

Alabaré Newsletter

Winter 2021



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Interested in volunteering?
 Call our team:
 01722 344470



“We continue to support people in extreme distress and turmoil, offering people a non-judgmental ear in their time of need.”

Despite recent challenges, Alabaré continues to grow and expand its services. This year we have established three new homes.

Each of these properties provides something different to our regular homeless service. As the pandemic has clearly demonstrated there is a fundamental link between poor mental health and homelessness, and each house hopes to help combat this.

Stanley Road and Clevedon Road cater for those at different stages in their drug and recovery from alcohol substance misuse. 4-bedroom Stanley Road provides accommodation for those ‘clean’ of either drugs or alcohol for at least four weeks before arrival. Residents are offered individual support and access to learning opportunities and further education aimed towards enhancing skills for gaining employment.



Clevedon Road is a 6-bed house for residents not yet in a position to remove either drugs or alcohol from their lives. Here we provide individual high-level support, whether that is specialist addiction or mental health support.

The latest addition to our mental health support service opened in Chippenham in August. **Hope House** is a 4-bed supported short-term residential service for those experiencing mental health crises. Offering peer to peer support Hope House aims to be a respite house that supports people in crisis as they build a sense of meaning and purpose beyond their challenges.

Throughout Covid, our service at **Riverside Sanctuary** adapted from an in-person to a telephone support service but is now running face-to-face drop-in sessions once more. The team continue to provide a confidential

