

SUPPORTING CHILDREN,
YOUNG PEOPLE & FAMILIES
TACKLING DRUGS
& ALCOHOL ISSUES

0800 970 4866
MATTHEWPROJECT.ORG

THE
MATTHEW
PROJECT
unity
no compromise on hope

WHO ARE WE?

We are drug & alcohol workers for children and young people under 19 in Norfolk.

We offer support to young people who are using drugs or alcohol themselves and those who are affected by someone else's use.

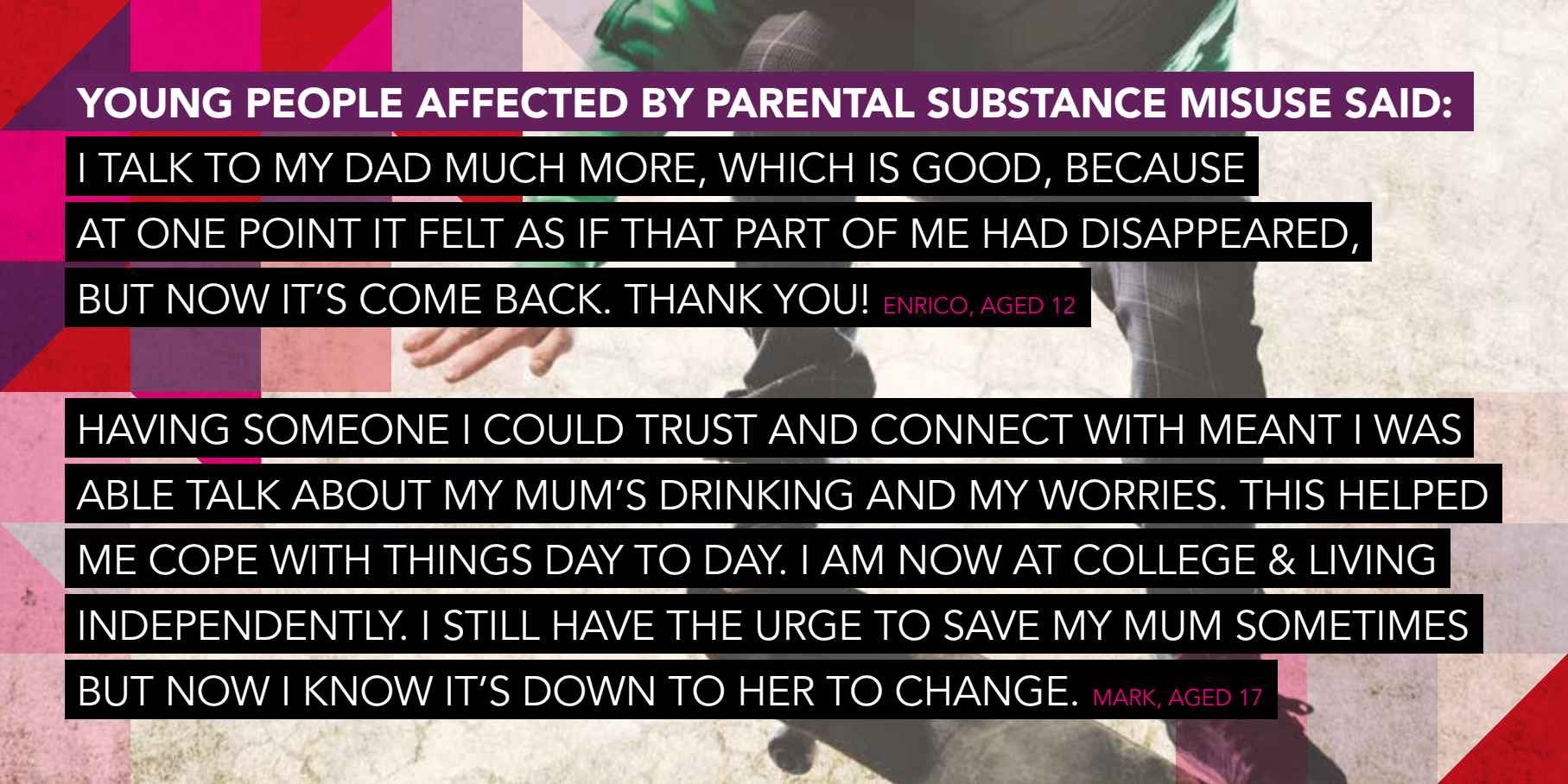
We have 3 teams based in Kings Lynn, Norwich and Great Yarmouth. We can come and see you anywhere in Norfolk.

