



Alabaré Christian Care & Support

ENABLING A FULFILLING LIFE



“Last year Alabaré provided training and support to help 75 young people move on to their own homes”



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Our Vision

A society where everyone has the opportunity to enjoy a fulfilling life.

Our Mission

We enable people to enjoy a fulfilling life by working with individuals, communities and other organisations to:

- Generate sustainable solutions for our communities
- Provide high quality accommodation and support services
- Equip people with skills for living and working
- Overcome the barriers people face

Foreword

The last year at Alabaré Christian Care & Support has seen us embarking on a journey of transformation that will see our charity strengthened to deliver excellence to our service users, whilst meeting the challenges of a changing financial environment.

We believe that although our projects already receive high praise and excellent feedback, we can still strive to achieve more and provide even better support. In the past year we have started by examining the operational structure of our growing charity and made improvements that will allow better communication and support. Our development will continue at every level, from improving the lives and opportunities individuals have, to upgrading homes and raising the profile of Alabaré.

On the front line of our work, we are delighted to be able to help improve the lives of so many. We directly supported over 2000 people last year, and touched the lives of many more. This review includes stories from many of those individuals. One that particularly stands out to us is from a Forces veteran who described the support he had been given by Alabaré as giving him “hope, honour and respect”.

In terms of our projects, we have embraced a new training and enterprise culture. Café Alabaré provides work and training

opportunities for vulnerable people within the structure and disciplines of a commercial enterprise. Café Alabaré opened in March and we hope to replicate its success by opening further cafés in the future. Equally we plan to build on the success of our mental health day services in South Wiltshire and develop it into a countywide service.

This year has finished in exciting style with the start of the demolition of our largest hostel. Over the next year we will see the site transformed into a new Places of Change hostel for homeless people, a project of both local and regional significance. Reaching this stage involved overcoming many challenges of planning, funding and the moving of 70 people into new homes. In particular it was wonderful to see the Emmaus Community settled into two new homes whilst maintaining the essence of their community.

In Plymouth we have purchased three new homes, replacing tired leased properties, which is part of our ongoing commitment to improve the standards of our homes.

Our Board of Trustees approved a new name for our charity, Alabaré Christian Care & Support, which better reflects the work that we do and the organisational changes that we are making. Looking to the coming year and beyond, we are in the process of reviewing the values of our charity and are about to embark on a Major Gift Campaign, and so this transformation will continue.

As part of our work in local communities we have been developing a supporter group of Friends who contribute to the work of our charity in a number of ways. We would encourage anyone interested in becoming a Friend of Alabaré to contact us or visit our website www.alabare.co.uk.

As we seek to achieve our vision of “a society where everyone has the opportunity to enjoy a fulfilling life”, we are very grateful for the hard work and dedication of Alabaré trustees, staff and volunteers. Equally the support of our funders, partner agencies and supporters is hugely appreciated and critical to our ongoing success.

Thank you



John Proctor – Alabaré Chairman



Andrew Lord – Alabaré Chief Executive



In 2009/10 Alabaré supported 2345 people in over 40 projects across the South and South West...



- 1 Bideford**
Charis House (SH)
- 2 Plymouth projects**
Mon Abri (SH)
Supported Temporary Accommodation (SH)
Floating Support (FS)
- 3 Clevedon projects**
Andrew House (SH)
Together (FS)

- 4 Bristol projects**
Lazarus & Thomas Houses (SH)
Charis & Shalom Houses (SH)
The Well (SH)
- 5 Trowbridge**
Drop In Centre (DI)
- 6 Calne projects**
Hope House (YPSH)
The Summit (YPSH)
- 7 Devizes projects**
The Orchard (YPSH)
Ruth House (SH)



SH = Supported Housing – Accommodation offering residents varying levels of support tailored to their specific needs.

FS = Floating Support – Accommodation focused support “attached” to the person, not the property. It can follow the service users if they move to another address, when the person no longer needs it, it “floats away”.

DI = Drop In Centre – Providing daytime shelter for homeless and vulnerable adults, along with hot food and drinks, washing facilities and advice and support.

YPSH = Young People’s Supported Housing – Accommodation with tailored support for young people aged 16 to 25 years.

