



Alabaré Spring/Summer 2010

news

E N A B L I N G A F U L F I L L I N G L I F E

www.alabare.co.uk



Alabaré Sleep Outs 2010

This February an impressive nine Sleep Out events were held across our region, raising money and awareness for Alabaré.

Read more on pages 4 and 5...

Café Alabaré opens



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Next time you are in Salisbury and feeling a little peckish, be sure to visit Alabaré's new café!

March saw the opening of Café Alabaré on Salisbury's Endless Street. The merging of Alabaré's Cana Coffee Shop with the Endless Life Café means that the Alabaré team and service users

are now running the prime lunch venue, which is open 5 days a week.

Café Alabaré provides an opportunity for members of the team to gain skills and experience, build confidence, and work towards recognised, accredited qualifications.

Read more about this exciting new project on page 3....



Changing places – a new hostel for Salisbury



The new hostel plans and The old Damascus House exterior

The re-development of Damascus House, our hostel for homeless men and women in Salisbury, is now well and truly underway.

Working with Westlea Housing Association, together we successfully secured £4 million, the amount of funding required to proceed with the development.

More than 70 residents have been moved from Damascus and Emmaus Houses into new accommodation for the re-development to take place. Members of staff have worked tirelessly to make sure each and every move has gone as smoothly as possible. Well done!

The new hostel will provide purpose built quality accommodation and a range of innovative training facilities. The new building will also be more environmentally friendly.

The ethos of the new hostel will be based on the Places of Change Programme.

The Places of Change Programme encourages hostels to:

- Engage residents in meaningful activity within the community
- Involve residents in the development of services
- Develop well-trained and motivated staff
- Provide a quality physical environment

The neighbouring listed building, formerly our care home Emmaus House, will be converted into Move On flats for service users who are making the transition from supported accommodation to living completely independently.



An exciting year ahead for the Emmaus community

Nine of the ten former Emmaus House residents have moved into two new Alabaré Supported Living homes – five into a house on Castle Road and four into Russell House in Stratford Sub Castle. The Supported Living homes provide 24 hour supported accommodation to adults with mild to moderate learning disabilities.

During their time at Emmaus House the residents were all working towards becoming more independent. After proper assessment and consultation, it was agreed that they were ready to make the move into the new houses. They have all settled in well.

The tenth former Emmaus resident has moved into appropriate accommodation that meets her specific support needs.

New address for Kitted Out!

Kitted Out!, our free clothing centre for homeless and vulnerable people in Salisbury has a temporary new address - it can now be found at 159 – 161 Fisherton Street. Kitted Out! will operate from these new premises, which belong to St Paul's Church, for the next 18 months whilst Damascus and Emmaus Houses are redeveloped.

If you would like to find out more about volunteering at Kitted Out, have any items to donate or would like to find out more about the service please contact Manager Jackie Moore on 01722 742298.

Since opening in July 2009 Kitted Out! has issued over 1600 items, helping more than 200 people, more than a quarter of whom were children.

Alabaré Christian Care & Support

is a regional charity, providing a range of services including supported housing, floating support services, drop-in centres, information, advice and training services and supported living houses. We work with the homeless, ex-offenders, young people, individuals with a learning disability, vulnerable women and people with drug and alcohol problems, towards our vision of "A society where everyone has the opportunity to enjoy a fulfilling life".

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Café Alabaré

It's exciting times for Alabaré's coffee shop project. Cana Coffee Shop has been running as a training café for Alabaré services users with learning disabilities since 2001. Members of the public have been able to enjoy a cup of tea and some delicious food and homemade cakes at the United Reformed Church in Salisbury on Friday mornings.

With increasing demand for places on our training courses and the limited hours that we were able to open at the URC, we started investigating opportunities to expand the project to new premises and develop it into a social enterprise café.

As a result of this ambition, and thanks to the similar aims of its two respective enterprises, we were delighted to take over the management of the Endless Life Café in Salisbury in February, merging the two projects. The new café, which was launched in March, is now known as Café Alabaré.

The new café has undergone a face lift, and is now offering training and work experience to 12 vulnerable adults. Not only does the café sell ethically sourced fresh and healthy food to eat in or take away, but external catering for events is also available.



Our teams have big plans for the future and hope that before long some of the ingredients for the café's menu will be grown on Alabaré allotments and at Barford Countryside Unit. Training at the café is specifically tailored to the needs of the individuals with the option of working towards recognised accredited qualifications.

Caroline, one of the café's trainees, said: *"The new café is lovely, and I really enjoy training here with my friends."*

Moving forward at Lazarus House



Jim came to Lazarus House from prison in July 2009 with only a plastic bag containing a few belongings. He had a long history of offending, due to a long battle with addiction, but was determined to turn his life around.

