

# Yeldall newsletter

**A Christian response to Addiction**

December 2011



## Bonding in the Brecon Beacons



“With Campbell, my counsellor, we also bonded so much. I was carrying him on my back, we were climbing trees together and also reached the top of Pen y Fan together.”

“All the support and love I experienced were remarkable. All this has put me back on track and I’m more determined than ever to move forward.”

Ronnie M says, “I’ve never had a holiday before, but this one I’ll never forget... It really helped me realise that you can enjoy life without using a substance and it helped me feel even more positive about my future.”



Once again, thanks to sponsorship of those who took part in the Reading Half-Marathon, and other donations, our residents were able to enjoy a short activity break in the Brecon Beacons over summer.

For David H, “the holiday came at just the right time; I had had a relapse and my confidence, self-will and sense of belonging were all gone.”

“For me, the best thing was the unity between staff and residents. Living as one unit was very good. For example, getting to know Ben not as just my Work Supervisor but as a friend. That was cool.”



“Being surrounded by Christian people has been really good for me – it’s all new to me, but the more I’m around it, the more I love it – the love and peace I get and feel from others is priceless.”

Neil W adds, “For me, the holiday was a time of growing and developing relationships. The best thing about the holiday was walking up the hill with Ben, David H and Campbell in the wind and rain. I was struck by God’s beautiful creation and humbled by it. I am grateful to all those who gave via sponsorship of the half-marathon etc. to enable this holiday.”

# **“A house of God for the**

**Leon and Gerwyn (‘Taff’) both completed the Programme recently. They join**



**Taff (Gerwyn) and Leon**

## ***What made you want to seek treatment and follow the path to recovery?***

**Leon:** I had hit rock-bottom; I was drinking strong cider at 6am and I couldn’t see any way out. I knew I needed help.

**Taff:** My life was just a case of surviving; I didn’t really care if I saw the next day. I was basically sent to rehab as a punishment because I’d been accused of selling methadone (which I hadn’t). I was fuming, but I can see that God was in it because day programmes weren’t enough for me. I did insist that the rehab they sent me to had to have resettlement as part of it; I knew that I needed to build a whole new life.

**Leon:** Yes, I chose Yeldall, first of all because it offered resettlement and secondly because it was Christian.

## ***So, does Yeldall Manor work?***

**Leon:** It depends on how much the individual puts in. For me, it was about finding emotions and growing emotionally and learning how to deal with feelings without alcohol. Spiritually, my faith has also grown a huge amount. It’s a house of God for those who want recovery, but it’s hard work.

**Taff:** What I say to all the new guys is, if you really want to change your life, Yeldall is the perfect place.

## ***What’s been the biggest change in your life since coming to Yeldall?***

**Leon:** Finding God. I was a Christian before, but I have grown with Christ and realised He’s part of my new life. I don’t think I could do recovery without Him.

**Taff:** Well, I became an addict later in life; I didn’t use hard drugs until I was 30, so it’s like going back to how I was before drugs. But I have more self-worth and self-confidence now and I believe I’ve been saved because God has a purpose for me.

## ***What part have friendships forged here at Yeldall played in your recovery?***

**Taff:** They’ve played a major part. It’s friends who’ve encouraged me to persevere in my recovery.

**Leon:** Yes, a major part. The church has been very welcoming and accepting, but a fellow recovering addict has the empathy and understanding. Friendship from the boys is the key – you help them and they help you.

**Taff:** I also got a lot of growth from people I didn’t get on with. Relating to difficult people, dealing with issues and situations, it’s all a learning curve.

## ***What are you doing, and what will you do, to carry on in an attitude of recovery?***

**Leon:** Talking - being open and honest about how I’m feeling: saying if I’ve had a bad day, asking if I need something and making myself accountable.

**Taff:** Keeping my faith. And work is important too – not necessarily earning money, but doing something productive like at Chissock Woodcraft [where both Taff and Leon are doing voluntary work]. And being accountable. I keep reminding myself that to use drugs or alcohol would not be a treat, which is the way some people think about it, it’d be a punishment.

# **ose who want recovery”**

*in us to discuss their experiences.*

## ***What would you like to be doing in five years?***

**Taff:** Obviously, I hope to be clean and sober. To be standing on my own two feet, with God’s help, and to give back something of what I’ve received.

**Leon:** To maintain a good relationship with my son, Charlie, having him for holidays etc. as my ex trusts me more again. To be able to have a loving relationship with someone and to go back and study nursing at college and university, to give something back.



## ***And you both got baptised on 27<sup>th</sup> November; what led to you making that decision?***

**Leon:** God’s guided me. It’s a public declaration of where I’m at with God, declaring my faith and love for Him.

**Taff:** Exactly.

## ***What advice would you give to someone struggling with an addiction problem now?***

**Leon:** There will be the fear of change, but you need to face your fears, ask for help and be as open and honest as you can, because the long-term results are worth it.

**Taff:** Yes, be as open and honest as you can and seek professional help. Believe in yourself, believe in the possibility of change and above all believe in God.

## Theresa May praises 'fantastic enterprise'



Theresa May with Chissock founder, Steve Hedger

We were delighted to welcome the Home Secretary, Theresa May, to open the new buildings at Chissock Woodcraft in September. Speaking in the new glass-fronted atrium of the Coach House, she praised the work that Chissock does in association with Yeldall.

Yeldall's constituency MP reinforced the Government's commitment to rehabilitation and extolled the importance of projects such as Chissock, which provide a stepping stone beyond rehab in the form of supported employment and training. She added, "It's a fantastic enterprise that is changing people's lives and that, for me, is what this is all about."

The atrium provides additional space for the furniture-making and renovation work, whilst a new barn houses Chissock Woodsave, which sells kindling, logs and briquettes. For information about any of their goods and services visit [www.chissockwoodcraft.co.uk](http://www.chissockwoodcraft.co.uk).

## Support Yeldall Manor in 2012

*"The greatest thing one person can do for another is to pray for him." (Corrie ten Boom)*

To help you to be better informed about our residents' prayer needs:

- Our monthly Prayer Diary is available by e-mail or by post.
- Prayer Meetings occur at 8pm on the first working Monday of every month.

*"Sing to the Lord, and praise him! Proclaim every day the good news that he has saved us."*

*(Psalm 96:2, GNB)* - Come and join us in praising God:

- Our Celebration services take place at 7.30pm on Fridays 24<sup>th</sup> February, 18<sup>th</sup> May and 12<sup>th</sup> October.
- Our Christmas carol service will be at 7.30pm on Friday 14<sup>th</sup> December.



Our **Open Day** will take place on the afternoon of Saturday 14<sup>th</sup> July and we hope as many people as possible will attend this annual event, which is suitable for all the family.



*"Every man shall give as he is able..." (Deut. 16:17, RSV)* - To support Yeldall financially, you can send a cheque to the address below or visit [www.justgiving.com/yeldallmanor](http://www.justgiving.com/yeldallmanor).

You can also help us with donations of tinned food, mugs, men's toiletries (for Christmas and beyond), single bedding, jewellery or inkjet cartridges (for recycling).

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