

# THRIVE



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## impact report

### 2024/25

1 April 2024 - 31 March 2025

Collaborating for safer, healthier lives  
in Redcar & Cleveland

# Foreword

The story of THRIVE is one of progress, driven by a shared vision and dedication. We have not only extended our support to more individuals than ever before but we have also focussed on improving the quality and impact of that support.

This report highlights the strategic successes that were made possible by the incredible staff, volunteers, ambassadors and partners who bring our mission to life every day. It is an evidence-based celebration of our expanding reach, our profound impact, and the unique power of our collaboration to offer lasting support, in a safe place, without judgement.

**Stacey Skilton**  
WithYou Head of Service Delivery



## Why partnership matters

People experiencing domestic abuse and substance use often face multiple, interconnected barriers to safety and recovery. No single organisation can meet these needs alone.

THRIVE's integrated approach removes barriers between services and:

- Enables earlier, more appropriate support
- Prevents people from falling through gaps
- Improves outcomes through coordinated care

The impact of this collaboration is reflected in increased reach, stronger outcomes, and improved continuity of care across the system.

## 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)

Peer-led education and behavioural change provider

Working closely with Recovery Connections and other partners, THRIVE offers a holistic, trauma-informed model that prioritises safety, recovery and long-term independence.

Our partnership is built on shared values:

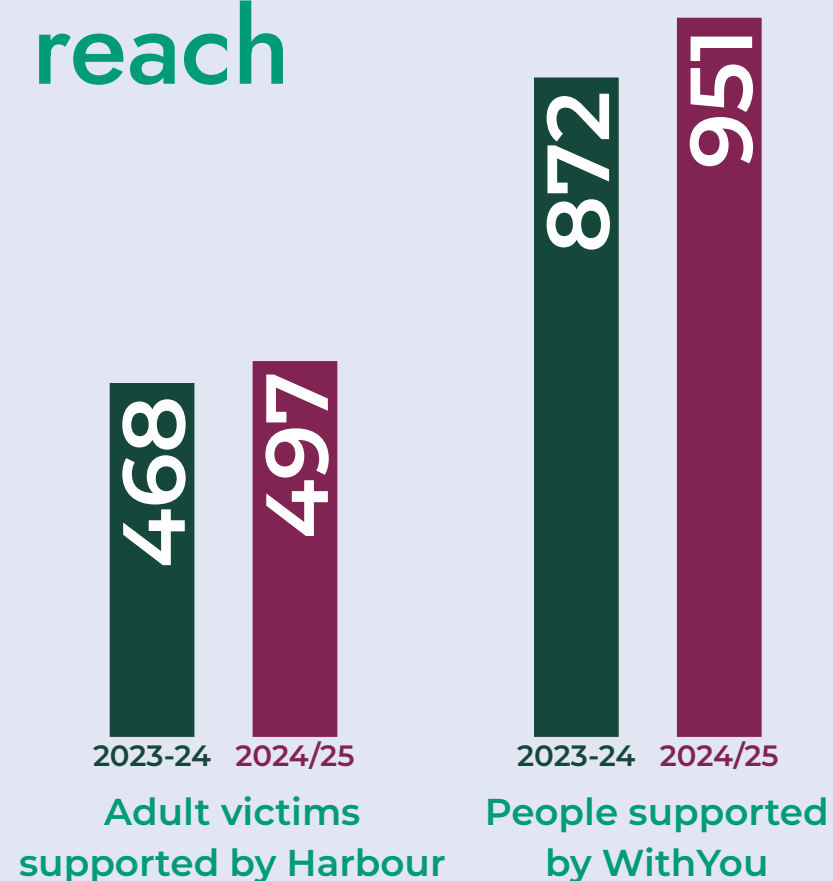
**Trusting, Hopeful, Resilient, Involved, Valued and Empowered.**





