

ALABARÉ



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ENABLING A FULFILLING LIFE



Beating the freeze

This January, a peak in our winter's freezing weather, saw a record number of people accessing our Alabaré Place Drop In Centre in Salisbury.

On the 21st, 56 people came into the centre seeking hot food and support, the highest one day number we have ever seen in Salisbury. Thankfully, the Drop In team are well placed to meet demand, thanks in no small part to the wonderful donations of food, sleeping bags and toiletries we have been given by the public this winter.

Also at Alabaré Place, our Severe Weather Emergency Provision was running and full throughout the cold snap, meaning that

anyone sleeping rough in the city could get shelter for the night.

Our hostel is also now taking part in a new scheme, **"No Second Night Out"**, which has been trialled successfully in London. The scheme aims to ensure that no one has to be out on the streets for more than a night as well as setting them on the right path to access the support they need. It's early days, but it is hoped that the project will have a positive impact for rough sleepers across the county.



Alabaré Place Drop In Centre

Help to last a lifetime

One of our key aims at Alabaré is that during the time they spend with us, we give each person living in one of our homes the skills and self-belief to maintain their accommodation in the future so that they never need become homeless again.



Residents taking part in Alabaré's Home & Money programme

Alabaré's Home & Money programme is our in-house course designed to help residents manage their accommodation and finances. We believe the value of this training is so great that currently we have a further four members of staff training to deliver the programme, in order to ensure that all Alabaré residents have the opportunity to complete the 5 week course whilst they are with us.

Building on the strong foundations of Home & Money we developed an initiative to help our service

users sustain the accommodation that they move on to, and minimise reoccurring homelessness. Ready 2 Move is a 1 day tenancy training course, which provides residents with a wealth of information including: understanding different forms of tenancy agreements; paying rent and utility bills; budgeting; finding affordable furniture; how to manage anti-social neighbours.

Since September, Alabaré has also been delivering its Ready 2 Move programme to residents of another supported housing provider (Aster Communities). Of 68 residents from Wiltshire who took part recently, only 1 accrued rent arrears, demonstrating the value of the course and advantage that it gives to residents who have taken part.

This month, our team will start delivering the course to residents of another supported housing provider (GreenSquare Group) as well.

Completing the cycle of support we provide for people moving on from our homes, last year Alabaré began the Good Move initiative, funded by CRISIS, which aims to support single homeless people to access the private rented sector.

With benefit reforms starting to take effect, many people are concerned that more and more people will be struggling to meet the demands of their tenancies and monthly bills. Good Move supports landlords who are willing to offer a tenancy and will support residents to help them budget effectively to reduce the likelihood of arrears occurring. Not only is this good for tenants but landlords will have the reassurance of knowing that their tenants are getting professional advice, and if someone does move on, then our team can quickly find them a new tenant, reducing voids for them.

5 years in Bournemouth

In 2013, Alabaré are celebrating 5 years of delivering Floating Housing Support to people in Bournemouth.

In that time, our team have supported 648 people in the town who needed help in finding or keeping their own home. In recent months, the team have been supporting Sam...

Sam was pregnant when she and her partner John were first referred to our Floating Housing Support Team in Bournemouth. Not only that, but they were homeless, living temporarily in a hostel in the town. Both Sam and John had grown up in care, and had support needs.



Photo used for illustrative purposes only

Social Services were concerned about their suitability to bring up a child, and at a Child in Need review before the baby was born, the need to urgently address their homeless situation was highlighted.

James from Alabaré began working with the couple, and managed to obtain food parcels

Alabaré's Senior Chaplain

On Tuesday 12th March, Canon Jonathan Martin was commissioned by The Bishop of Salisbury as Alabaré's Senior Chaplain.



(LtoR) Reverend Canon David Durston, Canon Jonathan Martin, Reverend John Proctor, The Right Reverend Nicholas Holtam, Bishop of Salisbury and Canon Michael Fitzpatrick.

The service took place at St Osmund's Church in Salisbury and was an opportunity for friends, supporters, staff and service users to come together to welcome Jonathan into his new role at Alabaré.

