



**9 in 10**

counselling clients reported improvement in their mental health



**4,186**

young people reached at festivals and clubs

**92%**

of 106 12-25 year olds increased understanding about the risks, effects and harms of alcohol



**100%**

of staff, in Outreach session, more informed about tobacco harms and how to support students to quit.



**3,641**

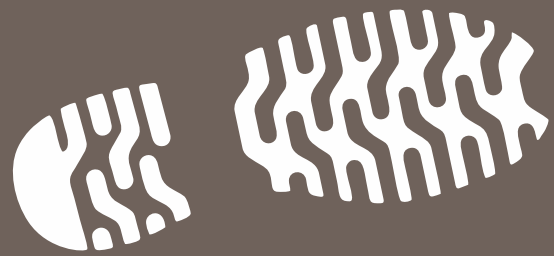
people connected with Drop-in services

# CREW ANNUAL

# REPORT 2019-20

Crew exists to reduce harm, challenge perceptions and help people make positive choices about their use of cannabis, stimulant and other drugs and sexual health by providing non-judgmental, credible and up to date information and support.





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

## STEP 1: INFORM AND EDUCATE

### DROP-IN ADVICE INFORMATION

- **3,641** people in total connected with Drop-in services.
- **2,556** (70%) were aged 12-25 years.

### KEY OUTCOMES

- **91%** of 106 12-25 year olds felt safer and more confident to make informed choices around drugs including alcohol, and sexual health.
- **74%** of 111 12-25 year olds reported making positive changes in their practice around drugs including alcohol, and sexual health.
- **86%** of 106 12-25 year olds have greater confidence to support their friends.
- **92%** of 106 12-25 year olds reported increased understanding about the risks, effects and harms of drugs including alcohol.
- **97%** of 34 attending skills building sessions reported increased knowledge of effective harm reduction strategies.



### STAFF FEEDBACK AFTER GROUP-WORK SESSIONS:

*"Thank you so much for this morning, it was great. The fact they were all contributing was amazing, good job you!"*

*"The girls who attended explained what they learned during their visit to the rest of the group on the following week. It was really nice to hear them and to chat about it with the rest of them."*

### ASKED FOR ONE THING THEY TOOK AWAY FROM THE SESSIONS, YOUNG PEOPLE SAID:

*"I learned more rules about consent."  
 "How to help friends."  
 "Set and setting."  
 "The effects of drugs."*

## EMERGING TRENDS AND TRAINING

- **900** people trained, across **72** sessions, with **97%** reporting an increase in confidence and knowledge after training. We also provided input at **8** conferences.
- We responded to the increase in cocaine use and demand for information by producing a new, educational [cocaine resource](#).
- We reacted quickly to the emergence of COVID-19, creating harm [COVID-19 and drugs harm reduction resources](#), collaborating with Public Health Scotland on national health promotion messages and the creation of a digital drug trends and behaviours monitoring survey.

Crew has also continued to advise several private and public organisations to allow staff to respond to drug trends more effectively. We have submitted written and oral evidence to the Scottish Affairs Select Committee and contributed to Drug Trend Monitoring Groups throughout Scotland whilst working with partners across the UK and Europe.

*"Loved the interactivity, really made an impact for me. I didn't realise just how little I knew."*

## STEP 2: ADVICE AND CARE

### OUTREACH

Tobacco prevention and harm reduction work in partnership with NHS Lothian at Edinburgh College up to September 2019. A Crew Youth Advisor aged under 18 created a new card to promote the new NHS stop smoking support referral pathway to local pharmacies, shared on each of 4 Edinburgh College campuses during Freshers Week 2019. A sample of 55 students out of a total of 67 who attended Edinburgh College campuses sessions reported:

- **62%** felt they were more likely to remain a non-smoker after the workshops.

*"Learning materials are excellent. Good environmentally friendly resources. Trainer extremely knowledgeable and friendly, non-judgmental (excellent role model, actually) and you just automatically have trust and faith in them."*

*"Thoroughly enjoyed the course, very informative and has given me confidence to discuss drug-related issues with my client group."*

### EXPERT WITNESS

Our [Expert Witness](#) team provides balanced and inclusive independent reports and testimony in drugs cases for the Scottish Court system. We reduce harm to individuals and society by providing accurate information for Sheriffs and juries to be able to make informed decisions on cases relating to drugs offences, and assist lawyers to confer with clients and make reasonable pleas. This project is self-funded.



- **25%** who were smokers at the time of the workshop said they were more likely to quit after the sessions.
- **96%** said they felt more aware of the harms of cigarettes in relation to other substances.

