

Outcomes: 1st January 2025 to 30th June 2025

Females: 5 – Currently 3 females are living in Pathways (2 females have moved on)

- Ages:
 - 18 to 30 years – 4
 - 30 to 40 years – 1

Ethnic Origin:

- White British – 4
- Mixed British – 1

Background, Issues and Challenges for the Females:

- Mental health issues – 5
- Physical health issues – 1
- Substance addiction issues – 5
- Criminality backgrounds – 1
- Eating disorders – 2
- Shopping addictions – 1

Pathways Current Support for Females:

- Currently living in Pathways – 3. The support Pathways is providing to these females and their progress is as follows:
 - 1 female is engaging well and completing various courses, including a counselling qualification. Working hard on her substance recovery and improving her quality of life. Has been struggling with mild autism which can be challenging for her at times.
 - 1 female has been engaging with the mental health team, she has recently had a private assessment to clarify her diagnosis as ADD rather than ADHD. She is now taking medication for ADD. Engaging well in the recovery programme and has developed a good relationship with her parents. Working as a part time hairdresser and plans to move out of Pathways in September. She has been supporting Pathways as a senior peer and enjoying baking cakes for Pathways.
 - 1 female has developed a good range of outside activities and a strong social network to support her. She is engaging well in the AA programme of recovery and supports other alcoholics.

Outcomes for the Females After Moving On From Pathways:

- Moved on – 2. The support Pathways provided to these females and their progress is as follows:
 - 1 female moved out and is currently staying with a friend. She is preparing herself for living back in the community and will be starting university in September.
 - 1 female moved out in May and reengaged with her family in Cambridgeshire. She is now living with her brother. Working part-time

Males: 28 – Currently 20 males are living in Pathways (8 males have moved on)

- Ages:
 - 18 to 30 years – 5
 - 30 to 40 years – 9
 - 40 to 50 years – 11
 - 50 to 60 years – 3

Ethnic Origin:

- White British – 20
- Black British – 2
- Mixed British – 2
- Asian British – 1
- White South African – 1
- White Welsh – 1
- White Canadian – 1

Background, Issues and Challenges for the Males:

- Mental health issues – 26
- Physical health issues – 7
- Substance addiction issues – 27
- Criminality backgrounds – 4
- Sex addictions – 2
- Eating disorders – 1
- Gambling issues – 1
- Abusive relationships – 1

Pathways Current Support for the Males:

- Currently living in Pathways – 20. The support Pathways is providing to these males and their progress is as follows:
 - 1 male has made significant improvement in his mental health, now working as a builder and regularly seeing his children and family. Looking to move out into his own flat in August where he can have his children. He is now a Christian, has been baptised, and is doing CA fellowship.
 - 1 male has developed a good routine of attending fellowship AA meetings and is now over a year sober. He has reunited with his family and visits them often.
 - 1 male relapsed and was moved to another house in Pathways, he is now engaging in church, 12 step fellowship and with the local mental health team. He has been doing some part time business work and plans to go back into full time work when he feels fully stable and ready.

- 1 male regularly attends AA fellowship meetings and supports other alcoholics. He makes jewellery and sells it at various markets. He is moving into a property where his sponsor lives in mid-July.
- 1 male has been working with the mental health team to overcome his fears and has started volunteering at a local foodbank.
- 1 male works with Vita Nova volunteering in drama support classes and is often out doing presentations for them. He has been working to overcome anger issues and social anxiety and has made good progress with this.
- 1 male has been supported by Pathways through hospital to resolve serious gallbladder issues from his drug use and his physical health is greatly improved. He now has good relationship with parents and daughter and recently got his licence back and purchased a car. Since coming out of hospital he regularly attends fellowship meetings and is looking to get back into building work and exploring move on options.
- 1 male is currently looking to move back to London to be near children and partner. He has started to do some driving work and regularly attends CA fellowship and has achieved over 2.5 years sobriety.
- 1 male is now doing some work for the Bournemouth International Centre (BIC) setting up stages. He has achieved several years sobriety by regularly attending AA fellowship and now is managing some physical health issues appropriately with the NHS. He is now in a long-term relationship.
- 1 male is currently looking to move into his own flat or bedsit. He has been training as a carpet fitter.
- 1 male is doing well in a long-standing relationship hoping to leave in September and move in with partner. In the process of setting up a window cleaning business.
- 1 male engages in recovery meetings, has started regular contact with his family and he is looking to resettling in Bournemouth.
- 1 male relapsed while on holiday and has moved house in Pathways to support his recovery. He is regularly engaging with 12-step fellowship recovery and is exploring future plans.
- 1 male regularly attend 12-step fellowship recovery. He has been engaging in learning new skills in business and is now doing some work. He has started playing for a local rugby club and has reunited with his family who he now visits regularly.
- 1 male has found recovery in the fellowships and has become highly motivated to find a privately rented flat after going back into work in IT. He is now appropriately managing some physical health problems with the NHS and moves out in September.
- 1 male has recently moved in after a year in rehab. He now properly manages a long-term physical health condition and is free from his addictions. He is looking into becoming a bus driver and doing the required training to achieve this.
- 1 male has started regularly training at the gym to improve his health. He has started frequent attendance fellowship recovery meetings. He is a qualified landscape gardener and has started to use this skill to rebuild his life and enable him to move towards independent living.
- 1 male has stage 4 liver cirrhosis and is finding it hard to come to terms with his condition which Pathways are supporting him with. He has started regularly seeing his mother and brother.
- 1 male is now seeing a psychiatrist and having regular trauma counselling. He struggles with compulsive urges to use drugs or sexual relationships and

Pathways have been working with him to signpost him to support for these. Pathways are supporting him around his compulsions.

- 1 male is moving into a one-bedroom flat with the support of a housing officer. He has been taken off the prison lifers list which means he does not need to attend probation so often as he is now deemed a low risk of reoffending. He has started painting and decorating for a friend locally.

Outcomes for the Males After Moving On From Pathways:

- Moved on – 8. The support Pathways provided to these males and their progress is as follows:
 - 1 male moved into a private flat locally. He is now a committed member of AA fellowship and has started to chair AA meetings.
 - 1 male went from strength to strength with Pathways. He became a regular member at church and has been offered a chance to do missionary work which is a passion of his. He has moved into a flat locally so his children can stay over which he reunited with while at Pathways.
 - 1 male moved out to live with his girlfriend at her parent's house and has become a golf coach at a local course.
 - 1 male struggled with his addictions and has been transferred to a rehab out of area.
 - 1 male found faith in God while with Pathways and moved into a Christian dry house. He was looking to apply for flats and was supporting his mother through health issues.
 - 1 male has psychological issues due to a major car incident as a teenager. He began working through this while at Pathways helping him to come to terms with this. He moved to different supported accommodation that offers less support due to him now being able to manage more independently.
 - 1 male moved into private flat with Dave Wells. He is now volunteering in a dry house and is a volunteer for HEP B talks in the community.
 - 1 male moved into a flat in March with his partner and is aiming to start employment overseeing a flower stall in Poole.