Reflecting on his first months in post, Jonathan said, "For an ordained minister it is an unusual experience to work as part of a large staff team. Whether visiting a drop in, or participating in a staff meeting, my initial impression is that there is an underlying spirit of kindness that is perhaps the glue that holds Alabaré together, and is certainly an encouragement to me. One highlight for me has been making papier-mâché with the residents from Stratford sub Castle. Led by Spirituality Project worker Becky, they also kindly began the service at which I was commissioned with a dramatic interpretation of the Lord's Prayer. I truly appreciate the wonderful welcome given to me."

for them whilst he helped them make a joint claim for housing benefit. He was also able to help the couple through the process of accessing the local council's rent deposit scheme and applying for a Crisis Loan from the Social Fund to help pay for rent in advance.

Happily Sam and John were put forward by the Council for a property through a charitable letting agent, and James was able to support them through the move, setting up home, and helped them set up payments

for regular bills. Once their baby had been born, he also helped them access the correct benefits and Child Tax Credits.

Sam, John and baby Jess are now happily settled in their flat. Sam is rising to the challenges of motherhood and although Social Services are still working with them, there is much hope that the future will be rosy for all three.

Sam said recently, "**(Your) support was amazing. Thank you for everything. We wouldn't be in our flat without you.**"

Improving dental care for homeless people

Dental students from Plymouth University Peninsula Schools of Medicine and Dentistry have been working with residents at our Plymouth Home for Veterans in a project which should have benefits for many other vulnerable and homeless people in the future.

Ten students visited the project early this year to get our residents' views on a pack they are producing aimed at improving the dental health of people living on the streets or in homeless hostels.

Nicky, Senior Housing Support Worker for Alabaré said, "Dental care is often a problem for people who are homeless or on very low incomes, and many people report feeling embarrassed about their teeth. The students were able to give our residents advice on brushing and caring for their teeth

correctly, as well as getting some useful feedback on the packs they are developing and learning about the practical realities of living rough."



Robert Witton, Clinical Lead in Social Engagement and Community-based Dentistry at the university said "We are very grateful that our students have had the opportunity to work with such a fantastic group of people and thankful for the hospitality that they were shown during their visits. The veterans were integral to the project which has since involved the development of a free dental essentials pack that we hope to be able to issue to many homeless individuals."



Sounds Good!

Interesting noises are coming from Alabaré Place these days! The possibilities are endless for the recently formed music and singing groups.

The music room, developed as part of the onsite training and leisure facilities that form part of our Places of Change hostel, is complete with some great equipment thanks to donations from the University of Brighton and grants from Salisbury City Council and Wiltshire Police Fund.

Leisure activities let our residents forget about their problems for a few hours and our Support Workers find that they are able to build better trust and communication with residents through social activities.

"I've been attending music sessions here at Alabaré Place from day one. I have learnt a lot about production, set-up and software programming to name just a few things. The set up and equipment is fantastic".

Adrian, Alabaré Place resident

In March we received the great news that we had secured a grant of £2,500 from Trinity College London which will enable young people in Alabaré Place to work towards Bronze Arts Awards. Other residents will also have the opportunity to get involved as well. Members of our staff and volunteer team will be trained as Arts Award advisers to deliver the programme both at Alabaré Place and our other homes in the future.



Alabaré shops

Over the course of the winter a further three new Alabaré charity shops have opened across our region. Our Ringwood and Lyndhurst shops opened in December and February respectively and our Totton shop in May.



Mental Well-being Award

Alabaré Include, our mental health service has won another award in recognition of the support that they give to people in Wiltshire with mental ill-health. Representatives from Wiltshire Council presented Alabaré Include's Chippenham Snooker Group with their award for "Improved Mental Health and Wellbeing" at a ceremony in March. Well done to the team.

Inspiring Times

Last November, we launched a new initiative called the Alabaré Inspire Awards. These awards are a way for us to recognise members of staff, volunteers or service users who have gone that extra mile in supporting Alabaré. Each person or team is nominated by others at Alabaré. We have already had awards made to staff and teams across many projects, including volunteers in Trowbridge and Bristol, and a resident in Clevedon.

In Bristol, John Shore our 86 year old volunteer, receives his Alabaré Inspire Award from Andrew Lord. John has helped roll out our veterans Mentor & Befriending programme in Bristol as well as helping raise awareness of Alabaré's work in the City.