Of the 100 staff who attended these sessions, or engaged with Crew information stalls during Wellbeing Day and Freshers Week:

- **100%** said they felt more informed about tobacco harms and how to support students who wanted to quit.

We continued to develop and extend our new partnership programme, 'Thrive', working with the Green Team and St Andrew's High School in Coatbridge. We engaged a further 2 groups of 9 young people who were not attending school and facing multiple challenges, delivering an intensive, 11-week environmental, risk, health and wellbeing education programme in Muiravonside Country Park, learning conservation and risk management skills.

- **100%** 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.
- **100%** of the staff involved in the sessions felt they increased their knowledge and confidence around supporting their students.

This year Crew volunteer peer educators have continued to provide harm reduction information and support with 'get2gether' a charity running club nights for younger adults living with disabilities.

This includes inputs on promoting safer sexual health as well as drug and alcohol harm reduction, and video conferencing inputs as COVID-19 restrictions ended club openings during March 2020.

## STEP 3: THERAPY AND SUPPORT

### CREW COUNSELLING

- We moved to home working in line with Government guidelines on 23rd March due to the COVID-19 outbreak, with **80%** of existing clients taking up telephone counselling in the first instance.
- **124** referrals to Crew Counselling; 8 of those were from people affected by another's drug taking (Significant Others). 124 were assessed, 90 were accepted on to the caseload.

Volunteer peer educators have also provided harm reduction information stalls and support at regular Bongo Club events before March 2020.

Crew provided roaming, information, welfare and crisis intervention at Knockengoroch Festival and assisted the TLC welfare team for 2 nights of TRNSMT Festival 2019. Crew reached a total of **4,186** young people at festivals and clubs, delivering **450** Brief Interventions and **117** Crisis Interventions.

- **65%** of 150 young people accessing Outreach festival and club services reported that they felt safer and more confident to make informed choices around drugs and alcohol sexual health.
- **68%** reported making positive changes in their practice around drugs, drinking alcohol and sexual activity.
- **95%** of 44 young people responding to another survey reported that if they could access a drug checking service to find out what is in their drugs, they would.
- **100%** said they would do so because they believed it would be safer than not testing.



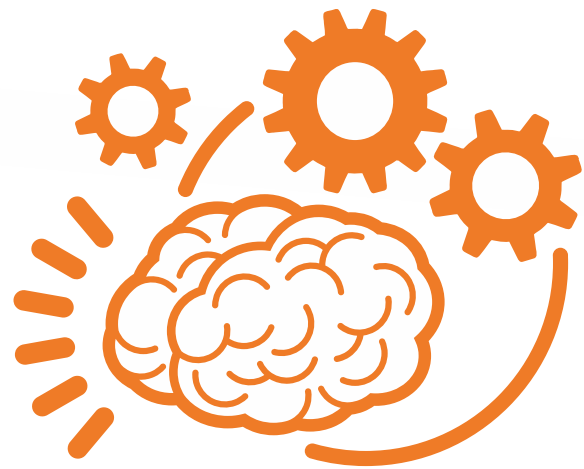
- From a sample of 30 clients, 25 (**83%**) reported improved wellbeing, physical and mental health after counselling and 24 (**80%**) reported reduced chaos in daily living.

*"I have experienced insight into many of my problems at a time in my life when I really needed support. I am leaving the counselling service with a much greater sense of confidence, calm and faith in myself."*

*"Ease of access in a time of need - the only health service I have ever been able to access within 1 month of emergency. I have never had to wait for help when I needed it the most with Crew. The staff are the most caring I have experienced in mental health services."*

Of 10 clients who participated in a follow-up session 3 months after their counselling ended:

- **6** reduced or stopped drug use, and **3** said they feel they have more control over drug use.
- **9** reported improvement in their mental health and **8** reported improvement in their physical health.
- **10** said they feel better about themselves.
- **8** said they have experienced better relationships with others.



## STEP 4: RECOVERY SUPPORT

### ACUPUNCTURE AND MINDFULNESS

**82** people attended National Acupuncture Detoxification Association Ear Acupuncture sessions and **33** people attended Mindfulness sessions in 2019-20.

Of a sample of 14 people, **79%** said their drug taking had stabilised or stopped and **21%** said it had reduced. **79%** said they can manage their cravings more effectively.

## SUPPORT CREW



To help Crew reduce drug harm:

- DONR: text **MINDALTERING** (and then your donation amount, up to a maximum of £20) to **70085**, for example "**MINDALTERING 10**".
- Visit [www.crew.scot/support-crew/fundraising](http://www.crew.scot/support-crew/fundraising).
- Visit [www.justgiving.com/crew2000](http://www.justgiving.com/crew2000).
- Please email [emma@crew2000.org.uk](mailto:emma@crew2000.org.uk) if you'd like to take part in a sponsored event for Crew.



