SURVIVE DRIVE THRIVE

THRIVE

THRIVE impact report 2025-26

1 April 2025 – 31 March 2026

Collaborating for safer, healthier lives in Redcar & Cleveland





RECOVERY CONNECTIONS CHOIR

About THRIVE

THRIVE is England's first Integrated Domestic Abuse and Substance Use (IDAS) partnership, bringing together three specialist charities to address complex, overlapping needs in Redcar & Cleveland.

WithYou
Lead partner providing drug and alcohol support for adults and young people

Harbour
Domestic abuse charity offering advice, advocacy and safe accommodation for survivors and perpetrators

Intuitive Thinking Skills (ITS)
Proving ambassadors with peer-led education and behavioural change

Working closely with Redcar & Cleveland Borough Council and Recovery Connections, THRIVE offers a holistic, trauma-informed model that prioritises safety, recovery and long-term independence.

Our partnership is built on shared values:
Trusting, Hopeful, Resilient, Involved, Valued and Empowered.

Foreword

As we reflect on the year, THRIVE continues to demonstrate the difference that partnership can make.

By bringing together WithYou, Harbour and Intuitive Thinking Skills, in partnership with Redcar & Cleveland Borough Council and evolving to work closely with Recovery Connections, we are creating a more joined-up, trauma-informed approach to supporting people facing overlapping challenges such as domestic abuse, substance use, homelessness and trauma.

This year has shown the value of making support easier to access, reducing the need for people to repeat their stories and ensuring that women can receive the right help at the right time. The partnership is helping more people than other move from crisis towards stability, while creating opportunities to rebuild confidence, develop healthier coping strategies and support others through their own recovery.

Recovery Connections has continued to bring lived experience, peer support and recovery into the heart of our local community. Opportunities available through the local recovery community, including access to rehabilitation, can provide an important next step for people ready to build on the progress they have made through treatment.

Alongside this, the achievement of hepatitis C micro-elimination in our WithYou service is a significant public health milestone. With 100% of people with a history of injecting tested and 90% of those testing positive having started or completed treatment, it demonstrates what can be achieved through collaboration, innovation and a shared commitment to reducing health inequalities.

It has also been a year of important conversations about how we can continue to strengthen the local treatment system, including exploring how we can support more community-based detox opportunities for people in Redcar & Cleveland.

Together, these achievements reflect a partnership that is not only responding to immediate need, but also working to remove barriers, strengthen local systems and create lasting change.

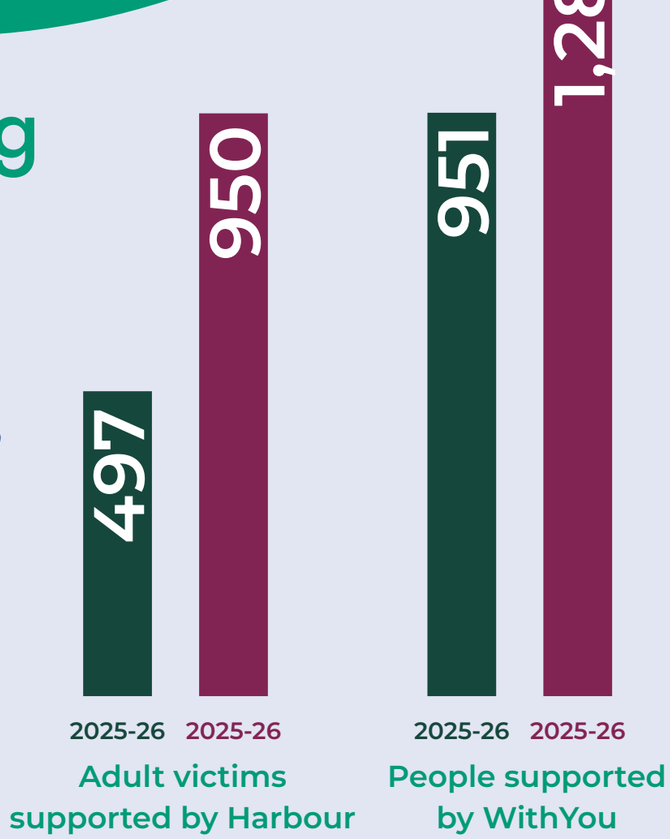
Stacey Skilton
WithYou Head of Service Delivery



