deliver support to a small caseload of 25 drug and alcohol users per annum who either do not meet the thresholds for the commissioned treatment service in Northumberland or who prefer to access support at ESCAPE instead.

The service received 62 new referrals in 2017/18 and on 31 March 2018 had an active open caseload of 34. We have continued to deliver SMART Recovery Groups in Blyth and Ashington and to support a women's mutual aid recovery support group in West Northumberland. ESCAPE has provided peer mentoring and volunteering placements throughout the year and provided in-house accredited training and vocational training for participants.

Louise Telford-Lloyds Bank Foundation

“Lloyds Bank Foundation has funded the Recovery project for the last three years and it’s been great to see that a number of people who’ve attended the project have moved onto volunteering, and/or have become peer mentors with the project”.

Recovery Support Service Case Study

M came into service within Year 2 of the project with issues around alcohol and mental health. M engaged well with her recovery worker and decided to attend the weekly SMART sessions we run. She is a regular attendee at SMART and happy to share with others as means of support for her and them.

M has had stresses around her finances due to the prospect of losing her PIP. This can be a very challenging time for individuals, who are often requested to attend numerous appointments that raise anxieties. M was successfully supported through this with joint working between keyworker and CPN to ensure she maintained what was required.

M has taken part in several wellbeing workshops and events this year and gained knowledge around more appropriate coping strategies which has built her confidence and self-esteem. It has been lovely to see M grow in her own self-worth over this period.

M has moved far enough forward in her own recovery journey to feel happy to buddy another client who she has been supporting, M is currently working with ESCAPE to progress as a peer mentor through the completion of the Level 2 Peer Mentoring qualification.

M has supported the charity this year through volunteering her time undertaking fundraising and other tasks linked to organisation of the buildings. M was also referred to Bridge project and has been actively working with her Bridge worker towards employment.

Our Recovery Service Interventions in Numbers:

107	Helpline Calls
117	Brief Interventions
365	1-1 Support Sessions
132	Counselling Sessions
52	SMART Recovery Group Sessions (312 attendances)
104	Acupuncture Group Sessions
26	Art Sessions
26	Gardening Project Sessions

In year 2 of this project we achieved the following outcomes with this caseload of 34 people:

	Achieved %	
Number of new people engaged (Target 25)	26	104
Number of people safely managing addictions with reduced substance misuse	30	88.2
Number of people with improved safety	23	67.6
Number of people reporting improved living skills	23	67.6
Number of people feeling better able to manage their mental health issues	22	64.7
No. of people reporting they are safe, independent, making positive choices	21	61.7
Number of people reporting reduced isolation/ increased social networks	21	61.7
Number of people reporting improved self-esteem/confidence	20	58.9
Number of people reporting reduced stress/anxiety	20	58.9
Number of people reporting an improvement in mental health	19	55.9
Number of people reporting an improvement in physical health	16	47
Number of people into education or training	10	29.4
Number of people with increased basic skills	10	29.4
Number of people reporting improved budgeting/money management skills	7	20.6
Number of people who moved into independent living	4	11.7
No. of people reporting improved management - tenancy and accommodation	4	11.7
Number of people gaining safe and suitable accommodation	3	8.8
Number of people into regular volunteering	2	5.9
Number of people achieving accredited qualifications	1	3

Volunteering, Peer Mentoring and Befriending Service

The Tudor Trust continues to support this project by funding our Volunteer/Peer Mentor Coordinator salary and some running costs for the project. Volunteers and peer mentors continue to be critical in supporting paid staff in the delivery of services and without their support ESCAPE would not have capacity to support many of the groups and activities it offers clients.

Our 43 volunteers and peer mentors have made a significant contribution to provision this year providing 10,379 hours of work. This is in effect the equivalent of 5.8 full time workers. The massive added value that the combined mix of skills and experience of volunteers/peers is much broader than a single person in a paid post.

Volunteers and peer mentors have undertaken and supported the following roles and functions this year: cleaning; gardening; administration; caretaking; counselling; complementary therapies; befriending; mentoring; family therapy; group facilitation including SMART, CRAFT, Strengthening Families, Understanding Teenagers; workshops and wellbeing events; community fundraising; bid writing; CEO post; Helpline Cover and Art sessions.

Aside from the personal learning journey of volunteers/mentors (e.g. improving basic life skills and skills for employability) and the assistance and personal experience they bring to ESCAPE as an organisation, there are wider community benefits from volunteer/mentor involvement. By empowering volunteers and peers to facilitate support groups the stigmas associated with drug & alcohol misuse continue to be challenged and broken down and people can make a positive contribution to their community.



