

One25

step away from the streets

Events Pack



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1. Event Fundraising Form

Thank you so much for choosing to support One25 in this way. We are honoured to be chosen as the beneficiary of your fundraising event and we hope that you will have a lot of fun in the process of raising valuable funds for One25!

It would be really helpful for our records if you could let us know how you came to hear of us. We would also appreciate it if you could let us know a little more about your planned event- when, where, what activities you will be doing and how you intend to raise money. Please also take the time to read through our event guidelines to ensure that your plans are in agreement with our requests.

Finally, we would like to be able to support you as much as possible. Please let us know if you would like information leaflets, collection tins, and any of our merchandise (cake books, tea-towels, or freeset bags) to enhance your event. Please also let us know if you would like a One25 representative to attend the event, to speak about One25 and/or thank your guests.

Please complete or delete as appropriate and return the following by email or post.

Organiser's name:

Organisation/ society (if appropriate):

Email:

Phone no:

Event outline:

Venue:

Date and time:

Resources required: **Flyers** **Collection tin** **Merchandise**

One25 representative required: Yes/No

I have read and agreed with the One25 event guidelines and ethical policy: Yes/No

How did you hear about One25?

2. Sponsorship

If you (and your sponsors) have internet access, then the Virgin Money Giving website is one of the best ways to raise sponsorship:

<http://uk.virginmoneygiving.com/one25> (<http://uk.virginmoneygiving.com/fundraiser-web/fundraiser/showFundraiserProfilePage.action?userUrl=one25>)

Creating your fundraising page should take around 5 minutes — that's it!

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1. Choose the event you are doing for One25.
 2. If you don't have one already, register for a Virgin Money Giving account at virginmoneygiving.com
 3. Follow the instructions online. Give your page a title, write a strong message to your friends, encouraging them to donate, and add a photo.
 4. Email the address of your page to everyone you know, here and abroad, and start collecting donations. Virgin Money Giving will automatically reclaim Gift Aid on all donations from UK taxpayers.
 5. The money you raise is transferred automatically into your charity's bank account – you don't have to do anything!
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Please make cheques payable to **'One25 Ltd'** and send to One25, The Grosvenor Centre, 138a Grosvenor Road, St Pauls, Bristol, BS2 8YA.

3. One25: A Summary

One25 is the only organisation in Bristol specifically supporting street sex-working women: our city's poorest and most vulnerable individuals.

Mission – One25 reaches out to women trapped in or vulnerable to street sex work, supporting them to break free and build new lives free from violence, poverty and addiction.

History – One25 started 14th May 1995 as a result of concerns from local agencies and churches about the health and well-being of female street sex-workers in Bristol.

Vision – A community where all women are valued and able to live fulfilled lives without the risk of being trapped in sex work.

Values – Person-centred; including justice, unconditional love, non-judgmental, compassion, truth and a willingness to see things through, reflecting our Christian ethos in action.

Christian ethos – One25 was founded on Christian vision and values and this ethos remains at the core of its work, though it is open to all who are sympathetic to its ethos to be part of the organisation.

Facts

Last year (2013-14) – One25 worked intensively with 240 women, of whom:

- 45 stopped sex-working
- 168 accessed addiction treatment
- 65 used health services
- 69 started therapy
- 47 were more safely housed
- 157 were supported to gain and new skill
- 11 took part in volunteering
- 3 got paid employment

“A brilliant organisation, the yellow or white van surely saved, comforted and cared for me when I couldn't care for myself. A big thanks to all the wonderful workers.”

Awards and public achievements

2014

- Winner of The Queen's Award for Voluntary Service
- Winner of Best Communicator Award at the South West Impact Awards

2013

- Winner of the National Ugly Mugs Star Project Award 2013

2011

- Winner of the Centre for Social Justice Awards 2011

2010

- Winner of the GlaxoSmithKline IMPACT awards
- Winner of the Guardian Charity Awards

One25's Services

The women receive the intensive support needed to step away from the streets and unlock their potential in a variety of ways:

- **Outreach** - the van means One25 are able to reach the women's basic needs, giving them a place of safety. It provides food, first aid and safety alarms etc. It goes out every Monday - Thursday 9pm - 12pm and Friday 9pm-1am.
- **Drop-in** - a safe place providing hot meals, showers, crisis intervention and medical advice. It opens every weekday bar Thursday between 1pm-4pm.
- **Casework** - helps each woman identify what they want to change and support them in making this come about.
- **Events** - run three annual events for our service users.

