



Annual Report  
2009

**Professor Pamela Gillies**  
**Principal & Vice Chancellor, Glasgow Caledonian University**  
**Founder Member, POW**

**"POW: 18 years on"**

Looking back on nearly two decades of my association with POW, it is clear that the organisation has had a major impact on health provisions of prevention and education in the community it serves.

The POW experience is groundbreaking in the way it has forged partnerships and links with service providers that have crossed the usual institutional boundaries and I am proud to have been able to contribute in a small way to its success.

The project began in 1989 at which time health providers and foundations were keen to prevent HIV/AIDS in all kinds of vulnerable groups, not by empowering these populations, but by doing things *to* them. The idea that prostitutes or drug users should be equal partners in a programme was new.

The notion that we in POW could break down barriers and work across organisational and other divides did raise some eyebrows. Susan Johnson, the Director, and Maureen MacDonald, in the early years not only trained as outreach peer educators and researchers on the project, they joined the University of Nottingham as bona fide research associates in the Department of Public health and Epidemiology. They even attended staff meetings until they found it all too dull!

They were adamant that they would finance the project through an account with a high street bank. The first ever cheque made out to the Prostitute Outreach Workers Project was refused by many banks but National Westminster; the University's own bank came good in the end.

POW found its own premises but sensibly decide to reach out in more ways than one, to share these with service providers from health, social care and education who came in to deliver the services local prostitutes needed.

POW was always led by the community but set up a management committee with representatives from the University, Probation Services, NHS and the like, which was even chaired for many years by a local magistrate. It's not surprising therefore that governance was always well handled and accountability for monies spent has always been taken very seriously.

So too has evaluation of the project. Telling people what has been achieved, and documenting narratives of the experience of individual women has always been seen to be important - the annual reports let the voice of ordinary women shine through. Quantitative data from evaluation was, however, also seen as crucial to the continued support of institutional funders. Over many years high quality research has consistently

demonstrated POW's impact on health service use and health behaviours such as condom use and lowered alcohol and drug use. It has also found that this trusted community based service, which has become a well networked one-stop shop to meet a huge range of its clients needs, has also operated as a safe haven for youngsters, such as underage sex workers, who would normally steer clear of traditional services.

The findings from the collaborative research have been presented at international AIDS Conferences since 1990. POW staff, University and NHS staff always coming together to share their experiences, successes and failures with others - it has been a remarkable alliance.

In fact, all of the networking and partnership working has made a huge difference to the lives of so many including of those who have worked for and with POW. It is fitting that POW has received recognition for excellence including, Nottingham's Social Care Awards. The Civic Reception for the organisation in 2001 was a joyful occasion and a landmark in terms of overcoming prejudice and signalling that the established institutions POW works with had changed their perceptions and ways of working to fit in with a new and effective model.

A summary of the main elements of POW's success are provided in Box A. The ability of the programme led by the community to cross institutional boundaries and break down the barriers of power and inequality the group faced in its early days is truly impressive. POW has consistently been determined to build up its social capital to ensure long term sustainability. All the activities of POW have pointed to the fact that it most certainly has built the social capital in the groups it serves and has even gone beyond the traditional boundaries of its community. Its services are, for example, frequently used by non-prostitutes in the local community who need help.

There are many solutions to tackling drug use and community harm to preventing the spread of HIV/Aids and to promoting well being but the long lasting benefits of community based interventions like POW should encourage us to trust in and invest in ordinary folk who can become extraordinary champions for change.

#### Box A - Key elements of Success

- |  |                      |
|--|----------------------|
| * Led by the women themselves                          | * Good Management    |
| * Peer outreach  | * Evaluation         |
| * Local political acceptance                           | * Safe accommodation |
| * Raised external funding                              | * Loan service       |
| * Links to professionals, services and institutions    |                      |
| * Counselling, education programmes and social support |                      |

## **Mission/Philosophy**

POW is a Peer led charity that promotes health and dignity in prostitution through empowerment, support and peer education.

POW provides a diverse range of direct services in a relaxed safe and informal setting to both men and women but also to those affected by prostitution.

We promote an understanding and awareness amongst other voluntary agencies, statutory organisations and also the wider community on all matters regarding prostitution and drug misuse.

POW services are tailored to an individual's specific needs and delivered by those with direct experience or specialist skills.

## **Aim**

To ensure appropriate services are accessible to the prostitute community.

## 1.0 Overview

Prostitute Outreach Workers (POW) was launched in 1990 when local women from the prostitute community volunteered to train as researchers to assess health and intervention needs of prostitute women in a disadvantaged area of the city of Nottingham. The World Health Organisation and Nottingham Health Authority funded this research.

Gaps in the provision of services were revealed and as a result, sources of advice and support for working prostitutes were created. The survey data they generated was used to design an outreach and referral service and was initially based at the Project Directors house until funding was secured for premises at the Forest Mills site. This project truly reflects lay representation, mediates across organisations in the statutory and voluntary sectors and crosses professional and lay boundaries. POW has evolved into a robust independent charity (no 1064273) shaping and changing the nature of health and welfare provisions for socially excluded people.

The number of volunteers changes in response to fluctuating service provisions. POW manages to make approx 3250 client contacts per year; outreach sessions initiate a large number of these contacts whilst the drop-in service provides another door into POW. These contacts are a result from the continuity of outreach work, networks and links within the community and with other agencies and institutions.

The Task force's increased activity has fragmented and disbursed the areas where the clients work; i.e. the streets. More ASBO's have been issued, which in turn has resulted in more clients in prison. Consequently POW has increased its prison correspondence and visits.

POW has supported operations locally trying to combat covert trafficking operations, and has worked closely with Ian Winton from the Police Sexual Exploitation Investigation Unit, providing support to the victims. Links have already been established with the Poppy project in London, which deal solely with migrant and trafficked women.

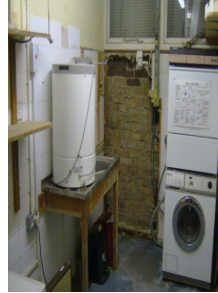
POW has a core group which interlinks into the decision making of POW. The core group are consulted regularly and make a vital contribution to decision making around the different types of service provision.

## Premises

During March 2007 the Forest Mills building, POW's home for over 15 years was burgled and ransacked, this led to POWs move to temporary accommodation at the Waverley Health Centre, but due to the lack of space, services had to be down scaled temporarily whilst we searched for alternative and more appropriate premises.

**A New Start at Independent St Premises;** a semi derelict building for over 5 yrs, previously occupied and trashed by squatters, copper piping and electric wiring had been stolen, the site was littered with rubbish and extensive damp.

**Dec 07**



Jul 08 the Make Over; after much hard work POW are now settled in their new home at Independent St.



Drop-In



Social Room



Therapy Room



Health Room



Gym

## 2.0 Current Service Provision & Delivery

POW's core role is reaching a client group not usually seen by mainstream services. These are often some of the most vulnerable members of our community and paradoxically the most in need of such services. POW accessed over 100 new clients during the year and now has over 1500 clients on its contact database and it made over 3500 separate contacts during the year, through outreach, drop-in and referrals from other agencies.

**Outreach** on the streets of Nottingham continued with workers and volunteers meeting and talking to women and men working in prostitution, offering help, support and condom distribution. Outreach occurs mainly in the evenings, and as well as the streets we visited saunas, flats, an increasing number of 'Crack Houses' and individuals homes.

**Drop In** is a service available during the day and increasingly at night when the client groups are more available. POW's workers offer basic advice and support including food, showers and a gym, with computer, entertainment and library access all available. Service provision includes counselling, safety whilst working advice, free condom and lubrication distribution, a pen pal service, access to a clothes bank, prison visiting, rehab advice, advocacy and most importantly a safe and calm environment for clients to relax and unwind.

**Satellite Services** are provided by a range of professionals to augment the support provided by the staff and volunteers at POW.