Jim had left school with no qualifications so he decided to enrol in college and is hoping to achieve his GCSE in Maths and English. He has also received support from Probation, who provided funding for ID documents so that Jim could get his

Provisional Driving Licence and open a bank account.

Jim's chosen career is in catering and he has been volunteering in the kitchen of the local church, which in turn made a donation to buy him some Chef's whites.

The team at Lazarus House is supporting Jim in his search for employment and they are sure with his determination and commitment he will find full time work soon.

Alabaré New Directions Conference

On the 25th March Alabaré was proud to host a conference in Salisbury aimed at raising awareness of the issues currently facing the Supported Housing sector, with discussion around the future directions that organisations may take. Speakers from Wiltshire Council Supporting People, Greensquare and The Royal British Legion joined staff, Ambassadors and service users from Alabaré in making presentations such as responding to changes in government funding through partnership working, and the development of Alabaré's veterans supported housing programme. Over 70 people attended the day from agencies and stakeholder groups across the South and South West.

The event was held in association with South West Supported Housing Month, which ran through March and attracted around 100 events in the region.

*Pictured right,
Revd Ed Probert Canon Chancellor
at Salisbury Cathedral,
Archdeacon of Wilts John Wraw,
Rt Revd Stephen Conway Bishop of Ramsbury
and Archdeacon of Sarum Alan Jeans.*



Sleep Outs 2010

On 26th February over a hundred people gave up the warmth of their beds to spend the night on a cold hard, and in some cases very wet, floor. It was the Alabaré annual sleep out, which saw an impressive nine events held across Wiltshire, Hampshire, Dorset and Bristol.

Sleepers turned out in their warm clothing armed with sleeping bags, floor mats, cardboard and polythene. The more prepared amongst them had also packed a flask of tea, a good book and even earplugs!

The sleep outs are a great way of encouraging people to think about the many issues that surround homelessness. It is also a chance to raise awareness of the work that we are doing across the region and to raise funds for local projects.

In Wiltshire:

Our largest sleep out was at Salisbury Cathedral and saw around 80 people take to the floor of the cloisters. Amongst those settling down under the spire were the Rt Revd Stephen Conway the Bishop of Ramsbury and the Archdeacons of Wilts and Sarum. There were also many young people involved, with groups from St Edmunds and South Wilts schools, Wiltshire Army Cadets and St Osmund's and St Paul's Youth Groups taking part.

A small group spent the night curled up in the porch of St Thomas Church in Salisbury City Centre.

A team of young people from the Bourne Valley Churches organised a sleep out at Porton Church, Porton.

Young people were also responsible for organising a sleep out at Edington Priory Church in Edington, which saw 16 people spend the night on the floor.

A group of young people camped out in the porch of All Saints Church in Westbury.



"We spent a lot of time marvelling at the amount of layers we were wearing, the different things we had taken along to make the night more comfortable and the prospect of dashing outside in the night to use the toilets. We also spent time reflecting on those who have no choice but to sleep rough, often without the luxuries of warm clothing, sleeping bags and toilets, and how it must feel to be without simple necessities for long periods of time. It was a memorable experience and we learnt a lot about the issues around homelessness and the work that Alabaré does." Sleeper at Edington



In Dorset:

9 hardy individuals spent the night in the grounds of St Aldhelm's Church in Weymouth.

In Bristol:

A team of 10 camped outside Pip n Jay's Church, braving some very wet weather.

"Many rough sleepers have no choice but to face these kinds of weather conditions on a regular basis, often without the luxury of sleeping bags or polythene. It was great to be part of an event that was raising awareness of the issues surrounding homelessness and raising vital funds for the work of Alabaré". Alabaré Area Manager for Bristol, Gemma Nokes

In Hampshire:

A group of 11 spent the night on the floor of King Arthur's Hall in Andover, with the event receiving support from local councillors and the police.

Amongst those taking part were residents from Sarum House, our hostel for young people in Andover.

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

Alabaré Fundraiser Tony Richmond said: *"Each year support for the sleep out continues to grow; I was delighted that a total of nine events took place across the region and was especially impressed with the number of young people that were involved. I hope that support continues to grow and that next year's event will be even bigger and better, roll on 2011!"*

A massive thank you to everyone who took part in the sleep outs and to those who gave their support with sponsorship.

Where the money is going...

The money raised through the sleep outs across Wiltshire (unless otherwise stated) will go towards the work of our Drop In Centres in Salisbury and Trowbridge.