4. A – Z of Fundraising Ideas

Fundraising events are a great way of raising money for One25. They can be a lot of fun planning and putting on and are a great way of raising money and awareness of our work. Classics such as car boot sales and sports competitions always work well and the more unusual, creative events are brilliant for attracting sponsors and publicity.

Before organising any fundraising event, please contact One25 to inform us of what you are doing and we will send you an events pack. **And if you are under 18 you must get your parents' permission!**

Here's a list of ideas to help inspire you...

A is for...

- Adventure: e.g. sponsored Three Peaks hike
- Auctions
- Afternoon tea party (donations or tickets)
- Art sale

B is for...

- Babysitting
- Bad hair day - this could be sponsored or like a non-uniform day, with all participants contributing a small donation for the privilege of coming into work/school with appalling hair!
- Ball - this could be masked, themed or just black-tie...whatever you decide!
- Barn dance
- BBQ
- Book sale
- Bring and buy sale

C is for...

- Competitions – art, photography, poetry, creative writing
- Car boot sale
- Carol singing
- Cake bake
- Concerts
- Club nights
- Clothes swap
- Coffee morning
- Cycling challenge
- City Night Walk
- Comedy night



D is for...

- Dress down day

- Dog show

E is for...

- Easter egg hunt or other eggstravaganzas (e.g. egg and spoon race)
- Exhibitions
- Eighties night
- Email all your friends to One25 website or help us with events publicity
- Expeditions

F is for...

- Face painting
- Fetes and fairs
- Fancy dress party
- Fashion show
- Fifties night
- Football competition
- Film night - decorate your house or community centre like a cinema, get out the popcorn and ice-cream and ask everyone to contribute ticket price. For real film buffs all night film events (e.g. whole Lord of the Rings trilogy) can work well
- Fun run
- Five-a-side sports competition

G is for...

- Give-it-up - be sponsored to give up your favourite thing, be it chocolate, talking or even all food for a day – an annual event we do co-ordinate!
- Guessing competition (how many sweets in a jar, who's who in photos etc.)
- Garden party
- Gig

H is for...

- Head shave/Hair cut – the crazier the better
- 'Hire a helper' - hire out your gardening/cleaning/cooking skills for a donation to One25

I is for...

- International food dinner party

J is for...

- Jumble sale
- Jewellery sale
- Jazz night



K is for...

- Karaoke
- Knit-a-thon - knitting is the new rock and roll.

L is for...

- Line dancing
- Litter collection – one bucket for the litter, another for donations!
- Lucky dip
- Leg waxing for men
- Lessons in...teach a skill (e.g. professional masseur teach for an hour, etc.)

M is for...

- Magic show
- Marathon
- Mad hatters tea party
- Murder mystery event
- Makeover party



N is for...

- Nature trail
- Netball tournament – why not playing it in fancy dress...
- Neighbours – offer to do something for them in exchange for donation
- New Year's Party (including Chinese New Year)
- Non-uniform day
- No car day – petrol money saved can go to One25!
- Name the teddy

O is for...

- Obstacle course
- Odd clothes day
- Open mic night



P is for...

- Parties
- Puppet show
- Pancake day
- Pet show
- Photo competition
- Poetry night/competition
- Plant sale
- Pub quiz
- Progressive meal - also known as Safari Supper. This is set over 4 houses, each serving a separate course (starters, mains, dessert, coffee and chocolates).

Q is for...

- Quiz night

R is for...

- Races



- Raffles
- RAG
- Rugby match

S is for...

- Sports day
- Sponsored silence
- Seventies themed night
- Shave head/legs (for boys)
- Sixties themed night
- Swear box – or moan box (every time you moan put money in the box)
- Swim-a-thon

T is for...