SL = Supported Living – Accommodation and support for adults with learning disabilities which enables them to live independent and fulfilling lives of their own choice.

Men = Mentoring and activities – Providing activities and support for adults with mental health conditions to help build confidence and promote well-being.

Tr = Training – Training services for vulnerable adults and young people, often with the possibility of working towards accredited qualifications.

14 Salisbury projects

- Barnabas House (SH)
- Damascus House (SH)
- Emmaus Community (SL)
- Noah, Adam, Jude & Gabriel Houses (SL)
- Mother & Baby project (SH)
- Move On accommodation & Resettlement support (SH)
- Drop In Centre (DI)
- Outreach One2One (Men)
- Café Alabaré (Tr)
- Learning Disabilities Floating Housing Support (FS)

15 Wilton

- Community 4 (covers Wiltshire) (FS)

16 Barford St Martin

- Barford Training (Tr)

17 Bournemouth

- Housing related Floating Support (FS)

18 Weymouth

- Charis House (SH)

Debt Advice in Prisons (across the region)

8 Tidworth

- Eden House (YPSH)

9 Amesbury

- Joshua & Jeremiah Houses (SL)

10 Swindon

- Debt Advice (also in Salisbury) – ended 2009

11 Winchester

- Hampshire Supported Employment

12 Andover projects

- Sarum House (YPSH)
- The Junction (IT Café & Information centre)
- Vinvolved (Tr)

13 Romsey

- Oasis House (YPSH)

Alabaré in Dorset...

Developing our work to encompass new areas and targeting opportunities to build projects where we have specialist experience is something that Alabaré has been actively doing for the last 19 years. Alabaré first started working in Dorset and Devon in 2008. In this short space of time our teams have worked incredibly hard to develop first rate services and form good relationships locally. We are delighted to have built such a strong presence in both areas.

In July 2009 **Bournemouth Floating Support** celebrated its first birthday. The service, which provides housing related support to people in their own homes, is unusual in that it supports both homeowners and people in rented accommodation. Bournemouth Floating Support has already proved an invaluable service; during its first year the team **supported 209 people**, enabling them to keep their homes.

And the team will now be able to offer even more support; the Government awarded Bournemouth Floating Support a grant enabling them to employ someone under the age of 25

for 25 hours a week on a six month contract. Not only will a young person get into employment, but the Floating Support service can now reach even more people.

Residents at **Charis House in Weymouth**, our supported housing project for men dealing with drug or alcohol issues have been going for gold! They have completed a training course at the local college to become volunteers at the 2012 Olympics – the sailing events will be taking place in Weymouth.

“This home offers hope, honour and respect”
Mon Abri resident

Future plans

We are planning on **expanding** the services we offer in Weymouth, with the opening of a supported housing project specifically for **ex-Service men and women**. The proposed house would provide a safe and supportive environment enabling service users to make life changes and work towards living independently again. Staff will offer advice and guidance on employment, education and housing matters and will be able to provide life skills training where needed. They will also signpost service users to other agencies that can provide specialist support with issues such as Post Traumatic Stress Disorder, mental health problems and drug and alcohol dependency. The Royal British Legion in Dorset has given its support to our plans, saying there is a “real need” for a project like this in Weymouth.





...and Devon

Our three projects in Plymouth have also celebrated a successful first year of operation:

Plymouth Floating Support, which offers tenancy related support to people in their own homes, was launched in the autumn of 2008. During its first year the service **helped 208 people** to maintain their tenancies and **helped raise more than £20,000** through unclaimed benefits, other charities and Community Care Grants for its clients.

Plymouth Supported Temporary Accommodation offers short term supported housing to clients who are referred to us by Plymouth City Council. We can support up to 26 people, who could have a range of complex needs including drug and alcohol dependency and health problems. Since it began in December 2008 the service has **supported 141 homeless people** in their journey towards successful independent living.

Plymouth Social Services and Supporting People recognised the success that the Temporary Accommodation team was having with the 16 – 18 age-group, and in September approached them about officially housing young people as part of their agreement. Originally this was for six months but the Council was so impressed with the positive outcomes for young people that they have now extended this agreement.