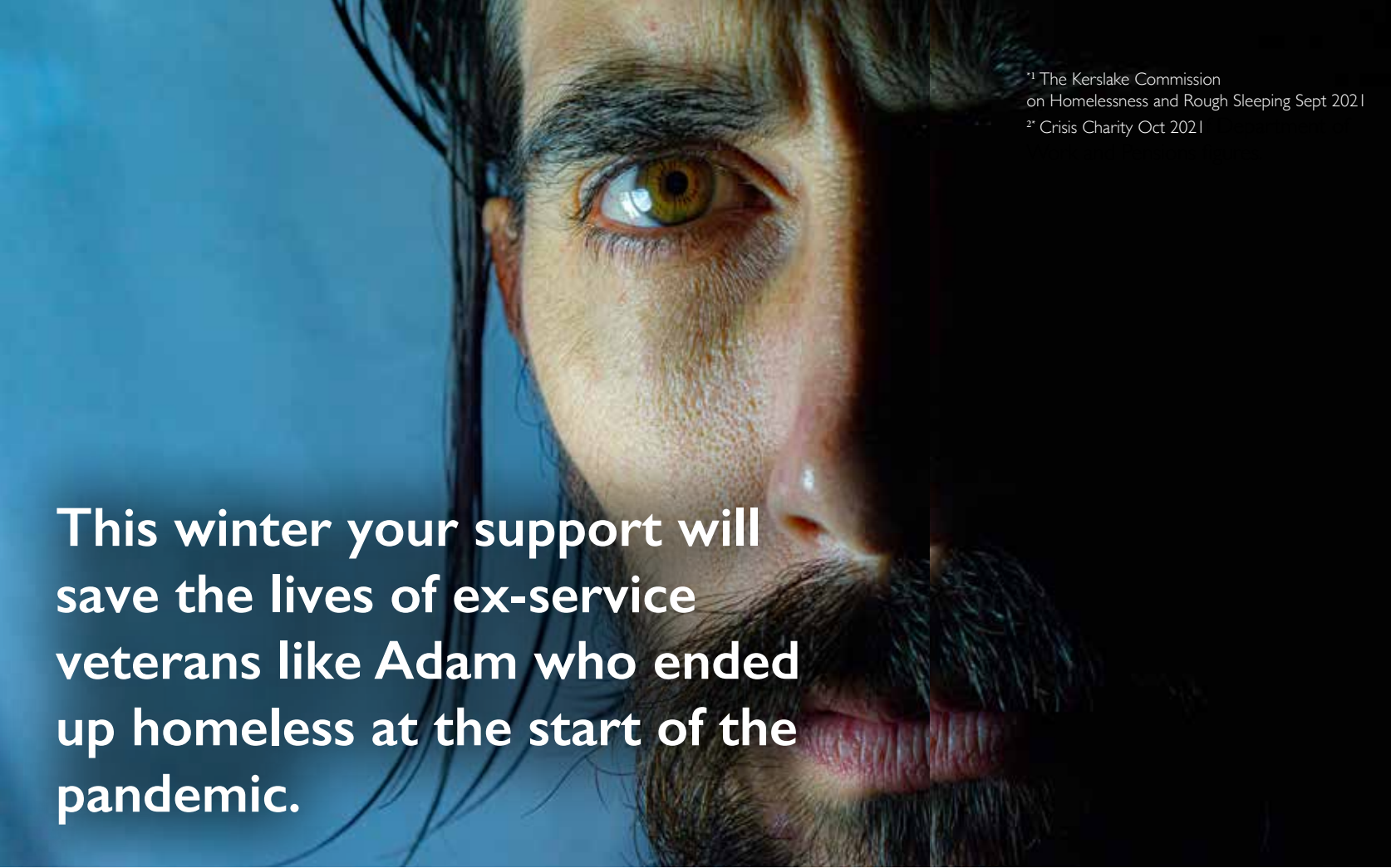


service supporting the mental health and emotional wellbeing of individuals across Bath and North East Somerset, Swindon and Wiltshire.

Mental Health and Substance Misuse Facts*¹

- Last year 7,871 support calls were made by our Riverside Sanctuary team
- 83% of our clients are male and the average age is 42
- 307 people received 2,401 hours of support from the team last year
- 41% of our veterans stated they had issues with their mental health
- 22% of veterans and 38% of homeless adults state they had alcohol and/or substance abuse problems

¹Alabaré Impact Report 2020/21



This winter your support will save the lives of ex-service veterans like Adam who ended up homeless at the start of the pandemic.

¹ The Kerslake Commission on Homelessness and Rough Sleeping Sept 2021

² Crisis Charity Oct 2021

Adam came to Alabaré Homes for Veterans following the initial lockdown in 2020. Adam had struggled with alcohol and drug addictions for several years following an overnight immediate medical discharge from the Navy after 15 years of service.

Although Adam went on to hold down a successful job, he became a fully functioning addict for several years as

he struggled to cover up his depression. Following redundancy, Adam ran up multiple debts and then nearly lost his life to a drugs overdose, whereupon he decided to pack up and move in with a friend at the beginning of the first lockdown. After losing a couple of close relatives Adam joined us while suffering from extreme social anxiety.

Since working with the Alabaré team Adam has now moved into his own

independent flat and he is rebuilding his life. Adam is especially keen to help ensure others do not end up in the same position as he did. He is writing a blog and is keen to work with Alabaré Homes for Veterans in any way he can.

“Somebody cared. Someone was there to listen, and yeah someone cared when I thought no one would or should.”

Why support us?



Homeless Facts & Figures

- Towards the second wave of the pandemic, there were increases in people experiencing homelessness for the first time, including those furloughed or newly unemployed ^{*1}
- 100,000 renters could be at risk of eviction following the recent universal credit reduction. ^{*2}

Alabaré provides emergency shelter and supported accommodation to homeless young people, young parents, homeless people and ex-service veterans. We provide a warm place to call home and work on the root causes of homelessness to ensure clients are able to leave homelessness behind for good.

Addressing the issue of rough sleeping is vital, for both the human toll and the financial cost, which is estimated at £20,128 per case in the UK over 12 months. Homelessness places a huge cost on health care systems, mental health services, on criminal justice systems and on social care services, to name but a few. ^{*1}

Donate - alabare.co.uk/donate

Alabaré Upcoming Events



Ernest Shackleton “No Man Lost”

Hampshire ambassador Charles Ackroyd ticked off one item on his bucket list and sailed to the Ross Sea in January 2020. In the company of his brother; a Canadian rancher and a TA friend, David Sneath, they sailed from Bluff on the southernmost tip of New Zealand. On a former Russian research ship, they reached the historic huts of Scott and Shackleton at the foot of Mount Erebus to explore the coastline and the history of this emotive destination.

The richly illustrated talk will be given by David Sneath and will focus on the huts, their history and their immediate surroundings.

