



# Alabaré news

Vol.4 issue 2 | [www.alabare.co.uk](http://www.alabare.co.uk)



Winter 2007/2008



# Over the last six months

As I look back over the last six months I am delighted to see that it has been a period of success for many of our projects. We work with some of the most vulnerable and marginalised people within our community and each and every week, the support we give to service users makes a real difference to their lives.

In this newsletter and Close Up you will read about some of our service users; the challenges they face and the ways their lives have changed. I particularly enjoyed reading about Robert's trip to see his favourite team Juventus play in Italy.

Despite all of the successes, there is still much to do. As we head towards the end of another year, we will continue to develop and increase the services that we offer. By Christmas we hope to have completed on the purchase of a further two Move On properties in Salisbury and have plans for a number of similar properties in North Somerset. We are also expanding our Learning Disability Services with the opening of a new six-bedroom Supported Living house.

To make our plans a reality we need your continued support – by volunteering your time, donating goods and with financial support. Together we can work towards our vision of a society where everyone has the opportunity to lead a fulfilling life.

I hope you enjoy this edition of the newsletter and wish you all health and happiness over the festive period.

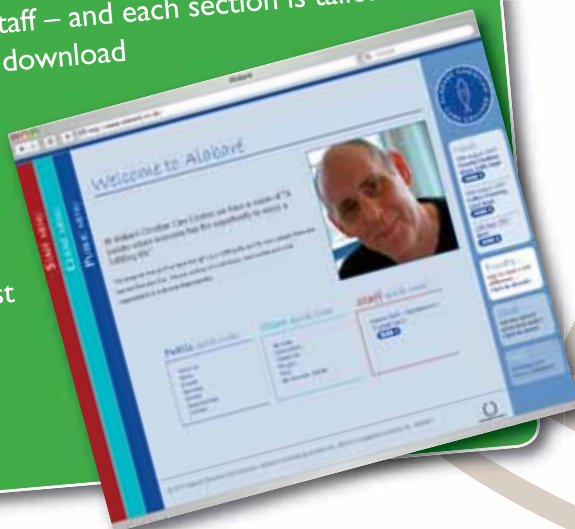
Andrew Lord  
Chief Executive

www.alabare.co.uk

## Alabaré launches its new website

Recent visitors to our website will have noticed it has a whole new look. The new site has three different sections - Public, Client and Staff – and each section is tailored to suit the needs of the user. Agencies can now download referral forms, members of the public can join online debates, clients can find out about upcoming events and staff and volunteers can share their experiences and successes. The site also gives detailed descriptions of each of our projects, is updated regularly with the latest news and events and allows visitors to make donations and buy goods online.

Go to [www.alabare.co.uk](http://www.alabare.co.uk)



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

A HOME, FOOD, SELF ESTEEM, TO BE LISTENED TO,

# A change of address for the Trowbridge Drop In Centre

This summer the Trowbridge Drop In Centre had to move from its original building in Duke Street because we could no longer afford the rent. After a long search for an alternative site a solution was found at the last minute – an empty building just next door!



The Centre offers daytime shelter and advice to people who are homeless, facing homelessness or in unsuitable accommodation. The team moved into their new premises at 12a - 13 Duke Street on 29th June with the help of Alabaré Staff and Volunteers. A special Open Morning was held to thank everyone who had helped make the move possible.

During its first month the new building was visited 371 times and averaged 27 people per session. We dished up 367 meals and issued 733 items of clothing and footwear from the clothing store.

[www.alabare.co.uk](http://www.alabare.co.uk)

## New arrival doing well

Alabaré took on a new project this summer - the South Wilts Young Mothers project on Bermerton Heath. Salisbury District Council is the landlord, but the running of the service and the housing support provided is now the responsibility of Alabaré. The house provides accommodation for six young women; three pregnant women and three who have just given birth. The women receive regular support throughout the week, enabling them to access the full range of ante-natal and post-natal services on offer to them.



Since taking over the running of the project we have always had a full house and now have a new Support Worker in place called Belinda, who has settled in brilliantly. Two of our residents are now enrolled on our It's Your Move tenancy training programme to prepare them for independent living. The Unit has also been inundated with generous donations of good quality baby items, which the young women are really grateful for.

Sue Gumbleton, Manager of the Unit said "I am delighted that we have taken on the Young Mothers project, it's such a wonderful project. The young women can share their experiences and help one another through what can be a very tough time."

CHOICES, ENCOURAGEMENT, HOPE, FRIENDS

# Alabaré Round U

It has been a busy few months for many of our projects – here's an update from just a few ...

## It's Your Move

Almost a year in and It's Your Move, our pre-tenancy training programme, is already making a difference to people's lives.