- Talent competition
- Tennis competition
- Themed day/party
- Treasure hunt
- Tug of war

U is for...

- Unwanted gifts sale
- Ultimate challenges. This could be a cycle ride across Peru, hiking the Great Wall or abseiling the Clifton Gorge for those with a fear of heights!

V is for...

- Valentines ball
- Valet for a day
- Variety show

W is for...

- Wacky races
- Walks
- Water games
- Wine tasting/Wine and cheese party



X is for...

- Xmas ball/party
- Xmas carols
- X factor party

Y is for...

- Young-old switch – young people dress up as old people and vice versa. Could be a fancy dress event at a club night or at school
- Yoga evening (sponsored)!

Z is for...

- Zzzz...what you'll need afterwards! OK, we couldn't think of anything for Z. Please email in any other fantastic fundraising ideas you may have to emma@one25.org.uk, especially beginning with Z!



5. Organising an Event – Tips and Guidelines

We can help you with the following:

- Permission to use our logo (restrictions apply.)
- Some wording or photographs for flyers/invitations.
- A signed letter of authorisation from One25 on our headed paper (to help you find a free/cheap venue, for example.)
- Support with publicity. Please send all draft publicity to josie@one25.org.uk – she can then release the news to the general public.
- Adding your event to our website, Facebook and Twitter pages.
- Organising a trained speaker for the event.
- Loan of One25's short DVD to play at the event.
- Our own publicity materials including flyers, posters and powerpoint.
- Recruiting volunteers to help on the night.
- One25 collection tins.

Tips:

- Keep it simple - raffles and collecting tins at an event can make a big difference to the amount of money raised.
- Ensure that everyone involved in organising the event has a clearly defined role, and a deadline.
- Keep costs as low as you can - draw up a simple budget and stick to it.
- Liaise with Emma one of One25's Fundraisers over publicity such as posters and flyers, Facebook pages, etc. for your event.
- Say thank you to everyone who helped and tell them how much money you raised.
- Do fundraise legally and safely! See the guidelines on page 13.

Dates:

- Choose the date carefully, giving yourself enough time to organise and publicise your event and avoid competing with other local or national events.
- Think about your personal commitments and be realistic about the time you can put in.
- Produce an event plan; give everyone who is helping a copy with names, dates and agreed responsibilities clearly marked.

Venues:

- Select a suitable venue and book well in advance.
- Make sure that venue staff know what your event is; ask if the venue can help you at all e.g. with equipment.
- Confirm your reservation nearer the time to avoid double bookings.
- Make sure your venue has the required license and insurance.

Events Guidelines

Equipment

If you are planning on using equipment at your event – anything from P.A to coffee pots - make sure that people are given proper instructions on how to use the items safely.

Cash

Prior to the event make arrangements to store cash securely during the event. Two people should always be present when counting money.

Personal belongings

Event volunteers should only bring the minimum of personal belongings as One25 cannot be held responsible for people's property being lost, stolen or damaged.

Venue

Tell all people at your event where the fire exits and toilets are. If it's a big event (rather than a private garden party) have a copy of the venue's health and safety policy and fire evacuation plan. Consider access for people with mobility problems.

Alcohol

Do not serve to under 18s or to adults who seem drunk already. If One25's service users are present at the event, please do not have alcohol on the premises. If you are selling alcohol at a venue that does not normally serve alcohol you will need a license or ask for a donation rather than a fixed price. Alternatively you could hold your event on licensed premises.

Food

If you plan to sell food at your event, food safety laws apply. You need to be aware of these and follow food hygiene procedures. We recommend that you state that you cannot guarantee that food served is nut/nut derivative free and/or other potential food allergies.

Clothing

Make sure the people taking part in the event are notified about wearing the right clothes for the external conditions such as rainwear, a sun hat or high visibility jacket.

First aid

Ensure you have a first aid kit and put someone in charge of first aid.

Under 18's

If you are under 18 you should always involve a responsible adult in your planning and ask your parents/guardians' permission.

Please never approach strangers for support, go knocking on doors or collect on the street.