Mon Abri, our supported housing project specifically for ex-Service men and women, was opened in February 2009. Mon Abri provides a safe and supportive environment in which staff offer support with a range of issues including housing, employment and education, as well as addressing more complex issues such as Post Traumatic Stress Disorder, drug and alcohol addiction and mental health problems. In the first 12 months a total of **19 people were supported**.

“I have been resident at Mon Abri for the last nine months. The help I have received has been invaluable: I have been helped to obtain all my benefits, full medical care and even accommodation. My one-to-one sessions with staff members have helped with my psychological problems and I am now ready to rejoin society”
Mon Abri resident

We currently have 84 people volunteering for Alabaré, with a further 28 in the process of joining the team.



Alabaré in Bristol and North Somerset...

Volunteers play a vital role in the work that we do; the extensive range of support we offer our clients is only made possible because of the generosity, dedication and hard work of our team of volunteers.

In Bristol we have volunteers working in a number of different capacities:

At **Lazarus House**, our supported housing project for male ex-offenders, we have two wonderful cleaners who play an important role in the lives of those who live there. In addition to cleaning, they are a friendly face and will always find time to chat with residents. They even organised a special evening, where they cooked a meal for the men and watched a DVD.

Another volunteer set up the residents' computer at Lazarus House and provided

some maths training. He also proved a hit in the kitchen, making pancakes for everyone on Shrove Tuesday!

The women living at **The Well**, our supported housing project for women dealing with addiction and those exiting the sex industry, benefit greatly from the regular support of volunteers. A counsellor works with them once a week, a beauty therapist has provided pampering sessions and a theology student visits regularly to carry out activities such as cooking and arts and crafts. The women have also been exploring their creative side with the help of creative writing workshops, which have proved a hit.

To find out more about volunteering for Alabaré, contact Volunteer Co-ordinator Jo King on 01722 333 946.

Simon's story:

"When I was asked to say a few words about Andrew House and the work that goes on there I didn't have to think twice, I jumped at the chance because I've got pure love for the place.

With the love encouragement and guidance from the staff who work there you can start putting all the pieces back together and rebuild a fruitful life. You see it's not just about putting down the drink and drugs, it's about changing the way you are thinking. It's about working on your issues. It's about developing life skills. It's about twisting your life around and growing as a person.

I have since moved on from Andrew House to independent living where I am growing more and more in my faith and more and more as a person, and building up a fast and exciting career with various projects on the go."

Simon, ex-resident, Andrew House.

Reducing re-offending in Bristol

Rachel Wetton, Senior Manager

At Alabaré our Vision is a society where everyone has the opportunity to enjoy a fulfilling life, and this includes the right of those living in the communities that we work in to a life free from the impact of crime. We believe the best way to work towards achieving this vision is to reduce re-offending.

Re-offending by ex-prisoners costs society at least £11 billion per year.

Bristol has the highest recorded crime rate in the South West with 107 key offences occurring per 1000 of the population.

The Ministry Of Justice has identified a number of pathways to reducing re-offending. These pathways are based on addressing the issues that can lead to re-

offending such as mental health conditions, addiction and financial difficulty.

So, how does Alabaré's work in Bristol contribute to these pathways?

The Well provides supported accommodation for five women wanting to exit the sex industry. We have **Lazarus and Thomas Houses**, which provide supported accommodation to ten men with a recent history of offending. **Shalom and Charis Houses** also provide lower level supported accommodation to eight ex-offenders who are preparing to live independently in the community. Finally, we run a **Debt Advice Service for prisoners** and their families in both HMP Bristol and HMP Ashfield.

People serving short prison sentences are two to three times more likely to re-offend if they do not have suitable housing.

Providing **safe and supportive accommodation** allows people to address the issues in their lives that have contributed to their offending behaviour.

72% of male and 70% of female sentenced prisoners suffer from two or more mental health disorders.

Given the prevalence amongst offenders of poor **mental and physical health** and **drug and alcohol misuse**, we support residents to access primary and secondary health services and drug and alcohol support services.

48% of prisoners are at, or below, the level expected of an 11 year old in reading, 65% in numeracy and 82% in writing.

