



Alabaré Newsletter

Spring 2024

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As a charity working to end homelessness, we at Alabaré are troubled to see a 14% increase in the number of homeless people in the UK in 2023*.

The problems affecting people living in crisis are varied and often complex. The cost of living crisis and the rise of no-fault evictions in the private rental sector have contributed significantly to the enormous challenges faced by the most vulnerable people in our communities. For many of those we support, their current situation is further impacted by childhood trauma, relationship breakdowns and mental health struggles.

I am proud that Wiltshire Council have renewed our partnership, and together, we are working to end homelessness for people in the county. We know that local authorities across the country are reporting severe pressures on their finances, and we have already seen threats to our funding in other parts of our region. It is vital that those at their lowest point, without a home or safe shelter, are not left without support at a time when they most need it.

Over the last year, we have seen innovation in the approach to supporting Armed Forces veterans who are homeless.



The establishment of Op FORTITUDE means there is a central system of information which is available to all veterans, with a real-time understanding of the supported accommodation available across the country. Since July, we have seen a 45% increase in the number of veterans referred to us, veterans who previously may not have stepped forward for the help they need. You can read more about the Op FORTITUDE initiative on pages eight and nine.

We can achieve a lot by working in partnership with other organisations. However, we would only be here with the help of our supporters. You make the varied support that our teams provide possible.

Thank you so much.

Andrew Lord MBE
Alabaré Chief Executive

*Shelter www.England.shelter.org.uk/media/press_release/at_least_309000_people_homeless_in_England_today Dec 2023



Renewed partnership continues to provide support and accommodation to homeless people in Wiltshire

Wiltshire Council has renewed its housing partnership with Alabaré so we can continue to work together to give homeless people in Wiltshire support.

With council funding, we provide a safe home for those Wiltshire residents who find themselves homeless, but crucially, we help each resident to overcome the personal challenges that have led them to become homeless in the first place.

The Council Housing Options Team and Rough Sleeper Team work closely with us to help those in urgent need. We also provide specialised help for young people aged between 16 and 21 years who find themselves homeless due to relationship breakdown with their family and who can have health and wellbeing problems that our Alabaré team help them overcome. In addition, we can support young people in getting back into education, training, and employment with our specialist tenancy training and employability coaches.

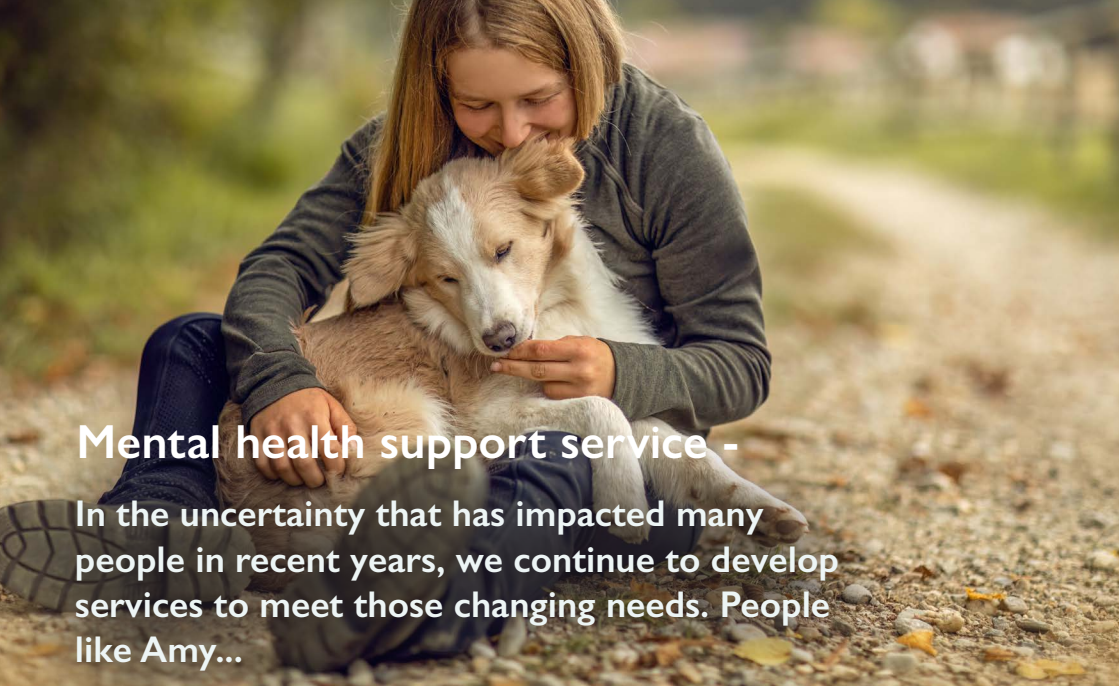
Vanessa Bedford, our Alabaré Director of Care and Support, said:

“Alabaré are excited to have been successful in the tender for supported housing for both young people and adults in Wiltshire. This means we can continue to deliver 31 beds for young people 16-21 and 83 beds for adults.”