The money raised at the events in Hampshire, Dorset and Bristol will go towards Alabaré projects local to them.

Wiltshire Drop In Centres

Our two Drop In Centres, in Salisbury and Trowbridge, offer a warm and welcoming safe daytime shelter to those who are homeless, facing homelessness or living in un-suitable accommodation. They provide hot food and drink and advice and support with issues such as housing and employment. Salisbury also offers a clothing exchange service, laundry facilities and showers.



A date for your diaries - Next year's Sleep Outs will be held on Friday 25th February

In 2009 our Drop In Centres dished up more than **11,000** free meals. In Salisbury they also put on more than **270** loads of washing and over **400** showers were taken!

Gemma preparing for her climb



Project round up

A year of success in Plymouth



Our projects in Plymouth recently celebrated their first birthdays, and what a successful first year they have all had.

Plymouth Floating Support, which offers tenancy related support to people in their own homes, has helped 268 people since it began. In that time it also helped raise more than £20,000 for its clients through benefits, charities and Community Care Grants.

Plymouth Supported Temporary Accommodation offers short term supported housing to clients who have been referred by Plymouth

City Council. During its first year it supported 141 homeless people.

Mon Abri, our first supported housing project for ex-Service men and women, opened in February 2009. The home, which offers support to residents with a number of complex issues including Post Traumatic Stress Disorder, has supported a total of 19 people in its first year.

Duo to take on mountainous challenge

Area Manager for Bristol Gemma Nokes and Catherine Hicks, Bristol's Accommodation Manager, are to embark on the challenge of a lifetime - climbing Mount Kilimanjaro. They are taking on this gruelling challenge to raise money for The Well, our supported housing project for vulnerable women in Bristol. If you would like to sponsor them you can contact Gemma on 07795 035380 or g.nokes@alabare.co.uk

Barford success!



Barford Countryside Unit, our training facility in the beautiful countryside of Barford St Martin, has been celebrating some great achievements by its service users. Ron Buzzard has become a Chelsea Pensioner, Lynne Biggs has been

volunteering at a care home and Anne Jenson is starting up her own reiki and healing business. Well done, we wish them all the very best.

At Barford they are also celebrating group success with an outstanding inspection from the National Proficiency Test Council (NPTC). The centre has been delivering NPTC accredited Skills for Working Life courses in subjects such as woodwork,

pottery and horticulture since 2004 and has continuously received positive inspection reports.

NPTC External Verifier Bee Esdaile said "The centre continues to maintain its high standards with excellent learner portfolios and diligent quality assurance. Well done."

In fact, Bee was so impressed with one service user's portfolio that she took it to show at the National Conference.

Raising lots for Andrew House

A fundraising auction was held at Clevedon Baptist Church on 20th March to raise money for Andrew House, our supported housing project for men overcoming drug and alcohol addiction. 170 lots went under the hammer and £2,000 was raised on the night.



Tasting success

John was fortunate to secure a place in a local supported housing project and found the support and impetus he

John has been involved with Alabaré for over 5 years and has faced many challenges, including long periods of homelessness and drug addiction. John's first contact with us was through our Salisbury Drop In Centre where he was able to get food and advice, which helped sustain him while his life was so unstable.

needed to stop taking drugs. After a year of remaining clean, John was ready to move on from supported accommodation. He has been living in independent housing with support from Community 4 (C4) since December 2009.

"It's great having my own place. Becky from C4 has been great at helping me get everything

set up. She has helped me with my electricity and all my other bills, so I don't fall behind with my payments.

It's tough, but it's great to be getting on with my life and looking forward to the future. Best of all, thanks to Becky, I've now got a new cooker and some money for my food and stuff and I can start training again."

Becky from C4 recently applied to a charity for a small grant to buy a second hand cooker for John, a former chef. The charity was so impressed by John and his efforts, that they offered instead to buy a new cooker for him and

approved a small monthly grant to help him with his living costs so that he can practice cooking again and hopefully move back into employment in the food industry.

"I'm doing loads of cooking again already and really enjoying it. Becky's also sorted for me to do some Maths and English at college, so I am going to be well on my way. It's all really exciting."

Well done to John and Becky.

Oasis House makeover

Oasis House, our supported housing project for young people in Romsey, has received a very welcome makeover. The house has been refurbished by the landlord and, thanks to some generous donations from Romsey Abbey and some local Charitable Trusts and businesses, also has some new furniture. Residents had to be moved around whilst the work took place so a big thank you to all who helped make that happen.

