



Alabaré News

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Spring/Summer 2008

Opening new doors....

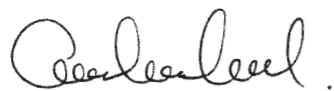
Wow... what an exciting and remarkable period it has been for Alabaré. Over the last few weeks we have opened new homes in Salisbury, Devizes, Bristol and North Wiltshire. Whether it is new homes or replacement ones, we continually need more properties to accommodate the increasing numbers of vulnerable people we are working with.

It is also great to report that we opened a new Supported Living home in Salisbury. This is a particular area of our work which we plan to develop over the next couple of years.

Damascus House, our largest hostel, is undergoing a change of focus, embracing the concept of being a Place of Change. Our hostels need to be more than supported housing, but places where the residents can gain new skills to help them progress into the world of work.

March was a month of celebrations with several projects marking their 5th birthdays. From parties to day trips out, it was a time to have fun and reflect on our residents' achievements over the last 5 years.

Finally a big thank you to you all. As supporters you have attended many of our fundraising events such as the Pudding night, got involved in the Spire FM on air auction, volunteered and made financial donations. With your support we can continue to help vulnerable and marginalized people in our community.



Andrew Lord
Chief Executive

Matrix Standard achieved

Alabaré's Information Advice and Guidance services have achieved accreditation to the Matrix standard. Following a number of interviews and time spent observing our teams, the Assessor highlighted a number of strengths:

- Comprehensive support packages to assist with personal development and wellbeing
- Innovation and creativity encouraged across the organisation
- Effective in supporting the needs of clients on entry and beyond
- An appealing and user-friendly Business Plan
- Our It's Your Move tenancy training programme

"They've helped me to help myself"

"I've been rock bottom and they've stood by me"

"They help you start your life again"

Quotes taken from the interviews with Alabaré Service Users carried out during the assessment.

Photos are not necessarily of clients referred to in this publication. Names have been changed to respect client confidentiality.

All change at Damascus House

Damascus House in Salisbury, our largest residential project, is at the centre of a major programme of development for Alabaré. Opened in 1995, Damascus House provides accommodation and support for individuals and couples who are homeless, with residents staying up to two years.



Draft proposal subject to planning.
A Westlea Development - plans by Quattro Design



Damascus House now

Whilst the project has been very successful in helping vulnerable adults, the Damascus House building itself has become outdated and in need of major upgrading.

For the last 18 months we have been working on plans for a new replacement hostel to be built on the existing site. The hostel will still provide accommodation for 35 people, but will also be developed as a Place for Change. By this we mean that the focus of the new hostel will be as a welcoming place, delivering engaging services and activities for residents to get

involved in all run by our great team of staff and volunteers.

Planning Permission and funding for the new hostel will take time to finalise, and so in the short term we are doing some redecorating and re-fitting to Damascus House, to benefit the current residents. We are also opening a café and other activities for residents.

We will bring you more news of the development in future Alabaré News, however, if you would like to be kept updated personally, please email enquiries@alabare.co.uk.

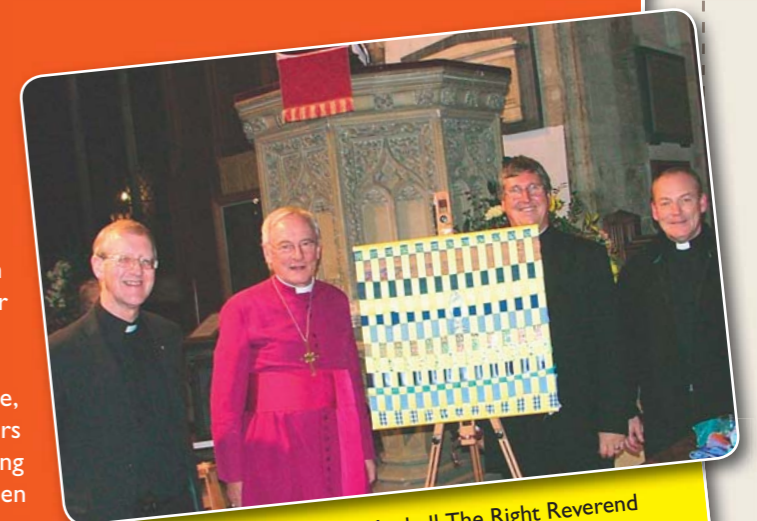
Welcoming our new Chaplain

Last November we welcomed our new Senior Chaplain to Alabaré - Father Danny McAvoy. Father Danny's is a new post at Alabaré, but one which has been anticipated for a long time.

Alabaré was founded on Christian principles and we welcome everyone (service users, staff and volunteers) of all faiths and none.

Father Danny's role will be to offer spiritual and pastoral support to all Alabaré service users, staff and volunteers and will be assisted by a team of volunteer Chaplains, five of whom are already in post. He is a trained UKCP registered psychotherapist and has been a prison Chaplain. He has also run centres for young people.