- **SEXUAL HEALTH CLINICS:** Twice weekly clinics at POW and also as an outreach service to flats and saunas, Specialist nursing staff provide a wide range of services including STI, HIV and Hepatitis screening.  
Contraception, smear and pregnancy testing and general health advice.
- **COMPASS:** Nottingham's Drug and Alcohol Advice Service run weekly advice sessions, in particular providing a needle exchange and acupuncture.
- **DRUG TREATMENT CLINICS:** Consultation and prescribing sessions operated by GPs with a special interest in drugs misuse from the Community Drug Partnership.
- **DOUBLE IMPACT:** Weekly sessions providing welfare benefit and debt advice from Nottingham's specialised agency in this field.
- **YWCA:** Weekly sessions of creative activities and self development leading to accredited courses.

### **3.0 Past Achievements to Date**

POW has given presentations at International and National Conferences in Durban, South Africa and York, England. POW continues to give presentations locally and receive excellent feedback.

POW was involved in the establishment of a multi-agency steering group in Nottingham in 1996. The steering group included Health, Education and Voluntary sector services, which enabled services to be streamlined. The work of this forum has led to a change in national guidelines to decriminalise young prostitutes and investigate and prosecute involved adults. POW received a Social Care Award from the Department of Health for their involvement in the Forum.

POW developed an Outreach Forum in 1999, which was essentially to ensure that various outreach services within Nottingham City were not duplicated, and thus wasting public resources. This forum was re-established in 2005 to co-ordinate services more effectively.

On the 20<sup>th</sup> March 2001 POW was invited to hold a Civic Reception at the Council House in Nottingham to acknowledge its achievements and to celebrate its Tenth Anniversary.

POW has been a key agency in the Resource and Strategy pack produced by Social Services. POW acts as a key agency for referral, and intends to continue to provide realistic support for young people involved in prostitution, and provide individual one to one packages for prevention, through current mechanisms and through continued co-ordination of outreach.

POW had created a comprehensive contact database. Development of the database has improved monitoring of referrals and outcomes for clients and makes it easier to evaluate the project. Since the database has been revised, POW is now able to record basic client details as well as contact information. The contact sheet has also been condensed so it is less time consuming for the client and worker. There are approx 1400 clients registered on the database system.

During 2003 and 2004 POW conducted a cross-sectional evaluation study in partnership with the University of Nottingham and funded by the New Deal for Communities Scheme, with the aim being to evaluate POW services by assessing the health needs of POW clients, and describing perceptions, experiences and use of POW services by clients of the organisation.

2002-4 saw the introduction of vital long awaited services for the prostitute community at POW. Satellite GUM sessions were introduced November 02, whereby clients could receive sexual health advice, screening, testing and treatment. From 2006 POW initiated

GU outreach to access girls working in Saunas and Flats. This has continued to be a success and gone from strength to strength.

March 04; Nottingham Alcohol & Drug Team (NADT) expanded its satellite service to include a comprehensive package of treatment of prescribed substitute medication to those clients who were identified as not accessing or engaging with existing services for drug treatment. Due to POW's success in engaging clients, increased demand, excellent and higher than average retention rate compared to the national average. The clinic now takes place twice weekly; this began in Mar 2007 whilst POW was under extreme pressure due to the temporary and rather limited renting space available. Since POW has settled at the new premises it has experienced more through flow of service users wanting access to treatment, this is also a knock on effect following on from the week of Action in Radford. POW's Plans for a male clinic with a male support worker are developing successfully.

The Contraception service also provided at POW by CASH proves invaluable mainly in the prevention of unwanted pregnancies.

POW received a Financial Impact Award from GlaxoSmithKline. The award is designed to recognise and promote the work of small voluntary organisations with a proven track record in the challenging and demanding area of community health. The judges considered that POW was an outstanding organisation, which has focused on, preventative healthcare and has helped to build bridges between the prostitute community and local statutory services and voluntary services.

POW has received great support from Funders NDC and CDP.

POW developed a hardship fund for disadvantaged clients as it was recognised that many clients needed a little financial support to help make positive life style changes. POW uses money, to help with travel to see a solicitor or to go to the GU Medicine clinic or purchase essential items needed by clients in exceptional circumstances.

St Anne's week of action; POW made an outstanding contribution to this exercise assisting with getting xx clients into treatment and supporting and directing other local services for successful results.

During January 2008 POW & the Safety First Coalition hosted a debate that came about due to proposed legislation in the UK; Clause 72 was promoted as an alternative to a fine but it is an additional power. It requires anyone arrested for loitering or soliciting to attend a series of three meetings with a supervisor approved by the court "to promote rehabilitation, by assisting the offender to address the causes of their involvement in prostitution and to find ways of ending that involvement." The debate involved Keynote speaker Catherine Healy who was Key to New Zealand's successful decriminalisation of prostitution in 2003.

April 2008 POW helped to facilitate and participated in 'Tackling Drugs & Community Harm' conference in Nottingham. The conference was the product of local people taking control of their lives and communities. It focused on differing ways that statutory

services including primary care staff and commissioners could help in bending mainstream services to better meet local needs. Celebrating services and good practice such as the St Anne's Week of Action, empowering local resident to work within communities.

POW is currently involved in and contributing towards the Adult Prostitution Strategy for Nottingham, conducted by the CDP. POW will have great input and is leading on the 'routes out of prostitution theme' this will influence proposed laws in Nottingham in the near future. POW has hosted initial meetings involving relevant agencies, being settled in the new premises have given POW the opportunity to do this.

## 4.0 Client's Comments

Client 1 found POW helpful and down to earth; he got scripted at POW back in June. He is now 5 months drug free, He still visits the project and has just started some voluntary work. He has just got own house and is very positive about his new direction in life.

TK

If it wasn't for POW he didn't know where he would be right now, he has been using for more than 20 years and ended up homeless, he is now in a hostel and we have just secured him funding to go to rehab.

MS

I am very grateful to POW, who has really helped him. He has also been using for more than 20 years, he is now stable on his script and said he looked forward to POW clinic days to give him a few hours break from the chaos of addiction.

JD

I was going to be evicted from his property, and POW sought out his benefits for him, he said he would have given it all up if it wasn't for POW.

AF

I had over 20 years drug use and said good place to come, medication helped out a great deal, was helped with the chance to go to rehab and received good advice.

TR

POW was friendly, helpful, he got scripted quickly, was taken to view a rehab and helped to get the ball rolling. He also said he got good advice.

JV

I have been using POW for the past 11 years and have found it helpful. I have done a few short courses i.e. Personal development, anger management course and have found them helpful in everyday life.

LS

The team at POW are very supportive and easy to approach with most problems. There is always someone to talk to. The environment has a relaxed feeling and there is always a cup of tea and something to eat if required.

I am currently using the counselling service. I find this helpful as I have a lot of issues. Jane is helping me work through these and I see her 1 hour a week. Thanks to all the team for their support throughout the years I've used this service.

*Tina*

I'm Cindy and I'm going to write about my life and the people who helped and cared for me through some really hard times.

Well I moved up to Nottingham about nine months ago, I was working the beat and one of the girls told me to go to POW to clean myself up, so I did and that's where I met Sue.

Sue was this big inspiration to me she was this amazing woman who had been where I was going a good twenty years ago previous and she tried her best to help me along with the others but I just wasn't ready yet, but at least I always knew they was there for me .

But I still tried to go and see them almost every day for condoms and some one to talk to and stuff and when I left there I went straight out to work. So that's how my life worked for me at the time I got up went out to earn a quick £20 for gear, had it then went to POW, sat with them for a bit as I had started to trust them, and when I left I went straight out for more gear and a stone.

In that time I had been attacked twice, but I still had to work as it happened one day I was lucky and I got picked up by the police they sent me to prison for breach of a DTTO, it was the first time I'd been to prison so I really was scared and I was withdrawing.

As it turned out I went to prison for 5 weeks the day I got out at court they gave me 4 months to sort myself out. So I was just as stuffed, they kicked me out at court knowing that I had no money, no where to live, no methadone, no clothes etc. So you guessed it I went straight back to the life I knew (street life), and so far the next two and a half moth that was my life and then one Tuesday night I got attacked pretty bad, something really bad happened tome that night, my life really did flash before my eyes and to tell you the truth there wasn't much to see.

