

Alabaré Newsletter

Autumn 2022



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Giftling support for the year ahead

As households continue to be battered by the cost of living crisis it is feared that this winter may see a steep rise in homelessness as renters struggle with the highest private rents on record against rocketing household bills.

This is already being borne out with statistics showing an 11% increase in families becoming or being at imminent risk of homelessness during January to March¹. As a charity, being able to provide support to prevent homelessness, as well as accommodation and help for those in need, is more vital than ever. We have a passionate team of staff and volunteers working around the clock, and we are so grateful to our wonderful supporters who enable us to continue to be here.

One example of the huge impact of our supporters' kind-heartedness involves an Alabaré home for learning disabilities in Salisbury, where many of the six housemates had lived together happily for over 15 years. Sadly, the rental property, which has been in the hands of the same

landlord throughout this time, needed to be sold. We were delighted when Sarah stepped forward to buy the property using monies left to her by her late father. Sarah now rents the property back to Alabaré on a peppercorn rent and is keen to see that this continues for years to come.

Sarah says, "I am delighted to be in a position to assist Alabaré in their vital work with vulnerable people in the community. People with mental health disabilities or illness find it so hard to access secure housing, which is absolutely vital for their wellbeing and so offering a house for Alabaré's clients helps me feel I have made a significant difference in their lives. The property is on a 10 year lease, which means that I have overall ownership of the property; a great way to invest funds in property both for my future and the future of Alabaré's clients."

In July we held a small get together so Chaplain Gill could bless the home and everyone could meet. It is a wonderful example of how legacies make such a difference and how leaving a legacy can be achieved during your life as well as after it. We are enormously grateful to Sarah who continues to lend her service by volunteering with us too.

Also, this July, we opened our doors at last to the café at **Old Sarum Garden Centre**. The café provides training resources for those wishing to gain skills and build confidence in catering and customer care. As one of our Development Centres, Old Sarum offers vocational training and daytime activities to local adults with a variety of learning and support needs.

You can visit the café for plant sales and light refreshments Monday - Friday from 10.30 am - 3.30 pm - Please drop in and say hello, you are assured a warm welcome.

Learning disabilities clients get out and about

With great excitement and lots of courage, our learning disabilities clients came together to put together Alabaré's Got Talent which was rescheduled due to the Covid outbreak.

The night was filled with laughter and song as many took to the stage with all types of ballads showcasing their incredible talent.

Clients can also now get outdoors and explore on some brand-new disability bikes. Following a generous donation from The Aall Foundation we were able to buy several bikes that benefit everyone across our Supported Living Service. We now hope to start an Alabaré bike club.

Thank you to Get Cycling, for your advice and Sarum Academy for hosting our talent show.



¹ DLUHC, Statutory Homelessness Live Tables, Table A.1.

Fundraising and heritage restoration in Gibraltar



Twelve amateur cyclists participated in our epic Race to the Sun sponsored challenge in May, raising funds to help support homeless veterans. The five day event saw participants complete a gruelling 487-kilometre circular ride including Cat 1 ascents, totalling 8,600 metres through the glorious mountains of Gibraltar and Andalucía in Southern Spain. The sheer physical effort that the race participants undertook was remarkable. Together they rose to the challenge in 35-degree heat and generated a whopping £60,000 in vital funds to support more veterans in our community.

The race coincided with the **Alabaré Gibraltar Heritage Project**, which saw

nine veterans help renovate Lord Airey's Battery on the top of the world-famous Mediterranean rock.

Several members of both teams have served in Gibraltar or spent time there during their military careers, and five have recently benefitted from our veterans' accommodation and support. This was an opportunity to give back to the people of Gibraltar and thank them for their continued support of the UK Armed Forces.



Royal Navy veteran Kenny took part

Kenny said, "I first came to Gibraltar in 1998 as a 17-year-old on HMS Cornwall, and I am now back in Gibraltar as a 41-year-old, and it's given me that bit of closure from my battles and demons. It has allowed me to rediscover my personality with a group of veterans again. So, thank you to Alabaré for letting us come out here and to the Gibraltar Heritage Trust and the organisations who helped make this trip possible."