STACEY SKILTON, WITHYOU

Our impact at a glance (2025/26)

Expanding reach



120+
male victims engaged in support (up from 69 in 2025-26)

145
people supported jointly by Harbour and WithYou (up from 118 in 2025-26)

> "I no longer see myself having no future or having nothing to be proud of. I know my future is for me to plan and make a reality, but I would not be able to have this confidence if it wasn't for the commitment and passion of everyone in THRIVE."
>
> THRIVE client

Building a foundation of safety

Safety is the first and most critical step to recovery. THRIVE prioritises physical, emotional and housing security, particularly for people experiencing domestic abuse and other complex challenges.

Among refuge clients in 2025-26:

95% received tailored support

95% felt safer around housing

90% felt safer after safety planning

As safety increases, so does wellbeing. THRIVE's holistic model supports people to rebuild stability, confidence and connection.

> "I found Harbour really understood me and what I had gone through. I found that they were patient with me. My worker at Harbour is so sweet and helpful. My worker is helping me to understand what I went through which has helped me to change my perspective of what is and isn't ok in a relationship.

THRIVE client

From stability to strength

THRIVE supports people to address the different issues affecting their lives, recognising that recovery is about more than substance use alone.

Improved wellbeing outcomes

95% reported mental health improvement

91% reported financial wellbeing improvement

89% reported substance use support improvement

> "My achievements from the THRIVE partnership are massively important to me. I have confidence and no longer feel useless. The relationship I now have with alcohol is the most important as I truly believed that substance had all power over me and now it has none."

THRIVE client

Strengthening community support

Recovery does not happen in isolation.

THRIVE encourages peer-to-peer support through female-specific groups, warm spaces, creative groups, prevention support, family-inclusive groups and specialist sessions.

Group sessions reduce isolation, strengthen peer support and promote sustained recovery.

Some participants have gone on to employment, further education and voluntary roles, creating pathways from lived experience into leadership.

> "I feel that my future is looking bright because I am going to put myself first and remember that to get the future I want, it is ok to put myself first."

THRIVE client

189
people attended groups

1,167
group sessions delivered by Harbour

19
people came through the Information, Advice and Guidance (IAG) qualification to join the ITS ambassador programme



Data relates to Harbour's Empowerment programmes; Inspire for female victims and Momentum for male victims of domestic abuse.

Education, prevention and workforce development

Building prevention and early intervention into everyday community life

Early intervention and prevention are essential in addressing issues before they escalate.

During 2025/26, THRIVE partners took prevention, education and harm reduction into schools, colleges, youth settings, community spaces, healthcare and supported accommodation.

Activity reached children and young people, parents and carers, professionals, supported accommodation residents and members of the public.

The approach combined practical education, early identification of risk, increased access to support and stronger connections between services.

Reaching children and young people

Prevention activity covered vaping, alcohol, cannabis, ketamine and other substances, alongside child criminal exploitation, healthy relationships and respectful friendships.

This meant substance-use prevention was connected to wider safeguarding, wellbeing and the pressures young people may face.

We visited

131

schools reaching

1,554

pupils

Other activity reached young people through Loftus Youth Club, Archways and River Tees Academy, including Special Education Needs (SEN) students.

Building confidence among professionals and carers

THRIVE also invested in the people who support children, families and vulnerable adults every day.

Training was delivered to school staff, school nurses, social workers, foster carers, health visitors, children's home staff, supported accommodation teams and other professionals.

This strengthened professionals' ability to recognise risk, respond to overdose and connect people to appropriate support.

8

secondary schools in Redcar & Cleveland College received naloxone training and supplies

11

referrals related to ketamine use

59

social workers trained in substance misuse awareness

72

professionals reached through ketamine awareness at the Public Health Protection Assurance (Child) Workshop



MOCKTAIL MAKING

Reaching people where they are

THRIVE continued to take information, prevention and support beyond traditional service settings.