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WHAT WE DO

- Help and support children and young people around drugs and alcohol at home, school or any safe place.
- Help and support children and young people who are affected by someone they know using drugs and alcohol.
- Provide training and advice for professionals working with children and young people.
- Give information about drugs and alcohol, and help with drug and alcohol related health matters
- Arrange a quiet place for counselling.
- Provide assemblies about the Matthew Project Unity in schools and other learning places.
- Deliver outreach using The Matthew Project (Voicebox) caravan at schools, parks and car parks in your local area.

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YOUNG PEOPLE AFFECTED BY PARENTAL SUBSTANCE MISUSE SAID:

I TALK TO MY DAD MUCH MORE, WHICH IS GOOD, BECAUSE AT ONE POINT IT FELT AS IF THAT PART OF ME HAD DISAPPEARED, BUT NOW IT'S COME BACK. THANK YOU! ENRICO, AGED 12

HAVING SOMEONE I COULD TRUST AND CONNECT WITH MEANT I WAS ABLE TALK ABOUT MY MUM'S DRINKING AND MY WORRIES. THIS HELPED ME COPE WITH THINGS DAY TO DAY. I AM NOW AT COLLEGE & LIVING INDEPENDENTLY. I STILL HAVE THE URGE TO SAVE MY MUM SOMETIMES BUT NOW I KNOW IT'S DOWN TO HER TO CHANGE. MARK, AGED 17

FAMILY SUPPORT

If your family doesn't understand about your drug or alcohol issues we can give them advice if you ask us to.

Drugs and alcohol can affect the whole family. You can talk to us if someone close to you uses drugs or alcohol.

Message to parents & carers:

UNITY provides information and support to parents and carers where a child is using or affected by someone else's use. Members of the same family can speak to different workers. Call us to get help.

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CONFIDENTIALITY

We will only share information about you when we think that you or someone else is at risk of harm. We will talk to you about what will happen to the information you give us.

When you contact us we will listen without judging and explain our confidentiality policy. We will then ask questions and explore your needs. Any information we write down about you will be kept confidential.

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YOUNG PEOPLE AFFECTED BY DRUG AND ALCOHOL USE SAID:

UNITY HELPS ME WITH MY FAMILY, RELATIONSHIPS AND LOW MOODS BY HAVING SOMEONE TO TALK TO. I'M NOT USING MEPHEDRONE AT THE MOMENT AND TRYING TO CUT DOWN MY CANNABIS USE. I CONTINUE TO SEE UNITY BECAUSE THE WORKERS ARE EASY TO TALK TO AND STOP ME FROM MAKING BAD DECISIONS. LUKE, AGED 15

MY USAGE HAS REDUCED AND THINGS LOOK MORE POSITIVE. I'M NOT HOMELESS ANYMORE, I HAVE POSITIVE WORKERS AROUND ME AND I'M ABOUT TO START COLLEGE. I'M VERY THANKFUL FOR THEIR HELP. JO, AGED 16

GET INVOLVED

If you would like to get emails from The Matthew Project in the future about opportunities to help develop the services we offer to young people, please text your email address to **07797 800 966**. Start your message with the words **"Join in"**.

BE SOCIAL



Find us on Facebook
facebook.com/TMPYoungPeople



Follow us on Twitter
@TMPYoungPeople

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CONTACT US

0800 970 4866 (FREE FROM LANDLINES)
OR **01603 216420**

UNITY@MATTHEWPROJECT.ORG

TEXT: 07797 800 966 (RESPONSES IN OFFICE HOURS:
MONDAY TO FRIDAY, 9.00AM TO 4.30PM)

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Matthew Project Unity

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Norfolk and Suffolk
NHS Foundation Trust



N-DAP
Norfolk Drug & Alcohol Partnership