

On the road

The newsletter of Open Road published for staff, volunteers, service users, partners and supporters



**Spotlight – Leah Vincent,
SWEAT Project Support Worker**

**Essex Appropriate Adult Service –
New Contract, Expanded Service**

**Colchester Big Choice Award
to Open Road**

**Haircuts 4 Homeless visit our
Colchester Centre**



'Sarah, with Jess'

Welcome from the Chief Executive

'Photograph kindly donated by Mark Palmer Photography'



Contact Mark on: 01728 621166
The Guildhall, Market Hill, Framlingham
Woodbridge, Suffolk, IP13 9BD

Welcome to our May newsletter.

The last three months have been an exciting, challenging and anxious time for our clients, volunteers and staff, as we prepared to implement and commence our new AARCS (All Age Recovery Coordination Service) in partnership with The Children's Society, commissioned by Essex County Council, Public Health. We had to completely restructure the old service to the new, which understandably can cause anxieties within the team. We said goodbye to a number of staff who were either TUPE'd over to Action on Addiction, some staff on fixed contracts, some redundancies and others who chose to leave to find new opportunities elsewhere. We wish all of these staff the very best wishes for the future and a big thank you for their commitment to Open Road during their time with us. We are delighted to welcome new members of staff to the teams across Essex and have successfully commenced the new contract from 1st April.

Our new steroid project funded by the National Lottery for three years commenced on 1st April, please see Jody's article on page 4 and spotlight on Leah Vincent on page 3, who joined the team in March after returning from maternity leave.

Open Road was delighted that Anna Trudgian was recently awarded 'Manager of the Year', and Georgia Line 'Unsung Hero' by Essex County Council.

We were awarded Investors In People Gold when we were reassessed recently. This award will be in place for the next three years.

We were also delighted to be awarded a High Sheriff's Award and a cheque for £1,000 towards our new SOS project in Chelmsford to train and induct our new volunteers.

We submitted a bid to Colchester's Big Choice and were awarded £5,000 towards IT equipment for our clients in Colchester, which will enhance their IT skills and help them prepare CV's for new employment opportunities.

Another success was a grant for £8,400 from Essex Community Foundation towards a family support worker in Clacton, which is greatly needed.

We have some exciting events coming up over the coming months. We have our sponsored walk on Saturday 20th May - please see our Facebook page for more information. Our annual charity ball takes place on Saturday 7th October at Le Tailbooth in Dedham and finally our AGM on Monday 16th October.

Our next newsletter will be published in August, 2017, so please do let me have any interesting articles you wish to have published.

Best wishes,

Sarah Wright, Chief Executive

Spotlight – Leah Vincent, SWEAT Project Support Worker



I first heard about Open Road through a friend who was receiving support, and they suggested that I go and volunteer. So in April 2010 that's exactly what I did. I quit my job working in a scrap yard, and started volunteering 3 mornings a week at Mansard House. Within 2 months, I had moved from volunteering in Chelmsford and became a paid employee working between Basildon and Brentwood as the data inputter. Immediately I felt part of the team and enjoyed working in my new role. After 6 months or so, we managed to secure premises in Basildon, so instead of working out of offices and seeing clients in a resource centre, we finally had a place to call home, and Vange was born.

After 18 months of dealing with the data on a daily basis, I felt I needed a change and wanted to challenge myself. The opportunity came to work on a new project within Open Road, funded by the Big Lottery, and luckily I got the job as the new Stimulant Recovery Worker for Vange. So now I was working with clients and learning new skills, developing personally and professionally. I previously had no qualifications or experience of working in this field, and just had 'on the job training'. I loved this role and felt such a sense of achievement. Within my time as the Stimulant Recovery Worker, I became a mum and returned to the role on a part time basis.