Community activity included alcohol awareness events, a joint awareness event at Morrisons, Alcohol Awareness Week activity with the Recovery Connections coffee bike and mocktails at Harbour's refuge.

WithYou and Harbour also attended Saltburn Pride, helping make services visible and accessible within a community setting.

Outreach included engagement with people in supported accommodation, work with local Police Community Support Officer (PCSO) teams through a community plan for Coatham, and awareness activity with landlords and staff about emerging substance trends.

Don't Ignore the Snore

The Don't Ignore the Snore campaign brought harm reduction into community and health settings, with activity at:

- Redcar Primary Hospital
- Grangetown Library
- Saltburn Library
- Redcar Footprints community café

The campaign raised awareness that snoring can be a sign of an overdose, helping members of the public and health professionals recognise the risks and understand how to respond.

4

community locations reached through the campaign



INSPECTOR DES HORTON FROM CLEVELAND POLICE WITH DRUG STICKER QR CODES FOR HARM REDUCTION

Strengthening pathways into support

THRIVE is working to make it easier for people to access specialist support at the point they need it.

A key development this year was working with the urology department at James Cook University Hospital to develop referral pathways for people experiencing harms associated with ketamine use.

Following discussions in September, the first referral was received in December, followed shortly afterwards by a second.



COMMUNITY ENGAGEMENT

Bringing support closer to primary care

THRIVE also strengthened links with primary care.

At Normanby Medical Practice, WithYou's presence enabled clinicians, receptionists and the ARRS (Additional Rose Reimbursement Scheme) team to book people directly into appointments.

Feedback shared at the NENC Harm Reduction Forum highlighted that this helped people to be seen sooner, supported earlier intervention and reduced pressure on GPs by providing direct access to specialist advice and support.

Bringing specialist support closer to where people already access services can reduce barriers and create earlier opportunities for intervention.

Improving access to support through primary care

Harbour's GP Independent Domestic Violence Advisor (IDVA) role launched in April 2024, initially working across the Coastal Primary Care Network (PCN). During its first year, the role focused on building relationships with GP surgeries, raising awareness of domestic abuse and delivering training to practice staff. Patient drop-in sessions also provided opportunities for people to seek advice and support in a familiar, accessible setting.

From April 2025, the role expanded to take a THRIVE-focused approach, incorporating support for people affected by drug and alcohol use. The service also extended its reach into the East Cleveland and Greater Eston primary care networks.

This work resulted in 73 referrals to the GP IDVA, helping people access advice, practical support and onward referrals to appropriate services. By working through primary care, the role has helped connect people with THRIVE services who may otherwise have been unaware of the support available or faced barriers to accessing it.

Harbour also started a weekly drop-in at the Redcar JobCentre, to provide advice and support to people accessing the job centre affected by domestic abuse.

Recovery, lived experience and community partnership

As part of 16 Days of Action, THRIVE and Recovery Connections hosted a Human Library event at Westmorland Community Centre.

Developed through conversations within the THRIVE co-production group, the event brought together people with lived experience, professionals and members of the public to share their stories, challenge perceptions, answer questions and highlight the support available.

Lived experience influencing wider conversations

THRIVE also supported people with lived experience to engage directly with decision-makers.

4 ITS ambassadors

met with

3 government officials

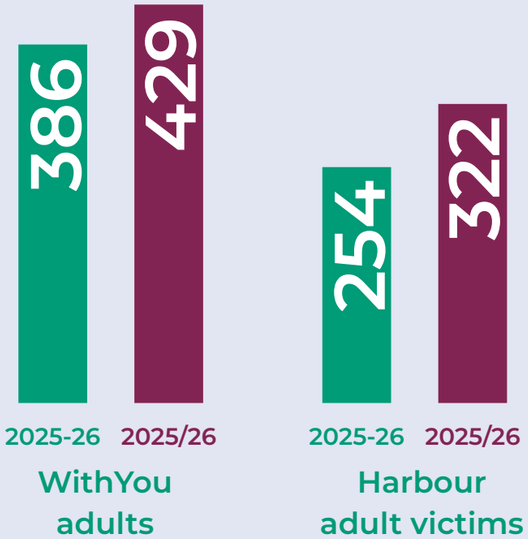
The ambassadors met officials from the Ministry of Housing, Communities and Local Government to promote THRIVE and share their experiences.