Quality for all to sea!

Our Alabaré Place Drop In received a special visit from Commodore Jamie Miller in December.

Representing the Royal Navy and Royal Marine's Charity who very kindly gave £20,000 towards our work with Veterans, Commodore Miller was in Salisbury to see Alabaré's wider work. He said "In my naval career, as a commander of ships and battle groups, I am used to looking at standards and

quality, and can quickly detect that what I have seen today is clear quality. The Infrastructure is first class, but it is the staff and ambience that are truly striking, one moment totally quiet then transformed as everyone comes into the Drop In – it reminds me of the quality of a well run ship."

IN THE DEEPEST SEAS, IN THE MOST HOSTILE STORMS, THEY GIVE EVERYTHING FOR THEIR COUNTRY

WHAT WILL YOU GIVE?

- Donate online
- Donate by standing order or post

- Hold a fundraising event
- Volunteer

- Shop online

Giving a better quality of life to serving and former naval personnel and their families.

To show your support please text RNRMC to 70700 to donate £5*



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Alabaré Sleep Outs 2013

Over 100 people slept out in Wiltshire on the night of Friday 1st March to raise funds for Alabaré.

At Salisbury Cathedral, the United Church in Trowbridge and at All Saints in Westbury, sleepers braved the cold to bed down for the night in sleeping bags and make-shift beds. The funds raised by our sleepers will go to our two Drop In Centres, in Salisbury and Trowbridge, which provide food and support to homeless people. Heather Hitchins, our Alabaré Fundraiser who organised the events said: "The night was a great success thanks to the amazing efforts of so many people and we are thankful to all who took part and supported us in so many ways."

At Salisbury Cathedral those who took part included MP John Glen, The Right Reverend Edward Condry, the Bishop of Ramsbury and youngsters from local schools and churches.

John Glen said, "It's a reminder every year, when I pack up in the morning, how difficult it is for those people who don't have somewhere to live. While there is provision and massive support



(LtoR) John Glen MP, Andrew Lord and the Bishop of Ramsbury, The Right Reverend Edward Condry

Photo courtesy of Stuart Gray



Sleepers in Salisbury

Photo courtesy of Salisbury Newspapers www.journalphoto.co.uk



The Mayor of Trowbridge visits our sleepers at the United Church

Photo courtesy of Kevin Hartley

across Salisbury for people who are homeless, there are people who for various reasons, find themselves in a situation where they have nowhere else to go".

In Trowbridge, 11 sleepers enjoyed soup and hot drinks provided and served by members of the local Lions Club, before taking to the ground of the United Church courtyard. Mayor of Trowbridge, Councillor John

Knight visited to speak to sleepers and wish them well for their night on the tiles. He said, "It was good to see that the Alabaré Sleep Out was so well supported and I very much admired those that participated, particularly on such a cold night. I'm delighted it was so successful."

It is hoped that the 2013 Sleep Outs will have raised around £15,000 in total.



A marathon effort

Liam Richards, Support Worker at our Towpath House in Trowbridge, took on a monumental challenge for Alabaré in April – the London Marathon!

With competition for places incredibly high, Alabaré only gets allocated a place in the UK run every 5 years. On the 21st Liam crossed the line in 4 hours and 21 minutes. After the race he said, "The marathon was amazing, I enjoyed every minute of it. The weather was fabulous, I even got a bit sunburnt, and there was a real carnival atmosphere all the way around the course. Running the event on behalf of Alabaré was a real pleasure. A big thank you to everyone who has supported me".

The money raised by Liam will help fund initiatives and equipment to allow Alabaré residents to take part in sports activities which help boost self-esteem and well-being.

Celebrating Alabaré volunteers

In February we held a special event at the Guildhall in Salisbury to celebrate our exceptional volunteers.

The event was an opportunity for us to thank our current volunteers for the invaluable contribution that they make to our charity, and to welcome others who are interested in finding out more about volunteering for Alabaré. Volunteers currently fulfil many crucial roles within Alabaré's teams, including Administrators, Sleep Overs (who provide overnight support in some projects), Gardeners, Cooking Assistants, and Mentors & Befrienders.

