



2,801

brief interventions to young people during Drop-In

OUTREACH:

90%

of the staff involved in sessions felt they increased their knowledge and confidence around supporting their students.



OUTREACH:

80%

of pupils said they felt more confident in harm reduction strategies, where to look for information and help; and who they could speak to within the school.



DROP-IN:

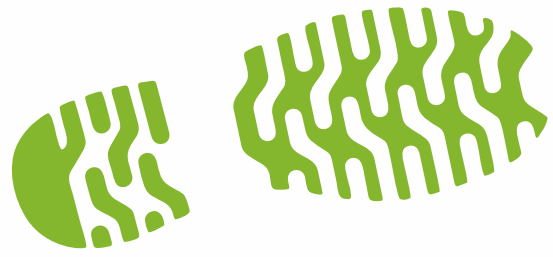
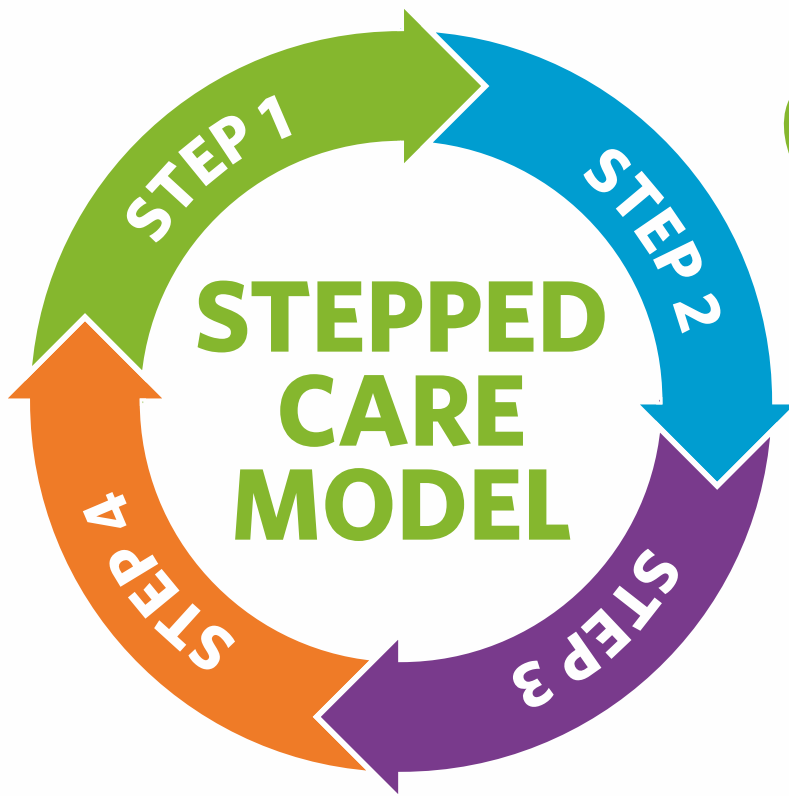
98%

of those attending skills building sessions report feeling more confident to address drug and alcohol issues with young people.



ANNUAL REPORT 2017-18





Clients can step on and step off at the point that suits them!



STEP 1: Inform and Educate

DROP-IN ADVICE SHOP:

- **2,801** brief interventions to young people
- **81%** of young people have greater confidence to support their friends
- **87%** of 12-25 year olds report feeling **safer and more confident to make informed choices around drugs & alcohol and 89% for sexual health**
- **63%** of 12-25yr olds report making **positive changes in their practice around drugs, alcohol and sexual health**
- **86%** of 12-25yr olds report **increased understanding about the risks, effects and harms of drugs and alcohol**
- **94%** of young people aged 12-25yrs report **increased confidence in accessing services like the Crew Drop In**

Comments from young people:

"(more confident to) Advise them (friends) how to be safe"

"(more able to speak to Crew) because I do not feel ashamed or feel like I am being judged"

- **96%** of workers attending skills building sessions **report increased knowledge of the risks associated with drugs and alcohol**
- **89%** of those attending skills building sessions report **increased knowledge of effective harm reduction strategies**
- **98%** of those attending skills building sessions report feeling **more confident to address drug and alcohol issues with young people**



Comments from front line workers and parents:

"I feel more confident in how to approach things in a more delicate way"

"More aware of risks and how to advise..."