Josh, who lives with us at Unity House in Chippenham, said:

“When I first arrived, I had poor mental health and poor people skills. In my year and a half here, the staff have shown me patience, kindness and understanding. Their support has helped me gain confidence and self-worth. They have supported me in every aspect of my journey. I have a deep appreciation for the encouragement I have received from all members of staff. Having 1-2-1 support has been crucial in helping me achieve all of my goals. My time here has changed my life for the better, and I could not be more grateful!”

Photos: Alabaré Place Salisbury



Mental health support service -
In the uncertainty that has impacted many people in recent years, we continue to develop services to meet those changing needs. People like Amy...

Our Riverside Sanctuary Mental Health Service has grown rapidly to support people in our communities whose lives are impacted by mental health struggles. Amy is just one of many people we are thankful for being able to support.

Amy came to her first meeting with our mental health team with her mum. She had enjoyed school and college, but now aged 18, she was struggling with anxiety and feeling isolated. She is autistic and lives with an obsessive-compulsive disorder.

At her first appointment, Amy wanted her mum to speak for her, but gradually began to talk for herself. A passionate animal lover Amy would like to eventually work in the animal care sector but was feeling anxious about doing things independently. It was

agreed that we would meet Amy at her house for our second meeting in a setting where she felt most relaxed.

Amy said she felt much more positive at our second meeting and happy that she had been heard, understood, and not passed on to another professional. Together, we discussed the situations that make Amy feel anxious and made a list of some of the feelings that she experiences in those situations.

By making a visual list, Amy began to see how some of those feelings became a chain reaction. Together, we came up with methods she felt she could use to stay calm and that could distract from her anxiety. Amy felt happy to take charge of the list and said she would add other strategies to it before we met next.

Our third meet-up was at a local animal centre, where Amy could hold a guinea pig while we talked through her ideas. Amy was animated but showed no signs of agitation as she spoke about how she had used some of the techniques we had come up with the previous week.

She was particularly pleased with the strategies that she said were invisible which meant she could stay in a situation that previously she would have felt compelled to leave. We talked about some volunteering opportunities available at the animal centre, and Amy was excited to find out more, saying that she hoped she could take up one of the places.

The mental health team continue to see a positive difference in Amy as they continue to support her.

Alabaré
RIVERSIDE
SANCTUARY

Offering support for anyone in Wiltshire seeking mental health support, including a confidential phone line, a Salisbury drop-in and a counselling service.

**Phone lines open seven days
a week 9 am – 11 pm**

Call 08082 803528

Young people build new outdoor facility at Old Sarum Development Centre



Young people from our supported housing can access a range of outdoor opportunities and activities through our Boots on the Ground service. Events have included polo, sailing and residential camps where the emphasis is on building confidence, self esteem and skills by spending time outdoors.

Recently there was another fantastic session at a new site, named Badger Camp, at Old Sarum, where the team have learnt fantastic skills designing, clearing and building an equipped woodland base which will be used during warmer months. Everyone reflected positively how being outdoors, connecting to nature and people, and learning new skills can create positive impact. Obligatory hot drinks and s'mores were enjoyed by all.

Alabaré Upcoming Events



Garden Sale at Wilton Emporium

Come and discover a wide range of garden ornaments, furniture, plants, and seeds to help you prepare for the upcoming summer months.

The garden sale at Wilton Emporium will feature market stalls outside, where you can browse and purchase refreshments, while the shop is fully stocked with unique gift items and household essentials for people of all ages.

We look forward to welcoming you!

Date: Saturday 27th April

Time: 10 am - 4 pm

Location: Wilton Emporium, Wilton, Salisbury SP2 0AT

To provide additional donations to support this event please contact Wilton Emporium on 01722 744111



The BIG Sleep Stargazing Sleepout - Messums Tisbury

We are delighted to be part of the **De Nadder Festival** with local arts provider Messums West. Join us for a stargazing sleepout where we will learn about the constellations before us from the **Cranborne Chase National Landscape** team. It promises to be a truly magical event and is ideally placed for a half term activity.

On the night you can also take part in a guided Moonlit Walk led by actress Pippa Haywood.