Date and Time:

Tues 1st December, 19:30 – 21:30

Location:

Online

COST: DONATION ONLY

Register - fundraising@alabare.co.uk



Big Sleep at the Tank Museum

For all those who enjoy playing with toy tanks, this is your opportunity to sleep next to a real one! Join us at The Tank Museum for our Big Sleep at this fascinating venue and learn more about tanks from around the world.

Funds raised will go to support vulnerable Armed Forces veterans struggling with homelessness.

Date and Time:

Fri 28 January 2022, 19:30 – 08:00

Location:

The Tank Museum, Bovington, Dorset BH20 6JG

Registration:

Adult £10 / Child £5 aged 11 years plus (to be accompanied by an adult)

Event Enquiries:

fundraising@alabare.co.uk

Info - thebigsleep.org.uk



Chippenham Firewalk

Are you brave enough? Would you like to build mental strength and have a huge sense of achievement? Or like to build self-belief and prove to others how fearsome you are? Or as it is Valentines weekend perhaps you'd like to show a loved one how much you care by walking barefoot over hot coals for them?

With a long history going back centuries around the world, isn't it time you experienced this ultimate test of courage?

Date and Time:

Fri 12 February 2022, 17:00 – 20:00

Location:

Hardenhuish School, Chippenham, SN14 6RJ

Registration: Age 16 years and over registration £15

Info - chippenhamfirewalk.eventbrite.co.uk

The Atlantic Nomads take on the world's toughest race raising awareness and vital funds for Alabaré's Homes for Veterans.

Ever wondered what it would be like to cross the Atlantic in a rowing boat? Well, we are about to find out.

We're thrilled to be the official charity for the Atlantic Nomads as they take part in the **Talisker Whisky Atlantic Challenge** starting this December. The team of four, one serving Officer and three civilians (3 men/1 woman) will row 3,000 plus miles from the Canary Islands to Antigua, rowing two hours on, two hours off for an anticipated 35 days straight (but has been known to have taken up to 87!). Be inspired to support and cheer them on.



To donate: Visit their Just Giving Page

Progress updates: Download the **YB Races APP** from your app store which provides real-time updates

Twitter and Instagram:

@AtlanticNomads

Find out more about our events:

alabare.co.uk



Veteran Self-Build Scheme launches new site in Plymouth

Eight previously homeless veterans and a further four veterans' families will benefit from our exciting new self-build scheme in Honicknowle, Plymouth, called Stirling House. The scheme, which sees us working alongside LiveWest and Plymouth City Council, is giving a team of veterans the opportunity to gain skills in the construction industry, which ultimately may enable them to live in one of the homes they have helped to build.

One of the self-builders is Adrian, who served 8 years in the Army. Adrian is very enthusiastic about the build and said;

“This is a unique opportunity for me to learn new skills and to have a fresh start and to seek new challenges ahead.”

A significant number of veterans struggle when they leave the Armed Forces. The Self-Build Scheme gives them a safe space with others who have had similar experiences, and professional support to help them overcome the trauma they have felt on civvy street. It is an opportunity to rebuild their lives, their skills and their resilience, whilst building their own home. The development is due to complete in winter 2022.



This autumn we mark ten years since one of the biggest milestones in our Alabaré journey – the completion of Alabaré Place.

Alabaré Homeless Today

- A total of 1389 people were supported across our services last year
- 31,655 hours of client support were given to supported housing schemes across Wiltshire
- 86% of residents successfully moved into independent living

The decision to replace the previous Damascus House hostel with a purpose-built scheme, which gave residents a positive and forward-thinking home in which to receive the transformative support they need, would see us work closely with partners Greensquare, Homes and Communities Agency and many others to make the dream a reality.

Since Alabaré Place was officially opened in April 2012 by HRH The Countess of Wessex, our team has welcomed hundreds of homeless and vulnerable people. They have included Simon, a former university teacher who spent several months with us in 2015. He says;

“I was lucky. I mean, I found Alabaré or Alabaré found me.....My early days at Alabaré were all about recovery, but gradually as recovery became quite embedded, I developed a life from that. And, and it’s, you know, it’s a good life now... my son’s back with me and thriving...”