# Our impact at a glance (2024/25)

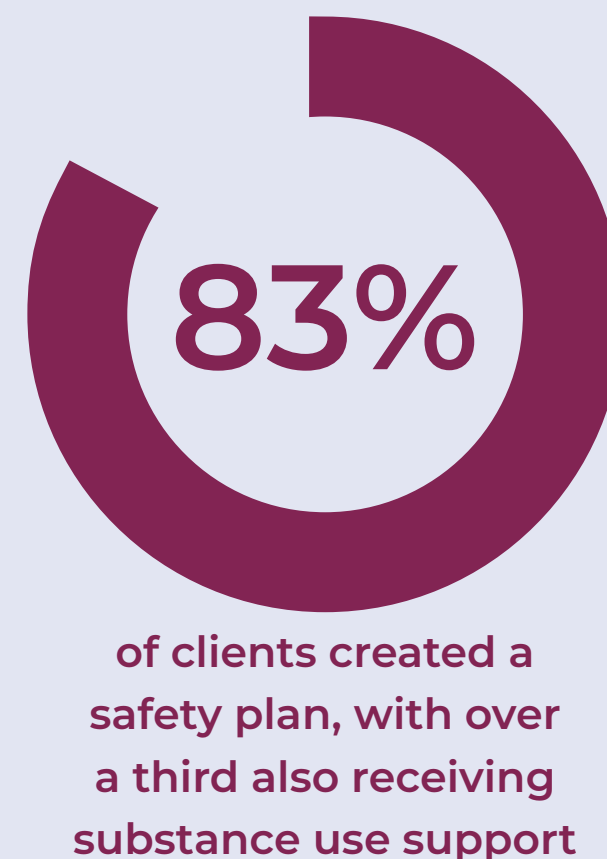
## Expanding reach



**69**   
male victims engaged in support (up from 44 in 2023-24)

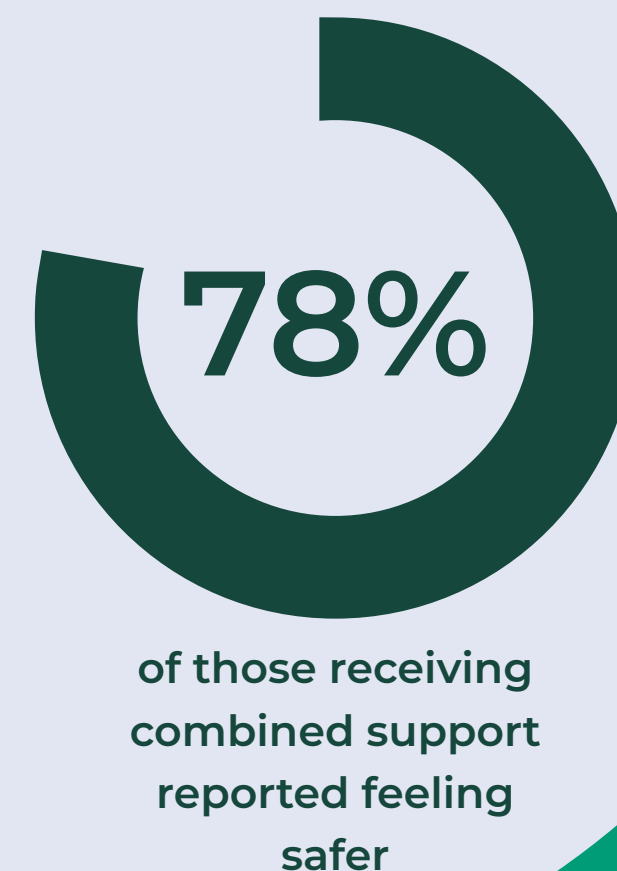
**118**   
people supported jointly by Harbour and WithYou

## Integrated support



“They supported me in a way that I didn’t think I’d get that support. For me, I was like ‘oh, I’m just going to be put down as a druggy’ but it wasn’t, it was the complete opposite. They were lovely, so definitely get the help.”

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 those at highest risk.

Among refuge clients in 2024/25:



While overall safety outcomes remain strong, increased complexity of need has highlighted mental health as a priority area for further development.

“You’re frightened to access help - that you have to go through a scary process. It’s not easy. But please don’t be frightened and do get help - it’s so empowering. You feel a part of something and don’t feel alone.”

Majella, THRIVE client

# From stability to strength: improving wellbeing

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

## Improved wellbeing outcomes



“I have a future and I am ready to live it alone.”

THRIVE client

## Strengthening community support

The partnership continues to develop ambassador, volunteer and peer roles, creating pathways from lived experience into leadership.

Listening to client voices and feedback is essential to recovery, as it ensures services are responsive, person-centred, and empowering, enabling individuals to feel heard, valued, and actively involved in their own recovery journey.

THRIVE encourages peer to peer support within various group sessions including female specific groups, warm space offers, creative groups, prevention support, family inclusive groups and specialist support sessions.

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

**1,192**  
group sessions delivered by Harbour (up from 486)

**176**  
people attended groups (up from 112)

**25**  
people came through the IAG qualification to join the THRIVE ambassador programme with some leading to employment, further education and other voluntary positions

# Education, prevention and workforce development

Early intervention and prevention are essential in addressing issues at an early stage, reducing the risk of harm and the need for more intensive support later. By building resilience, knowledge, and protective factors, these approaches improve long-term outcomes for individuals while also delivering wider benefits for communities and public services.

THRIVE invests in long-term change by building skills, knowledge, awareness and leadership across communities.

**1,916** school pupils attended a jointly delivered Harbour and WithYou awareness session. In addition to this, WithYou delivered substance use specific training to 1,617 school and college students.

**13** Intuitive Recovery (IR) courses delivered by Intuitive Thinking Skills (ITS)

**54** participants completed the (IR) course (83% completion rate)

**15** staff members completed the ITS programme investing in staff and strengthening their own understanding of the client journey

“I have learned new skills and understanding, of addiction which I will use not only from now but throughout my life situations but also to help others in anyway. I like the simple logic behind the explanations which will be relatable in many situations.”