Volunteers Pilot Training Case Study

Mutual aid and support is at the core of Escape's work and this year we had the opportunity to work in partnership with the Bridge Project to develop training specifically for volunteers who befriend and mentor others.

The training pilot took place over the autumn of 2017 and was completed by six volunteers resulting in them attaining a Level 2 qualification in Peer Mentoring. Feedback from the group at a celebration event indicated that they had enjoyed learning alongside others and had used the skills they learned both to help others and themselves.

"The course helped us understand the needs of the addicted person and their carers and helped us to see things from their perspective."

"The peer mentoring course helped us understand the people who had helped many of us in the past."

"I've been able to work with a team and know when to walk away when things start to build up."

One of the learners, Caroline, who had previously benefited from our support and CRAFT training went on to become a volunteer for us. She now has the confidence to support CRAFT maintenance groups and has gone on to befriend two individuals. Using her own experience and knowledge combined with the skills and understanding she gained on the course to enable them to have a safe place to share their concerns and implement changes they feel will make a difference. As a result of this she herself feels stronger and able to respond differently to the challenges in her own life.

"This has given me my life back and something that I can do and focus on to make a difference for others."

Since the pilot we have developed the training and support specifically to support our carers and we now have a further twelve volunteers signed up for the next course.



Training, Education, Health and Wellbeing

Our training officer post was funded by the Esmee Fairbairn Foundation from April to September 2017 and then Coalfields Regeneration Trust from October 2017 until March 2018.

We deliver a robust programme of training for volunteers, peer mentors and befrienders to expand and enhance skills, build confidence and ensure delivery of good quality services. The programme includes ESCAPE's OCN- accredited Support Skills Level 2 and Family Dynamics Level 3, Peer Mentoring Level 2; Referral and First Assessment training, Safeguarding, Group Facilitation Skills, Overdose Awareness, Drug and Alcohol Awareness, Team work, Communication,

External providers also offer a range of courses to develop and enhance our volunteers' skills including: 12 Step Awareness, Fire Safety, First Aid, Safeguarding, Mental Health Awareness and Acupuncture Training.

This year 22 volunteers/peers attended a variety of training including our own accredited Skills for Supporting those Affected by Addiction, Child and Adult Safeguarding and Food Hygiene Courses.

Cheryl Condy - Social Worker

“Escape offers a wide variety of courses and programmes which are an excellent resource for families seeking support. I have received positive feedback from families I have referred and will continue to refer families in the future.”

Training and education provided to support beneficiaries includes: Strengthening Families Programme, Community Reinforcement Approach and Family Training (CRAFT) Confidence & Assertiveness, Understanding Teenagers, Wellbeing Events addressing, mental, emotional and physical health, Sleep Hygiene, Drug and Alcohol Awareness and Overdose Prevention, Harm Reduction and external NHS Health Trainer sessions.

The Family Team also worked with 66 young carers and children through provision of training, family fun days and Family Therapy.