After working on the stimulant role for 5 years, sadly the funding was about to end and I was off on maternity leave again. Having 2 young children and the stimulant role coming to an end, I once again felt a change in my path was needed. That's when I received an email advertising the new SWEAT (Steroids, Weights, Education and Therapy) project, based in Head Office, which specifically supports steroid clients, as this area of substance misuse has dramatically increased in recent years. I spoke to a few of my colleagues and applied for the job. So since returning from maternity leave 5 weeks ago, I have been working in my new role as the SWEAT Support Worker. Although I miss working within the Vange centre and working with the clients directly, I have been made to feel very welcome within Head Office and I am very much looking forward to working with my new colleagues and seeing the SWEAT project grow.

Leah Vincent, SWEAT Project Support Worker

Open Road's Quiz Night

The Mayor of Colchester, Julie Young selected Open Road as one of 5 charities, (along with Beacon House, Signpost, the Rob George Foundation and The Invicta Foundation) to support throughout her 2016/17 term of office, with various fund raising events, for her charity fund "Making Changes".

On the evening of Thursday 2nd February, Open Road hosted a fundraising quiz night in the Moot Hall set within Colchester's beautiful Town Hall building. There was a brilliant turnout of around 170 guests, all eager to impress with their prowess on general knowledge and other more specific subjects.

Anna Trudgian proved to be a fabulous Quiz Mistress, keeping the room enthralled and entertained, the questions covering a wide range of themes: from sporting questions such as, "if you had black & blue balls, what sport would you be playing?" – at which point the room erupted with laughter – to movie trivia questions such as naming the 7 actors portrayed in the Magnificent Seven, and many other varied topics.

The answer papers were adjudicated by Joni Thompson and her daughter Isabella, who also

kept a running total of scores. There was a bar open on the night to keep brains and bodies hydrated, offering a range of drinks and nibbles, this was manned ably by Steve Wood, his son Keanan and Squash Jackson.

Ann Swan did a marvellous job selling raffle tickets, as the majority of the prizes had been generously donated, sales of tickets really boosted the evening's coffers.

The winning team was The Birkett Longshots, from the solicitors firm Birkett Long – congratulations to them.

There was lots of positive feedback, and suggestions of a similar event possibly taking place next year. All in all, it was a great, fun-filled evening with over £1,300 being raised for the Mayor's Charity Fund. Thanks go to everyone who came along on the evening, to those that donated prizes and for the volunteers who helped make it a really great night.



My Story

Before coming to Open Road I was using MDMA, cocaine, ecstasy pills, alcohol and cannabis. During the week I was using alcohol and cannabis 3-4 times a week. I came to Open Road for support as I had received support previously, Open Road referred me to the appropriate service to help me with my mental health and wellbeing also. Slowly but surely, I stopped using the stimulant substances like MDMA, cocaine and pills. It was a struggle as during this time I was unfortunately jobless and not in education, due to this it was very hard to stop my cannabis which was daily at this point and my alcohol use one day over the weekend.

I am now working daily which has helped with my boredom, so it's been a lot easier to put what Open Road has taught me into place. I am now abstinent and looking to return to education very soon to get the relevant qualifications for my future.

Client with Medway Young People's service

SWEAT project - Update

Prior to the project's official launch, I attended the Image and Performance Enhancing Drugs (IPED) conference in Glasgow, facilitated by the Scottish Drugs Forum. This gave me an insightful and contemporary understanding of IPED use on a national level, with me making contact with several leading figures in the IPED community and coming away with ideas on how to develop the SWEAT project.

I also attended the specialist steroid clinic operated by NHS Greater Glasgow and Clyde. This was invaluable as I joined the team for service user consultations, giving me an applied understanding of how Open Road's new service may be delivered and sustained.

The SWEAT project officially launched on 3rd April and I am delighted to introduce the new team:

Leah Vincent joins as the project's part-time Support Worker and she brings with her a wealth of experience from front-line practice at our Vange centre.

Afka Ray has been appointed as full-time Outreach Worker. Afka joins the team from our Chelmsford centre, with extensive experience of working in substance misuse, including delivering the centre's stimulant group provision.