Listen to Simon’s story in full, along with many others at www.alabare.co.uk



Corporate support for our services

In addition to the trusts and donors that support Alabaré, we are also grateful for the support of local businesses that partner with us to help our clients and to raise our profile in the community and vital funds to help us in our work.

Two such partnerships this year are Cote & Castle, and Haine & Smith.

Cote & Castle are estate agents, with an office in Salisbury, who have pledged to donate £100 from every house sale, towards our work. Never shy of a challenge, they also raised money this October with a sponsored bike ride from London to Salisbury with partner Simon 'virtually racing' against a team on a static bike in Salisbury's Guildhall Square.

Opticians **Haine & Smith** have several branches across the South West and chose Alabaré as their charity of the year. We have begun working together on a pilot scheme to bring eye tests and free glasses to our residents. The first session was held at Unity House in Chippenham for six of our residents. It was incredibly well received and will make such a difference; not only to their eyesight but also their lives and wellbeing as a whole. It's been great to see how something so 'routine' for many of us will bring them renewed confidence. We are now hoping to roll out to other homes in the area and ultimately, if the scheme is a success, it would be wonderful to be able to roll this out to street homeless, not just those within our homes and services.

We're proud that this scheme was showcased by both Points West and South Today on ITV

Old Sarum Garden Centre Café update



Guests joined us for afternoon tea in the grounds of Old Sarum Garden Centre to have a behind the scenes look and hear about the plans for the new café while meeting the team.

In 2019, we began planning this new training kitchen and café, which involved upcycling two shipping containers to provide a training environment for learning disability clients so they can work towards retail and catering qualifications. Once complete, they will be able to develop a range of practical skills while also increasing their confidence and making them feel more at ease in a working environment. It will also make the garden centre an even more attractive place to visit, allowing customers, or clients and their friends and families a dedicated space to enjoy some delicious refreshments with a place to relax. We look forward to announcing the opening soon.

Homes for Veterans and social enterprises



Last year, we supported 80 vulnerable ex-Armed Forces veterans through Alabaré Homes for Veterans Cymru in nine homes across Wales.

A key priority is ensuring veteran mental wellbeing. Our social enterprises provide an opportunity to get involved in activities that have a positive impact on mental health and self-esteem. Field Kitchen, our mobile catering pizza enterprise, has proved very popular with locals and tourists this summer in North Wales. Furthermore, several veterans have joined our North Wales Boots on the Ground programme taking part in activities such as mental wellbeing walks, social forestry and bushcraft.

Meanwhile, the Boots on the Ground team in Salisbury have been hosting Veterans Breakfast Clubs and have been providing sailing excursions with some of our Gosport veterans with the Gwennili Sailing Trust.

www.homesforveterans.co.uk/

High Sheriff Award recognition

We are absolutely thrilled that Paula Philp, Operations Manager for Young People Services and the Andover Foyer has received the High Sheriff of Hampshire Award from High Sheriff, the Rev Sue Colman, for going above and beyond the call of duty to help those in our local communities.



Taking place every autumn, the Awards are given to those that deserve special recognition for their work on projects that enhance safety and cohesion in our local communities. Congratulations everyone!

If you would like to make a lasting difference to homelessness, why not consider sponsoring a room or leaving a legacy?

Our sponsor a room scheme costing £12 a month enables you to help someone escape the devastation of homelessness for good.

Alternatively, by leaving a gift to Alabaré in your Will, you can help us be there for homeless and vulnerable people who have nowhere else to turn, long into the future.

www.alabare.co.uk / **01722 344484**

Free Wills Scheme with Steele Rose LLP

We have a fantastic partnership with Wiltshire based estate specialists Steele Rose where you can take advantage of our Free Will Scheme and make a will for free!

With the cost of a straightforward will averaging £150, this service is completely free and whilst there is no obligation to make a donation instead of payment or leave a gift in your will, we hope that after looking after your loved ones you may consider this option.

Contact **Steele Rose LLP** on **01722 410009** for an appointment.

Images are used for illustrative purposes only and names have been changed to protect client confidentiality. Models have been used.

Alabaré Christian Care & Support, Riverside House,
2 Watt Road, Salisbury, SP2 7UD

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