C4 Networking Event

Community 4 (C4) hosted a very successful networking event in March. C4 is a consortium of four organisations, of which Alabaré is one, that provides housing related support to people in their own homes. The networking event was a chance for local agencies and other profes-

sional bodies to display what services they have to offer and to find out how they can work together more effectively. The event saw the Alamein Suite at Salisbury's City Hall packed with more than 20 stands and around 100 people and was hailed a huge success by all involved.

Mums celebrate grant success

As we go to press, staff and residents from the Alabaré Mother and Baby Project will be enjoying a glamorous night out courtesy of WYPOF! (Wiltshire Young People's Opportunity Fund). As you will recall from our last newsletter, the resident's were awarded a grant to buy a computer for the house and to run training workshops. Their bid impressed the grants

panel so much that they were selected as locality winners and invited along with winners from other areas to a special night out in Westbury.

More news.....Our Mother and Baby Project has moved! Recently residents from the original project in Bemerton Heath moved to two new modern houses nearer to Salisbury city centre.

Charis House Open Day

Charis House in Bideford welcomed members of the local community and other local Support Agencies at their Open Day on March 11th. It was a chance for people to find out more about the service being provided there and to meet with some of the residents.

Sue Greaves, Accommodation Manager for Devon said *"Everyone had a great day. Lots of people from other agencies came and were so impressed that they invited us to visit their local projects as well. The residents at Charis really enjoyed talking to all the visitors."*



Michael Wallace from Romsey Abbey presenting Ani Everts from Oasis House with their donation.



New name and logo

You may have noticed that there has been a slight change to our name and logo. Alabaré Christian Care Centres is now operating under the new trading name of Alabaré Christian Care & Support. This new name has been chosen to better reflect the work that we do in our projects and the services that we offer. The new logo has been created to incorporate this new name. Our legal and Registered Charity name remains Alabaré Christian Care Centres (Registered Charity No 1006504).

IIP Success

Alabaré was delighted to be reaccredited as Investors in People in February this year. Feedback from the assessor was extremely positive and we comprehensively achieved our award.



Christina Simmonds, IIP Assessor congratulates Andrew Lord, Alabaré CEO on Alabaré's IIP success.

Meet Mel

Mel Hurley is Area Manager for Hampshire and North Wiltshire and has worked for Alabaré for ten years.

Mel joined Alabaré in 2000 as a Project Worker at Hope House, a supported housing project for young people. In 2003 she became Manager of four young people projects in North Wiltshire. This steadily grew over the years as more new houses were opened. In May 2009 Mel took on the role of Area Manager for Hampshire and North Wiltshire, covering a range of housing and training projects, the majority of which are projects for young people.

Before coming to Alabaré Mel had worked at a women's refuge, trained with the

Citizens Advice Bureau and studied counselling at college, all of which provided her with a good base of knowledge and experience for her work here at Alabaré.

Mel says "There is a quote from leadership guru Stephen Covey that is very important to me in my work – 'seek to understand before being understood'. I remind myself of that every day because it is so true. We must listen and understand before expecting others to understand us, especially when working with young people."

Outside of work Mel enjoys travelling and holidays, likes to keep fit and has a keen interest in property development.



Leaving a gift

Leaving a legacy in your will is easy to arrange, can be tax efficient and will provide significant benefit to the charity in the future. If you are planning to make or change your will, please consider including a gift for the benefit of our work.

For further information from us about legacies, please contact Tony Richmond in Fundraising on 01722 344485 or email t.richmond@alabare.co.uk. Please also contact your legal advisor and, if appropriate, your family.

Thank you...

Everyone at Alabaré would like to say a huge thank you to the Bishop of Salisbury, The Right Reverend Dr David Stancliffe, who has been a patron of Alabaré for more than ten years. Bishop David and his wife Sarah have lent their much appreciated support to Alabaré over this time, including generously hosting several coffee mornings in their home. Earlier this year Bishop David announced his intention to retire as Bishop of Salisbury and we would all like to thank him and Sarah for their support and wish them well for the future.

Glossary

Alabaré
Spanish for 'I will praise'.

Floating Support
This kind of support is "attached" to the person, not the property and can follow a service user if they move to another address. It only lasts for as long as the client needs it, then "floats away".

Move On Accommodation
Low level supported housing to help people manage the transition between high level supported accommodation or care services and independent, main stream accommodation in the community.

Supported Accommodation/Housing
Accommodation offering service users varying levels of support tailored to their specific needs, enabling them to develop the life skills required and confidence needed to live independently.

Supported Living
Supported accommodation for people with learning disabilities, which enables them to live an independent and fulfilling life of their own choice.

Supporting People (SP)
Government grant administered by local authorities. The grant is provided for support services for vulnerable people to improve their quality of life and to enable them to live independently.