- Try to work in groups - it's more fun and safer
- Check your event is safe by doing a risk assessment

- Always ensure there are a minimum of two adults at events for under 18s (more adults will be needed to supervise larger events)

Further Guidelines for Big Events

Risk assessment for beginners

A Risk Assessment involves examining whether anything at your event could cause harm to people attending. One25 cannot accept responsibility for accidents at your event. If you are under 18, ask an adult to help you check your event is safe and draw up a plan in case of emergency. Here are a few tips to help get you started:

1. Go through your event plan and make a list of hazards e.g.
 - Things that could cause fire
 - Things that could cause injury e.g. cables you could trip over, falling off chairs when putting up balloons
 - Money getting stolen
 - Food causing food poisoning (snacks like crisps shouldn't, but barbequed chicken might pose a hazard)
 - Loud noise can damage hearing so you may need to provide hearing protection for people helping at events for example those with loud music.
2. Then put in place some simple precautions.

For additional information or support email emma@one25.org.uk or call 0117 9094381

Insurance and legal requirements

If you organise an event where the general public rather than just friends and colleagues are invited you will need to ensure that you or the venue has public liability insurance.

Check the venue has the required licenses (performance licenses for music, film, plays and dance events, late night opening and sale of alcohol by retail). If not, licenses are usually obtained from your local council. More information can be found at culture.gov.uk

Raffles are also subject to guidelines. To avoid legal complications, sell tickets at your event (maximum of £2 per ticket) and draw the raffle on the day and try to get prizes donated because there is a maximum you can spend on prizes.

6. Examples of What Your Money Can Buy

£5 can provide a meal and a hot drink for two malnourished women on night outreach – often the only food they eat.

£10 can give a woman an hour's budgeting, nutrition and catering training, teaching her valuable life skills and increasing her confidence.

£25 can give a woman practical advice and support to warn her of the dangers of life on the streets.

£25 can pay for us to take a woman to her first appointment for drug treatment helping her take a crucial step towards a drug-free life.

£35 can help a homeless woman to get a roof over her head and a place to call home.

£55 can pay for us to visit a lonely woman in prison supporting her at her time of need.

£150 can pay for a caseworker to spend a day with a woman in rehab, encouraging her and reassuring her that we're with her every step of the way.

£330 can practically and emotionally support a woman to report a violent crime and get justice against her attacker.

7. Beneficiaries' Stories and Quotes

Amy's story

"I started using drugs at the age of fourteen when my boyfriend introduced me to them and my life descended into madness. I met the One25 team as a teenager while I was out working the streets for drugs. I was suicidal, suffering from epileptic fits and I'd recently tested positive for Hepatitis C. Worst of all, I was in deep pain over my little boy who had been taken away from me. During one of my many visits to the drop-in, I spoke to my worker, Gill, of the awful pain I felt whenever I thought about my family and especially my baby boy who I no longer could look after. I used to just sit there on the sofa and cry and cry for my family while Gill hugged me. I knew if I didn't go home then I would never be able to stop but I also wouldn't blame them if they didn't want to see me again.

Later that year, I was admitted to hospital with a blood clot in my leg. I was tiny at this point, so skinny and ill. During my stay I admitted to my One25 caseworker that I was scared and wanted to make definite changes. But my life was mad at that time and my self-esteem was rock bottom: within days of being discharged, I'd gone back to selling sex for my addiction.

One25 offered to write to my Mum to let her know I was alive and I agreed. Within days of the letter being sent, Mum phoned One25. It was a very emotional phone call: she said she was relieved I was alive and that she'd never stop loving me. She wrote to One25 often and told them: *"Not one single day goes by when I do not think of Amy and where she is and every day I pray that she will come through this nightmare eventually although as time goes by my hope is becoming less. Please tell her that I love her and I will always love her"*

Mum and Nan kept close to One25 over those months and when they heard I was going to be released from prison on Christmas Eve they made a big decision: they'd come and meet me and take me home. I was finally reunited with my family after almost 3 years apart! Being with them again was the best 21st birthday anyone could want.