"Knowing not to be afraid to take a harm reduction approach over scare-mongering"

Survey sample of 322 young people and 55 frontline workers

EMERGING TRENDS AND TRAINING:

- Training (including input at conferences) delivered to **1,339** delegates
- **100%** of training attendees reported **increased knowledge**
- **99%** of training attendees reported **increased confidence**
- **99%** of training attendees reported that they have **improved knowledge of where to get help**



STEP 2: Advice and Care

OUTREACH AT FESTIVALS, CLUB NIGHTS AND SCHOOLS:

- **64%** of people engaging with Crew said their **knowledge and understanding about making more responsible choices around drugs alcohol and sexual health had increased**
- **80%** of school students said they felt **more confident in harm reduction strategies, where to look for information and help; and who they could speak to within the school**
- **90%** of school staff felt they **increased their knowledge and confidence to support students**
- **65%** of young people accessing Crew Outreach services report **making positive changes in their practice around drugs, drinking alcohol and sexual activity**

Total number of people we reached: **5,688**

VOLUNTEERING ENHANCES CREW'S SERVICES, MOBILISING COMMUNITY ASSETS AND POOLING KNOWLEDGE AND SKILLS:

- **2,723** hours of work contributed by Crew's volunteers in 2017-18
- According to Volunteer Scotland* this is the equivalent of 778 FTE weeks, which multiplied by the average weekly wage for the City of Edinburgh (£571.10) gives an overall economic value alone of **£44,4315.80**
- **19** new volunteers were trained to deliver brief interventions around drugs and alcohol and sexual health
- Volunteers contributed to **2,801** brief interventions across the Drop-in and Outreach events
- **44** volunteers took part in continuing professional development training

*https://www.volunteerscotland.net/media/254583/guidance_-_calculating_the_economic_value_of_your_volunteers.pdf

STEP 3: Therapy and Support

CREW COUNSELLING SERVICES:

From a sample of 20 clients, **17 (81%)** reported improved physical health after counselling, **16 (76%)** reported improved psychological health, and **16 (76%)** reported improved wellbeing

"This therapy has allowed me to understand what aspects of my personality, history and emotional states are driving my unhealthy behaviour, and to challenge those ideas and thoughts"

"Fabulous service. Very non-judgemental with quick pick-up"

"To provide a safe environment; to work through a difficult (past) trauma has given me the ability to make positive life choices/changes"

"I feel mine and Mum's relationship has improved, I feel more listened to and I feel I understand why my Mum can worry as much and how I can stop that by being honest"



STEP 4: Support Recovery

WEEKLY ACUPUNCTURE AND MEDITATION DROP-IN:

- **83** people accessed weekly National Acupuncture Detox Association ear acupuncture sessions, **12** accessed mindfulness-based relapse prevention session and **16** accessed brief, cognitive behavioural therapy (CBT)-based waiting time interventions
- From a sample of 20 clients, **40%** said acupuncture had helped with low mood; **35%** said it helped with anger; **45%** said it helped with difficulty relaxing, having a busy mind and cravings, **25%** said it helped with frustration and **50%** said it helped with anxiety

Comment from clients:

"Brilliant! Really relaxed. I was so hyper and stressed and negative before it. Feel great now and in a much better and happier space. Really need this group. Thank you Crew and funders"



“The value of the work undertaken by Crew over that period cannot be underestimated. Not only through providing accessible and non-judgemental services to those who use drugs and their friends/families but by challenging the stigma associated with drug use. Crew have changed the tone of the debate on drug use so thank you - to all the staff and volunteers who've worked with you over the past quarter of a century.”

- Tommy Sheppard, MP, on Crew's 25th Anniversary



OUTREACH



DROP-IN



TOTAL WARRIORS 2017



OUTREACH

Donate

To make a donation to reduce drug harm:

- Visit www.justgiving.com/crew2000
- Please get in touch if you'd like to take part in a sponsored event for Crew
- Remember us with a gift in your will - contact emma@crew2000.org.uk



Proactively including LGBTI people in every aspect of our work, protecting staff and providing a high quality service to everyone.