Any way when I woke up in the morning I really wanted to sort myself I went to see Sue at POW, this women showed me that I have still got plenty of life to live and told me that if I could believe in myself again then I could do anything and that what I'm trying to do.

For the last 4 weeks I have stuck to my methadone script, I haven't worked the streets, I'm going to probation for all my appointments, and four days a week I'm doing keep fit, with a volunteer at POW.

Last but not least I am seriously thinking of going into rehab, things are really looking up for me at long last and it's all thanks to a bit of motivation and a lot of help from people who really do care.

So a big thank you to everybody at POW and here's to the next chapter in my life.

*Cindy*

To all the crazy wonderful staff at 'POW'

Just a little card to let you all know that just knowing your there and more importantly that you do actually 'care' means so much to me and I'm sure all the other girls you help- so thanks for just being there and I hope with your support and my own self belief I soon can become drug free and the person I know I can be so once again Thanks-  
Your so, so special and need to be told so - so take care love K x

Jane

Just thought I would drop you a line to let you know I'm still happy and clean. I've been working for over a year now in customer services which is ok and it pays the bills. I'm currently working towards working in the drug misuse field and have completed an access course which covers all areas of substance misuse. It's really good and I enjoy it so much, it just comes naturally as I've been there myself.

Claire

I could not have imagined in my wildest dreams where I am today. I never forget the people who helped me and supported me through my most desperate times.

I owe POW a huge thank you, just for being there and treating your clients like human beings and sharing compassion. You can't buy that and it really means a lot when you can't find it in yourself to care or like yourself. You guys are brilliant and your work is invaluable, you really make a difference. I hope you're all alright and not working too hard. All my love to you all.

Danielle

I am fairly new to Nottingham, and don't know that many people here yet, so when somebody recommended POW to me, I wasn't too sure where they meant. However, I asked around, and now I have been using the services available here, I'm really glad that I did.

I find the atmosphere at POW to be really homely and relaxed. The staff are friendly and approachable, and will try their best to help out with any problems I might have. I suppose I may use POW quite a lot at the moment with being homeless, but once I have somewhere to live I know I will still nip in here hopefully quite often.

I hope this organisation will keep running for some years to come, because I for one would miss it badly if it wasn't here any more. Keep up the good work!

Heather

I have been using POW for 9 years and have found it a great help to me, it is a safe place where I can have a talk, get a cup of tea and something to eat, even use the gym and have a shower. I have just enrolled in an anger management course which is helping me, also the G.U lady is great, there are no horrid examinations and it is very quick.

I have also had acupuncture quite a few times which I really love, it is so relaxing and it is all in the comfort of POW and POW's client mentors. I have had loads of 1-2-1 sessions with most of the staff at POW, they have all been a great help to me not forgetting those in the office. I have been very lucky to get home visits and have been picked up and dropped off sometimes which is a great help to me as I have a hell of a lot of issues.

getting out of the flat. I just want to say a big thank you for all the help I have had off everyone at POW they are a very special team and I hope they never close down cause I don't know what I would do without them, thanks.

Jackie

I have used POW for 2 years; I have used the prescribing service. I have been able to get a flat, I am doing very well with my drug use and value the support I get from POW, this is the best support I have ever had and hope it will be here to help other people as well as me. Many Thanks

John

POW has helped me a lot, they are like family. I know if I have any problems 'at all' I can turn to them and they don't treat us like it is just a job they really are concerned. They have helped me with a pregnancy I had to terminate, housing issues, health issues, family issues. I would not have come off the drugs as well as I have without them. If they wasn't here, us girls would be in a right mess, especially me. Thanks POW!

Nicky

I have been a client of POWs for 17yrs, I have been on the streets since I was 11yrs old, and I am now 28yrs. POW has always helped me with my drug use and social support, if I need to go somewhere in the day I come to POW. POW you have helped me over the years with personal issues regarding my family. Some other agencies would have given up on my by now, but not you guys & I know when I make that scary leap you will be there. The times where I have tried and failed you've always been there to help me try again, you never give up on me. Thank you POW. Jenny

I have been using POW for about 11years, I saw a lot of Changes, saw a lot of different people working here over the years, it is a friendly place to go, always can get a cup of tea and a chat. They always help me when I need it, I've been on a lot of courses here, and they were good, they helped me to make a lot of lifestyle changes, I would hate if POW was to ever close down. Keep up the good work.

Rachel

Hi ya everyone

My name is Kim a friend to everybody and yes everyone knows me well, especially the people who work at POW. Now POW to me is a home from home, and have always treated me like I'm somebody, the staff at POW have time for anyone young or old they give respect to everybody no mater who they are or where their from.

They are genuine people and will help you with any problem you have at any time. Without POW I myself would have no one else to turn to. The staff at POW are my family.

I've been coming to POW for 5 yrs, everyone knows me. POW used to be my second hoe when I was on the streets, the only person who I worked with was Sue, I've got a problem with authority but she showed me the way.

Emma

I've found POW very helpful and I think the centre is brilliant, even better now the gym has been installed; it's nice to know there's a place that is safe for us girls to turn too.

Liam

I've been coming to POW for about over a year and I think that every one in POW are helpful, they help with your housing and your benefits. I've been coming for acupuncture and I think that the drop in centre is a well good environment.

Andrew

I've been coming to POW for a few years now, and always felt confident in speaking to the staff I have know confidence speaking to any other agencies, POW has really been there over the years with every little problem, they helped me, I think the staff are very helpful and supportive, and should carry on doing their job. Thanks.

Wendy

Hi I'm B

I've been coming here at POW since day 1, without this place and the work it does, us workers would be lost! I support POW totally; my ex and current partners over the years work with POW as well to make my life better. They were stable at 1<sup>st</sup> but then the relationships flopped. My current partner is in treatment at POW as well, so we can work out our drug use together, I hope it works this time.

Sue

I have been coming to POW about 2 years it has done wonders for my drug mis-use I don't know where I would be without the service.

Carla

I've been coming to POW for about 10yrs since a lot of change people keep coming and going. The project gets better. I love coming to POW for a chat and like coming to see and talk to POW workers. I would hate POW to close down because I would have no where to go, keep up the good work.

Natalie

POW has always has been there for me and always support when I have been proper low and down. I've got a lot of time for all 'staff' here and hope they think the same way

about me. My accommodation has been sorted and now I can look to the future and get a job, all the best to POW. I think POW is unique because if you are in a crisis they will come to you any time any place any where POW is definitely not a 9 to 5 place, as the staff know this life and fit in with what's happening in the streets.

July

POW workers have helped me in every aspect; they've helped me when I was still working on the streets; providing condoms, food, advice, help and even a place to sleep for a few hours if needed. They help if you need it; they go above and beyond their duty to help us all. They are always there when they're needed.

DF

I have been in touch with POW for nearly 4 years now and they have helped me get through a lot. The staff are great, the best thing about them is they have all been through pretty much the same thing as us its just like one big family I don't think that I would of got through the past few years if it wasn't for them.

KL

POW has helped me through a tough patch I've been through over the last few months. What with getting benefits, housing, counselling and a safe and welcoming environment where I feel able to sort my problems out with somebody I feel trustworthy to talk to!

P.S. I like the new place better

SJ

POW has supported e more that my own family if fact I class them as my family, they have been there when I needed someone most. I wouldn't be able to come off the gear (heroin) without POW and all the clinics and treatment with the GU clinic a couple of years ago I found out I was pregnant and I wouldn't of been able to look after a baby and they sorted out the option I took which was to get rid of it. And they sorted it out; I wouldn't be here now if it wasn't for POW.

Petra

I think POW offers great support and services, the staff and volunteers help in all sorts of things, they have a GU here which is good as you can be seen without waiting weeks you just pop in. They help you with condoms, advice on contraception, me personally find it easier to speak to Trish & Ali always asking if 'm ok and if there is anything thy can help me with, if it wasn't for PWO I wouldn't know where I'd be, probably on the streets working, they al give great support to each and everyone, and everyway they can to help, have been there for people when they are at their lowest point, they work as a great team and I just wanted to drop a few lines and thank them all for their support.