All residents are encouraged and supported to take part in formal and informal **learning and employment opportunities**. We help residents apply for grants for essential items or travel costs, find **volunteering opportunities** and we work hard to motivate residents who may have had negative experiences of learning in the past.

Women in the criminal justice system stated that the most common reason for offending (54%) was lack of money.

Alabaré's prison debt advice service works with prisoners and their families to **manage existing debts**, prevent the accumulation of debt due to imprisonment, and use group work to **educate prisoners** on how to **avoid debt upon release**.

Over half the women in prison say they have suffered domestic violence and one in three has experienced sexual abuse.

The Well provides a safe space away from the chaos of their working and drug-using lives to **contemplate change and develop the skills to do so**.

Alabaré's work in Bristol relies on a strong network of support - Bristol City Council, staff, volunteers, supporters, generous donors and many other community groups.

Statistics source Prison Reform Trust





Alabaré in Wiltshire...

The re-development of **Damascus House**, our homeless hostel for men and women in Salisbury, is well and truly underway. Plans to completely demolish the existing building and replace it with a brand new hostel were given the go ahead by planners in June 2009, and funding totalling £4 million was secured in December.

The new hostel will provide high quality accommodation and a range of innovative training facilities in a more environmentally friendly building.

The ethos of the new hostel will be based on the Places of Change Programme, the principle aim of which is 'enabling more positive futures for service users'.

Work has now begun on site, starting with the demolition of the existing building, and a completion date of late summer 2011 is anticipated.

As part of the development the neighbouring **Emmaus House**, formerly our care home, will also be transformed into 8 Move On flats for service users making the transition from supported accommodation to living completely independently.

In January, our former Emmaus House residents moved on to new accommodation.

They are now enjoying life in our two new Supported Living houses – **Emmaus Community on Castle Road and Russell House in Statford Sub Castle**. During their time at Emmaus House, all of the residents were continuously working towards becoming more independent and, after a thorough assessment, it was decided that they were ready to make the move to a Supported Living environment. We look forward to sharing the exciting journey they have ahead of them as they develop their confidence and independence.

We were delighted to open **Café Alabaré** in March, a training café for vulnerable adults in Salisbury that opens five days a week. Trainees are given personalised training based on their own goals and have the opportunity to work towards recognised qualifications and paid employment.

Café Alabaré came about as a result of the move of our Cana Coffee Shop to the Endless Life Café.

The new café, which is being run as a social enterprise, provides a wide range of freshly prepared meals and delicious homemade cakes using ethically sourced ingredients. It is hoped that eventually some of the ingredients will be grown on Alabaré allotments.



Alabaré's new Hostel & Move On flats development



Thank You

By Steven Wyatt, Ruth House resident

“After a hard-drinking career in Fleet Street, I found myself in a rehab clinic in July 2001 baffled, bewildered, and diagnosed with chronic alcoholism. I was 51 years old. Me, an alcoholic? Surely not. Alcoholics were those dossers in the park, the bag ladies and the drunks being ejected from shopping malls. Not me.

Alas, alcoholism is no respecter of age, income or self-perceived status, it is an entirely unfussy disease. “Don’t forget,” I was told as I left rehab to face a frightening and sober new life, “recovery is not your main priority. Recovery is your only priority.”

I bought a boat to live on and based myself on the Kennet and Avon in Wiltshire. I continued attending AA and, one day at a time, remained sober. Fate intervened in January. I was chugging along the canal on a bright, cold afternoon when I glanced down to see water pouring in through a leaking hatch. Fifteen traumatic minutes later I was left shivering on the towpath as my home – my entire life – sank before my eyes. I was destitute. Everything I had worked for over eight years was gone. The urge to get drunk – to forget, to achieve oblivion – was overpowering.

In shock, left with only the clothes I stood up in, I presented myself at the housing department and was sent to somewhere called Ruth House in Devizes. I was given my own room, a bed to sleep in, help and advice. And this was no dour, institutional stopgap – I was made to feel at home. My support worker, Sue Britten, has been guiding me through the unfamiliar and labyrinthine world of applying for accommodation and the benefits to pay for it.