One of the most important parts of his role, Father Danny says, is to help our service users build links with and feel a sense of belonging in their local communities. "This will happen when service users are supported to develop the skills they need to live independently, and at the same time supporting them to take their place in the community. Independence doesn't mean living in isolation; it comes from living and working with neighbours."



LtoR Father Ronnie Mitchell, The Right Reverend David Stancliffe Bishop of Salisbury, Reverend John Proctor Alabaré Chairman and Father Danny McAvoy Alabaré's new Senior Chaplain

Using their extra day to support Alabaré

On 29th February we held a series of sponsored Sleep Outs and Sleep Ins across Wiltshire, Hampshire and Bristol. We asked people to use their extra day this Leap Year to help make a difference. And make a difference they did - a total in excess of £12,000 was raised. The money raised at each event went to an Alabaré project in that area.

(1) St Marks Church, Salisbury
37 people slept on the floor of the church, including a group of pupils from St Edmunds School. All sponsorship raised went to our Salisbury Drop In Centre.

(2) St Thomas Church, Salisbury
A team of 5 camped out in the porch of the church. Although in the centre of Salisbury on a Friday night, most people didn't even notice them. Again their well earned sponsorship went to our Salisbury Drop In Centre.

(3) St Mary and St Nicholas Church, Wilton
8 people, including the Curate, spent the night on the floor of this impressive venue, raising funds for Barford Countryside Unit at Barford St Martin.

(4) King Arthur's Hall, Andover
Five people slept on the floor of the hall and raised sponsorship for our Test Valley Foyer.

(5) Romsey Abbey
35 sleepers, ranging in age from 10 to over 70, camped out at the Abbey again raising funds for our Test Valley Foyer.

(6) Edington Priory Church, Edington
36 people, including Alabaré Chief Exec Andrew Lord, bedded down for the night inside the church. They raised a great total for our Devizes and Trowbridge Drop In Centres.

(7) Clifton Cathedral, Bristol
29 people braved the cold of the Cathedral car park. This Sleep Out was a joint venture between Alabaré and Crisis Centre Ministries raising funds for both charities.

"It was absolutely freezing so I was very grateful for my 12 layers of clothes and realising that for me this was only one night. For other homeless people this was another night in the freezing cold not knowing where they would be tomorrow." A member of the youth group of Christ the Rock reflecting on a cold night in the car park at Clifton Cathedral.

"The events were designed to give sleepers a very small taste of the challenges that can be faced by rough sleepers. I would like to say a huge thank you to all of those who took part and also to those who sponsored them. Your support will help make a huge difference." Tony Richmond, Alabaré Churches and Community Fundraiser.

Put it in your diary now.... Next year's Sleep Outs will be held on 27/28th February.



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Spire FM's Chosen Charity for 2008



Earlier this year we were delighted to be named as Spire FM's Chosen Charity for 2008. Spire FM broadcasts across South Wiltshire and West Hampshire and will be promoting and supporting the events we hold in those areas throughout the year.

Live on air auction raises lots and lots...

Spire FM's live On Air Auction was held on Sunday 30th March. Between Alabaré and Spire FM we managed to secure well over 100 impressive lots to go under the hammer. Amongst the more extravagant, was a weekend stay at the Countess of Pembroke's private London home, a day of sailing for four aboard a yacht in the Solent and two day's use of a classic MGB.

Over £9000 was raised for our Salisbury Drop In Centre.



Have a knockout summer!

As Spire FM's Chosen Charity we'll also be holding an It's a Knockout competition at the Salisbury Show on Sunday 13th July. We are looking for teams to take on the challenge, which promises to be every bit as much fun as the classic 70s show that it's based on. Teams can have up to 10 people and need to raise a minimum of £1000 between them.

To find out more or to register your team call Events Co-ordinator Yvonne Way on 08450 78 68 08.

Coming up.....

20th June Hog Roast at South Canonry, Cathedral Close, Salisbury. Join us in the Bishop's Garden for a summer evening of good food and entertainment.

5th July Reading Male Voice Choir concert in Salisbury.

13th July Alabaré and Spire FM's It's a Knockout Challenge at The Salisbury Show on Hudson's Field, Salisbury.



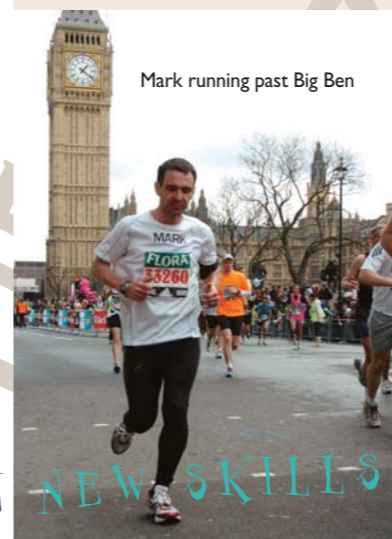
Some of the wonderful offerings at our Pudding Night held earlier this year

June 2008

m	30	2	9	16	23
t	3	10	17	24	
w	4	11	18	25	
t	5	12	19	26	
f	6	13	20	27	
s	7	14	21	28	
s	1	8	15	22	29

July 2008

m		7	14	21	28
t	1	8	15	22	29
w	2	9	16	23	30
t	3	10	17	24	31
f	4	11	18	25	
s	5	12	19	26	
s	6	13	20	27	



Mark running past Big Ben

Marathon effort!