Our SWEAT Project's team – from left, Afka Ray, Jody Leach and Leah Vincent

We are currently devising the project's promotional material ahead of targeting the most popular gyms and pharmacies across localities in the first stage of project delivery. To ensure we are able to give more specialist support, the team will be attending a bespoke training event at the beginning of May.

We have a busy few weeks ahead of us, but I am confident that this new team is up to the challenge in making this new service a success!

Jody Leach, SWEAT Project Manager

Open Road Staff Receive Essex County Council Awards

We are really pleased to announce that, at a recent Essex County Council event, our Operations Manager, Anna Trudgian was awarded 'Manager of the Year' by Ben Hughes, Head of Commissioning Public Health and Wellbeing. Georgia Line, Data Administrator at our Vange centre was also awarded an 'Unsung Hero' award at the same event. Well done to you both for these awards, which are very well deserved for all your hard work! **Photo: Anna Trudgian (left) with Georgia Line.**



Colchester Allotment says Hello to Spring!

The allotment is moving forward as we include this project as part of services received by Drug Rehabilitation Requirement (DRR) criminal justice clients, where the clients are required to attend the project as part of their court orders.

Earlier in the year, we had an incident where our poly tunnel was demolished by storm Doris (as you can see from our photo!) but we have soldiered on and we are now starting to see the benefits from our hard work, our beetroot which was planted 2 weeks ago are starting to grow. This in turn has given the clients who are involved, a sense of achievement, as they can see this.

We currently have potatoes, beetroot, onions and tomatoes planted and happily growing. One client's



Our poly tunnel after Storm Doris visited

Mum has supported the project by starting to grow produce in her conservatory, and this will be coming to the allotment soon. We are hoping to be purchasing a new poly tunnel which will help us with the amount of produce we want to plant and grow. We will keep you posted on our progress throughout the year, lets hope for bumper crops!

Colchester Big Choice Award to Open Road

Following Open Road getting through to the voting stage of the Colchester Big Choice, we are excited that Open Road has been successful and has been awarded £5,000. This funding will widen the opportunities for our clients to engage in digital services and address digital exclusion by providing a suite of laptops and desktops at our centre in Queen Street.

We wish to thank Colchester Borough Council for this generous award, which will positively enhance our existing services supporting vulnerable people in Colchester.



Joni Thompson, Open Road (left) with Cllr Julie Young, Mayor of Colchester

Kent PCC - Matthew Scott Visits our Gillingham Centre

On Friday 31st March, Anna and myself drove down from Essex to Medway to meet up with our Open Road team and a welcomed visit from the Police Crime Commissioner of Kent, Matthew Scott.

Matthew was keen to hear about the services we deliver across Medway with young people, our partners and future developments. We talked about a number of initiatives we have with young people, particularly diversionary activities to reduce anti social behaviour and he actively encouraged us to apply for funding to support our work. Matthew met the team, Amber, Sarah, Anna, Simon and Nicha.



Thank you to Simon and the team for making Matthew, Anna and I so welcome.

Sarah Wright, Chief Executive

Open Road's: Walk 4 Recovery

Saturday 20th May, 11am onwards

Service users are planning a leisurely (and healthy!) walk to celebrate their recovery and at the same time raise funds for the new recovery cafes now springing up at our treatment centres, and of course, towards all the other support we offer. We are encouraging service users, their friends and family, funders, Open Road staff, Trustees and volunteers - the more the merrier - to come and join us for this fun walk through some lovely Essex and Suffolk countryside.

If you enjoy getting close to nature, having some exercise and fresh air, and a chance to soak up great 'Constable Country' views then join us. Many service users plan to dress up as part of the recovery celebration, so if you want to dress up for the fundraiser walk - our theme chosen by service users is Native Americans and Rainbows!!