Nan wrote to One25, saying: *"Amy is doing so well and we are overjoyed to have her back with us. It is a year now since Christmas Eve that she came home and they have been golden days for us. I shall never forget your loving kindness to my granddaughter. This is all down to you and your wonderful team, without the help you have given Amy, this reconciliation would never have taken place. When I think of what you and your group made possible for Amy, my heart is full of gratitude. One thing I have learned - no addict can recover without love and support in every way. Thank you for loving my granddaughter when we were not there to do so."*

It's now 6 years on and I'm married. I live with my husband and my 9 year old son who I've got back and we now have a little daughter. Mum hardly lets a day go by without

visiting me. We're so thankful to be back together – these last 5 years are nothing short of a miracle."

Sandra's story

"Every day is quite extraordinary."

Sandra started taking drugs when she was 10. She hated herself, and she loved the drugs because they made her forget who she was. This was the start of two decades of addiction, homelessness and self-loathing. Sandra was in and out of prison; she gave birth to a son who was taken away from her. She was close to suicide when she found One25, a Bristol charity that helped her take control of her life.

The shame of begging for money was one of the worst things I've ever done. And when I did start prostituting myself, which was quite a lot later, it felt more estimable than begging. It was like, 'I have absolutely nothing to offer this world: I am begging'. I remember sitting down and looking at people's legs passing by, people chatting and women pushing prams. I remember thinking, 'I really want to be like that', but not knowing how.

Prostitution was about getting money for drugs but it was also about wanting to feel loved. It was about feeling that this was at least something I could do, something I could offer - I wasn't just a beggar on the street. I got raped during this time, beaten up, had violent boyfriends. I was in hostels, covered in bruises, not knowing how I'd got there or what had happened.

One25's outreach bus meant so, so much to me. The women were just so kind. Even through all the fog of the drugs and the drink, I could feel that another human being gave a s**t. I remember the horror of endless dark nights out there with really rancid blokes, and to have that bus there, just to punctuate it with light, was an absolute lifesaver. It helped me start to believe that there is some kindness in the world.

I was raped and he did everything he wanted to do to me - it was like torture. And after that it really was [suicide off] Bristol suspension bridge or doing what I had to do to get into drug treatment. And I could not live with the idea of my boy growing up with a mum who had jumped off Bristol suspension bridge. So somehow, amongst all this madness, I went to court.

One25 was there for me with hugs, with love and support. They never once doubted that I could do it. There was never a hint of judgement or expectation; it was just love all the way. So I went for treatment and I was absolutely broken – I couldn't even stand up. I just knew I needed it.

Now my life has changed beyond all recognition. Everything has been turned on its head, from my daily structure, my relationship with my boy, to the way I deal with my feelings, my outlook on life. When I went in for treatment I was feral - I couldn't look anyone in the eye. Today, I've just got back from a six-week tour, standing on stage with the main part in a play about addiction and recovery. I'm being paid to write plays now by a college who help women who have been in the criminal justice system.

I'm loving life. I eat healthily. In an hour I'm going to take care of myself with a hot bubble bath. Later I'm going to meet friends to go dancing - without drink or drugs! Every day is quite extraordinary.

One25 saved my life, there's no question about that. I can't even think of them without welling up. I feel very strongly about how absolutely crucial that night bus is. There are a lot of girls like me who are so far from the realms of society that they can't even get it together to go to One25's drop-in service. Having the bus there, picking you up by the scruff of the neck and giving you a hug is so important.

Rachel's Story

Rachel remembers reaching rock bottom: "It was the middle of winter and I was seven and a half stone, I'd lost all self-respect, my dignity, my children, and now I was losing my health. I knew I wouldn't see another winter - I would die."

Thirty years before this, Rachel was a little girl with two sisters, an alcoholic and often absent mother and a step-father who sexually abused her. At 12 she met Chris, who would go on to father her three daughters and who she would stay with until she was 24. He was also the man who introduced her to drugs. She recalls: "I had these two little babies and I was scared - I was 19, still a kid myself. I had no support from anyone". To ease the pressure and anxiety, Rachel turned to heroin, saying: "It spiralled so quickly. I couldn't see a way out."