Tyra

To all the little people out there who feel that the end is nuy and that any form of drug support in and around the Nottingham area is a non starter, well think again!

Let me tell you about a small but efficient organisation called POW stand for (Prostitute Outreach Workers) the thing is I'm a bloke and aint no prostitute, but 'POW' took me in to there family and gave me a little ray of hope for a more structured future! Because my life up until @POW' was very erratic! 'POW' has since got me on their program now my drug use is at an all time low which is down to the quick and efficient way 'POW' operates the script program, and that's staff and Doctors alike!

Your made to feel like the very fabric that holds the place together - the people are warm and friendly and they really o listen tot hat little person behind the voice which makes me feel all most whole again.

You never go hungry! When I visit POW there is tea biscuits and sandwiches come as standard, there is a gym that can be accessed most days, and if you want you can even get in a few hours of voluntary work if that's what you want. I could go on forever about how great 'POW' is but I wont so I'll say before you try anywhere else put POW at the top of your list, its all you need.

FG

Listed below are contact figures and statistics of the issues dealt with, type of workers, places referred to, number of outreach sessions and contacts made during drop in:



### **Christmas day POW! opened its doors to clients ...What a day...!!**

Christmas was an enjoyable day, the clients ere so grateful and really appreciated the gifts and food. You cant beat the feeling of achievement when you know and wee the appreciation and warmth form clients whom would have been in a crack house some where with no family or friends around tem, also we would like to thanks management and may other people who helped with donations and making lonely people have self worth and pride on Xmas day.

Staff and clients helped to cook a full Xmas diner, turkey, pork roasties, Brussels etc all the trimmings, nibbles gateaux, cheese cakes, mince pies the full works.

We opened at twelve but some clients came in earlier to help us set up for lunch. Over 20 clients came in Xmas day some also bought family members and partners with them. We had a lovely day Xmas cd's playing, people laughing and joking enjoying their selves and relaxing atmosphere.

Straight up front, all staff have been there and done that! Very help full for out side help and they also give you free condoms!

I have been seeing Jayne for about 8 months now and my life has completely changed through seeing her every week. She has helped me in lots of ways. I have worked through my past issues with her and she has helped me back into society. Thanks to Jayne I started college in September and she has helped me get through this big transition. I have learnt so much more about myself now and Jayne has given me many tools to help me cope with my new life. When I first came to see Jayne I didn't know where I was going or what I wanted. I feel that I've come a long way since then and I now consider myself to be a healthy, stable, confident and productive member of society. I have discovered talent, that I didn't know that I had, and I know what I want to do with my life. Jayne has also been there for me out of POWs hours. She gave me her home and mobile number and told me I can ring her whenever I need to. This has also been a great help to me in different times. I have accessed many services over the years but I feel that no one has helped me like Jane has.

VB

When I first came to POW I had been thrown out of rehab for smoking drugs after just an hour of being there. I was a tablet shopper, using lots of names, so I was so bad I was kicked off my script, working day and night using hard drugs. Anyway I came to POW within an hour I had a script, somewhere to live and am now on a detox programme clean of heroin, from May for 10 months I used to lapse on the crack, now I'm stable in the longest time ever, POW are my support network, I love the workers they are down to earth and realistic. I thank POW for everything.

KP

POW has helped me tremendously; I had recently been released from prison and was looking for voluntary work. I applied to 13 different projects and POW was the only project that offered me an interview. After serving a sentence of 10 years for drug supply, I thought I'd put something back into the community.

A.D

I first came to POW Aug 08 seeking help for my drug addiction and my lifestyle. POW was very supportive and understanding to what I was going through. It may seem just a cuppa and a chat but it was a HUGE RELIEF to find a caring place as I am from a different part of England and I didn't make many friends when I was using. Through the support and advice I am clean today off all drugs which is a miracle in itself, with the help I got 'needed' to put my life back on track.

I done quite a few handy man jobs in POW which kept me away from the drug scene, I am starting back volunteering work. I owe a lot to the people in POW they definitely got my life back which I am so grateful for. Today was my first time back since coming out of treatment and the smiles on the faces was very uplifting and warm, which was always the case in the past, once again thank you very very much

'Handy Andy'

I met POW through Alison, on the beat and she was always telling me to come down and have a cup of tea and a chat with them, but I didn't give them a second thought until I started hearing all the girls talking about them.

X

My working name is Louise, I have used POW for 18years, which was 1991, I was 15yrs old and working the streets. POW taught me how to keep myself safer and gave me advice on safer sex and taught me about GUM and going for regular check ups an all advice to anything now 18yrs on I have stopped working ad is till use PW an see the Counsellor that goes there and still get advice if I need it. I need advice and still get it and they never turn you away, if POW wasn't there I probably wouldn't of known as much on safer sex and going for check ups at GUM and keeping myself safer from violent punters and that.

E

I have been visiting POW for the past 16yrs for condoms and 1 to 1 sessions, in the past I have been in and out of prison and POW has supported me through these rough times. The support I have en given has really helped me and now I would like to become a mentor for POW.

I know that my work here has to be voluntary for at least 6months to prove to the staff and myself that I am mentally and physically stable for this kind of work. So what I am doing is putting in all my free hours with the POW team and hopefully I will become a paid worker. POW do a lot of work with people who need it like prescribing, GUM, needle exchange, gym. To be honest with you without POW I don't know where I would be. The best thing about POW is that they don't just work with your as an individual they also work with your family if you want that.

A

# 5.0 Yearly Report – Apr 1st 2008 to Mar 31<sup>st</sup> 2009

## 1.0 Introduction

The figures required for Schedule B of the Service Level Agreement between Nottingham City Primary Care Trust, Nottingham Social Services & POW 2008/09 are detailed below:

Figures shown are for total contacts, unique figures are represented in blue and this represents individual clients.

## 2.0 Number of Contacts made

Drop in	2096	Letter Writing; prison, re-hab etc	18
Street Contacts	734	Prison	33
Home Visits	81	Phone	291
Flat	25	Workers Home	142
Sauna	177	Children's Home	1
Hostel	2	Other Outreach	36
Court	3	Secure Unit	1

Total Contact No. 3607\* **501** New Contacts: 36

\*\* Clients unwilling to disclose personal information may skew data slightly

## 3.0 Profiles

**Gender** Male 585 **94** Female 2964 **398** T/S Male to female 5 **1**

### Type of Sex work

Street	1988	<b>241</b>	Phone	2	<b>2</b>	Own Home	12	<b>12</b>	Non Worker	743	<b>172</b>
Exited	448	<b>97</b>	Flat	159	<b>72</b>	Sauna	219	<b>83</b>	Other	3	<b>3</b>
Escort	5	<b>5</b>									

### Ethnicity

White	2534	<b>325</b>	Black Caribbean	401	<b>6</b>	Eastern European	11	<b>5</b>
Mixed Decent	242	<b>39</b>	Other	62	<b>9</b>	Black African	1	<b>1</b>
Asian	5	<b>3</b>						

### Age

11-16 yrs	13	<b>2</b>	17-18 yrs	15	<b>3</b>	19-21 yrs	125	<b>11</b>
22-25 yrs	407	<b>32</b>	26-35 yrs	1720	<b>192</b>	36-40 yrs	351	<b>55</b>
41-55 yrs	503	<b>82</b>	56+ yrs	45	<b>12</b>			

### Drug & Alcohol Misuse

None	321	<b>75</b>	Alcohol	408	<b>36</b>	Methadone	1658	<b>96</b>
Cannabis	82	<b>17</b>	Crack	1988	<b>183</b>	Ecstasy	1	<b>1</b>
Heroin	1921	<b>171</b>	Prescribed Drugs	321	<b>28</b>	Speed	9	<b>3</b>
Cocaine	76	<b>7</b>	Other	22	<b>2</b>	None	321	<b>75</b>