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

# THANK YOU

None of our work would be possible without our volunteers, a diverse group of people bringing deep knowledge, extensive experience and strong skills to enhance and develop our services to people in need.

Crew volunteer peer educators provided 1,980 hours of work 2019-20. According to [Volunteer Scotland](#) this is the equivalent of 56.57 full time working weeks, which multiplied by the mean weekly wage for the City of Edinburgh (£623.30), gives an overall economic value alone of **£35,261**.

We thank Julie Christie; Chris Sagar; our anonymous donors; the Walter Scott Giving Group; the M E Swinton Paterson Charitable Trust; the Robert Haldane Smith Charitable Foundation; the Irving Memorial Trust; the Souter Charitable Trust; the JTH Charitable Trust; the Isabella Memorial Trust; the James Inglis Testamentary Trust; the Harpan Trust; the Walker Family Charitable Trust; the Nancie Massey Charitable Trust, the Hospitality Industry Trust and the Place Hotels Group, Scottish Government National Alcohol and Drug Support Team, Edinburgh Alcohol and Drug Partnership, City of Edinburgh Council, Corra Foundation Partnership Drugs Initiative, the Tudor Trust and NHS Lothian.

[www.crew.scot](http://www.crew.scot)



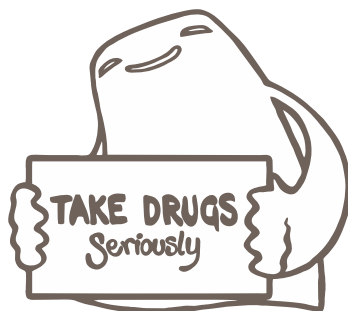
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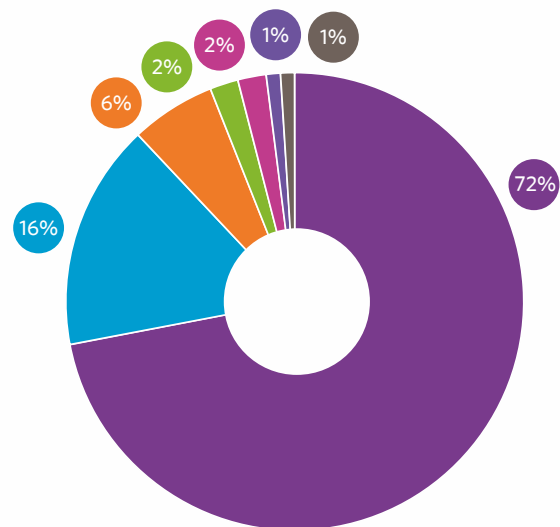


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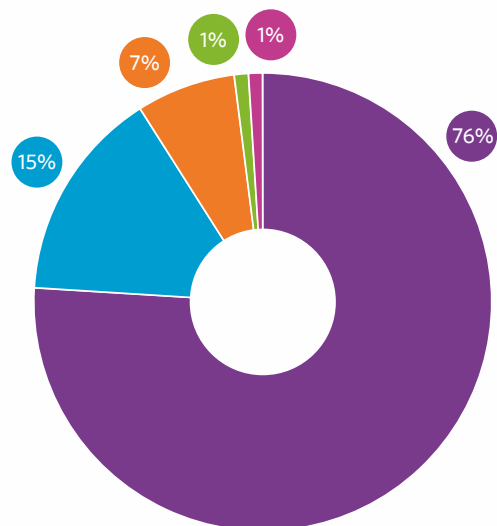
Crew 2000 (Scotland) is a charity registered in Scotland, SCO21500, and also a company limited by guarantee, registered in Scotland, SC176635. Registered office: 32/32A Cockburn Street EH1 1PB

## INCOME 2019-20



- Scottish Government & Local Authorities: £286,770
- Grants from Trusts/Foundations: £66,406
- Training, Presentations & Information: £24,026
- Expert Witness: £6,978
- Fundraising & Donations: £6,392
- Room Hire, Location Fees & Interest: £4,030
- Outreach: £2,000
- Total: £396,602**

## EXPENDITURE 2019-20



- Cost of Delivering Services: all staff and sessional worker costs: £304,216
- Operational & Support: £61,029
- Service Delivery & Information Production: £28,886
- Depreciation: £3,886
- Governance, Audit & Accounts: £1,946
- Total: £399,963**