Partnerships

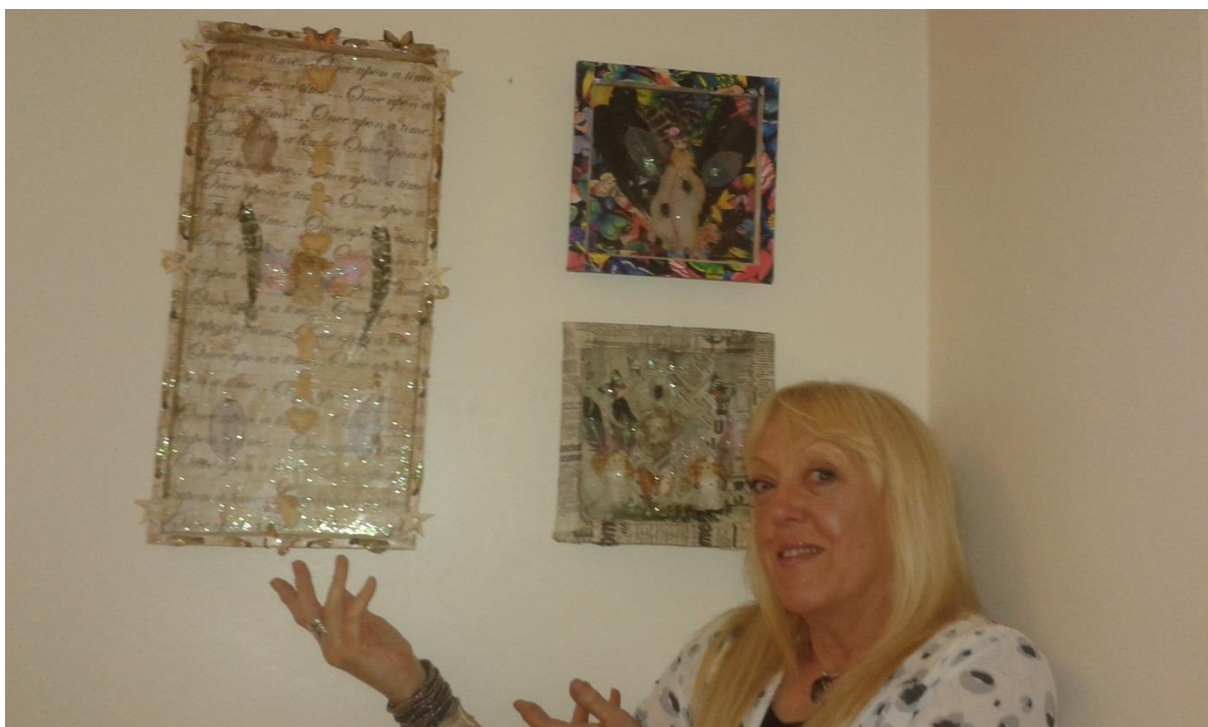
Funding through Tesco Bags for Help enabled ESCAPE to work in partnership with Groundwork. This project empowered our beneficiaries to redesign, renovate and landscape our gardens at Susan Kennedy Centre. See below the feedback from Jane Austin of Groundwork North East:

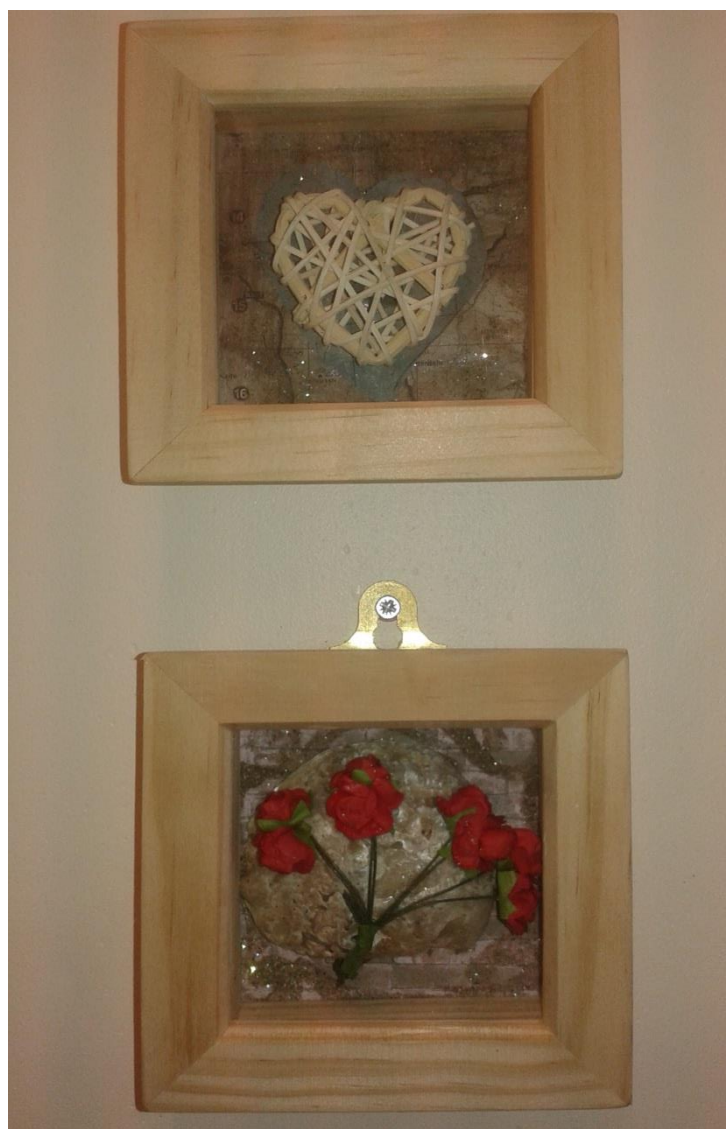
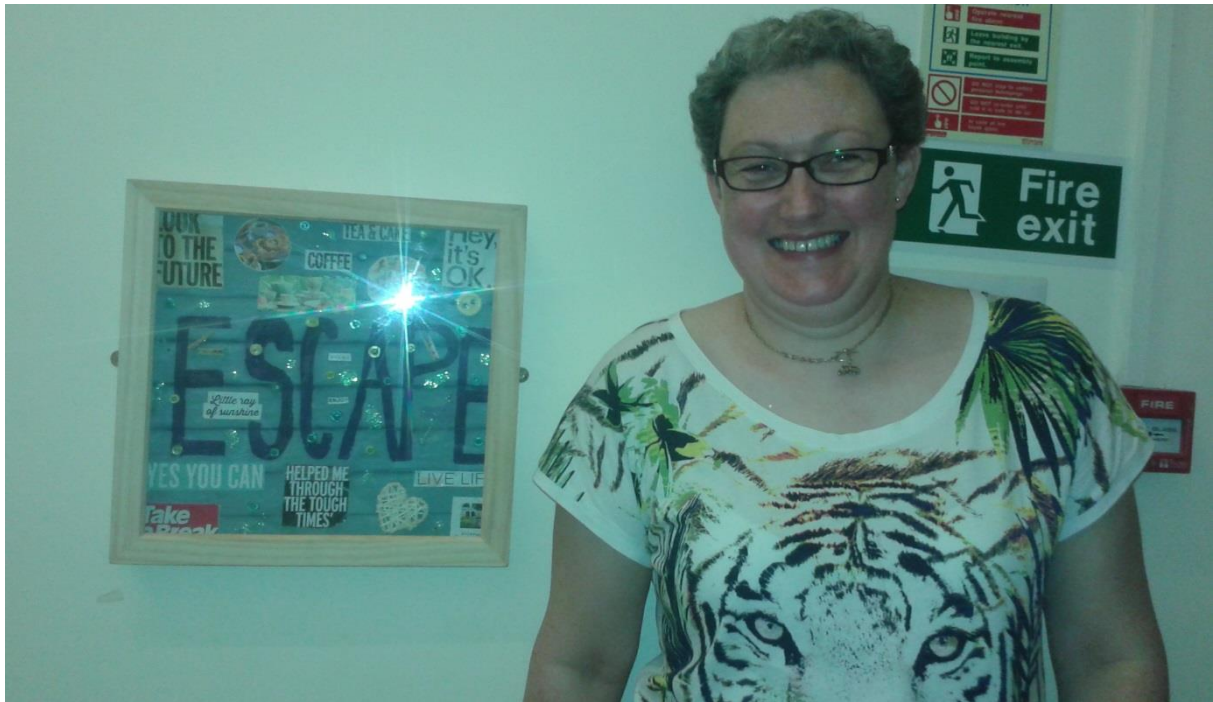
“Working with the staff and volunteers at Escape was amazing. Everyone was so committed and worked really hard together to create a relaxing garden for everyone to enjoy. Volunteers learnt new skills such as path building/identifying native wild flowers and building a stone feature everyone was so welcoming to me, I really miss working at ESCAPE. It is such a lovely place to be as all the staff and volunteers are so sincere and open/friendly” **Jane Austin-Walker - Senior Project Officer - Groundwork North East & Cumbria**



We worked in partnership with the BAIT Project which provided opportunities for beneficiaries to participate in the Arts, attend Edinburgh Fringe Festival and exhibitions at Woodhorn Colliery. Our beneficiaries participated in a photography project and exhibited their work in a local shop. See below feedback from Lisa Blaney at BAIT:

“Museums Northumberland; bait project, has worked closely with ESCAPE Family Support's carers, service users and staff to ensure that art is embedded within their everyday activities to support both individual, and family wellbeing” Lisa Blaney - Arts for Wellbeing Manager, Woodhorn/BAIT





We regularly attend meetings and participate in partnership work within the Northumberland Children's Services Early Help Hubs; Northumberland Supporting Families Operations Group; South East Early Help Network Meetings; Northumberland Carers Strategic Partnership; Northumberland Drug and Alcohol Steering Group; Wansbeck and Cramlington Hospitals Alcohol Development Group and Bridge Project and Northumbria University. We are a valued partner within these settings as the feedback below from some of our partners demonstrates:

"ESCAPE offer an invaluable service to families living within our community. We know from talking to families how well known they are and the impact they have on children and families lives particularly those affected by substance misuse. They have worked in partnership with the children's centres for a number of years and more recently have helped to support the Early Help offer for children aged 0-19 through direct delivery of the Strengthening Families Programme within one of our centres and by being key partners within our Network group" **Jean Hedley - Children Centre, Early Help Locality Manager**

