

TALITHA KOUM
VISION STATEMENT



1. INTRODUCTION

'Talitha Koum' is an initiative of Release Ipswich (which is a registered charity – No 1117077) for the establishment of a residential Christian Therapeutic Community for women caught up in addictive behaviours and wanting to change the direction of their lives. It will be open to those of any belief or none. The project name means 'little girl, get up' and is taken from the Bible.



The Talitha Koum community will be one of very few such projects in the UK and is much needed, especially in Suffolk in the wake of the murders of 2006 which took the lives of 5 vulnerable women. It is envisaged as a place of refuge and an opportunity for positive life-change.

It is essential, within our objectives of promoting a sense of family, identity and security, that this project is set in the countryside; making it less accessible to temptation and helps to rehabilitate individuals desperate to break free from their addictions.

2. THE NEED

Today in Ipswich and the surrounding villages, many people are struggling with a serious dependency on drink or drugs. For some, this has led to health problems, a loss of freedom and an inability to work and contribute to society. It is hard to feel valued or valuable in these circumstances.

3. OUR AIMS

We aim to help women who have drug and alcohol addictions, giving them a rare and creative opportunity to change the direction of their lives.

The carefully designed Talitha Koum programme offers the student (as they are known) a structured path from addiction to recovery. Choosing to live and work together for the good of the community helps create a sense of belonging; a family feel with an identity and security, encouraging hopes for the future.

In the setting of a Suffolk Farm, an ideal place to leave distractions behind and harness the peace and quiet of the countryside, the project will utilise the land by starting a 21st Century Smallholding. This is for two major reasons; a means of therapy for the women as they learn new skills, and as a revenue stream to bring partial funding for the project.

4. SELECTION CRITERIA

Applicants will be screened through the statutory authorities for 4 weeks, before being able to apply to join the programme.

- Students will be post detox (i.e. given up drugs and alcohol) and have proven that they want to change their lives.
- Students volunteer to join the therapeutic community.
- Students are given full medical, psychological, emotional and social assessments by the Talitha Koum team assisted by health professionals, before being accepted.

5. TREATMENT AND DAILY ROUTINE

The students have a structured daily programme which includes assignment to various groups involved with cooking, cleaning and studying. All group and individual work will benefit from support, supervision and encouragement to help them achieve independent living upon completion of the courses.

After an induction, the students join individually tailored therapy and courses (including the long established 12 step programme originally initialled by Alcoholics Anonymous) according to their requirements. These are designed to address their current needs as well as the challenging issues of avoiding relapse and living in the wider community.

The Talitha Koum Community will work with social enterprises. Our 21st Century Smallholding will teach basic horticulture and animal husbandry. In the IT suite students will gain basic educational skills, be offered help with everyday use of computer-based technology. In addition to this the students, through their work schedules, will learn about food hygiene, cooking and catering.

As the project develops it also will include basic building skills to assist with the construction of the accommodation building, art, performing arts and music. We will offer accredited courses to assist the students in gaining meaningful qualifications and skills for later in life.

Our aim is to give both the training and experience needed to find work. The project will also help to find paid employment for the students when they move on from the therapeutic community.

Typical Daily Routine

7.00 am	Rise
8.00 am	Breakfast
8.30 am	Chores
9.00 am	Reflection
9.30 am	Group Session
11.00 am	Coffee
11.30 am	Chores
13.00 pm	Lunch
14.00 pm	Group session
15.30 pm	Tea break
16.00 pm	Homework/Study
17.00 pm	Chores
18.00 pm	Dinner
19.00 pm	Recreation and community activities
21.30 pm	Coffee
22.30 pm	Bedroom

Students have a structured routine and tasks, designed to assist their recovery. They are encouraged to join group activities e.g. gym, film shows, prayers.

6. ARRIVAL AND DEPARTURE

- Students brought to site in a mini-bus, periodically, on a specific day.
- Not allowed casual visitors, visits are organised as part of the recovery process.
- Taken off site by mini-bus for education in the community
- Remain on the holding at all other times during their stay.
- Fully supervised by staff at all times while on the training programme, and are always accompanied when leaving.