## 4.0 Advice Given

Drugs	1962	<b>301</b>	General Health	2498	<b>421</b>	Sexual Health	1867	<b>366</b>
Legal	56	<b>41</b>	Housing	479	<b>160</b>	Basic\Counselling	41	<b>33</b>
Mental Health	20	<b>13</b>	POW services	543	<b>241</b>	Domestic Violence	42	<b>29</b>
Social Support	460	<b>173</b>	Benefits	206	<b>81</b>	Contraception	69	<b>53</b>
Family Issues	158	<b>81</b>	Relationship Issues	179	<b>90</b>	Education	21	<b>11</b>
Exiting	2	<b>2</b>	Debt/Budgeting	267	<b>99</b>	Dodgy Punter Info	386	<b>147</b>
John Storer Info	35	<b>29</b>	Police	7	<b>7</b>	Pregnancy	12	<b>11</b>
Probation	8	<b>6</b>	Safety while working	522	<b>208</b>	Support Letter	14	<b>14</b>
Medication	21	<b>11</b>	Prevention	29	<b>26</b>	Rehab	14	<b>6</b>

**In-house services; sessions provided**

Counselling	209	POW Drug Clinic	100
Contraception	12	Compass	64
Providing pregnancy tests, smears & advice		Providing drug misuse advice, needle exchange & acupuncture/seeds	
Sexual Health Clinic	67	Specialised Benefits	30
Craft & Beauty (YWCA)	26		

**In-house services; clients accessed**

POW Drug Clinic	1913	125	1-2-1	334	88
Counselling	122	18	Compass	219	28
POW Sexual Health Clinic	242	63	Debt Advice	5	2
Benefits Advisor	112	24	Accupuncture	35	8
Beauty Session	45	14	Drugs Worker	148	29
Contraception	180	39	Needle Exchange	1	1
YWCA	90	22			

**Facilities used**

Food	4275	Clothes Bank	491	Phone	530
Hardship fund	290	Computer	8	Gym	31
Shower	53	Letter Writing	3		

**Items Given**

Safety Alarms	139	Condoms	62073	Lubricants	5262
Newsletters	49				

**5.0 No of home visits & outreach sessions; 198**

**No. of Sauna/Flat sessions: 22**

**No. of Prison Visits 6**

**6.0 Talks & Seminars delivered to community & professionals 41**

**No. Of Attendees 622**

**7.0 CONCLUSION**

The above is the information available to POW based on completed contact sheets returned by staff and volunteer workers and covers the period 1<sup>st</sup> April 2008 to 30 March 2009.

## **6.0 Staff, Management, Volunteers, Professional workers**

Wow, what a year of challenge and change it has been for POW. The organisation faced yet another huge challenge as we urgently looked for new premises following the traumatic burglary.

We have said goodbye to some old friends, not least Mo MacDonald who is a founder member of POW and who has now moved on to the statutory sector to follow a new career path. Cheers Mo, we thank you for your hard work, inspiration and support over the years and wish you all the best for the future. We have also welcomed new staff to POW whose presence is already being felt.

We continue to be supported by a band of wonderful volunteers, without whom POW would struggle to provide the unique, peer led service it does to the prostitute community and those affected by it.

We have also seen new people join our Management Committee. Phil O'Brien, who manages a city project for homeless youngsters. POW is fortunate to have a knowledgeable and committed Management Committee, which provides advice, guidance and support to POW.

Sue, Sonia and Andrea have faced some daunting tasks this year and as always have risen admirably to the challenge. Despite some setbacks they have continued to provide outreach services and a warm and welcoming base for people to access a host of services, including in house satellite services provided by the GUM clinic, and the John Storer Clinic. These have enabled clients to access help around their health needs and drug and alcohol use. We have also seen the addition of a contraceptive prescribing service on the premises which has been widely welcomed by clients. It is important for many POW users that these services are available under one roof and within a friendly and non judgmental atmosphere.

So I would like to thank everyone who has given their time and energy to POW this past year, Sue and her staff, volunteers, outside agencies and Management Committee members. Some of you were around on our Away Day during the summer when we took time out to reflect on the past year and to plan for the future development of POW. We look forward now to seeing those plans come to fruition.

We must move on in every sense, POW is a dynamic and changing organisation which must continue to meet the diverse needs of the people for whom it provides a service. We will continue to prioritise our service users' needs and remain determined to be true to our core aim - to provide accessible services to the prostitute community.

**Glynis Storer, Former Chair**

I has been a privilege watching POW expand and strengthen from it's early days operating out of Sue's home into our new multi service location on Independent Street. As a friend I supported Sue's early vision and gritty determination to address the need she so clearly saw.

Now, many years later, I feel honoured to be a member of the management committee in supporting the many facets of great work POW undertakes.

For 25 years I have worked with substance users in housing and treatment services. My work has involved outreach, youth work, rehab and shared supported housing. I trust that my experience and learning will benefit the staff and service users bringing added value to the great service that POW provides.

**Phil O'Brien, Vice Chair**

For a number of years I worked with POW! and the excellent staff who support the special Clients that use POW!

I enjoyed the work very much as POW! is a special organisation that warms the hearts of those who come into contact with it.

Usually when I hear about prostitutes - in all sorts of contexts and places and discussions- there is almost always really serious condemnation of the women themselves - the prostitutes. Shame is something the media, the public, politicians etc all expect prostitutes to feel - just about themselves.

I am so glad to know that POW! never ever shares that view.

Every woman is a valuable human being.

Prostitutes make their own mind up about what they do - but POW! does not look upon women who are prostitutes as being any different to other women who benefit from help, advice, support in making their life choices. Prostitutes are respected by POW! as people, as they should be everywhere.

**Tamsin Morris, Honouree Member,**

For many years I have accessed POW's services while working and exiting, because I had so much time doing nothing I was asked if I would like to do some voluntary work, and I did, 22 months later I am not in paid employment as a support and outreach worker and drop in co-ordinator.

I enjoy my work and we have a great team with many different skills to contribute to POW!!! It's very rare if a situation arises and it cannot be dealt with or sorted our as another member of the team will help. We are all good team players and I am so pleased I play for POW!

**Alison Ellis, Drop-In Co-ordinator**

## **FINANCIAL STATEMENT - Treasurers Report**

POWs work continues to be actively supported and recognised by our primary funders the Nottingham Primary care Trust, The New Deal for Communities Fund and Nottingham Social Services. We are also grateful for the continuing support of Nottingham Probation Service and The Nottingham Drug Action Team.

Our relationship with each of our funders has been first class and I would like to take this opportunity to thank them for their professionalism, commitment and assistance through the year. It has enabled us to focus on our clients and their needs with real confidence

There were many smaller donors over the year each of whom recognised the value and importance of POW as a real vector for development in the Community; to all of those we are sincerely grateful.

The longer term nature of our core funding has eased our concerns of previous years but even now we are continuously striving to develop new funding streams I have no doubt that due to POWs record of consistent achievement we will be able to secure additional funding to enable further development of our services.

I am once again indebted to our accountants, Mazars Neville Russell for their audit and advice. Our audited accounts are available to anyone who would wish to view them by contacting us directly for a copy.

### **Chris Hughes, Treasurer**

Hi everyone

What a turbulent time in POW over the last few years! Moving premises twice, finally we are now settled in our new premises, but there is still so much to do. A big thank you to all the staff and clients who helped POW's move from one venue to the next, whose energy when moving knew no bounds, your support is always appreciated. Without POW's team of dedicated staff, volunteers and mentors, POW would not be possible, they have been tremendous as satisfying clients needs and requests can be extremely challenging.

POW is leading the theme for routes out in prostitution and links to housing; I am hoping agencies will begin to do true partnership working and dealing with the core issues rather just the simpler issues and ticking boxes for statistical purposes. POW is here to represent the interests of the client, not to further the careers of individuals or the reputation of organisations.

Yet again it has been a very busy and challenging year in POW, some good, some bad, but lessons learned along the way. A few things I'm really proud of is that POW's core group of clients still have a huge input which paints a true picture of what works and what does not, especially if they want to exit from prostitution.

It is an uphill struggle to get clients to this stage when deciding to make lifestyle changes. Peer education combined with human and financial resources and time is necessary to succeed.