The circular walk will kick off at 11.00am on Saturday 20th May 2017, starting and finishing at Manningtree train station. The walk will proceed eastwards along the river passing Flatford Mill (and nearby to where Constable painted 'The Haywain' and much more besides) and then on to Dedham village before looping back to Manningtree train station. The walk is on flat ground, and is not difficult, and it is short - only about four miles.

The Walk 4 Recovery fundraiser has been organised by Emma Shaw, from the 'Friends of Recovery' Fundraising Group with Open Road's fundraising & marketing consultant, Mark Ereira-Guyer. This is a fundraiser for all of the wonderful Open Road community, friends, family, work colleagues, volunteers, Trustees.....we're hoping that together we can raise a princely sum.

Let us know if you want to join us - we can provide sponsorship forms or you can simply sign up on our Justgiving page: <https://www.justgiving.com/openroad>

To contact Emma: emmashaw730@gmail.com
To contact Mark: mark@egconsulting.co.uk or
Twitter @markereiraguyer



Medway Young People's Service – Clients & Staff visit Thorpe Park

On Thursday 6th April, five young people were selected to attend Open Road's Activity Day to Thorpe Park, spending the day with members of our Medway Young People's team. Overall the day was really successful and great fun, four of the five young people said they had never been to a theme park before and some had never been on a ride before. All young people engaged well together and with staff.

Feedback from the day trip was that it was enjoyable, with queuing being the bit they least enjoyed. On the journey back we had a discussion around how they felt the day went, with not using any drugs or alcohol. They said they hadn't really thought about it as they had been too distracted.

Suggestions for future activities were paintballing, go-karting, shopping, day trip to Paris, day trips to London. The day was a huge success and the team are looking forward to continuing a programme of diversionary activities throughout the year.

Open Road is very grateful to Children in Need who generously awarded us a grant to allow us to hold diversionary activities as part of our support to young people accessing our Medway service.



Haircuts 4 Homeless visit our Colchester Centre

In March, our Area Manager, Leigh Wallis met with Haircuts 4 Homeless's Stewart Roberts (Project Founder) and Amanda Thomas (the project's Colchester Team Leader) about the fantastic service their charity provides, offering free haircuts to homeless people. While at our centre, Stewart and Amanda also did 3 haircuts, with great results. Haircuts 4 Homeless will regularly visit our centre offering this service to homeless clients - Amanda will initially visit the centre once a month with a colleague and if the demand increases, Amanda will then arrange for other community minded hairdressers to come in and support the project.

To find out more about this worthwhile project, please visit Haircuts 4 Homeless website, at www.haircuts4homeless.com

The dates for the next visits are, as follows:-
22/05, 26/06, 31/07, 21/08, 25/09, 30/10, 27/11, 18/12

Haircuts 4 Homeless are also producing some posters for us, so that we can help to promote this fantastic service.



Essex Appropriate Adult Service – New Contract, Expanded Service

March 31st 2017 was the last day of the second year of Open Road running the Appropriate Adult service. We are now entering a new five year contract which brings some new challenges in an ever changing environment, more of that later ...

The first 2 year contract was to provide a service which operates from 07:00 to 23:00, 365 days a year across Essex providing an appropriate adult for juveniles and vulnerable adults who have no one who, when arrested and detained in custody suites, can attend with them. This could be for a variety of reasons, the parent/guardian/ family member may be the victim, witness, not suitable etc. In our first year of providing the service we attended 1602 call outs to individuals in police stations across the county. This second year saw our calls rise to 1670, think about that number for a second, one thousand, six hundred and seventy people who needed support while going through the custody process because they had no family members that were able to support them through the process, it's quite eye opening isn't it.

Our new five year contract started on April 1st and we now are a 24hr service, 365 days a year. We provide telephone support between 23:00 and 07:00 and will attend police stations for serious and urgent cases throughout the night. We also cover Harwich & Felixstowe ports to act as Appropriate Adults for juveniles who are detained at the ports for immigration offences, Stansted airport for juveniles detained under

schedule 7 of the terrorism act and both Stansted & Norwich airport for juveniles and appropriate adults detained by police or border force officers.

