

CAMRE

THE RESOURCES FOR THE
NEXT STEP IN YOUR JOURNEY
CYMORTH CYDA'R CAMAU
NESAF-ARY DAITH

CAMRE helps more than 250 people take next steps to change their lives

MORE THAN 250 people with a history of substance misuse or offending have been helped to access learning, training and other personal development opportunities since the CAMRE Bursary was launched seven years ago.

Since 2009, more than £170,000 has been allocated to help individuals who have made a commitment to recovery and positive lifestyle changes — an average of £679 per beneficiary.

Everyone who benefits from the bursary is expected to have demonstrated their commitment to change and to their communities by taking part in a range of volunteering activities in advance of a successful application.

The CAMRE Bursary partnership has received generous funding from the Welsh Government, local Substance Misuse Services teams, North Wales Area Planning Board for Substance Misuse, AVOW, and a host of other organisation who have hosted valuable fundraising events.

Applications are considered by a panel of representatives from the Office of the Police and Crime Commissioner, CAIS, Social Firms Wales and probation services, with involvement from service users.

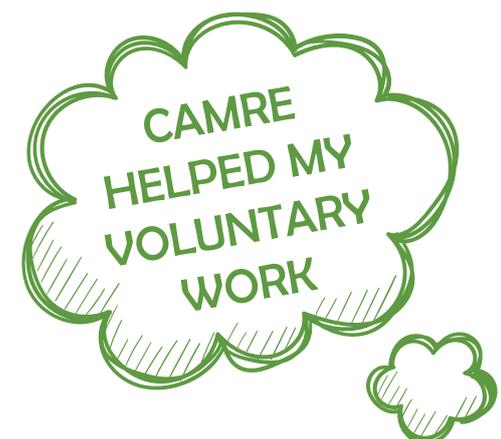
Applicants are sometimes asked to attend panel meetings to explain in more detail how larger applications will be of benefit to their plans.

CAMRE Bursary in numbers

successful applicants and sum awarded per year



Successful applications have included: mountain leadership course; CPCAB counselling course; diploma in health and social care; working at heights courses; tree surgery courses; chainsaw courses; forklift refresher course and test; dumper truck course; a barber's chair; football coaching course; equipment for beauty therapy, hairdressing and catering courses; health and safety qualifications; exam resits; **and many more...**



Above: In their own words
Feedback from beneficiaries

On the Western Front

With the help of funds from the CAMRE Bursary, **Change Step** volunteers and members of the **Champions' House Recovery Radio** group took a highly-charged trip to the battlefields of the First World War. Jason Samuels (left) and Daryl McCarthy were just two of those to take part.



FOR CHANGE STEP Peer Mentor Jason Samuels, the journey was by turns emotional, strange and upsetting. But it was uplifting too – prompting him to seek out copies of the medals he sold when in the grip of addiction.

Jason's role was to help supervise and provide military context for the party travelling to Belgium, but he ended up being as affected by the trip as anyone else.

One of the memories which will stay with him forever was the hearing the skirl of the pipes playing *Hen Wlad Fy Nhadau* at the Welsh Memorial at Langemark.

"As soon as the piper started up it was like I had been hit by a truckful of emotion," he said. "I just didn't expect it."

There were other poignant moments too: the sounding of the last post at the Menin Gate on Remembrance Sunday; the vast cemeteries at Vlamertinghe, Kemmelberg and Tyne Cot; and a memorial service and parade in Ypres.

Surreal

"I've heard all my life about the Menin Gate, but actually being there was quite surreal," Jason said. "Seeing all the names was just something else. All of them, going on and on. There were thousands and thousands of them."

But having been an army medic, Jason's most touching moment was the laying of a tribute at the grave of an unknown victim of the First World War.

"For me to be able to pay my respects to an unknown medic was just really special in my life," the 44-year-old Gulf veteran said.

"It really got to me because there were a lot of medics in the cemetery, including three buried right next to one another.

"They didn't do any fighting, but were there to try and save others and yet they were also killed."

He said the tour would help him to improve the service he can offer as a Change Step mentor.

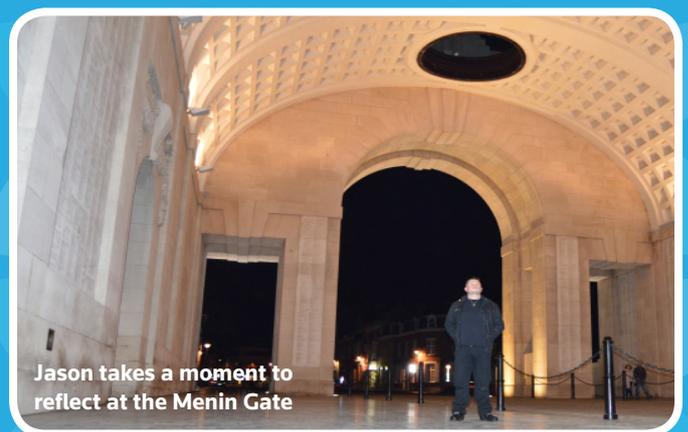
"It was just intense, really, and I'll never forget it," Jason said. "There were images and memories that I'll never forget.

"We should never forget the sacrifices made by those young men.

Lucky

"I think the trip is going to make me a better peer mentor. It has just made me realise that you're lucky to survive. Everyone – wherever you've been, whatever conflict – you're lucky to come back."

Daryl McCarthy, from the Champions' House Recovery Radio group, was another of the dozen-strong group to journey to Belgium. The 37-year-old said he learnt a lot about himself and the reality of war during the trip, despite some nerves before setting out.



"I learned most about myself – and I was able to have a good time without having a drink," he said.