It is important to understand some of the barriers which prevent this from happening, class A drugs encourages a repetitive cycle for the clients concerned especially around street prostitution. Stigma can also often hinder progress; Clients actually believing in themselves make POW what it is.

I am making POWs three step programme official; this has always been done but in a very informal manner at POW it is where Clients progress to helpers, volunteers and mentors. Creating paid workers either at POW or help them get a job elsewhere, we can instil more services via client demand.

Peer education is serious stuff and takes a lot of time and energy. I believe in this with a passion, believe me it is the only way to empower people and change lives and services for the better, for hopefully a brighter future. Sonia often jokes if Degrees was given for running a peer led project such as POW I would have a truck load!

With out the funders POW would not be possible; there are some positive people in the professional arena, supporting POW.

I would like to give a special thank you to Sonia as without her boundless energy and support; moving twice and experiencing difficulties professionally and personally, Sonia has been invaluable, and we are a good team!

I would like to personally thank Pamela Gillies, Principal & Vice Chancellor, Glasgow Caledonian University, one of POW's founders & Honouree member. Pamela has been a personal mentor of mine and her energy for POW is boundless and she truly believes peer mentoring is the way forward.

I would also like to thank Tamsin Morris for her ongoing support over the years, and for encouraging me to run for local council.

Chris Hughes, POW's treasurer does a tremendous job, POW has come a long way since Chris first joined us; when POW's petty cash was organised from a shoe box! Without Chris's financial guidance POW would not be where it is today his input has been invaluable.

I would also like to thank Glynis Storer POW's former Chair for all her support professionally and personally. POW's Management Committee strongly believes and encourage POW's ethos of peer mentoring, the staff and clients have proven time and time again, it does works.

We are now able to provide more services; a mother and child room which is a wonderful resource for those that want to re-engage with their children. POW now has a gym to promote healthier lifestyles. There is also a shower for clients to freshen up after using the gym or those who reside at crack houses with no access to such facilities. POWs kitchen boasts new laundry and cooking facilities which have proved useful providing clients the opportunity to make small changes and regain some responsibility for basic tasks which often due to chaotic lifestyles get lost.

The late night drop-in compliments the POW service and demonstrates the hard work of all staff to meet the needs of the clients.

POW will be celebrating its 20<sup>th</sup> year in operation next year, which should tie in nicely with an open day at the beginning of the year to show off our new premises. Later in the year I have plans of a 'This is your Life Celebration' from the origin to end. Hopefully this will take place at the Broadway.

**Susan Johnson, Director**

Most weeks still bring a new learning experience especially in regards to the difficulties and challenges our clients face on an ongoing basis. Prostitution has no social status; individuals enter into prostitution for all kinds of reasons and come from varied backgrounds. I have learnt that everyone is individual, all with a life story to tell.

Nothing can quite prepare you for the harsh realities of prostitution and the world of drugs, in particular issues that we have to respond to and deal with at POW. The horrific murders in Ipswich are a constant reminder of the dangerous environments the girls work in, particularly in street prostitution and the need to protect and support them wherever possible.

Over the years POW has supported many individuals in exiting from prostitution, but our primary focus is to ensure they are working as safely as possible, which includes promoting good sexual health. POW still gives ongoing support to those exited, as individuals' problems do not just disappear overnight because an exiting box has been ticked.

Most of my career has involved working for big blue chip companies in the UK and abroad largely being based in the profit related business world. But working in the voluntary sector has made me realise how much more gratifying 'work' can be when you are helping people to improve their lives and to be safe. I find that I can easily transfer the skills I acquired in the corporate world to community based projects. It is most satisfying knowing that the work I do contributes to supporting vulnerable adults and young people.

I continue to value and enjoy the working environment at POW; we have worked hard to create an environment and atmosphere that feels safe, understanding and supportive. Our small multi-skilled team is very unique and special. My role is particularly fulfilling, yet extremely diverse. I have been renowned for bringing POW into the so called '21<sup>st</sup> century' introducing many new systems and working practices which contribute to the efficient running of the organisation.

Our success has been built on these flexible working practices that fit the service users' needs, not those of the individual workers and organisations. Workers sometimes have to go into dangerous places that other services would not be able to access due to lack of connections, ignorance and the stigma associated with this client group - and especially as it does not fit into a normal 9 to 5 lifestyle.

Many of our service users are reluctant to engage with main stream services due to negativity, stigma, labelling, judgemental attitudes and fear of repercussions. POW workers often face barriers when liaising on behalf of service users. I have been working at POW now for over 7 years and it still ceases to amaze me people's ignorance and the negativity and stigma attached to prostitution. Often there is a long pause from professionals when I mention I work with the prostitute community.

I find it rewarding but also empowering to be part of a unique peer led project supporting a vulnerable, hard to reach group.

**Sonia Dowdie, Operations Manager**

My name is Carmel and I have worked for POW over 3 years. I find the clients who come into POW very stressed, crying at times and often traumatised. The fact we can pick up the phone and will sort out their problems out until it is absolutely resolved then they go away smiling.

It makes my job very rewarding and satisfying, some problems take longer but whatever we get it sorted.

From Management to Doctors to Volunteers, all are wonderful to work with. I would not change my job for the world, and vest of all the girls, regarding homeless, vulnerable girls when funding safe places. I can sleep easy at night.

I find my job at POW very rewarding. The fact the clients come in stressed with a variety of problems, we 'can' and we 'do' our utmost to sort out their problems, its no problem, its is resolvable., and the client is left smiling.

The best part is when we have a client who has been a drug user, then goes on to be a volunteer, and then we know our work is well and truly done.

#### **Carmel Gilmartin, Former Support Worker**

I joined the POW team in Nov 04 to cover maternity leave for the then Office Manager. With a business background, I previously worked at a contemporary Art gallery supervising staff and dealing with the finances. It was a dramatic change to my work environment and proved to be an extremely challenging as well as rewarding experience. I adapted and settled into my fast pasted and varied role very well.

2006 my role was developed further and I took up the role of Young Persons co-ordinator. This proved to be extremely rewarding, working with Young people predominantly in the Children Looked after Remit. Being able to contribute to a Young persons Life in a positive manner is invaluable. Assisting workers to engage more positively with the young person for a more productive outcome is an essential part of POWs work, contributing to the prevention work of all agencies.

My time at POW has proved to be enlightening, being from the community there are clients I went to school with that I often see, from behind the scenes being able to relate and assist clients in my work is very rewarding and meaningful.

#### **Andrea Dowdie, Office Manager**

I work with numerous clients within POW, delivering a wide range of psychosocial interventions. These sessions are usually on a one to one basis where the client is taken through an assessment, followed by a care plan being drawn up. The care plan is tool that has been devised for both key worker and client involvement, and the key points are to keep it realistic and achievable.

If the client is too chaotic probably all that can be achieved is some form of brief intervention. Once the client becomes more stable more structured interventions can be delivered such as CBT, or solution focused therapy. Also I do a lot of advocacy work, attending probation appointments, job centres/housing and representing clients in court. On clinic prescribing days, I'm always on standby for clients coming in to collect their scripts this is the time when opportunities arise for brief interventions, or I can catch somebody who just need needs to talk to someone.

Some of my clients are in prison and i correspond with them via letter of support, and visit them so I can carry out structured key working sessions. In these sessions we discuss there substance misuse, re- offending behaviour and start devising resettlement plans that we can put in place when the client is released.

I liaise and have a good working relationship with the doctors from the satellite clinic, so with regards to the clients needs; between us we can give that client the best possible care. I also have a good working relationship with POW in house counsellor, and sometimes it's necessary to have 3 way sessions with more complex clients.

Lastly I would just like to say my role within POW has naturally progressed over the 16 months I have been here. We have had some real success stories, from clients drastically reducing there substance intake, to others becoming completely drug free. I am happy to be a part of the POW team and happy to be making a difference in peoples lives in our community may the good work continue.