Date: Friday 24th May

Time: 20:00 - 07:00

Age: 8 years or over

Registration: £10 - Participants pledge to raise £150+ (£50 for a child)



Charity Tandem Skydive to commemorate the 80th Anniversary of the D-Day Landings

Is 2024 the year you take on a bucket list challenge and jump out of a plane? You won't be alone; firstly, you'll be in a tandem dive with an expert skydiver at the Go Sky Dive sites just outside Salisbury or Swansea – you choose. Secondly, there will be 80 other fundraisers by your side.

You will be funding our support pathway for vulnerable veterans, ensuring a safe home, training, and help with their mental wellbeing.

Date: Saturday 1st June

Age: 16 years or over

Registration: £50 - We ask that participants pledge to raise £395+

Location: Old Sarum Salisbury or Swansea Airport, Swansea



Could you organise an In Aid of Event?

Our fantastic supporters put on all types of activities to raise much-needed funds for Alabaré. They've been running, walking, singing, baking and cycling. We've even got some fantastic guys rowing across the Atlantic! What could you do? Could you hold a cake sale or host a quiz night? Perhaps you could take a space in a marathon, or perhaps you are a member of a singing group who could put on a concert? Whatever you do, we're here to support you.

If organising an event is not your thing, then why not check out our partnership with Discover Adventure for a host of exciting challenges, from walking in the UK to trekking in the Himalayas?

There's an event for everyone. It doesn't have to be a challenge; do what you love and raise some funds at the same time. Whatever amount you aim for, it will all help. Do it your way.

Email supportercare@alabare.co.uk or call 01722 3444484 to chat through your ideas.

Register: alabare.co.uk/events



Significant steps in providing comprehensive support to veterans across Wales

For more than 14 years, we've been providing dedicated homes for ex-Armed Forces personnel facing challenges in civilian life. Our Alabaré Homes for Veterans across England and Wales offer a supportive environment where veterans can live alongside others who understand their unique experiences.

In June, we proudly joined Op FORTITUDE as partners and received funding from the Office for Veterans Affairs. The Armed Forces Covenant Fund Trust (AFCT) awarded £1,380,214, over 2 years, to Alabaré under the Reducing Veterans' Homelessness programme, allowing us to expand our

services to even more veterans in need. Since this partnership began, we have seen a significant increase in referrals directly from veterans themselves or through key partners, with 32 veterans joining us through this route alone. Each veteran receives personalised support tailored to their needs, ensuring they can have opportunities to rebuild their lives. Of these, 94% are male, and worryingly, 56% of them have slept rough before arriving at our service.

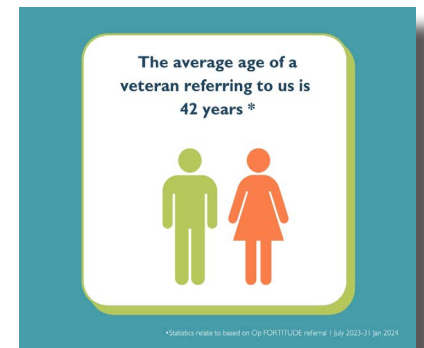
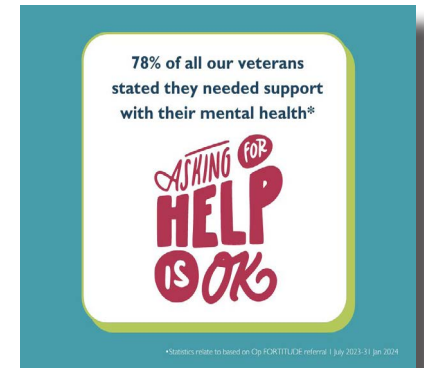
Our holistic approach, complemented by services like **Alabaré Boots on the Ground** and the **Veterans' Self-Build Scheme**, aims to empower veterans towards successful, sustainable, and independent living beyond our homes.

Part of this AFCT funding enables us to focus specifically on Wales, an area with a high demand for veteran support. We're developing other services to address critical needs in the region.

Many of those (78%) coming into our service state that they need support with their mental health, while 31% described themselves as wounded injured or sick action. For this reason, in Wales, AFCT has provided us with the additional funding to trial a collaborative approach to empowering veterans to have a healthy, fulfilled life. We have partnered with the Defence Medical Welfare Service to support veterans in improving their mental and physical wellbeing, ensuring they receive priority treatment when necessary. Additionally, our new social mobility coaching roles aim to enhance veterans' resilience and engagement within their communities and develop healthy lifestyle choices and knowledge, ultimately reducing the risks associated with the reoccurrence of homelessness.

To ensure our efforts and those of partner organisations in the wider area align effectively with the needs of veterans, we're actively gathering feedback and refining the services available to veterans in Wales. This has included appointing James Cadmore as a new Operations Manager for Veterans in Wales and an Evaluation Officer who will drive the research and create new, broader connections with networks in the area.

