

Who we are

We are a charity who provide housing, support and training to people who are homeless, vulnerable or struggling with their mental wellbeing.



Each person we meet has different needs, and we work alongside them to provide the support that is right for them, enabling them to overcome their crisis or challenges and move forward to the life that they choose.

Alabaré was founded in 1991 by a Christian community out of the simple act of providing a place of shelter and safety to help one homeless man, Bob. Over the years, our charity has grown and developed way beyond those initial ambitions, but our goal remains to help people who are vulnerable build bright futures, homes and minds for themselves.

Today, we support thousands of people each year through our homes and services across the south and south-west of England and Wales. Our founding principles of care, compassion, generosity and respect have remained the guiding force of our work, ensuring all in our care have the opportunity of a fulfilling life.

Thank you for reading.

A list of our funders can be found at alabare.co.uk

Alabaré
Riverside House
2 Watt Road
Salisbury
SP2 7UD

Registered Charity No.1006504
Registered In England No.2604011
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all names have been changed to respect
confidentiality.

Registered with



Alabaré Spirituality & Chaplaincy



Supporting your social,
psychological and spiritual
wellbeing. Treating spiritual
needs with attention and care.
Your questions answered.

What is spirituality?

We believe in treating each person's spiritual needs with the same attention as all other aspects of the care and support we provide at Alabaré.

Alongside the support you will receive from your key worker and the teams in our homes and services, our chaplaincy team is available to support your social, psychological, and spiritual wellbeing. This is a short guide to help answer questions you might have about what we mean by spiritual wellbeing.

Is it for everyone?

Yes. We are here for everyone – whether you are a person of faith or not. Faith can mean different things to different people. We will support you whether you identify with a specific faith or have no beliefs or faith at all.

What do we mean by spirituality?

Spirituality at Alabaré is about:

- Enabling people to find meaning and purpose in life
- Living out the Alabaré values of Care, Compassion, Generosity and Respect
- Supportive community relationships

- For some, belief and faith in a higher power – in God
- Feeling connected to the universe

Chaplaincy is about:

- Supporting you with your spiritual wellbeing through conversations exploring your faith or beliefs as you choose
- Supporting you on your spiritual or faith journey, even when that differs to our own
- Being around to help you talk about how you are feeling if times are tough or if you have lost someone close to you
- Being available without any strings, reports, or expectations
- Being authentically ourselves and authentically Christian
- Praying for you and the organisation as a whole

We're not about:

- Trying to convert people into Christians
- Assuming just one – or any - religious belief and practice is the 'right or only' way
- Dismissing, condemning or judging lives or choices past and present

How can you get support

Our Senior Chaplain regularly visits our homes and services across Alabaré and all benefit from the support of our volunteer Chaplains as well.

If you would like to arrange a conversation or visit from a member of the Chaplaincy team you can either do this by asking your key worker or by calling **07500 788148**. You can also email chaplaincy@alabare.co.uk.

Conversations do not have to be formal or held in meeting rooms – we often find it best to chat while going for a walk or perhaps doing some cooking or gardening together. There are many different ways to explore feelings around spirituality so please do get in touch with the team to talk about what this could be for you.



“ Chaplain Colin has been an unfailing inspiration to me for twenty months. He has underpinned and restored my spirit many times, also my self-belief and, ultimately, my faith (purpose.)

Thank you, it has never meant so much as it does today.
Paul - Veteran service user

“ I just enjoy the guys' company, the positive staff vibe, and the sense that this is a home, where folk are happy, get cared for and care for one another.'

Graeme - Chaplain for a home for people with learning disabilities

“I have come that they may have life in all it's fullness”

(John 10:10)