



# Alabaré Newsletter

Summer 2018



## Thank you for helping Veterans like Graham

**We want to say a huge thank you to all of you who are helping to support our homeless Veterans. Your donations are helping people like Graham.**

Graham joined the Army aged just 17 years old and served with distinction around the world. His life took a tragic turn, however, when he witnessed a close friend tragically commit suicide.

Graham left the Forces but the psychological impact of his experiences haunted him. He struggled to cope and starting drinking. Graham sought help from a psychiatrist but his addiction issues led him to lose his home.

Thankfully it wasn't long before Graham found help and a home at our Gosport Homes for Veterans, and had a chance to rebuild his life.

Six month later, Graham has a full-time IT job and has moved on to a flat through the local council.

*"I'm so thankful for the support I've had from Alabaré, they've helped me get back onto my own two feet."*

## No Veteran should be forced to sleep on the streets



**In June we announced the launch of our Homes For Veterans Appeal. With your help we can support over 120 homeless and vulnerable Veterans every night.**

Thank you so much to everyone who has supported our appeal so far. Every donation from you will help a homeless Veteran like Graham rebuild their life and have a bright new future. If you would like to find out about how you can help, please go to [alabare.co.uk](http://alabare.co.uk)



## Sophie's success

**We are so grateful for your support which helps us to be there for young adults like Sophie, who had a difficult start to life and came to us when she was just 16 years old. We are thrilled that Sophie is leaving us this summer to go to university.**

*"I lived in Alabaré supported accommodation for 14 months and it changed my life for the better. Staff managed to get me from a really low place to a position where I was able to exceed all expectations in my college exams and go to university. I can't thank Alabaré enough, and a big thank you to all the staff for the kindness, support and guidance."*

This Spring we are delighted that Wiltshire Council have renewed their contract with us, meaning that we will continue to be here for young people like Sophie. In addition they have also asked us to run new support services for young people in Devizes, Trowbridge and Chippenham meaning we will have over 80 places. With your support we will be helping young people like Sophie to have a new start to their adult lives.

## Lucy's Story



Lucy was the victim of a violent and abusive relationship at home. After falling pregnant she began living with her partner's sister.

She quickly discovered the house was also occupied by drug addicts and it was obvious she would have to find somewhere else to live.

She moved into our home for homeless young mums and their babies, and shortly after gave birth to a healthy baby girl, Emily.

*"I feel like a completely different person since moving in with Alabaré."*

# Dental Support at our Homeless Shelter

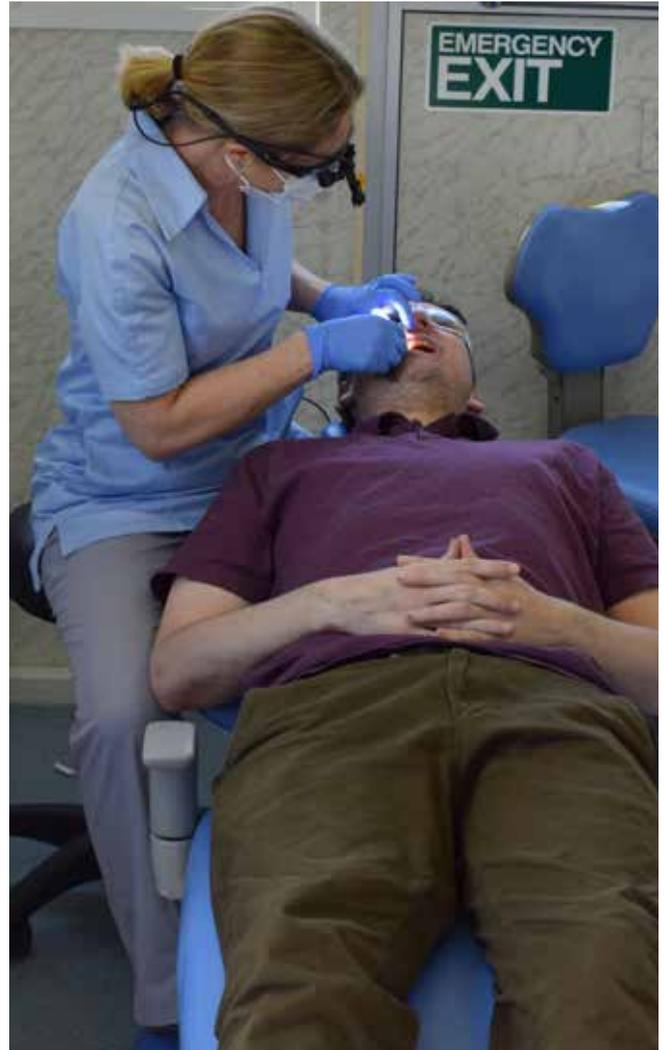
**Regaining self-esteem and confidence is one of the most significant ways that we can help our residents who have been homeless.**