We are very fortunate to have a fantastic team of volunteers who give a minimum of 16 hours a month (some give considerably more) to cover call outs. We provide full training and induction programmes as well as ongoing support and further training. It really is an interesting volunteering opportunity. As an Appropriate Adult your role is to support the rights and welfare of a juvenile or vulnerable adult throughout the entire custody process, this will include ensuring they understand their rights and entitlements, being present while they have their finger prints, photos and DNA swabs if (first time arrested), sitting in on the police interview and being present for a disposal decision. We have volunteers from all walks of life and varying backgrounds but all have a common interest in helping to support young and vulnerable people through what is a daunting process for many people, aiding communication with the police and providing a much respected service for their local community.

If you would like more information on the volunteer role of Appropriate Adult please visit our website or email volunteering@openroad.org.uk for an application form

Kevin Shepherd, Essex Appropriate Adult service coordinator

Leaving Lunch held for Retiring Trustee, Mary Francis



On 3rd March, we held a leaving lunch at Stoke by Nayland Hotel for one of our longest standing trustees, Mary Francis who retired from the role in late 2016, with Mary and her husband, Michael as our guests of honour.

Mary, became a trustee with Open Road in 1994, bringing her expertise and wide knowledge as a local Magistrate to this voluntary, unpaid role. Over the years, Mary has been an unstinting and ardent supporter of Open Road. In particular, Mary was passionate about our work in supporting vulnerable young people, who came to us with substance misuse issues, and that we have always ensured that our clients are at the core of everything we do as a charity and the services we offer.

The lunch was attended by Mary's fellow trustees, our senior management team and some of our staff, and was a great way to thank Mary for being one of our trustees and for all her hard work over that time. We wish Mary and Michael the very best going forward, they remain staunch supporters of our work and so we know that we will continue to meet up at our various future fundraising events!

First aid training for SOS bus volunteers

On 25th March, a group of SOS bus volunteers were up bright and early on a Saturday morning to undertake a one day emergency first aid course. The course is fully registered and covers scene assessment, primary survey, CPR, choking, wound dressing and many more subjects.

After a full day of teaching, demonstrations and hands on practical training, it was time for the dreaded assessment test and we are very pleased to say that everyone on the course passed with flying colours. They are now the proud owners of a Level 2 Emergency First Aid certificate. This is valid for a period of 3 years.

Kevin Shepherd (SOS bus coordinator) said, "I am delighted that Open Road offers this training to SOS bus volunteers free of charge, it is a fantastic opportunity for our volunteers to enhance their knowledge and add a fully registered qualification to their CV's. It also gives them the confidence and capability to deal with some of the more challenging incidents that we sometimes have to deal with on a bus shift."

The Colchester SOS bus operates on Friday and Saturday nights (and Bank Holiday Sundays) from 8:30pm – 4:00am and is situated on Colchester High Street, providing first aid, welfare and support to the people accessing the night time economy in Colchester town centre.

We are always looking for people to join us as volunteers, if you would like more information on the role of SOS bus volunteer, please email us on volunteering@openroad.org.uk or call Kevin Shepherd (SOS bus coordinator) on 01206 369782.



New Starters and Leavers from November 2016

We would like to extend a warm welcome to:

Mike Hector - Head Office

Faaria Ahmad - Chelmsford

Katarina Bohacova - Chelmsford

Rebecca Curry - Vange

Emma Skinner - Norfolk

Piers Symons - Chelmsford

Colin Wood - Vange

Congratulate staff on new posts:

Leah Vincent – SWEAT Project

Make a donation!

to donate £10, text the message:

**OPEN00 £10 (or more) to this number:
70070**

By credit or debit card through Just Giving on our donation page. Make a one off donation, or contribute monthly.

www.justgiving.com/openroad/donate

Send a cheque or p/o made payable to Open Road to: Open Road 12 North Hill, Colchester, CO1 1DZ.