Rachel's twins were taken from her by Social Services and placed in the care of their grandmother. After that she 'just gave up'. Rachel's new boyfriend Steven became increasingly violent, subjecting her to horrific physical and mental abuse. Having distanced herself from her mother and sisters and needing to escape Steven, Rachel ended up working on the streets.

Then Rachel heard about the One25 drop in centre. She says: "When you'd been on the road in the freezing cold for hours and hours, it was a safe place to go, no men allowed." The One25 outreach van became a lifeline for Rachel. "It was a place to go where you felt part of something and not shut away from everything."

January 2010 was a turning point. "I knew I couldn't live that life anymore. Karen, the One25 caseworker, said 'Have you thought about rehab?' and that's when I surrendered."

Thanks to One25, Rachel is now celebrating being clean for over two years. She is building relationships with her family, living in supported housing and studying for a GNVQ Level 3 in Health and Social Care. Rachel has also recently gained employment working with children with learning difficulties. "I know that I would not be here today if One25 hadn't had some faith in me. I've got a life now. I've got hope."

Miriam's Story

Bristol charity One25 is a life-saver for women trapped in street sex work. Here Miriam describes some of the ways One25 helped her through some of her most difficult times.

"I wouldn't be where I am now, right this minute, without One25."

I remember the first time I heard of One25. I was in a dry house for women and the girls were all saying they were going down to One25 to have some lunch. And I said, 'What's that? Can I come?' and they said, 'Yeah, you can come if you want – it's a drop in.' And I didn't go but they came back with rice and peas and chicken – some really nice food. I said, 'You got that down there? They just gave it to you for nothing?' And they said, 'Yeah, you can just go in there and they give you lunch, you can have a shower there if you want and wash your clothes.' I'd never known anything like that.

One25 would come out on the van in the middle of the night. I'd go straight there to get something to eat. I'd be glad of some food and some condoms. Out there, if you run out of condoms, it can be really difficult. So that was really helpful.

There were times when I had a couple of attacks out there. So I'd do the Ugly Mug – what the guy looked like, what he was driving, what he did, you know - so they had a list of who to be careful of out there which was really useful. Sometimes a girl might say to One25 'I've been attacked by such and such description guy' and One25 would say to us 'watch out for this guy' and you'd have it in the back of your head there's that weirdo about. I was raped really bad out there one night and they took me to court. This guy had attacked quite a few girls and they got his DNA off me and all us girls had to give evidence. My worker helped me witness against him and he got 10 years. It was horrendous but worth getting him sent down.

I could be stood there for five hours waiting for a guy to pull up. It was bitterly cold and I had no socks on, just shoes, and my feet were really, really cold. I remember one night I got in the One25 van and they had these little stretchy scarves. I tied them round my feet and squashed them into my shoes. They actually really warmed up my feet. Our fingers would be really cold and they'd come out and give us gloves. Little things like that - they're the things you remember.

We didn't have money to buy clothes. If you nicked them and got caught, you got in trouble. So you could come to One25 and rifle through the wardrobe – shoes, boots, underwear; all sorts. I got some really nice sets of clothes. I won't forget it. It was quite a treat and it meant a lot to me.

You can go to One25 and take a shower and do your washing. I might be carrying a big, heavy bag around – I could just leave it here and pick it up the next day, so I didn't have to leave it in a bush somewhere. I did pottery here and creative writing. And the food! Out on the bus when you're hungry you get a sandwich, a bit of fruit. When you come here in the day, you get a hot cooked meal – lasagne for example and the cakes they bake - and you don't have to pay. To be honest, I'm from London and I've been around the country, different areas, but when I got to Bristol I'd never known an area that had the facilities of One25. I'd never known a place that had that.

Without One25 taking me to and from my appointments, I wouldn't have got there. Things got really bad and I remember I said I wanted to go into treatment. So Karen referred me and helped me make it, cos I found it really hard to get up in the morning after a night working and using drugs and I found it really hard to keep most appointments, especially on the other side of the city. Without Karen to take me to and from the appointments I wouldn't have got there and into rehab. She was like my regular little Princess Di! Karen would come even out of work hours to pick me up and help me, above and beyond what she needed to do of an evening. And if I was suffering or struggling she'd pick me up and take me to a 12 step meeting or something. She fast tracked me off the street and kept me safe and stable until the time came for rehab.