Despite becoming suddenly and shockingly homeless I did not pick up that fatal first drink, and I have been able to maintain my recovery from alcoholism. The street would have killed me. Sitting here at the computer in Ruth House, I can confidently say: Alabaré saved my life. Thank you.



Alabaré in Wiltshire...

Kitted Out!, our free clothing service for people in need, was launched in July 2009 and has already had an impact on the lives of many people. Clients can choose what they need from a selection of good quality second-hand clothing and household items, all of which have been generously donated to Alabaré.

In its first six months Kitted Out! issued **1600 items**, supporting almost **200 people, a quarter of whom were children**.

Our debt service underwent a change last year, seeing our work move into prisons. Our original Debt Advice service with the Probation Service in Wiltshire and Swindon came to an end in September. The following month we launched our new service – **Debt Advice in Prisons**, which provides financial guidance to prisoners and their families and currently runs at HMPs Shepton Mallett, Earlstoke, and Bristol, and at the Young Offenders Institution at Ashfield. There are also plans to give Debt Advice clients access to the Alabaré Home and Money Programme, a series of workshops aimed at developing their financial skills.

We continue to develop our work with our clients with mental health conditions. **Outreach One2one**, which runs a series of workshops and social groups in the community, launched a new **Mentoring and Befriending service** in August 2009. Mentors and Friends work with clients on a one to one basis, providing informal social support and enabling them to work towards personal goals, giving them the confidence needed to work towards paid or voluntary employment.

Since it began **12 people** have already benefited from the Outreach One2one Mentoring and Befriending service.

After a successful six years of supporting homeless and vulnerable adults, Alabaré has handed over the running of the **Devizes Drop In Centre** to a local group called Devizes Opendoor, who are now building on the hard work of our team and continuing this vital service. We would like to say a massive thank you to everyone who has supported the centre and to staff and volunteers for their hard work.



Alabaré in Hampshire...

Marcus has been living at Sarum House, our supported housing project for young people in Andover, for just over a year. He also regularly uses The Junction, our Internet Café for young people.

"I moved into Sarum House on the 23rd April 2009. I desperately needed support as I was homeless and was struggling to stay away from drugs. I was unable to budget my money and was unemployed.

When I moved into Sarum House I was a mess. I lost all confidence with myself and was wasting away, but over the last year, with the help and support of my key worker, I have rehabilitated myself back to the person I used to be before I was homeless.

I use the facilities at The Junction for my poetry classes, which are normally held once a month. I have been part of the v involved project as well, which encourages young people to get involved in volunteering opportunities. I am now a successful poet and work full-time as a builder.

I am now confident with myself that I can live an independent life without support thanks to the help of the Sarum House team."



One of Marcus' poems:

Take a look in to my eyes all see what I mean,
Something dark and hungry needs satisfying,

To fill my blood boil bringing me to rage,
I'm not willing to let go to let it out of its cage,

There something about me what I don't like,
Something I've hidden away from the light,

I'm starting to become the burden to bare,
Bin ***** up by people, who no longer care,

These feelings left sober starting to crave,
I'm there still pushing, pushing away,

But then I found support from a friend,
Who told that my troubles would end,

Got support for all of my troubles,
Got given a house it solved all my muddles,

Yeah its true it was quite a struggle,
A hand reached in and pulled me from the rubble.

So if you have nowhere to go,
Nowhere to sleep, your bags you toe,

Living in the cold and snow,
There's help out there ill tell you were to go,

Go to hostel or housing association,
There'll sort you out with somewhere to be stationed,

They will help you out, give you some food,
They will wrap you up and uplift your mood,

They will help you put you foot but on the ladder,
You'll life would change trust you'll be gladder,

So if your a victim to anything I Said,
I'll tell you again incase you misread,

There's help out there you just have to ask,
And put your troubles back in your past.



Achievements...

Support for our sponsored sleep out continues to grow...

...this year saw a record nine events held across the region!

- Salisbury Cathedral, Salisbury
- St Thomas Church, Salisbury
- Porton Church, Porton
- King Arthur's Hall, Andover
- All Saints Church, Westbury
- Edington Priory Church, Edington
- St Mary's Church, Devizes
- St Adhelm's Church, Weymouth
- Pip n Jay's, Bristol

On 26th February more than 100 people gave up the comfort of their warm beds to join us in raising awareness of the issues surrounding homelessness and to help raise funds for the work that we do.