For those who have slept rough, personal healthcare has often been sacrificed as they struggle to cope with their day-to-day lives. Once they are at Alabaré Place, we can help them begin to look after themselves once more.

Thanks to the kind support of Dental charity Dentaaid, residents at Alabaré Place have been able to access dental treatment free of charge. Dentaaid has visited with their mobile dental unit to provide check-ups and basic treatments. Many of our residents tell us they have not had access to a dentist for years. One resident, Peter said;

*"It's important for my self-esteem to have good dental health but it's the last thing on your mind in difficult times."*

In April Wiltshire Council confirmed that we will continue to be their lead provider for supported housing for homeless people in South Wiltshire, offering 64 bed-spaces, as well as a further 21 in the North of the county.



## Creative talents shine



**Alabaré Place Art Group have been busy creating fantastic artwork for the atrium of our Salisbury Drop In Centre. The art group helps to encourage community spirit and allows all our residents to get involved in group creative project.**

Across the city, residents from our Wiltshire Homes for Veterans have also been involved in an art exhibition entitled 'Salonika Reflections'. Working alongside artist Susan Francis, our Veterans took part in a number of creative workshops that related their own time in the Forces to the Salonika campaign from World War One. The exhibition is currently being hosted at Sandham Memorial Chapel, a venue which itself is famous for the work of artist Sir Stanley Spencer which adorn the walls of the chapel.



## Alabaré Glow In The Park & Party

**Alabaré teamed up with Glow in the Park once again to take the event for the first time to the Bath and West Showground in Somerset.**

The thrilling fun-run saw participants make their way through a variety of different glow zones around the 5K course, with the night culminating with the first ever 'foam after party'!

We would like to thank our wonderful team of volunteers for their help on the evening and our special thanks to ServeOn and Team Rubicon.

**It's not long to go until our annual Glow in the Park: Longleat on Saturday 8th September.**

This amazing event is open to participants aged seven and above and features a new route this year, taking you even closer to the safari park residents!

All the funds we raise through our Glow Runs help transform the lives of the vulnerable people in our care - thank you so much for taking part.

## Nationwide Marathon



**The team at Nationwide Salisbury raised £1,719 for Alabaré by taking part in their 'Double Marathon Challenge'.**

In branch the staff team took part in a full 26.2 mile marathon on a treadmill. Manager Lee Syrett then took part in the 2018 London Marathon in aid of Alabaré as the second part of the challenge.

*"I am so happy to have raised awareness for the amazing work Alabaré do and collectively we have raised money to make a difference to their vulnerable clients," said Lee.*



## Alabaré supporters reach dizzying heights!

**In April, 46 incredible supporters abseiled over 100 metres down the iconic Spinnaker Tower in Portsmouth to help change the lives of homeless Veterans in Gosport and Hampshire.**

Our amazing abseilers raised over £15,000 between them to support residents at Greenwich House, our latest Home for Veterans in Gosport. The home opened late 2017 thanks to the support from Greenwich Hospital.

Andrew Lord, Alabaré's Chief Executive, said:

*"These kinds of fundraisers are invaluable. Our Homes for Veterans initiative depends on the generosity of military charities and supporters. Without them we can't do this amazing work."*

These thrilling events will raise vital funds for our Homes for Veterans projects which rely entirely on donations from the general public and military charities. Without these donations, we would not be able to house over 120 homeless Veterans every night. If you would like to get involved, why not sign up for our WWI Commemorative Skydive!

