



**Trafford Project** The Trafford project provides accommodation and support for men and women involved in the criminal justice system and for those who are homeless. The project offers a safe environment where people can develop appropriate skills to move on and sustain independent accommodation.

"I came to Adullam from Acorn House which is a support house for Alcohol and Drugs Abstinence Service (ADAS). I was in treatment from June 2006 to August 2006. I left Acorn House in January 2007. I then came to Adullam.

"Prior to treatment I was living in China for 2 years teaching Fashion & Design. When my addictions became out of control my priority was getting a job, but I realised I needed to sort myself out first. I relapsed one more time in San Francisco. So I returned to England and rang ADAS, and then my life wasn't my own. So now I'm with Adullam and been sober for 14 months now, life is a lot better than it was.

"I feel I get continuous support and that is invaluable. Having a chat with my worker and being listened to, any concerns I have are dealt with efficiently, and having someone to listen to with a sense of humour keeps my spirits up.

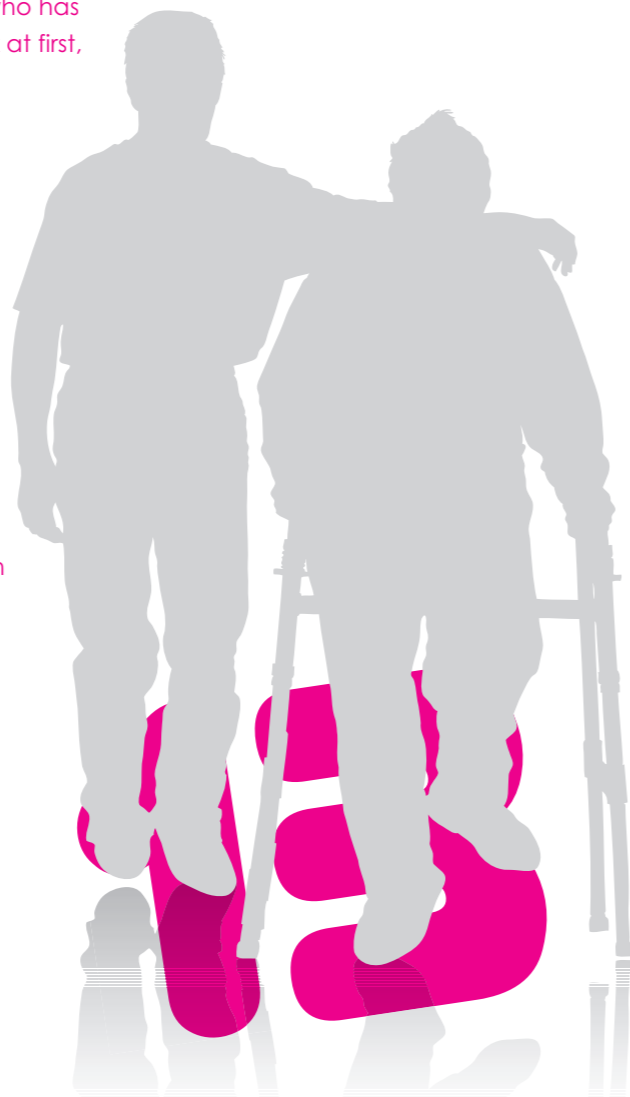
"I started to draw again in treatment, but sometimes there was a block but drawing is something I enjoy doing, and I feel relaxed to do. Hopefully next April I will be returning to teaching when I feel more confident, and I have a friend who teaches in Venice University who has asked me to go there to do some voluntary work at first, 2 to 3 days a week.

"At present I do voluntary work at the well-being centre, Reddish Care Scheme for old people and carers. I am presently doing Drama at the Gay & Lesbian centre – I am still having counselling.

"My Project Worker, Sandra, gives me a real boost with her outgoing personality and support she gives me, if I had my way I would have Sandra at my home 7 days a week.

"I will be sad to leave but when I do, I'm sure with all the support which Sandra gives me I will be ready to go it alone."

Mark



Nicola Jane >>> 14

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# Trafford Project

"Before coming to Adullam, I would say my life was not very stable. I was released from prison at the end of December 2006. I then moved back in with my Mum to start a day rehab in Stockport called Alcohol and Drugs Abstinence Service (ADAS).

"Life seemed great until I relapsed in April 2007. My name was already on Adullam's waiting list, so I contacted the Trafford project, had an interview with my project worker and Adullam were there to help me.

"I'm now in a shared flat, awaiting a single bed unit to come up. I am now clean, no longer using heroin or drugs. I will be starting college in September to study Aromatherapy and Reflexology."

## I'm Learning

When I look back  
Two year's or more, I can honestly say,  
I've started to learn, but most of all,  
At last I'm growing up, my life is moving on,  
I'm changing now, from that angry spoilt brat.

I've gained a lot this last few months,  
And I think at last, at last I'm starting to see  
That the world doesn't revolve around me...

I've made mistakes, and of this I'm sure  
I'm definitely going to make more  
But I'm hopeful now I can learn from  
Them, instead of just repeating them.....

Nicola Jane