7. PEOPLE PROFILE

Several people who have successfully come out of addiction following a similar programme to that of Talitha Koum, have offered to be an integral part of the project, helping the students as they live in extended family groups with house leaders and volunteer workers. It is our intention that all students will have access to such people and that these 'mentors' will be available to take part in the group sessions and bring their active support.

8. PARTNERSHIP WORKING

Working with different organisations, from charities to statutory bodies, is vital to the long term success of Talitha Koum. We are already closely identified with a number of groups who are prepared to support the project and believe that working in partnership in this way will not only help us gain more knowledge and a better insight into some of the issues we will experience but will encourage us to make the best use of our resources.

We believe that this partnership working will also be advantageous to those students who successfully complete their stay with us, potentially offering mentoring, accommodation and part-time employment.

9. GOING OUT INTO THE WIDER COMMUNITY

Through Talitha Koum we aim to ensure that our students are fully prepared for life in the wider community. In part, the third phase of the education programme (Education & Community) is designed to fulfil this aim. Its emphasis of hands-on practical experience and long term community support is vital to the students success.

Through our network of Christian churches across the denominations, people are offering help (including financial support) to the project. We have a great many volunteers who are prepared to be involved.

10. SUPPORT ORGANISATIONS

We have wide ranging support, including that offered by statutory organisations, private companies, charities and individuals.

'The Talitha Koum community seeks to offer a new perspective, freedom and release for its students. This exciting project echoes the hope that we, at Inspire, have for our clients'

Inspire Counselling

'The Suffolk Foundation is pleased to be able to support the work of Talitha Koum with a grant from Somebody's Daughter Fund, and it is hoped that with the creation of the therapeutic community centre, women can be helped to carve out for themselves a life free of turmoil, fear and vulnerability'.

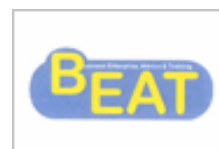
Suffolk Foundation

Support Structure

Release Ipswich and the Talitha Koum project, 'providing a route out of prostitution and addiction' is supported by the following organisations:

BEAT

Charitable Organisation – Business Enterprise Advice and Training
Patron Lord Ramsbottom (previous HM Inspector of Prisons). National organisation working directly in prisons giving advice and support to those leaving prison to assist self employment and reintegration into business/working.



BEYOND THE STREETS

National organisation – working with and providing support for the homeless, disadvantaged and prostitutes.



HEART FOR IPSWICH

Non denominational umbrella organisation – incorporating all Christina group in Ipswich (membership between 4-500).



FIND

Charitable organisation – Families in need
Lead by Maureen Reynell (MBE)
Ipswich based organisation – providing support for all homeless and deprived families in need (for 19 years).



ICENI

Ipswich based charity.
Drugs and alcohol addiction support and bay centre (80% government funded).



INSPIRE COUNSELLING AND TRAINING

Ipswich based charity – Christian lead although not exclusive.
Providing mentoring and training for both prospective students and staff at Talitha Koum.



IPSWICH BOROUGH COUNCIL

Liz Harsant – Leading of the Council and Trustee of Somebodies Daughter.
Providing direct support for Release Ipswich.



PERSPECTIVES

Ipswich based charity – Pregnancy advice centre.
Provides post aborting advice and support – provides health workers – supporting women who have turned to addiction following abortion.

TOWN PASTORS

Christian organisation lead by Paul Daltry.



STEPS

Norfolk based charity

Working with prostitutes and their children to help support them with daily living.

Plans in hand to set up an Ipswich based brand.

SUFFOLK COUNTY COUNCIL



Sarah Charlotte – Head of Service, Enterprise Employment Advice and Guidance Responsibility for White House Enterprise and Growing Places (Claydon). Provision of advice and support to place those with learning difficulties or mental problems back into work. Regular meetings are held to ensure partnership working.

SUFFOLK FOUNDATION

Charity Truss Lead by David Sheepshanks – Administering monies raised by 'Somebodies Daughter' £20,000.00 donation already pledged to The Talitha Koum project.



EMMAUS

Colchester and Ipswich based charity

Emmaus Communities offer homeless people, known as Companions, a home, work and the chance to rebuild their lives in a supportive environment.



IPSWICH UMBRELLA TRUST

Ipswich based charity Chair Roger Fern

Recently established charity whose aims are to work with and help individuals and families caught up in chaotic life styles, some of them homeless.