I didn't complete treatment because there I felt like I couldn't cope with my head. Even though Karen was saying 'slow down, calm down' and everything, I relapsed, went back to my flat. I thought 'I've ruined my whole chance, that's it'. I remember that feeling of getting back to that same flat and that feeling of utter devastation. I opened my eyes and I just thought 'Oh my god, what have I done, how did I get back here'. If I could bottle that feeling and give it to someone and say 'If you feel like rehab's too difficult, have a bit of that' that would really do the job cos I'll never forget that absolute devastation. I remember it was a Saturday afternoon, the sun was shining and I was crying my eyes out.

But One25 kept with me and helped me get back into rehab. Karen kept visiting me, helped me get funding for another rehab, helped me give up my flat, sort out bills and debts and cleaned out the flat...I couldn't have done it without her. It was a rollercoaster ride after that. I relapsed twice but One25 kept supporting me, never giving up. One time, I was back on the street, homeless and so miserable because in my nine months clean time I'd build up a bit of self-worth and sex-working made me feel so sick – I knew I was worth more. I was so desperate I rang One25 from London, crying 'I don't want to live any more'. Karen gave me support and advice, so I rung the rehab I'd just been to and begged for a space. And I got it!

From then on, things started slotting into place. I don't have connections to dealers or punters now and no relationships confusing me. I've given up smoking which I thought I could never do. I'm a year clean from drugs and alcohol. I've made amends with my ex too. David and I met when we were kids in care and it's really massive cos the pain of that relationship, the damage and resentment we'd been carrying was so intense. I met with him a few weeks ago and we prayed for each other as I held his hand. It was huge.

Since I've been clean I'd like to do a job like Karen does for One25. To do for someone else what she's done for me – come round to my house, got me up at times when I couldn't get out of bed, dropped me to and from appointments, got me to rehab – the list just goes on really. To get there, I'm doing a 10 week introduction to counselling course, my driving lessons and an NVQ Level 3 Health and Social Care. All this has happened and yet I don't believe I would be where I am now, right this minute, without her and One25. I'd still be out there somewhere on the streets, risking my life.

Quotes

"One25 helped me to recognise that I was worth more than what I was doing to myself and gave me the incentive to keep going [in residential addiction treatment]. I now see myself as a person and not just an object. I now enjoy waking up and being alive. [My One25 caseworker] saved my life, I truly believe that."

"When I met One25 [after a sexual assault] I was smashed to pieces mentally, emotionally and physically. The care and support I received means so much to me. I didn't have faith in myself but you did and sometimes it was that which kept me going. I cannot put into words how grateful I am to have come across this service. It helped me move away from prostitution into a better life, it has worked perfectly."

"Thank you, thank you for visiting me in hospital over Christmas! I thought no-one would and then you turned up."

"Don't give up on the women out there, they are just lost at the moment and in a very dark place where many can see now way out at the moment. But they all need projects like One25, it can mean the difference between life and death for some. I use to pray for that yellow van, just to get off the street for 10 minutes, to have a warm drink and some food, just to see a friendly face and to have someone who really cares for me. None of the girls would be out there on the street if they could see a way out from drugs and sex-work. That's why having projects like One25 is so important for when women really can't go on any more and need a way out, a life away from the streets and addiction, a choice."

"Safety is most important and that's what you give us now late at night when it's most dodgy. When you just stopped now, this dodgy bloke was following me, I was really scared. Then you pulled up with a smile and respect for me and it was like I felt safe again."

"Thank you for the card, it certainly lifted my spirits. You always manage to enter my thoughts and life at the right times. I hope everyone at One25 is well and please let them know how grateful I am for everything. I can honestly say without your love and perseverance I would not be so sure of my recovery. My prayers are seasoned with gratitude because of you all. I look forward to seeing you as always. Just knowing I have your support is truly comforting."