We would like to say a huge well done and thank you to Mark Taylor who ran the London Marathon for us in April. He completed the course in an amazing 3hrs 41mins and raised a magnificent total for Barford Countryside Unit and SORTED. Thank you to Mark and all who sponsored him.

SUPPORT, CONVERSATION, FAITH, TO LEARN NEW SKILLS, SELF-BELIEF, TO LAUGH, CRY



Dorset and Devon days ahead

Alabaré's regional work is spreading even further thanks to the planned merger with another similar charity based in Dorset and Devon. The Bruised Reed Trust (BRT) provides Supported Housing for men who are recovering from drug and/or alcohol dependency, ex-offenders and those with mental health problems, and have projects in Bideford (9 bed house) and Weymouth (6 bed house). Our teams have been working together to merge the two charities, and hope that the BRT will formally become part of Alabaré this summer.

Residents in the BRT houses are supported through their own Personal Development Plan to gain skills to help them live independently in the future.

Getting more young people to volunteer

Alabaré is now actively working to get more young people in Hampshire involved in volunteering. We've formed a consortium with two other similar charities, Step by Step and Reading Single Homeless Project, to deliver a programme called Vinolved. Vinolved is about promoting the benefits of volunteering amongst young people and finding them opportunities to do so.

Manager Janet Herring said "This programme will really show what young people are capable of...it's great to be doing something so positive."

A-band are ace

Alabaré's first band, appropriately named A Band, took to the stage for a wonderful first performance in March. A Band are two men, Mark Hamilton and Ian Pass, who have been supported by Alabaré to make positive changes in their lives. Both worked incredibly hard and rose to the challenge of making A Band a reality. Held at St. Mark's church in Salisbury, the enthusiastic audience were treated to some popular classics and the first public recital of the band's own songs called "One Step" and "Friendship" which gave a rare glimpse into the lives of people living on the streets. An accompanying video gave a very powerful and moving view of Salisbury through the eyes of someone sleeping rough.

To order your A Band CD, email Jo at j.king@alabare.co.uk or call 01722 344488



Time Out for HSE service users

Our Hampshire Supported Employment service, which aims to help people with learning disabilities access the same employment opportunities as everyone else, recently held a celebration evening for all their service users. 25 people attended to enjoy the music, food and punch (non-alcoholic!), and celebrated the individual personal achievements of every service user. Everyone was proud to be presented with a certificate related to their own success. It was a fabulous occasion and one which we hope to repeat in the summer - well done everyone!



The HSE team and service users with their certificates

High five! Alabaré projects celebrate a special birthday

Seven of our projects have recently celebrated reaching a special milestone – their fifth birthday. To mark the occasion, some of them have been looking back on what has been a successful half decade.



Staff and residents at Andrew House



Wyndham Road staff and residents enjoy last years Carribean Party

Lazarus House, Bristol

"We opened back in March 2003, welcoming two clients through our doors. Since then we've opened a further three Move On houses – Thomas and Shalom in 2006 and Charis earlier this year. In the last five years 577 people have been referred to the service, which has housed a total of 186 residents."

Andrew House, Clevedon

"We work with men who are recovering from drink and drug addiction and first opened on 17th March 2003. We've seen so many success stories in our time; one to note was a 52 year old man who left behind a life of crime and is now enjoying working for a major local firm."

Wyndham Road, Salisbury

"We opened in February 2003 with three young men – Alan, Dave and Brian – and then in 2006 welcomed a fourth tenant called James. We feel so privileged to have played a part in giving these young men their independence, the transformation has been amazing!"

*The Wyndham Road project has recently moved to a new property, which has enabled them to take on a further two tenants - Stephen and Chris.

Other projects celebrating their fifth birthday are The Well in Bristol, Eden House in Tidworth, Sarum House in Andover and The Summit in Calne.

Meet the team - The Well



LtoR Geraldine, Gemma, Petal and residents

Staff and residents from The Well enjoyed a day out to Barry Island to celebrate their 5th Birthday.

Our Newsletter cover photo is of our newest resident at The Well. Whilst at Barry Island she enjoyed her first roast dinner for 4 years!

Over the last 6 months, our Bristol Ambassadors group, lead by Simon Firth and including the Lord Lieutenant, have been busy raising funds for the Well. They are seeking to raise £30,000 this year.