ITS course participant



# Journey to independence

Successful completions means clients leaving the service have reached their personally set goals.

## 2024/25 completions

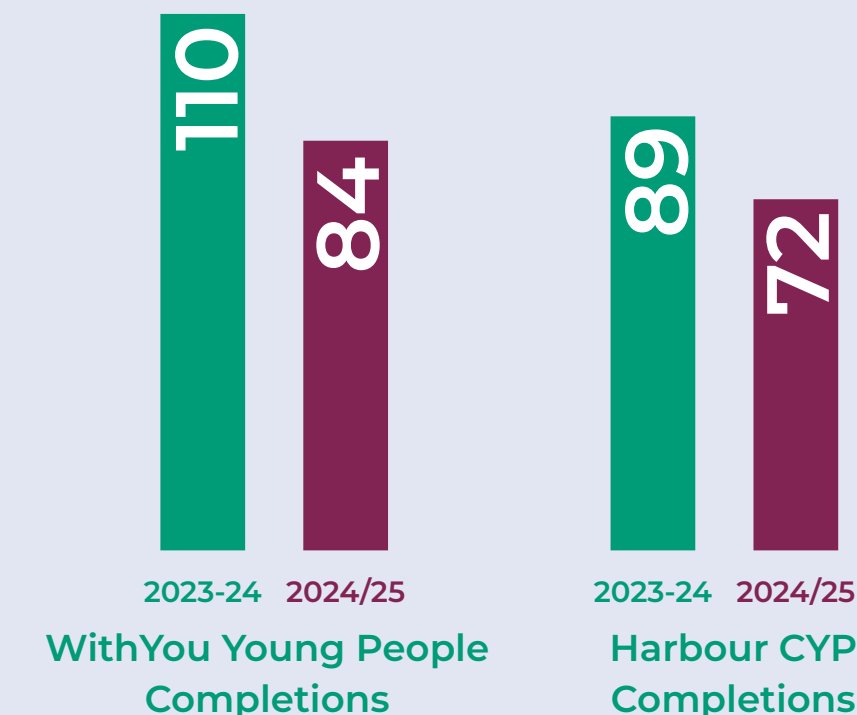
WithYou adults:

**386**  
(up from 322)

Harbour adult survivors:

**254**  
(up from 160)

For both WithYou and Harbour completions for young people decreased.



**Continuity of care** (how we ensure prison leavers have ongoing care from custody to community) improved from **63% to 68%**, demonstrating increased consistency and trust across services.

## What this partnership achieves

Together, THRIVE reaches people who are traditionally under-served, including male survivors and:

- Integrates safety, substance use and behavioural change support
- Strengthens community resilience through education and volunteering
- Delivers better trauma-informed outcomes than single-agency approaches

As one Harbour colleague reflected: “The positive outcomes we are seeing are down to the THRIVE partnership and co-location working.”

THRIVE have a trauma-informed focus with a goal of encouraging as many staff to become dual-trained as possible. Dual-trained staff in substance use and domestic abuse are vital because they can recognise and respond to the needs of individuals, provide holistic and safe support, reduce the risk of harm, and ensure more effective, coordinated pathways to recovery.

“Throughout all this, it has always been my choice to take steps to recover. I would like to set up my own group for men who have experienced domestic abuse.”

Arron, THRIVE ambassador

## Moving forward: building on a foundation of success

We are committed to building a future where everyone has the opportunity to feel safe, supported, and empowered to thrive.

The achievements of 2024/25 are not an endpoint, but a powerful foundation. They have informed and shaped our new strategy, which will guide our work in the year ahead. We will continue to expand our reach, deepen our impact, and pioneer new ways of working together to build a safer, healthier community.

Our new one year strategy, launched in July 2025, details our commitments to enhancing our digital offer and developing our community ambassador programme.

The achievements of 2024/25 provide a strong foundation for the future. THRIVE's 2025–26 Strategy builds on this success by building

on a foundation of success, exploring community safety, enhancing community health and improving engagement with criminal justice and young people. THRIVE's strategy will:

- ❖ Grow the community ambassador programme
- ❖ Deepen trauma-informed and inclusive practice
- ❖ Continue to reduce inequalities across Redcar & Cleveland

Together, we are building a safer, healthier community where people are supported not just to survive — but to thrive.





# Listening to client voices

## WithYou September 2024 Recovery walk

Attended by WithYou, Harbour, ITS and Recovery Connections.



## September 2024 - Multi agency recovery walk - Roseberry Topping

North Yorkshire Horizons, Recovery Connections, WithYou and ITS partnered together to walk with volunteers and clients to walk Roseberry Topping for the close of recovery month.



## Webchat

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

Simply visit the WithYou website [wearewithyou.org.uk](https://wearewithyou.org.uk)

## Contact us

**withyou**

**WithYou**  
[wearewithyou.org.uk](https://wearewithyou.org.uk)

  
**harbour**  
working for safer communities

**Harbour**  
[myharbour.org.uk](https://myharbour.org.uk)

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