"ESCAPE's contribution to the development and delivery of the NSCB's Impact of Substance Use in Families course has been greatly appreciated. They have brought examples of the issues experienced by local families and given delegates clear messages about how to support users and family members to access help and support. Meeting ESCAPE staff makes the wider workforce feel more confident to liaise with the service for specialist advice or to support clients with self-referral and ongoing support from ESCAPE." **Anne Lambert – NSCB**

"My contact with ESCAPE this year has been friendly, supportive and helpful. I have been designing a poster to encourage members of the public to report any incidences of children being groomed for drug trafficking purposes to Crime Stoppers alongside setting up a project called AGAINST CHILD EXPLOITATION UK. I was a client of ESCAPE nearly 20 years ago and I have found that the same kind and therapeutic atmosphere is still there today" **Auriol Irwin-Cottan - AGAINST Child Exploitation UK**

"Full Circle were very happy to be able to deliver a cooking tuition session at ESCAPE. You have great facilities and we hope to be able to use them again for our mutual benefit in the future" **Sarah Robinson - Service Manager, Full Circle Food**

"We have come along to support clients that attend the Susanne Kennedy centre with health lifestyle information. We talked to clients around living a healthier lifestyle and how this could benefit them. We completed mini health MOT's and took blood pressure readings, weights and BMI's, we signposted to other services such as the stop smoking team or to see a health trainer on a 1-1 basis to set small achievable goals around their own health needs" **Justine Bowey - Health Trainer**

"It has been a pleasure to have worked with ESCAPE Family Support over this past year. As part of my PhD research, Sarah and Elaine have offered support in helping me connect with Kinship Carers to become participants for the study. In addition, Sarah and Elaine have been very welcoming and accommodating in offering the study participants and myself a familiar space to work from. Having Elaine join some of the fieldwork sessions also helped to widen the perspective of the study, creating alternative pathways for the participants to explore. It has also been very interesting for me, to learn more about the valuable work that ESCAPE Family Support do on a regular basis" **Kim Hall - Kinship Researcher, Northumbria University**

"I have had the pleasure of working with ESCAPE [Sarah Tannock] for many years and have seen at first hand the amazing work they do to support families. They are a shoulder of support for families who need guidance, reassurance and education as well as a gatekeeper to other services. Many parents have found memories and positive experiences working with the ESCAPE Team who believe they would not be the people they are today without their intervention" **Tony Brown - Head Year 11, Cramlington Learning Village**

The Future

2017/2018 has been another eventful year for ESCAPE. Each year in the twenty-four years since ESCAPE was established has brought its challenges, opportunities, successes and surprises and this past year has been no exception. During the year, we have worked hard to listen carefully and closely to everyone involved in ESCAPE and planned to ensure we deliver services that were wanted and needed.

As previously highlighted, 2017/2018 posed significant financial challenges and, like many other small charities, we found that some of our previous funding streams were no longer available to us. So, by necessity 2017/2018 has been a year of transition. The transition necessitated some staff redundancies and trimming of budgets to ensure that as we moved into 2018/2019 our organisation would be financially secure and fit for its refreshed purpose. All plans for the coming year have been shaped and formulated by carers, peer mentors, volunteers, staff and trustees at our annual away day. Our plans are based around the two key priorities that were identified:

- 1) introducing and embedding a new and stronger mutual aid approach that provides training, opportunities and support to develop a bank of Family Champions who are 'experts by experience' and who have expressed their desire to give something back and help others to achieve positive change.
- 2) that ESCAPE should strive to pilot and introduce a new intervention support programme specifically designed and targeted at children and young people whose lives are blighted by the drug or alcohol dependency of others.

With Thanks...

the
Tudortrust

LLOYDS BANK FOUNDATION
England & Wales



TESCO
Bags of Help

The Joicey Trust
The Joicey Trust is a registered charity 244679



SIR JAMES KNOTT TRUST

Souter
CHARITABLE TRUST

bait
time.to/

GROUNDWORK
CHANGING PLACES
CHANGING LIVES

R.W.MANN
TRUST



VOICES
NORTHUMBERLAND



The Bridge Project is funded by the BIG Lottery Fund and the European Social Fund (ESF) as part of the Building Better Opportunities Programme



THE
Barbour
FOUNDATION



Northumberland
Northumberland County Council

Contact

Head Office Address:
Susan Kennedy Centre
63 South View
Ashington
Northumberland
NE63 0SF

J H Burn Charity

Telephone/Fax: (01670) 544055
Helpline: 07702833944

Accounts