**Simon Morley**  
**Substance Misuse Worker**

I have always been involved in POW since I can remember as my mother Susan Johnson is the Director. I've seen it all since day one, when my Mum and Maureen had our living room full of condoms and lubes before POW had premises. Over the years of me growing up I have seen many working girls pass through our house, our house kind of became a half way house for some of the girls, but it was the norm for me, Mum would come home from work on a Friday and sometimes bring a girl home for the weekend. As I have lived my whole life growing up around prostitute women and have learnt a hell of a lot about the Industry and that's why I find it very easy to communicate with the girls on the street and in POWs drop in because I have known a lot of the girls from childhood.

**Rochelle Johnson Dyer, Support Worker**

I am a volunteer at POW from February training to be a Support Worker. I really do enjoy what I do and I think this project is very beneficial to the clients i.e. helping them

with their daily issues and supporting them from beginning to end. I became a volunteer through having issues of my own and all the staff here pulled me through and then gave me the opportunity to turn my negatives into a positive and I very much appreciate it, they did everything for me, so now I like doing the same for others along with all the staff at POW, I would just liked to say thank you to all of the staff for giving me this chance to work with others.

\*\*

I'm a client helper at POW, previously I lived a chaotic life style, one day I approached Sue at her back door and asked for help, which I couldn't believe I got the next day! How (AMAZING) I then went on to get my script, change my lifestyle via POW and I would just liked to say thank you to all POW staff; volunteers, mentors, peer educators, who helped me all the way through my recovery, and got me where I am at today, so much appreciation.

### **Volunteer/Mentor**

My name is Jayne, I have been a counsellor at POW for the past 4 years. I find the work extremely rewarding but sometimes heart breaking. I work with female prostitutes and rent boys. Some of which have or who are exiting drugs and prostitution. I seem to go from one extreme to another with the issues presented. Sometimes just a listening ear, or another time to see somebody right through to re-hab and out the other end. POW is an extremely different place to work. You never know what's going to be presented to you next. I find the none judgmental closeness and hands on approach really works and I have found that no amount of formal training gives you the working knowledge needed for this work. I am proud to tell anyone I work for POW and hope to continue to do so for a very long time to come POW.

### **Jayne Dalrymple, Counsellor**

I started working at POW in Aug 08 and have enjoyed myself. I've learnt something new every day and I enjoy working with the clients. The staffs at POW are great and have really welcomed me into their team. I have spent 8 months at POW and learnt a great deal about the organisation and its ethos. I've now secured paid employment with POW and look forward to a brighter future.

### **Tracey Dyer**

My name is Helen and I have volunteered at POW 6 months. I think POW do a wonderful job for the clients who are in great need of support. The clients I have met have been friendly and pleasant and seem to really appreciate the services delivered by POW.

Whilst working in this establishment I have discovered that government agencies make life for those that POW dedicate themselves to very difficult by means of discrimination and ignorance. I feel honoured to be part of an organisation that endeavours to combat society's shallow mindedness towards individuals in need of support and understanding.

I have fully enjoyed being at POW as staff and management are a pleasure to work with.  
**Helen Thompson, Former Volunteer, outreach driver**

I work for the National Probation Service as and outreach worker, I have used POWs service to refer women who need help in many areas of their lives, from fleeing domestic violence.

**Roland, Probation Outreach**

"I was very impressed with the work that I saw at POW. In particular the way in which the views and opinions of clients were used to inform the way in which everything was done. The atmosphere was calm and caring but also challenging so that clients without hope were given the prospect of making real progress many for the first time.'

**Vernon Coaker, Member of Parliament for Gedling**

In February 2008 The Health Shop Sexual Health Service commenced an asymptomatic screening clinic for Sexually Transmitted Infections, (STIs) and HIV. This involved testing for Chlamydia; Gonorrhoea; HIV; Syphilis. Self-taken swabs are provided by female clients and urine samples by male clients for Chlamydia and Gonorrhoea; blood samples are taken for HIV and Syphilis. Test results return between 10-21 days. Anyone experiencing symptoms must be seen at GUM for testing and treatment.

As well as screening the service provides pregnancy testing, Hepatitis B vaccinations and sexual health advice, as required.

The service runs every Tuesday evening 4-6pm on a "drop-in" basis. It is offered to all POW clients within the core service and on outreach by POW staff. Clients are advised where and when to attend. To date it has proven to be very successful, between February and March 2008, 19 clients were seen, 18 were female and 1 was male. 15 screens were conducted, 1 vaccination, 1 for advice and 2 for results.

The service will continue into the new financial year.

**Moira Gibbons, Sexual Health Screening Clinic at POW.**

The Nottingham Alcohol & Drug Team (N.A.D.T.) have been involved with POW since its beginnings 17years ago. The Nottingham Alcohol and Drug Team continue to provide a weekly comprehensive package of substance misuse treatment for the women who attend POW. Over the past 2 years the service has gone from strength to strength, with the number of women in treatment increasing.

The service is a shared care partnership between the Nottingham Alcohol and Drug Team (NADT) and POW. It is well supported by the Nottingham CDP and the PCT.

Over the past 2 years the proliferation of substance misuse and prostitution has continued to have an impact. Many of the client group who access POW have historically

been difficult to engage and retain in treatment. However, we have successfully retained over 42% of clients in treatment for more than 6 months.

Many of the clients report that the POW clinic has given them a chance to access treatment, where before they found it difficult to do so. The women are appreciative of the fact that as a service we are committed to providing them with a comprehensive treatment package that is conducive to their lifestyle. The recent highlighted media coverage from Ipswich further endorsed the need for women to be able to access drug services easily and without prejudice. We had anticipated that this incident may have generated an increase in numbers in the clinic. This was not the case. We would like to think that this is because services in Nottingham are sufficiently flexible to meet the needs of this client group and therefore, those who wish to be in treatment are already known to us.

Seeing clients turn their lives around from one of chaos and disorder is always rewarding. Recently I had the honour and pleasure of attending a residential rehabilitating to see an ex-client who had been abstinent from drugs for over 2 years. She is now in employment and living independently.

POW is a wonderful and valuable project. The support, compassion and commitment from the workers is crucial to our work and to help retain clients in treatment. I can recount incidents that have provided me with laughter and other that highlight the immense fears and distress for some women.

I for one plan to be around to continue to work with the wonderful ladies at POW for a few more years yet.

**Jennifer Chambers, Primary Care Liaison Nurse, Nottingham Alcohol and Drug Team**

We have been running a specialist prescribing clinic at POW for drug using service users since Oct 2003. This has continued to develop and strengthen over the past year.

Clinics are held weekly on Thursday afternoons and are lead by myself and Jennifer Chambers a nurse specialist from The John Storer Clinic. I am a local GP with a special interest and specialist training in drug misuse management.

The clinics are well used and have enabled a range of women to access treatment and support for their drug use, who may otherwise not have done so. POW offers a unique opportunity for women to be treated for their drug use in a safe and flexible setting where they know they will be treated appropriately and in a non-judgemental way.

Thursday afternoons provide a marvellous "one-stop shop" where clients can be seen by a variety of practitioners and address several health-care needs in one go. The services offered have expanded to offer a range of health initiatives and include GU medicine, contraception advice and prescribing, acupuncture for addictions and also massage therapy.

Many of our regular clients have either never been in treatment before or have not stayed in treatment for long with other agencies. Over the past 2 years (Oct 2004- Oct 2006) we have had 31 clients in treatment and our retention rate is impressive with over 42% (13) of these, staying in treatment for more than 6 months. In fact, 10 women have been seen weekly or fortnightly for over a year, with some still being seen after 2 years. We see an average of 1-2 new clients every month, and do have the capacity to see more.

It is important that people are stabilized over an extended time period, as drug using habits are hard to break and clients often need a long time in treatment to really address the issues needed to turn their lives around. We have some very good success stories! Clients' health have improved dramatically when they are no longer injecting, many women have been able to exit prostitution, as they are no longer working to fund their drug habits.

POW is a wonderful project, staffed by committed and enthusiastic workers. It is a privilege to work here and to get to know the clients and learn more about their particular issues and struggles. It is also a lot of fun and we often have a good laugh. I anticipate the clinic will continue to thrive over the next year with a steady increase in the numbers of clients seen and with continued benefits seen by those accessing the service.