The largest event took place at Salisbury Cathedral, with some 80 people spending the night on the floor of the cloisters.

In Andover service users from Sarum House, our supported housing project for young people, decided they wanted to take part to give something back.

The money raised at the events across Wiltshire will go to our Wiltshire Drop In Centres in Salisbury and Trowbridge. The money raised elsewhere will go to the Alabaré projects there.

We would like to say a huge thank you to everyone who supported the event.



"I was struck by how lonely it must be - we were fortunate to have families and warm homes to go to afterwards, but to wake up every day with nobody to talk to and nowhere to go must be tough."
Sleeper at Salisbury Cathedral

"I took part because I know how it feels to be homeless and decided to do my bit in helping bring it to people's attention. Although it was uncomfortable it felt good to be doing something positive."
Sarum House resident





Chancellor of Salisbury Cathedral Canon Ed Probert • Archdeacon John Wray • The Rt Reverend Stephen Conway Bishop of Ramsbury • Archdeacon Alan Jeans

Doreen Knight, who manages our Wiltshire Drop In Centres in Salisbury and Trowbridge, received a very special award in October. She was named Charity Worker of the Year after being secretly nominated by her clients. It is clear from talking to anyone who uses the Drop In Centres that Doreen plays a very important role not just at the centres, but in their lives too.

Shane is a regular at the Salisbury Drop In:

"I have been using the drop in for about four or five years now. I live on my own and have a drug addiction so it can be lonely and I sometimes struggle with day to day stuff. The drop in really helps with that - I can get support with things like housing and have a good meal, but most importantly there is always someone to talk to; I have friends there. The Drop In Centre wouldn't be the place that it is without Doreen, she

makes it a friendly and relaxed environment and makes you want to go there. She would go above and beyond the call of duty to help you, trust me I know - she has helped me with so many things, from making sure I get to appointments to finding clothes to fit a big bloke like me. She doesn't have any barriers and would never just turn someone away; she tries to help people in whatever way she can. I suppose we all see her as one of us and someone who is very easy to talk to. A few times I have sat and cried with Doreen and believe me, it takes a lot for someone like me to open up like that. Don't get me wrong, she's no push over though! She is very kind and friendly, but she's also very strict when she needs to be. None of us would ever think about taking advantage, we respect her too much for that. I thought it was great that Doreen was nominated for an award and I was over the moon that she won, nobody deserves it more. In fact, an award doesn't seem enough; I can't thank her enough for everything that she does. She is very gifted and very special; she's like a second mother to me."



Shane & Doreen

On your bike!

In September a group of young people cycled 15 miles cross country to raise money for The Junction, our Internet Café for young people in Andover. The money went towards the running of the centre, which provides computer access, advice and support to young people in a safe environment. Some of the money also went to Vinolved projects across Andover, which are aimed at getting young people involved in volunteering opportunities within the local community.

Committed to success

In March we were delighted to be re-accredited as an Investor In People. The assessor gave very positive feedback, describing Alabaré as "an outstanding organisation with a culture of openness and trust". It also highlighted that staff feel valued, supported and trusted. This latest review means that Alabaré has been recognised for its commitment to staff and volunteers for almost a decade.

Mums get online

Residents at our Mother and Baby project in Salisbury have been helping themselves to get ahead. They managed to secure a grant of more than £3500 from the Wiltshire Young People's Opportunity Fund after putting together an impressive application themselves. Their hard work and creativity means that the project now has a brand new residents' computer. The remainder of the grant went towards the Alabaré Home and Money Programme, a series of workshops aimed at equipping clients with the skills they need to maintain a tenancy.



Working together...

We know that developing good relationships within the local community is vital to what we do. Working successfully alongside other organisations is the key to ensuring that we are providing the best possible service we can to our clients.