### Calling all thrill-seekers!



Later this year we will be holding an event for those who like an even more challenging fundraising pursuit - our World War One Commemorative Skydive! On Saturday 10th November, 100 participants will skydive at Old Sarum, an original WWI airfield near Salisbury, to mark 100 years since the end of the First World War and to show their support for our Armed Forces Veterans today. To find out more please go to [alabare.co.uk](http://alabare.co.uk)

# Local support for our Homes for Veterans

## Community Action



Our huge thanks to local community group Homeless Pembrokeshire who recently donated a large amount of goods, from clothes to food, for our Veterans in Carmarthen. The group gathered the donations from the general public and we cannot thank them enough for their continued generosity which is changing the lives of our residents.

## A visit to Gloucestershire



Our Gloucestershire Home for Veterans had the privilege of welcoming the Commander of the Allied Rapid Reaction Corps, Lieutenant General Timothy Radford to our home. The Commander was invited to our project to learn more about the work of Alabaré's Homes for Veterans service, and enjoyed the opportunity to speak with both staff and residents.

## Topping out at 'Our Wilton'

In April the 'Topping Out' ceremony took place at Wilton Hill Veterans Village, just over a year since ground was broken on the development. MP for Salisbury John Glen laid the final tile on the roof in a short ceremony. Working alongside Our Wilton, we will be providing the accommodation and support to homeless and vulnerable Veterans.

John Glen MP:

*"Alabaré have been fantastic for Our Wilton and they do so much in the community in Salisbury and South Wiltshire. I am very proud to have them as such a key partner here"*

The project is expected to open in early 2019 and will provide space for up to 44 Veterans.



John Proctor, Matthew Bell & John Glen

## Chalke Valley champions

Thanks to the incredibly kind support from churches of the Chalke Valley, nearly £11,000 has been raised to provide 'Welcome Packs' for Veterans coming into the Wilton Hill project. The packs contain everything a person needs from a mattress through to a mug.



## Rain doesn't stop play for our visit to Longleat

**Our residents and clients from our Learning Disability services all had a fantastic day out at Longleat recently, despite a spot of rain!**

The group enjoyed their drive through the safari - getting up close to lions, tigers, wolves, hippos, giraffes and zebras!

The day was one of many incredible new experiences, with members of the group hand feeling the Lorikeets, mixing with the penguins and some of the bravest even tried holding the spiders and snakes!

Matthew, who is one of Alabaré's residents, thoroughly enjoyed the trip to Longleat and said afterwards,

*"I really enjoyed our day out at Longleat, it was nice to spend the day with my friends and staff. We went around the safari and saw lots of animals and I got to hold a tarantula and snake. I felt scared but I was brave! I fed some birds that made me laugh when they landed on my head."*

### Tea-time at Old Sarum



Pictured: Nicky Alberry, High Sheriff of Wiltshire and Mark Thistlewayte, High Sheriff of Hampshire meet with Alabaré at Old Sarum

Old Sarum Garden Centre is now serving delicious cream teas! From 11am-3pm on Monday to Friday, you can come along and enjoy freshy made scones from Café Delicious, Devon clotted cream and sumptuous strawberry jam.

We also offer a range of other teatime treats so do pop in and see us when you are passing!



## Your support has helped Heroes like Mark

**In Gloucestershire your support is helping our Armed Forces Veterans who have struggled since moving to civvy street.**

One such Veteran is Mark who came to our home after spending the last 7 years sofa surfing, living on the street and suffering from addiction issues and PTSD. Mark has served in the Gibraltar Regiment for 17 years since the age of 21, and described his time as being one when he was proud to serve, he had a sense of worth and purpose.

Since leaving the Army he described the sense of loss and how he became “sick of being a no-one” as he was kicked and spat at on the street, not able to settle in any community and feeling he had hit rock bottom. Gloucestershire Homes for Veterans gave him new options to challenge himself, challenge his perception of himself and develop a future.

Within our home the staff supported him to address his issues of addiction, and employment. Through a variety of programmes and courses, he

has been able to gain the confidence to take on the Walking With the Wounded Cumbrian Challenge where he joined 3 of our other past residents to tackle a 23km sprint hike up Lingmoor Fell and Blake Ridge mountains. Competing against over 100 other teams, the Alabaré Homes for Veterans quartet took first place in their category for the second year running, completing the course in 4hrs 48mins – an incredible achievement!



Mark said afterwards, “The support Alabaré has given me has been great. I wouldn’t be where I am now if it wasn’t for the team at the Gloucestershire Homes for Veterans.”