

## About Spacious Places

Spacious Places is a structured day treatment centre in Leeds for people addicted to drugs and/or alcohol. We work with them to help them find recovery and freedom from addiction.

To support and equip our service users in their journey of recovery, we use group discussions, 1:1 keyworking sessions and individual personal work, covering topics such as:

- addictive behaviour cycles
- relapse prevention
- managing emotions and expectations
- developing positive character attributes such as patience, tolerance and humility

We encourage our service users to explore a relationship with a “Higher Power”, whom some (but not all) of them call God, and to attend Alcoholics Anonymous/Narcotics Anonymous meetings.

### What difference does it make?

At Spacious Places, our service users are finding recovery in profound and life-changing ways.

Not only are many of them remaining abstinent from alcohol and drugs – they are also learning to live a full life, rebuilding relationships with family and friends, and confident in the knowledge that they are worth the new life they have found.

In the words of two service users who completed the programme:

“Whilst Spacious Places will tell me that it was me that did the hard work and that they ‘just’ facilitated my recovery, without them being by my side and at times holding my hand I would not be where I am today. I along with my parents and my daughter (when she is old enough to realise) are truly grateful and I will never for one minute forget what all the staff have done for me and it is not only the staff that deserve a big thank you, it is the trustees and those that selflessly make the donations which fund what is a much needed service”

“The very first and most profound moment of clarity was when I was told that drugs and alcohol were the symptoms and it was in fact **ME** that was the problem. I got told this in my assessment at S.P. and it was in fact these words that began in an instant to start to change my perception”

“We are all unique and individual and now, moving forward as a result of the love and endless support I have been selflessly given by S.P., I would just simply now love to be part of a community and make a difference”

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www.spaciousplaces.org.uk

Registered charity no. 1130175

### Funding update

I have to say that I really enjoy my job as Director of Therapeutic Operations here at Spacious Places! However the part of my job that I really don't like, is the fundraising! Yet when I am successful at bringing in the funds, I briefly enjoy that. The sheer hard reality of this though is that if we don't get funding in, we will have to close, so that's sufficient motivation to grit my teeth and grind out the funding applications.

The vast majority of our funding is from Trust Funds, but we do have some cash that comes in from individual givers and that is mightily appreciated. This year was moving along quite nicely, when suddenly via our wonderful government, there was the **GDPR saga**..... remember the Millennium Bug??? So GDPR (General Data Protection Regulation) swamped us all and I went on 2 x training courses that each took me away from the workplace for a full day. Both courses underlined that we could NOT simply allow our existing funders to “opt out” and it was decreed that we MUST ask our individual funders to OPT IN and should they not OPT IN, we must take them off the database. Yet... days after the GDPR date had happened I personally received emails from very large “should know better” organisations that calmly told me to “relax, you don't need to do anything, we will keep you on our database”... completely contrary to the courses I attended.

Our database has been decimated. I only hope that people who have to date been regular contributors to our cause, can understand why they won't be getting the newsletter you are now reading

## SPACIOUS PLACES STAFF/ VOLUNTEERS

It's been a challenging period for Spacious Places, with the loss of Tim, (new job) and Paula off sick due to cancer. Our thoughts and prayers are with her and we wish her a full recovery, and a speedy return to full health. We wish Tim best of luck in his new role.

Graham though, has not been alone, and during the period has had help from three former clients in Maureen, Charis and Phill. All three are graduates of Spacious Places, Maureen and Phill being the most recent.



## Thoughts from Graham

I will try not to mention GDPR here... you can read about that under the Funding Update!

I have just completed our end of year report for 2018 and here are some highlights on all 3 of our programs;-

**On our main program, in 2018, 73% got Recovery & 27% showed No Improvement**

**Historically 2009 to 2018, 62% got Recovery and 38% showed No improvement**

These statistics are carefully measured each year and we take into account the following areas,

We call these "outcomes" and we measure them when clients arrive in our service and we measure them when they leave our service;-

- Drugs/Alcohol usage
- Attitudes (Thinking and Behaviour)
- Accommodation
- Health (Mental & Physical)
- Education/Training/Employment
- Debt/Finance
- Relationships (including children & families)

The top 2 categories (drugs/alcohol usage) & attitudes are weighted more than the other categories.