"I don't need alcohol to have a good life. We had a great time – if anything, we felt drunk on laughter and on happiness."

But there were sombre times too, as the group reflected on the realities of trench warfare 100 years ago.

"I would say the realisation of the history of the war, of the scale of it was the first thing that hit me – and that was before you even got off the bus," Daryl said.

"Before we got to the hotel we stopped at one comparatively small cemetery – and it was just the number of graves that were there... You can read about it all day, but when you're actually standing there and you see the scale of the cemeteries it's really upsetting.

"And then you see the number of unmarked graves... and you think about the ways in which they must have died and the ways in which the survivors must have been affected. Sometimes, there could be four or five guys in a single grave because they were unable to tell the difference between them when they buried them.

"Obviously I'm from Wales myself, but this wasn't a Welsh thing. There were people from everywhere, all corners of the globe – even people from China, who had been involved in manual labour rather than the fighting."

Self-discovery

Daryl said the trip had been one of self-discovery, creating lasting memories and strong connections. He and fellow members of the Recovery group had felt able to sit in the hotel bar with soft drinks whilst discussing each other's attitudes to and issues with alcohol, he said.

"It was an intense few days – but in the fun sense and in the more serious, sombre way," Daryl said. "One minute we were laughing and joking and the next we were standing at a graveside.

"I'm just looking forward to the next trip – I'm more confident, yeah. I've taken so much from this emotionally – and it's not that I'm even the most emotional person. Self-discovery, I suppose.

"I learned a lot while I was out there, about myself and about mixing with people with different walks of life – but we all had a common interests."

Tyne Cot Cemetery, near Ypres, which commemorates around 47,000 of the fallen

The group also bonded with experienced battlefield trippers as part of the trip, organised by Genesta – so much so that the company has offered to fund a place for the group next time around. Recovery Radio members even felt confident enough to share tales of their fightback from substance dependency with the rest of the tour party during a cabaret evening in the hotel on the last night of the trip.

Surprised

Group leader Charlie Jones said she was surprised at how the Change Step veterans and members of the Champions' House recovery community had related to others.

"I could never have predicted just how much people would have got out of this trip – and I couldn't have predicted just how deep it would all go," she said. "The group really bonded, learnt a lot and have a new creative interest.

"It's stimulated an interest in history and what matters to us, and how we tell those stories."

Members of the group are now working towards a presentation evening later this year, and are using their experiences to inform creative Recovery Radio sessions at Champions' House.

The CAMRE Bursary is a funding partnership involving North Wales Police, CAIS, Social Firms Wales, probation services, and the Community Justice Integrated Services Board for North Wales.

The bursary's purpose is to provide additional support for service users who want to access educational, training or personal development opportunities as part of their recovery. Applications can be made at any time.

For more information, visit www.camrebursary.co.uk



Wide-ranging community benefit from cost-effective CAMRE Bursary — report

SUPPORT FROM the CAMRE Bursary is one of the most cost-effective ways of helping people with a history of offending or substance misuse back into work, new research has shown.

Statistics compiled from a survey of beneficiaries revealed that more than four in ten respondents found work after receiving funding support from the bursary. This equates to a cost per job of around £6,500 — which compares favourably with alternative employability schemes.

Many more recipients used our backing to build on their recovery capital — generating lasting stability for them and a positive ripple effect throughout their families and wider communities.

The research, which was carried out by former CAIS trustee and Welsh Government regional advisor Veronica Mowat, found most requests for support came from individuals who required

finance to further their employment prospects or training needs.

It also found that bursary funding had a lasting impact on those who had been unable to find work, increasing long-term self-worth and boosting potential.

"The benefits of the CAMRE Bursary must not be underestimated, as it is clear that the benefits are not just for those who are in receipt of the funding, but there will also be a positive effect on those around them such as their families, friends, or community," her report says.

All respondents said courses they attended with the backing of the CAMRE Bursary had helped with their personal development or recovery journey. More than 80% said the intervention had helped them feel better physically or mentally.

How to submit a successful application to the CAMRE Bursary

Applications can be made by individuals or groups. Full terms and conditions, eligibility criteria, and an application form can all be found online at www.camrebursary.co.uk

Our funds are available for specific learning, development and training opportunities, but can also be used for non-formal activities which enhance team or confidence building and mutual support. Full criteria are available online.

Tips for a successful CAMRE Bursary application

Please ensure you complete all the boxes and answer all the questions. If a section isn't relevant to your application, please make this clear by writing 'not applicable'.

Your application needs to demonstrate how your plans will help you sustain long-term progression and rehabilitation. Please ensure you tell us how the funding will help your journey in section two.

Make sure you include all costs (including travel, fees etc) in your application. It's quicker for you and easier for us to consider one detailed application than two or three over several months.

Section four is an important box. Use this space to add more information in support of your application. Give us a feel for who

you are and persuade us to support you. Feel free to add an extra page if you need more space.

Please remember to provide details of your volunteering record. Failure to do so will result in your application being refused.

You must provide details of your referee. If possible, please attach a letter from your referee to your application form before you send it. Your application will be refused if you do not name a referee.

Please remember to sign your application before you send it!

The more information you give, the more we will understand your position — and the better your chance of success. Remember: it is very unlikely that anyone on the panel will know you, and the application process is entirely confidential.

Everyone who works on the CAMRE Bursary does so voluntarily. Please do not be aggressive or offensive if you do not get the answer you were hoping for.

The panel's decision is final. We will not consider appeals. Where we refuse an application we will always provide feedback. Please use this feedback to consider whether you should revise your application, seek a lesser sum, or apply for a different purpose.