This created an opportunity for people with lived experience to contribute to wider conversations about community support and recovery.

Journey to independence

Successful completion means people leave services having reached their personally set goals.

2025/26 completions



WithYou young people **58**

Harbour children and young people **73**



WITHYOU AND HARBOUR FOR PRIDE

THRIVE continues to support people to move towards greater independence, confidence and stability, while recognising that recovery journeys are individual and progress looks different for everyone.



ARRON HENERY, PREVIOUS THRIVE CLIENT

> They see potential in you that others may not."
>
> **Arron, THRIVE ambassador**

What this partnership achieves

Together, THRIVE reaches people who may face multiple barriers to support and brings specialist expertise around them.

The partnership:

- Integrates safety, substance use and behavioural change support
- Strengthens prevention and early intervention across communities
- Builds confidence and knowledge among professionals and carers
- Creates stronger pathways between treatment, health and community services
- Brings lived experience and peer support into recovery
- Creates opportunities for people to move from receiving support into volunteering, leadership and employment

From school classrooms and colleges to GP practices, refuges, hospitals and community events, THRIVE is increasingly visible, connected and preventative.

The achievement of hepatitis C micro-elimination within the WithYou service is another significant public health milestone, with 100% of people with a history of injecting tested and 90% of those testing positive having started or completed treatment.

Together, these achievements demonstrate the value of a joined-up model that brings support closer to people, strengthens local systems and reduces barriers to recovery.



of people with a history of injecting tested



of those testing positive having started or completed treatment

Moving forward

Building on a foundation of progress

The achievements of 2025/26 provide a strong foundation for the year ahead.

In 2026/27, THRIVE will continue to strengthen its integrated approach to people experiencing domestic abuse, substance use, trauma and other overlapping challenges.

A new community base

WithYou's new Grangetown service at Barbara Bowater House will provide a welcoming, accessible space for adults, young people and families.

The service will offer:

- One-to-one support
- Groups and workshops
- Harm reduction
- Drop-in advice
- Space for community partners

The ambition is for Grangetown to become more than a service location: a place where people can feel safe, build connections and access the right support without having to navigate multiple services alone.

Continuing to develop the local system

THRIVE will continue to:

- Strengthen integrated support for women experiencing domestic abuse and substance use
- Develop referral pathways with health services
- Explore opportunities for more community-based detox
- Bring specialist support closer to people through primary care and community settings
- Work with the community to reduce stigma and shape future priorities

> "If anyone wants to reach out for help, just do it — in any way you can. Don't be shy. Throughout all this, it has always been my choice to take steps to recover."
>
> **Arron Henery, THRIVE ambassador**

The year ahead will be about standing with the community and co-designing a new strategy to help more people access the right support, in the right place, at the right time.



RECOVERY CONNECTIONS TEAM AND COFFEE BIKE



ARRON HENERY - THRIVE AMBASSADOR

Media and communications

THRIVE's communications activity helped bring lived experience, recovery and the impact of partnership working into the public conversation.

Stories highlighted the experiences of people supported through THRIVE, including women's leadership and the complex experiences of women affected by domestic abuse and substance use.

Proactive media activity also helped promote practical support and early intervention, including advice for families and professionals, awareness of drug and alcohol harms and calls for earlier education in schools.

Coverage of WithYou's hepatitis C micro-elimination achievement demonstrated the tangible public health impact of local drug and alcohol treatment.

Together, these stories helped make recovery visible, challenge stereotypes and reduce stigma, while showcasing the collaboration between THRIVE partners and people with lived experience.

8
articles (i.e. in the local press/ national press)

34.9m
potential audience reach

Support is available

Our online chat service offers free, confidential advice to people facing challenges with drugs, alcohol or mental wellbeing.

Scan the QR code to start a conversation with a trained advisor.

Contact us

WithYou
wearewithyou.org.uk

Harbour
myharbour.org.uk

Intuitive Thinking Skills (ITS)
intuitivethinkingskills.co.uk



THRIVE