01206 369782 during office hours.

And bid farewell and thank you to:

Hasan Faris - Chelmsford	Gemma Latham - Vange	Francesca Brown - Harlow
Slavka Ivanova - Head Office	Georgina Moore - Harlow	Lisa Mechen - Harlow
Della Moon - Colchester	Ian Stevens - Chelmsford	Joanna Snape - Norfolk
Paul Stubbings - Chelmsford	Dean Taylor - Vange	Ann Swan - Head Office
Sally Tyler - Chelmsford	Sue Peachey - Colchester	
Sean Brady - Clacton	Jason Roberts - Colchester	
Amy Chinery - Chelmsford	Christine Harrison - Clacton	
Emma Cunningham - Chelmsford	Brefni Langdon - Chelmsford	
Susan Hardy - Colchester	Lynne O'Sullivan - Harlow	
Terry Kirk - Chelmsford	Katarina Bohacova - Chelmsford	

Forthcoming Training Sessions with Open Road:

Needle Syringe Programme

8th May 2017
107-109 New London Road, Chelmsford, CM2 0PP
9.30am-4.30pm

Domestic Enhanced Training

10th May 2017
107-109 New London Road, Chelmsford, CM2 0PP
9.30am-4.30pm

Information Governance Training

15th June 2017
107-109 New London Road, Chelmsford, CM2 0PP
Morning Session - 09.30am-1.00pm
Afternoon Session - 1.30pm-4.30pm

Domestic Enhanced Training

21st June 2017
107-109 New London Road, Chelmsford, CM2 0PP
9.30am-4.30pm

Needle Syringe Programme

6th July 2017
107-109 New London Road, Chelmsford, CM2 0PP
9.30am-4.30pm

Information Governance Training

11th July 2017
12 North Hill, Colchester, CO1 1DZ
Morning Session - 09.30am-1.00pm
Afternoon Session - 1.30pm-4.30pm

Needle Syringe Programme

4th September 2017
12 North Hill, Colchester, CO1 1DZ
9.30am-4.30pm

Information Governance Training

11th October 2017
107-109 New London Road, Chelmsford, CM2 0PP
Morning Session - 09.30am-1.00pm
Afternoon Session - 1.30pm-4.30pm

Needle Syringe Programme

16th November 2017 107-109 New London Road,
Chelmsford, CM2 0PP
9.30am-4.30pm

Information Governance Training

7th December 2017
107-109 New London Road, Chelmsford, CM2 0PP
Morning Session - 09.30am-1.00pm
Afternoon Session - 1.30pm-4.30pm

**All above training is available to staff & volunteers
Bookings Nicola.Rosewarne@openroad.org.uk**

****Line Manger /Team Leader authorisation is
required****

**Mandatory Training is highlighted in Red / All staff
and volunteers**

Forthcoming Events with Open Road:

Events

Walk 4 Recovery

Saturday 20th May

11am

Open Road sponsored walk, starting and finishing at Manningtree train station.

If you would like to take part and raise sponsorship for us – please contact emmashaw730@gmail.co.uk / mark@egconsulting.co.uk or Twitter: @markereiraguyer

Open Road Charity Ball

Saturday 7th October

7pm

Le Talbooth, Dedham

Open Road AGM

Monday 16th October

8.30am

venue to be confirmed

Make a donation!

to donate £10, text the message:

OPEN00 £10 (or more) to this number: 70070

By credit or debit card through Just Giving on our donation page. Make a one off donation, or contribute monthly.

www.justgiving.com/openroad/donate

Send a cheque or p/o made payable to Open Road to:
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01206 369782 during office hours.

The Next issue of On the Road will be published in August 2017. Please send any articles, ideas and comments to sarah.wright@openroad.org.uk

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Registered in England No. 2806113

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