Bob Stallard has been volunteering for Alabaré since 1996, and currently



Alabaré staff and volunteers

works every Monday in our Finance office. He says, "I find working for Alabaré very fulfilling, but it also gives something back to me – I enjoy the office banter as well as the disciplines of the working environment. To me, volunteering

is about using the gifts you have within you to support those who might benefit from them"

If you are interested in finding out more about volunteering for Alabaré, please contact Adrian Smale on 01722 344470.

Tick-tock, tick-tock, it's that time again!



Peter Pan flew into Salisbury's St Mark's Church in April, for the annual Alabaré Learning Disability pantomime. The cast made up of staff and clients, put on an outstanding performance in a production which was full of magic, suspense and had laughs-a-plenty! The script had been written by members of the LD Writing Group and props and scenery were made by the LD Monday Group. Luke Taylor and Maria Pogson took the lead parts of Peter Pan and Wendy, with narration from Stephen McAuliffe. Funds raised from the event will go towards providing activities and day trips for our Learning Disability service users. Well done to everyone who was involved – we can't wait for next year!

Ambassadors show off Alabaré Place

Salisbury MP John Glen and other distinguished guests joined us at a recent celebration of our charity's work at Alabaré Place.

The highly successful evening was organised by Alabaré's Wiltshire Ambassadors as part of our Homes & Minds campaign which is raising funds to enable our teams to keep supporting the vulnerable and homeless people who need us. The event was a chance for visitors to have a look around Alabaré Place, our Places of Change hostel and meet residents and staff. Two residents, David and Martin, spoke emotively about their experiences living on the streets, the progress they are making and their hopes for the future.

Commodore Richard Lord, Chairman of Wiltshire Ambassadors said, "Alabaré Place is a fine example of care at its best and provides an excellent insight into the high standards that Alabaré is renowned for across all its activities. I am delighted that this inspires more people to want to help. I am extremely thankful for the donations to the Homes & Minds campaign, and offers of further involvement that have been made as a result of this event, and also for the help we had in putting on this reception at minimal cost."



ITV at The Junction



In March, Alabaré's young people's information and advice centre, The Junction in Andover, hosted an event put on by ITV Fixers to showcase several short films that they have been working on with young people in Andover. Several of our service users have been involved with the project along with Paula who is our Junction Manager. The films are available to view online, and can be accessed through the Alabaré website.

Barnabas House update



Work is coming along well at Barnabas House, Alabaré's first project and our home for vulnerable women in Salisbury.

A number of issues have meant that the refurbishment project has taken longer than originally anticipated, however, works are into the final stages and we hope to have residents moving back into the house in early summer. All who have seen the new interior are delighted with it, and 21 years after it originally opened, it is clearly going to be a beautiful new home for our residents again.

We are currently recruiting volunteers who will provide support for residents and our staff team at Barnabas House. If you are interested in finding out more about how, through volunteering, you can become part of our dedicated team, then please contact Adrian Smale on 01722 344470.

Investors in People reaccreditation



In March we received our three yearly assessment to gauge whether our charity still operates to the standards required for

Investors in People accreditation. We were delighted to pass with flying colours, with Assessor Christina Simmonds even commenting in her report "Alabaré Christian Care and Support has some of the most enthusiastic people that it is possible to meet. Individuals feel such a passion and commitment for what they are doing and their dedication to quality of service provision is inspiring." Well done everyone.

Mindful Employer



As part of our commitment to our staff/volunteer teams and to ensure best practice, Alabaré is pleased to have signed up to the Mindful Employer charter. The charter sets out principles to adopt, which will help employers increase awareness of mental health, and ensure that employees receive the correct support with mental health conditions and mental well-being.

Two Ticks positive



In a hat-trick of good news for our Human Resources department, this spring Alabaré has also been accredited to use the two ticks "positive about disabled people" symbol. This means that we can display the logo on our job advertisements, telling

everyone that we are committed to employing and retaining people with disabilities.



Alabaré Christian Care & Support
Enabling a fulfilling life

At Alabaré we support people to overcome the barriers of homelessness, mental ill-health and learning disabilities in order to have a home, health, choice and independence.

www.alabare.co.uk

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