**Dr Karen Worth, GP. GPWSI; GP with Special Interest in drug misuse**

I have been visiting POW now for two and half years, providing an outreach Sexual Health clinic on behalf of G.U. Medicine. I can honestly say, providing this session is probably the favourite part of my working week. The whole POW setting is very friendly and accommodating, which of course is all credit to the workers and volunteers.

Similarly, I find working with this client group very rewarding as it not only encompasses Sexual Health screening, but also counselling and providing appropriate information/advice. Obviously at times this can be challenging, however I do feel the clients value the service provided and there is a true trust relationship, which has emerged from that.

To be involved in the process of facilitating clients to make positive changes in their lives and subsequently witnessing those changes, really does make you feel as though you are making a difference.

I very much look forward to continuing to provide the service and indeed extending the sessions further, to include clients who are for various reasons unable to attend POW. Hopefully this additional outreach would serve to promote all the excellent services provided by POW thus empowering a growing client group.

**Kim Mian, Former Nurse**

**Health Adviser G.U. Medicine Department of GU Medicine, Nottingham City Hospital.**

The Satellite Clinic at POW was set up for easy access for clients who can't attend other clinics offering contraception. Advice given on all forms of contraception from the use of condoms to discussions on coil fits and implants, this can take place. Aim of clinic is to offer advice and support to clients regarding their contraception and sexual health.

Working together with the team at POW that already support the clients in many different areas, this service can be developed further to meet the needs of the clients.

### **Kim, Cash, Contraception Nurse**

We run a satellite clinic set up around a year ago to engage with clients with substance misuse, working along side POW staff and working with clients is a great break from our working week, we enjoy working in the POW project and engaging with the clients there is lots of things going on and lots of projects offering their services working all together to enable good working practices and a safe place for clients.

### **Cindy & Lynsey, Adult Drug Workers Compass**

Another busy year has come to an end. Through out this time POW has maintained their outreach support work to vulnerable women engaged in both on and off street sex work.

The Kerb Crawling Task Force has continued its work with POW in order to ensure that women who need protection and support are provided for via the services offered by POW.

The Police Dangerous Persons Management Units have sort to use POW in order to inform sex workers and outreach workers of potential dangers from sex or violent offenders being released into the local community and who pose a risk to women and sex workers in particular. Work will continue during the next year in order to further develop this process and link it to colleagues in our neighbouring counties.

The Police Sexual Exploitation Investigation Unit have sort the assistance of POW in providing a first point of contact for crises accommodation for trafficked foreign national women found in off street sex establishments raided by the SEIU. These raids took place during the course of operation Pentameter. This was a national operation seeking to combat illegal trafficking. SEIU have also sort advice from POW regarding licensing conditions in lap dancing clubs. Nottingham has a no nudity policy which it is hoped will protect women from pressures to go to full nudity.

Work will be progressed by the Police in 2008 regarding the off street sex industry across the City and County area. It is hoped that the continued support and development of POW by agency partners will enable them to provide robust support services to vulnerable women working or seeking to exit from the sex industry.

### **Ian Winton, Sexual Exploitation Investigation Unit**

NOTTINGHAM is being seen as a benchmark in relation to the Government's national review of how it handles prostitution. Services such as POW, based in Radford, have been commended for their role in helping sex workers exit vice and similar projects across the country could be key to future policy. POW runs a mentor scheme, offers advice through its drop in scheme, sexual health services, drug rehabilitation programmes and a variety of other support mechanisms. MP Vernon Coaker, who is responsible for producing the Government's review on how to tackle prostitution and trafficking, visited the project recently.

The Crime and Drugs Partnership in Nottingham (CDP) are producing a local strategy for handling prostitution in Nottingham. The strategy has been developed with the involvement of agencies including local residents and women involved in prostitution. POW has provided us with access to clients through focus groups and interviews and helped us form an evidence based strategy. Our strategy locally is looking at a holistic approach of rehabilitation through schemes such as the Change programme. The Change programme fines men who are caught for kerb-crawling; the funds are then reinvested in charities such as POW. "It's been very successful, with only six men going on to re-offend". "We have a localised approach to the national strategy here in Nottingham and have ensured we include on street prostitution and prostitution taking place elsewhere."

**Ellen Martin, CDP**

The police are often the first contact for women involved in prostitution, particularly when they become chaotic, vulnerable or the victims of crimes such as serious or sexual assaults. Whilst the police are well equipped to deal with an investigation, we are not best placed to deal with the aftermath and long-term effects on the lives of those affected. As such, we rely very heavily on the support and care that POW can provide. They fill the gap between the police encountering women on the streets and the same women rebuilding their lives in a meaningful way in the community. POW is part of the long-term solution to providing hope and a future for women who might otherwise spiral further and further into chaos.

***Neil Radford, Taskforce for On-Street Prostitution***

Team:

Susan Johnson - Project Director	Sonia Dowdie - Operations Manager
Alison Ellis- Drop In-Co-ordinator	Andrea Dowdie - Office Manager
Simon Morley - Substance Misuse Worker	Jane Dalrymple - Counsellor
Rochelle Johnson-Dyer - Support Work	

The Management Committee:

Phil O'Brien - Vice Chairperson	Dr Rachel Leheup -	Chairperson
Christopher Hughes - Treasurer	Susan Johnson	Dr Nicola James
Helen Catchpole	Stephanie Webber	Lisa Mckensie
Rachel Munton	Cat Arnold	

Honary Member; Professor Pamela Gillies, Tamsin Morris, Glynis Storer

POW would like to thank the clients, the Management Committee, employees, and volunteers and of course the funders:

Nottingham City Primary Care Trust  
New Deal for Communities; Radford & Hyson Green  
Nottingham City Social Services CDP

Grants received from:  
National Probation Service  
Nottingham City Drugs & Action Team/Crime & Drugs Partnership

Donations in Kind;  
Prohelp, Eversheds, Browne Jacobson LLP,  
Andrew Munroe, Community Accounting Plus.

#### CONTACT DETAILS:

POW  
16 Independent St  
Radford  
Nottingham  
NG7 3LN

TEL: 0115 9249992  
ADMIN/FAX: 0115 9249993  
Email: [andrea@pow-advice.co.uk](mailto:andrea@pow-advice.co.uk)  
Web page: [pow-advice.co.uk](http://pow-advice.co.uk)

**POW, NOTTINGHAM**

(Please make cheques payable to POW)

My gift is for

.....  
.....

Visa/MasterCard/Euro card/Delta No.

Name: \_\_\_\_\_ Expiry date: \_\_\_\_/\_\_\_\_ Amount £ \_\_\_\_\_

For Gift Aid Purposes (If you do not have a Gift Aid, please turn over)

Name \_\_\_\_\_ No. \_\_\_\_\_

POW  
16 Independent St, Radford Nottingham, Ng7 3LN  
Registered Charity No. 1064273

**GIFT AID DECLARATION**

If you are a tax-payer and have not already completed a Gift Aid Declaration, completing this form means that the Christian Centre can claim the tax available.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_

Signature: \_\_\_\_\_

I declare that POW can reclaim the tax available on the enclosed donation. I understand that I must pay an amount of Income Tax or Capital Gains Tax equal to the tax deducted from my payment

Date: \_\_\_\_\_

Alternatively donate via our Web Site

*Poems from A Working Women*

*I used to work all night  
I used to work all day  
And I practically gave my body away*

*I used to hate myself for the life I led  
As all day long men were in my bed.*

*But now that's all changed  
And I've grown up a lot and never again  
Will I pretend to be something I'm am  
not.*

*KL*



Charity No. 1064273

16 Independent Street  
Radford, Nottingham NG7 3LN

Drop-in Telephone: 0115 924 9992  
Administration/Fax: 0115 924 9993  
Drop-in Mobile: 07966 537 839

Email: [andrea@pow-advice.co.uk](mailto:andrea@pow-advice.co.uk)  
Web Page: [www.pow-advice.co.uk](http://www.pow-advice.co.uk)