On our **Going Places** program in 2018 we had 50 different clients utilise that service with 524 contacts!

On our **Growing Rooms** program in 2018 67% of GR clients got Recovery and 33% showed No Improvement

There is no-where near enough room in our newsletters to reprint the client testimonies we get, but you can rest assured that we have a full file of written testimonies.

Best wishes,

Graham

# Marrick 2018



This year we had a bumper turn out for our annual trip to Marrick Priory in North Yorkshire, as we welcomed the clients and staff of Growing Rooms, from St Georges Crypt.

The trip to Marrick gives clients the opportunity to have a short break away from their normal day to day, whilst participating in a number of different activities ranging from, Kayaking and canoeing, to Potholing and climbing ( to name a few). The activities are designed to push clients to overcome their fears in a safe and supported environment, (much like the ethos of Spacious Places!). The trip is always a success, with clients and staff alike overcome with moments of laughter and tears. We are, as ever, in total gratitude to the staff of Marrick Priory and Wades Trust for making truly lasting memories and experiences for our clients.



## POSTAGE SAVINGS

If you would like to receive the newsletter by email rather than by post then forward it to:

[judith@spaciousplaces.org.uk](mailto:judith@spaciousplaces.org.uk)

## Concerned for yourself or someone you know?

If you are worried about your drinking or drug use, or that of someone you know, please do not hesitate to contact us and we would be happy to talk. We welcome visitors to Spacious Places – just contact us to arrange a visit. You can also find more information on our website.

Tel **0113 247 0153**

email [grahamfell@spaciousplaces.org.uk](mailto:grahamfell@spaciousplaces.org.uk)

website [www.spaciousplaces.org.uk](http://www.spaciousplaces.org.uk)

Become a supporter of Spacious Places

If you would like to support Spacious Places, please fill in this form and return to:

Spacious Places, 3rd Floor Leeds Church Institute (L.C.I.), 20 New Market Street, LEEDS LS1 6DG

If you are a UK taxpayer, please fill in the Gift Aid section so we can claim an extra 25% on your donation.

(please tick)

[ ] YES I would like to pray regularly for the work of Spacious Places. Please sign me up for regular email updates. My email address is:

\_\_\_\_\_

[ ] YES I would like to give £\_\_\_\_\_ a month to Spacious Places by standing order. (Please fill out the standing order section, and the gift aid section if you are a UK taxpayer)

[ ] YES I would like to make a one-off donation to the work of Spacious Places, and I enclose a cheque for £\_\_\_\_\_. (Please make cheques payable to "Spacious Places", and fill out the gift aid section if you are a UK taxpayer)

[ ] We would like to keep you up to date with what's happening at Spacious Places - but if you would prefer not to be contacted, please tick this box. We will not pass any of your details to third parties.

Your Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Tel: \_\_\_\_\_

Email: \_\_\_\_\_

Church (if any): \_\_\_\_\_

Standing Order

Your Name: \_\_\_\_\_

Account Number: \_\_\_\_\_

Sort Code: \_\_\_\_\_

Bank Name: \_\_\_\_\_

Bank Address: \_\_\_\_\_

Bank Postcode: \_\_\_\_\_

Please pay Spacious Places
Account number: 20206169 Sort code: 608301
Unity Trust Bank plc, Nine Brindleyplace, Birmingham B1 2HB

the sum of £\_\_\_\_\_ every month.

Commencing on \_\_\_/\_\_\_/20\_\_\_

Signature: \_\_\_\_\_

Date Signed: \_\_\_/\_\_\_/20\_\_\_

Gift Aid

Make your gift go 25% further

[ ] (Please tick) I am a UK taxpayer: please reclaim the tax on all my gifts. I want all donations I've given in the last 4 years and all donations in the future to be Gift Aid until I notify you otherwise.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 28p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008.

(Please inform us if you change your name or address, or if you no longer pay sufficient tax on your income and/or capital gains)

Signature: \_\_\_\_\_

Date Signed: \_\_\_/\_\_\_/20\_\_\_