

The Rebuild Project

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The Rebuild Project



Rebuilding Hope • Rebuilding Lives • Rebuilding Communities
For survivors of human trafficking and modern day slavery



REBUILD

Common barriers individuals face moving forward after exploitation:

- **Opening bank accounts**
- **On going legal issues - asylum/DL application, compensation, family law, criminal proceedings**
- **Accessing training/education or employment**
- **No or little English**
- **Cultural barriers preventing individuals accessing support**
- **Anxiety/Depression which may cause individuals to have 'bad days' or miss appointments who may then be seen as unreliable**
- **Lack of trust in services**
- **Lack of motivation and planning for the future**
- **Ongoing Emotional/Physical/Mental Health impact of exploitation**
- **Need to obtain stable finances/manage living on very little**
- **Securing accommodation**
- **Isolated with little knowledge of the area or of their rights**
- **Lack of ID and address history**





REBUILD

1:1 individual support

- Support plan focusing on 5 key areas
- Support ranges from 6 months to 1.5 years (average is 17 months)
- Is community based: we work with people where they are and where they need us to be
- Practical, Emotional, and Advocacy support

Wellbeing support

- 1:1 tailored support to promote better understanding of mental health and wellbeing
- Group wellbeing support for individuals and their families

Activity and Group support

- Weekly or one off activities that create community, reduce isolation, build skills and participation
- Provided based on feedback and need: Craft group, Creative Therapy group, Sewing group



Operating across Derbyshire, we offer long term practical & emotional support which enables individuals to settle into their community, to learn life skills and achieve goals. We are unique in what we do and how we do it.

OUR PRINCIPLES

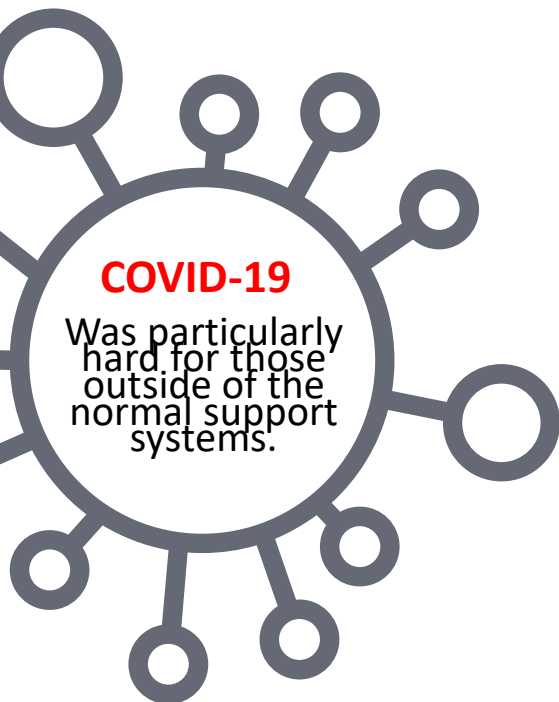
Helping the individual is at the core of all we do and to ensure we are always:

- > Person Centred;
- > Safe;
- > Collaborative;
- > Empowering;
- > Kindness.

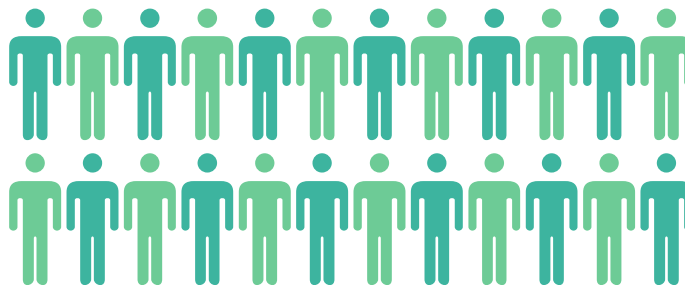
KEY BARRIERS WE HELP OVERCOME

For those rebuilding their lives, it is often the 'simplest' things that are a challenge:

- > Resolve complex legal issues;
- > Securing employment;
- > Understanding education system;
- > Creating trusting relationships;
- > Entering into stable accommodation.



51*
People supported through our programme



*27 Adults & 24 Children supported

1000+
Hours of support from rebuild

65%
Supported into stable accommodation

60%
regularly attend a Rebuild group workshop



rebuildproject.org
info@rebuildproject.org



REBUILD

Impact 2019 - 2021

“One day (I was introduced) to Rebuild. I was so afraid of what I was going to experience, but then, going to Rebuild, I met the Rebuild Team, and the care, the welcome that they show for the first time made me want to continue to go there. By keeping going I have come out of my isolation and loneliness, ...and that makes me happy and feel like I am not alone anymore. I can talk to them whenever I want if anything happens. If I am stressed, and they listen, not judgemental, but listen. Before I felt like I was nobody, like I was carrying a burden but now I feel light and free. Before I didn't see myself as being able to have a life but now I have a life of my own and a future to look forward too. I am happier than before, I also started a job. For 22 years I felt a bird that was caged but now I feel free”





Areas of development...

Trauma Informed Coaching – January 2022

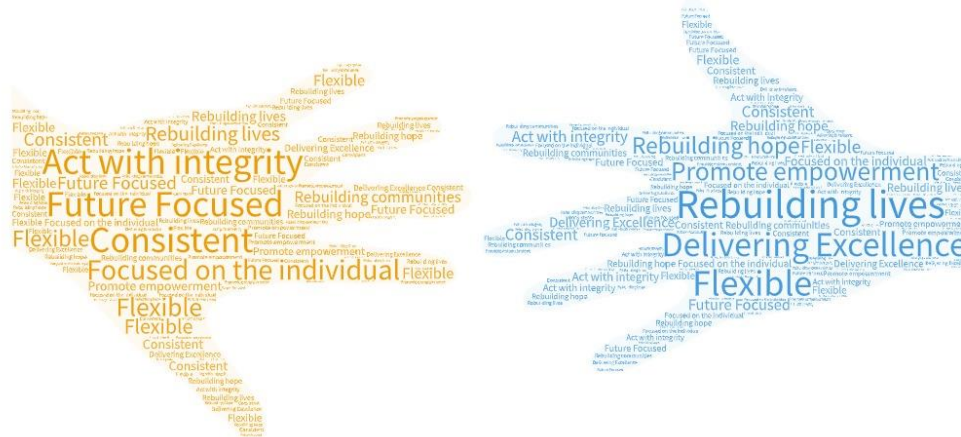
1:1 trauma informed coaching to assist individuals who have experienced exploitation to move forward in their futures. Trauma Informed Coaching helps individuals hold and understand their trauma while planning for the future. This is not counselling but rather an opportunity for individuals to have space to build restorative, positive mindsets that can lead to enhanced decision making and ability cope more resiliently with future adversity.

Transitions support

Scoping exercise: What support currently exists to support young people who have experienced exploitation to transition into adulthood? Are there any gaps? How could they be filled? What are young people's experiences?



REBUILD



WWW.REBUILDPROJECT.ORG

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Rebuild East Midlands is a registered charitable incorporated organisation (CIO) 1182059 in England