Andrew Lord, Alabaré CEO, joined the group and reflected on the achievements of the project team. "The team has worked incredibly hard on this late Victorian artillery battery. The team has really gelled with lots of camaraderie, and through these moments and the veterans' comments, you can see how beneficial this kind of shared endeavour is, building confidence and positive mental wellbeing." Thank you to everyone who took part.



The project was generously supported by Friends of Gibraltar Heritage Society and the Gibraltar Heritage Trust, local supporters include the Wilton Rotary Club, plus charities such as Greenwich Hospital, The Not Forgotten, and Rebecca Day 360.

Image one - Team with Governor of Gibraltar

Alabaré Upcoming Events



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?

The ultimate motivational fundraising evening. Join our sponsored firewalk and triumph while raising funds by walking barefoot over hot coals to end homelessness.

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

Date and Time:

Sat 17 Sept 2022, 18:30 – 21:30

Location: Hardenhuish School, Chippenham, SN14 6RJ

Registration: Age 16 years and over registration £15

Book - www.chippenhamfirewalk.eventbrite.co.uk



Big Sleep at Home

Give up your warm beds for the night while raising vital funds and awareness for Alabaré's work with homeless and vulnerable people.

Have you got what it takes to spend a whole night out of your comfort zone? Whether you sleep out in your garden or in a more unusual place, you will know you are helping to end homelessness for others.

Swap your comfy bed for a sleeping bag and grab your blanket and build a den in your lounge, sleep in the bath or brave the elements and sleep under the stars!

Date and Time:

Fri 07 Oct 2022, 20:00 - 07:00

Register: Sign up at eventbrite.co.uk

Event Enquiries:

h.inglis@alabare.co.uk

Book - www.The-BIG-Sleep-at-Home-2022.eventbrite.co.uk



Salisbury Skydive

Show your family and friends how fearless you are and experience the thrill of jumping out of a plane at 10,000 feet.

By taking part in our skydive event and fundraising for Alabaré, you will be making a difference to the lives of homeless and vulnerable people.

Date and Time:

Sat 15 Oct 2022, 08:00 – 18:30

Location: GoSkydive, Old Sarum Park, Old Sarum Salisbury, SP4 6EB

Registration: Participants pay a £50 reservation fee and raise a minimum of £345 in sponsorship for Alabaré. You must be at least 16 years of age to take part in the event.

Event Enquiries:

h.abbey@alabare.co.uk

Info - alabare.co.uk



Big Sleep at Spinnaker Tower

Forget about your cosy bed and sleep overnight among the stars at the top of Portsmouth's iconic Spinnaker Tower to take a stand against homelessness.

Would you dare to spend the night 110 metres up this famous building? You will be presented with a fabulous birds eye view over the city of Portsmouth while helping to end the crisis of homelessness for people in our community.

Date and Time:

Fri 18 Nov 2022, 20:00 - 07:00

Location: Spinnaker Tower, Gunwharf Quays, Portsmouth, PO1 3TT

Registration: Participants joining us for the Big Sleep pledge to raise a minimum of £100 for Alabaré Homes for Veterans (£50 for anyone aged 11-18).

Event Enquiries:

h.abbey@alabare.co.uk

Book - www.spinnaker-big-sleep.eventbrite.co.uk

Mental Health & Wellbeing

It has been a huge year for the mental health service at Alabaré. We have grown significantly, with almost six times the amount invested since we began. In partnership with the national mental health charity Rethink, we are helping to transform how people receive mental health support across Wiltshire through our new initiative “Access Community Mental Health”.

Chloe's Story

Chloe is a young lady who found herself at risk of suicide and with complex emotional needs.

She was frequently using the emergency services whilst in crisis and becoming increasingly frustrated that her needs were not being met. After a stay in a general hospital, Chloe stayed with us at Hope House for a few weeks. She agreed to work with us to understand and communicate her emotions effectively.

The team at Hope House took a lot of time to build a trusting relationship with Chloe. Although there were some difficult times we got to a point where Chloe was more relaxed and better able to pre-empt her needs and seek



support from the team, demonstrating improved communication in line with her initial goal.

Chloe now says she has not used emergency services since leaving Hope House and is independently seeking support when required, including from Riverside Sanctuary, our freephone service. Chloe says she is feeling more confident and has hopes for the future, including wanting to work in Mental Health support.