We're also thrilled to announce the development of a new **Veterans' Self-Build Scheme** in Caerphilly, Cardiff.



Sarah Ferguson, Scoping and Research Evaluation Officer in Cathay Park in Cardiff, visiting the Head of the Armed Forces Branch for Serving Personnel and Veterans in Wales.

*Based on Op FORTITUDE referral | July 2023-31 Jan 2024

A bevy of creative social activities

Last year, we supported 64 clients within our homes for adults with learning disabilities many of whom visit our Development Centres. Residents meet weekly at Riverside House for a social called The Funky Get Together Club. The club has a terrific calendar of events, including bingo, discos, and film nights.

The team celebrated Pancake Night, Valentines Day and the Chinese New Year this year with the fantastic Rory the Dragon. Recently, residents from Wyndham Road travelled to London for a fabulous day out, where they enjoyed trips to the Natural History Museum and Buckingham Palace and lots more.

We're grateful to the Aall Foundation for their support of our social club.



A gift in your Will means we'll be here for those in crisis long into the future.



People like Jess who Alabaré helped after she sofa surfed with friends from college when her relationship with her mother broke down



As an Alabaré supporter you are entitled to a FREE Will with Octopus Legacy or Steele Rose. See our website for details alabare.co.uk

Charity shops and volunteers

Our retail teams have been hugely busy receiving new stock and building strong bonds in their local communities while helping homeless and vulnerable people get the support they need.

The retail teams have started an upcycling section repurposing second-hand clothing in Salisbury and have joined up with Salisbury 6th Form College for a couple of upcycling events, including a fashion show and dressing the shop windows.

From the College, Catherine Pennington says, "We decided to plan a charity fashion show and give the proceeds to Alabaré because not only has the charity delivered several mental health workshops for the students, but because homelessness is a very good cause, and we wanted to contribute."

The retail team have also been very busy providing a house clearances services across Salisbury. This can be particularly useful for larger pieces of furniture. If this is something of interest please contact Wilton Emporium on 01722 744111.

We are blessed to have over 150 active volunteers across Alabaré. They enable us to do so much across each of our services and, in particular, offer valuable support to the staff teams and the clients across the country every day.

Jan, our Volunteer Co-ordinator, who is shortly visiting Wales to meet the many volunteers there who support our veteran clients, encourages anyone thinking about volunteering to get in touch so we can consider how we best look at designing a role for you.

Watch our volunteering video at alabare.co.uk/how-you-can-help/volunteer/

In memory of Bob Stallard

One of our longest standing volunteers, Robert (Bob) Stallard helped in both Salisbury homeless services and our Finance team for over 25 years.

We were blessed every week by his kind support, generous spirit and cheerful words. Bob retired as a volunteer several years ago, but remained in regular contact with us and a firm supporter of our charity. He is fondly remembered and greatly missed.



Will you help someone who may be homeless tomorrow with a wonderful gesture today?

We are working for a future where no one is homeless. Through your compassion, we can provide safety and support in the years ahead and, together, ensure there is always help for someone in their time of need.

By including a gift in your Will, you can ensure that the causes you feel passionate about today will benefit you long into the future.

Your legacy gift can help pay for a support worker like Sue, who, thanks to the generosity of a gift in a will, was able to be there to help Cara. Cara faced many problems after being abandoned by her mother. She was one of the youngest clients in our house and an intelligent and kind young lady who needed security and help to overcome the past. With Sue's caring help and dedication, she not only dealt with the past but has gone on to have a successful career, marry her soulmate and live a happy and fulfilling life.



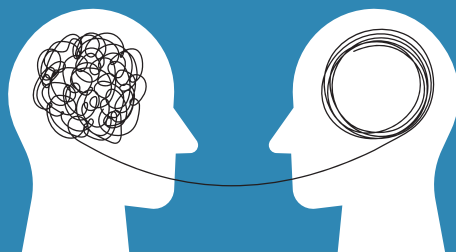
Can you help us be here for people like Cara in the years ahead? A gift in your Will costs nothing in your lifetime but is priceless in the difference it will make.

Please call us on 01722 344484 or alabare.co.uk to find out more about the impact of a gift in your Will.

Mental Health Support

wiltshireinclusionservice.clic-uk.org

Riverside Sanctuary:
Open: 9 am – 11 pm 7 days a week
Call: 08082 803528
email: riversidesanctuary@alabare.co.uk



**Alabaré, Riverside House, 2 Watt Road,
Salisbury, Wiltshire SP2 7UD**

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