

Who are we?

The Matthew Project was established in Norfolk in 1984 and we are known for our strong ethos of care, support and innovation in all the services we undertake.



Outside the Wire was launched in Norfolk in June 2013 offering support to Military Establishments and HM Forces Community. Currently funded by The Royal British Legion, Norfolk Community Covenant and ABF The Soldiers' Charity, we have built on our success and in 2015 were awarded further funding to continue and expand into Suffolk.

We're here to help

Our highly trained and experienced workers, who are themselves ex-forces, have a particular understanding of the needs and issues faced by veterans, current serving personnel, reservists and their families.

We offer innovative, comprehensive support which includes confidential meetings at the location of your choice. We are sensitive to the complexities of military life and the often understandable resistance to admitting the extent of any personal issues, especially those relating to: PTSD and other mental health; alcohol and drug use; domestic violence and family related issues.



Services offered by Outside the Wire

We offer free one-to-one sessions, either at home or at an outreach location, to provide support with:

- Relapse Prevention
- Family Support
- Harm Reduction
- Onward referrals
- Advocacy



A bespoke service tailored to your needs

Readjusting is the big issue recovery is the key!



- Supporting**
those with alcohol and drug related issues
- Providing**
an innovative bespoke service for current and ex HM Forces personnel, reservists and their families
- Empowering**
people to take control





We have found OTW to be excellent in helping our son, they have been there for him and totally reliable in sticking with him. They have always been available to him and the change has been very noticeable.

With the short time I've been having meetings with Outside the Wire it's been great to have someone who understands the problems which I'm trying to deal with, any other person which hasn't been in the military would just pass you by without a care in the world. Many thanks to Outside the Wire



Of all the people seen in a period of 5/6 months (and there has been a lot), my OTW worker was the one responsible for getting most things set in order and the required help.

OTW has always been very understanding and non-judgmental regarding my alcohol issues. I have very much improved my alcohol intake and have found the support very helpful.



O.T.W. meets the needs of current serving HM Forces, veterans, reservists and their families to access bespoke, specialist substance misuse treatment and support across the counties of Norfolk and Suffolk.



OUTSIDE THE WIRE

A bespoke alcohol and drug service offering confidential advice and support to current and ex HM Forces personnel and their families across Norfolk and Suffolk

For more information on Outside the Wire, contact us:

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