“I would be absolutely lost without Riverside. I would like to say thank you to the whole team and encourage them to be open to more face-to-face appointments. I personally feel I have been let down by the NHS system, but Riverside has been there to pick up the pieces.”

Riverside Sanctuary visitor

**Riverside Sanctuary -
freephone 0808 175 1369**

- Last year 445 people were supported by our mental health outreach team
- 53 people were supported by our crisis support team at Hope House in Chippenham
- Telephone support lines are open 4 pm – 11 pm seven days a week with drop-in sessions available (please ring to check availability).

Ed's Story

Ed came to Alabaré after finding themselves on the brink of homelessness during the pandemic. Ed is autistic and struggled with mental health issues and social anxieties for many years and so was not comfortable living alone. After several interventions by Housing Options, they were offered a room at Unity House.

“When I first moved in, I was absolutely terrified. I think I had preconceptions about the type of place and the type of people who would be here. But even on arrival, my neighbour helped me move my boxes in and everyone has just accepted me without any judgment or anything. I mean, for the most part, people have their issues, but their hearts are in the right place. So, it's nice.”

Ed has been taking part in artistic activities which have included attending art therapy workshops and working with an Alabaré volunteer who is a professional playwright. As Ed hopes to pursue a job in the creative field these experiences have been invaluable as they continue to build their confidence.

“I think the biggest takeaway from my involvement with Alabaré so far would be to open myself up to talk to others and learn more about people. Before



I came here, I was really shut off. Here it's down to other residents being non-judgmental. Different people are good in different ways. I've always prided myself on not putting people in boxes because it always annoyed me when people put me in a box, but coming here, I realised that I have put people in boxes. And now I don't.”

Volunteering & Retail

As Covid thankfully has less of an impact on our lives, volunteers are returning to our services. Since April we have a new volunteering team with new ideas, drive and enthusiasm to recruit a team who can support Alabaré.

During the past year, volunteers have given nearly 20,000 hours of their time which is a wonderful gift to Alabaré. We would like to thank all our volunteers for their time and for sharing their skills.

Covid has been a huge challenge for our retail team. Over the last year, we have put focus on growing our eBay shop, which gives us an opportunity to maximise our audience.

As we move forward we hope to develop our retail spaces as “more than just a charity shop”, by offering support for local people in the community and a safe space for many. Finally, we are delighted that following a lease negotiation we have secured a larger store at **33 Catherine Street Salisbury** which will open this autumn.

Veterans Self-Build

In May, our self-build scheme at Waterworks Lane, Leominster, completed in partnership with Stonewater Housing, Herefordshire Council and J Harper & Sons Ltd, was officially opened by HRH The Duke of Kent. The 19 properties were completed in December 2020 and became home to nine veterans.

Several of our veterans who took part in the scheme have also gone on to find employment in the construction industry, using the skills and qualifications that they gained during the two-year project.

In **Plymouth**, our Stirling House self-build scheme has been coming on apace, with our veterans working

alongside contractors Coyde Construction. Phase one of the build, which is a partnership between LiveWest Housing Association, Plymouth City Council and Alabaré, is due to complete this autumn.

In **Ludgershall, Wiltshire**, three of our veterans have joined the Lovell's construction team at Drummond Park, where we are again working with Stonewater Housing.



Somewhere to Go

Economic uncertainty, fuel poverty, family breakdown and mental health issues will sadly continue to impact the demand for our services.

Our preventative support programme 'Somewhere To Go' at Salisbury's **Alabaré Place in Barnard Street**, provides professional support to those seeking guidance on debt management, rent arrears and utility costs, and



provides practical solutions to those struggling before they reach crisis point, ideal for anyone using the Salisbury Foodbank or Salisbury Pantry. Drop-in for advice any time between the hours of **11 am – 3 pm six days a week.**

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 Will Scheme

Through partnerships with Wiltshire based estate specialists Steele Rose and the online national Guardian Angel team you may also take advantage of our Free Will Scheme!

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

Contact **Steele Rose LLP** for an appointment on **01722 410009** or visit www.guardianangel.network to start the process online.

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

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

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