Leading the way in new directions

As part of South West Supported Housing Month (March), we were proud to host a special conference addressing the future challenges facing the supported housing sector and how these might be tackled. *New Directions in Supported Housing - Exploring innovative partnerships, projects and approaches to funding* attracted more than 70 representatives from a range of organisations. Guest speakers included Wiltshire Council, Supporting People Wiltshire, GreenSquare Group and The Royal British Legion. The event was a huge success and was a great opportunity to explore potential new partnerships.

Networking success

The Salisbury branch of Community 4, our

floating housing support service, hosted a very successful Networking Event in March. The aim of the day was to raise awareness of the many different services on offer in the local area and to encourage better partnership working in the future. Some 20 organisations, all working with vulnerable people and families, got involved.

Oasis House gets a makeover

Residents at Oasis House, our supported housing project for young people in Romsey, are enjoying a newly refurbished home. The Housing Association that owns the property has re-decorated it and thanks to generous donations from the Rotary Club of Romsey Test, local churches, businesses and other Charitable Trusts, the house has some brand new furniture as well.

Taking action

In July 2009 a group of clients celebrated the completion of a personal development programme called '10 Actions to Transform Your Life'. The course, which was delivered by ProAction Development CIC and funded by Wessex Water, addressed issues such as self confidence,

effective communication and decision making. The women were presented with their certificates by the Mayor of Salisbury during a special gathering to mark the end of the programme.

Special delivery

A workshop run by Outreach One2one, our mental health project, has been putting its knitting skills to good use. Members of the Blanket and Quilt Club have been knitting small hats, jackets and blankets for the premature babies at the Neonatal Intensive Care Unit at Salisbury District Hospital. They hand delivered their first donation to the unit in September 2009.

They think it's all over...

And it is not all work; staff and service users joined forces and entered a team into a five-a-side football tournament in Trowbridge. The Alabaré All Stars took on teams from a number of other local organisations, including the Police and the addiction support group WASP. Unfortunately they lost every match they played but there was a great team spirit and they all had great fun.



Image courtesy of Salisbury Journal



Special Thanks

Thank you to all those who have supported us in 2009/10 – and to the many people, churches, community groups, companies and other trusts we do not have space to list here.

- Bournemouth Council**
- Bristol City Council**
- Devon County Council**
- Dorset County Council**
- Hampshire County Council**
- North Somerset County Council**
- Plymouth City Council**
- Salisbury City Council**
- Test Valley Borough Council**
- Wiltshire Council**

- Assemblies of God, Salisbury**
- Albert Hunt Trust**

- Bramble Charitable Trust**
- Bristol Port Company**
- Charity of Alderman Steevens**
- Chemring Countermeasures**
- Fulmer Charitable Trust**
- Greensquare Group**
- Salisbury Catholic Outreach (SCORE)**

- Salisbury City Almshouse & Welfare Charities**
- South Wilts Mencap**

- Supporting People teams in Bournemouth, Bristol, Devon, Dorset, Hampshire, North Somerset, Plymouth & Wiltshire**

- The Dove Trust**
- The Not Forgotten Association**
- The Royal British Legion**
- The Society of Merchant Venturers**
- UK Forces Gulf Fund**
- Walter Guinness Charitable Trust**
- Wessex Water plc**

Summarised financial accounts

	Total
Incoming resources	£
Generated Funds	
Voluntary Income	190,528
Activities for generating funds	41,454
Investment income	7,088
Charitable Activities	4,972,342
Total Income	5,211,412

Resources expended

Cost of generating funds	84,519
Cost of charitable activities	5,078,835
Governance Costs	77,959
Damascus redevelopment	255,269
Total expended	5,496,582
Net income/(expenditure)	(285,170)

Extract from Balance Sheet

Fixed Assets	2,519,169
Net Current Assets	1,005,722
Creditors more than one year	(482,910)
Net Assets	3,041,981

Funds:

Unrestricted:	
General held as fixed assets	2,028,069
General other	575,117
	2,603,186
Designated	340,676
Total Unrestricted	2,943,862
Restricted	98,119
Total Funds	3,041,981

The extracts above, from the consolidated financial statements of Alabaré Christian Care Centres[†], may not contain sufficient information to allow a full understanding of the financial affairs of the charity. A full set of accounts may be obtained by writing to: Julie Leng, Senior Manager – Finance & Support, Alabaré Christian Care & Support, 33 Brown Street, Salisbury SP1 2AS.