Thank you

With inspiration, hours of dedication and sheer grit, our **volunteers and supporters** raised a magnificent total of **£61,258** compared to **£25,905** the previous year in income from sponsored events and individual donations.

We thank all of you, especially Jeremy Adderley, Guy Phillips, BP Aberdeen and the Cloud 9 Coast 2 Coast 9 cyclists who rode from Gretna Green to Aberdeen in 2 days, raising a magnificent **£39,061** to help Crew reduce more drug harm.

This made it possible to create our new website reaching more new people with harm reduction information, opportunities for support, training, volunteering and advice, strengthen our unrestricted reserves and improve our building security and environment for people seeking support.

We also thank the 34 runners and 5 volunteers who took part in Total Warrior 2017, raising **£19,701**, and our wonderful anonymous donors, Julie Christie, Pure Gym Ocean Terminal, Total Warrior UK, Baillie Gifford, Charlotte Street Partners, Cameron Guest House Group, George More & Co Solicitors, Iain Bell at Executive Fitness Foundation, George Hall at VISTAGE, Sky, Jimmy Sinclair, the Trellis Trust and Swishprint for their supportive and inspirational partnership work this year and GSK/The Kings Fund for their outstanding support via the IMPACT Award-winners Alumni Network and in co-developing the Cascading Leadership programme.

www.crew2000.scot



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Crew2000

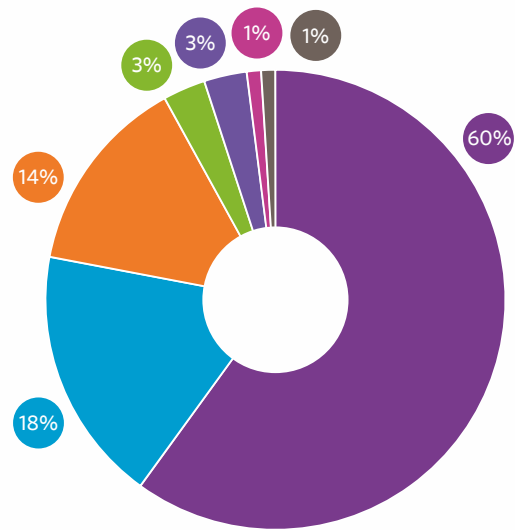


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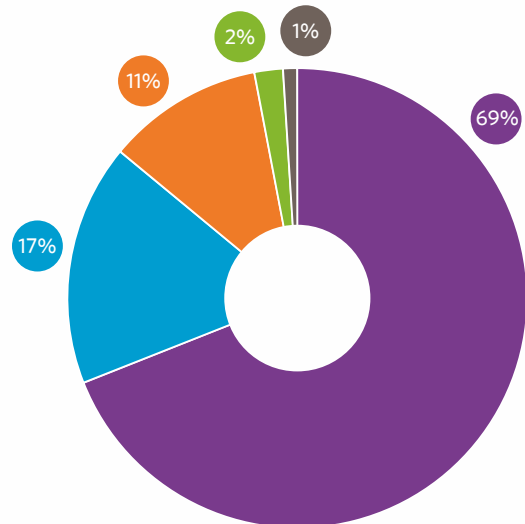
Crew 2000 (Scotland) is a charity registered in Scotland, SCO21500, and also a company limited by guarantee, registered in Scotland, SC176635. Registered office: 32/32A Cockburn Street EH1 1PB

Income 2017-18



- Scottish Government & Local Authorities: £261,417
 - Grants from Trusts/Foundation: £77,982
 - Fundraising & Donations: £61,258
 - Training, Presentations & Information: £13,530
 - Expert Witness: £11,430
 - Outreach: £6,060
 - Room Hire, Location Fees & Interest: £3,704
- Total: £435,382**

Expenditure 2017-18



- Cost of Delivering Services: all staff and sessional worker costs: £269,734
 - Operational & Support: £67,690
 - Service Delivery & Information Production: £44,263
 - Governance, Audit & Accounts: £6,140
 - Depreciation: £2,521
- Total: £390,348**