Voluntary & Activities Income **£231,982**

Donations & legacies

Individual donations	33,759
Church/Community Groups	40,488
Legacies	27,276
Bristol Ambassadors	10,760

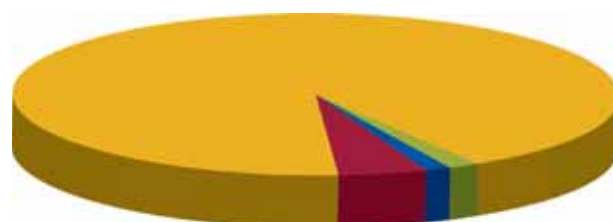
General Grants

Statutory Bodies	39,769
Charitable Trusts	34,336
Corporate Grants	4,140
Events	41,454



Charitable Activities, Investment & Other Income **£4,979,430**

Rental Income	1,517,883
Contracts	3,369,946
Interest	7,088
Other income	84,513



Expenditure **£5,496,582**

Charitable activities	5,078,835
Fundraising	84,519
Governance	77,959
Damascus redevelopment	255,269



Thank you to all our Trustees, Patrons, Ambassadors and Committee Members for their continued support and dedication.

PATRONS

The Right Reverend David Stancliffe, Bishop of Salisbury
 The Right Reverend Declan Lang, Bishop of Clifton
 Miranda, Countess of Pembroke

TRUSTEES

Reverend John Proctor (Chairman)
 Reverend Canon David Durston (Vice Chairman)
 Lt Col Tim Robertson
 Alicia Proctor (until Jan 2010)
 Jeff Peacock
 David Lawes
 Adam Mills (until Jan 2010)
 Dawn Wood
 Malcolm Cassells
 Andrew Bailey
 Susan Pendrey
 Caroline Probert
 Mark Proctor (as of April 2010)
 Elizabeth Webbe (Company Secretary)

AMBASSADORS

Bristol
 Brigadier Simon Firth CBE (Chair)
 Mary Prior MBE JP, Lord Lt of Bristol
 Chris Ryland
 John Savage CBE
 Colonel Andy Flint OBE TD DL
 Alan Goode
 Lt Colonel Mike Motum *
 Nicole Sherwood *
 Dr Tim Chambers *

North Somerset
 Edward Shaw (Chair)
 David Tomlinson
 Maj Gen James Short CB OBE
 Bob Garner
 Derek James
 Julia Elton DL

Wiltshire
 Rt Rev Stephen Conway, Bishop of Ramsbury (Chair)
 John Bush OBE JP, Lord Lt of Wiltshire
 Lady Ruth Hawley
 Peter Alberry
 Commander Richard Lord CBE MSc *
 Sqn Ldr Sam Westcott *

* as of June 2010

(A list of our committee membership is available from our Head office)

Trustees and contacts...

HEAD OFFICE

33 Brown Street
 Salisbury
 Wiltshire
 SP1 2AS

01722 322882

enquiries@alabare.co.uk
 www.alabare.co.uk



INVESTORS IN PEOPLE



† Alabaré Christian Care Centres is a company limited by guarantee, trading as Alabaré Christian Care & Support. Registered in England No. 2604011. Registered Charity No. 1006504.

SENIOR MANAGEMENT TEAM

Andrew Lord – **Chief Executive**
 Rachel Wetton – **Senior Manager**
 Janet Herring – **Senior Manager**
 Stewart Mustard – **Senior Manager**
 Julie Leng – **Senior Manager**

89% of people moving on from Alabaré projects did so in a planned way



Between April 2009 and March 2010, Alabaré supported over

2345 people

869 people benefited from our Floating Support Services receiving help to manage their accommodation

6

people gained NPTC qualifications at our Barford Training Centre

14 young mums and their babies have been supported at our dedicated project in Salisbury.

We supported

246

people in Plymouth

10,298

free meals have been served up at our two Drop In Centres

We housed

480

people

600 free items of clothing have been given out at our Drop Ins

6564

half day places have been taken at Barford Training Centre

Since opening in July, Kitted Out! has issued over

2200

items of clothes