The package was bought in 2006 using a grant from Wessex Water and the programme that we have developed from it has been up and running since February 2007. It's Your Move consists of 20 modules covering topics such as money management, social skills and tenancy issues and is designed to help individuals break the cycle of homelessness.

It's Your Move has been well received by all so far. Fiona, a former service user at Damascus House and Miranda, who lives in Move-On accommodation have both completed all 20 modules, which is a great achievement - well done.

Fiona says "I have been given lots of useful information and practical advice. It's fun – more than I thought it would be, because of the interaction with other people. The exercises we do and the way the course is run helps you learn. It's somewhere regular to come to - when you are depressed you feel you have nothing to offer, but I've come here being able to contribute and that has been really positive for me as I get positive feedback."

Lisa is currently on the programme, she says "I have already saved money at the dentist because of information that I learnt on the 'Accessing Health' module. All the information has been really useful and I am really looking forward to coming back and continuing with the rest of the modules."

## The Junction

The Junction is now officially registered as a UK Online Centre. The centre already offers a wide range of online training for young people on a range of topics, but as an Online Centre we will receive some much needed funding to help run and develop our online services. We hope to be able to access some additional funding from this source for the next few years to help secure this valuable resource for young people in the Test Valley.

## Move On

We are continuing to work hard to increase the number of Move On properties that we have available to our service users. We have already completed on the purchase of a 3-bedroom house in Salisbury, using £100,000 of a grant from Salisbury District Council. It is hoped that another two properties in Salisbury will be secured very soon using the remaining £200,000 of our grant from the council. In Bristol we are in the process of taking over a 3-bedroom house, which will act as a further Move On property from Lazarus and Thomas Houses. We are also delighted to report that we are in negotiations to develop several new houses in North Somerset as well.

## Outreach one2one

Since joining Alabaré after the closure of the Greencroft Centre back in June 2006, the Outreach one2one service has helped hundreds of mental health sufferers improve their self-esteem, confidence and social skills. And the team continues to develop the services they offer so they can help even more people.

In addition to the sporting and social activities they offer their members, the team has now set up a series of Enterprises – card making, flower arranging and jewellery making. Many people suffering with mental health problems will find that their work life is put on hold. This extra time on their hands can lead to low self-esteem and a loss of confidence. The aim of the Enterprises is to help members fill this time, develop new skills and play a fuller part in the community.

John is part of a Rural Card Making Enterprise from our Mere Social and Skills Group, he says “I find this type of work very therapeutic as I’m wheelchair-bound most of the time. It’s great fun designing the cards.”

Lorraine is a member of the Jewellery Making Enterprise, she says “I really enjoy making jewellery and enjoy learning new things. I’ve made lots of new friends along the way and it has really helped me through some difficult times.”

Plans are now in place to start up two new Enterprises in children’s toy making and gardening.



# Sky's the limit for our fundraisers

This summer saw numerous people take to the skies for Alabaré. The brave volunteers each took part in a tandem skydive with the Red Devils, jumping from 13,000 feet!

Our youngest jumper was South Wilts pupil Kerry Fazal, who did her jump just 2 weeks after her 16th birthday – she raised an amazing £1600 for The Junction in Andover.

Jeremy Bugden, the manager of our Outreach one2one service also jumped for his project, followed by Sarum Link Editor Nicky Davies and teenager Sophie Jennings who both jumped for the Wiltshire Drop In Centres.

After it was postponed twice because of bad weather Pat Harrison, Manager of Alabaré's Bristol projects, finally managed her jump with three Red Devils. She raised more than £1000 for our projects in Bristol and North Somerset.

We are always looking for new volunteers to take up the skydive challenge, if you're interested get in touch by calling 08450 78 68 08 or emailing [events@alabare.co.uk](mailto:events@alabare.co.uk)



## Event Calendar

<b>2007</b>	15/16th Dec	Collections outside Waitrose and Tesco (Southampton Road) - Salisbury
<b>2008</b>	29th Feb	Sleep Out, various locations – see opposite page
	8th Apr	Table Sale in aid of Wyndham Road Guildhall, Salisbury
	24th May	Table Sale in aid of Salisbury Drop In Guildhall, Salisbury
	22nd June	Hog Roast South Canonry, Cathedral Close
	5th July	Reading Male Voice Choir Concert Bemerton Heath



## Going the distance for Alabaré

The thought of handling waste would have some people running a mile, but not Mark Taylor – he's going to run 26! Mark is running the Flora London Marathon in April 2008 to raise money for Alabaré, He says:

“This will be my first, and probably last, marathon but I'm hoping to do it in less than four hours. I wanted to run for Alabaré because I think they do great work across the South West. I'm particularly interested in the recycling project (SORTED!) because I myself work in waste management; I'm a Director of Veolia Environmental Services, running waste and recycling services for Hampshire County Council. I think it's great that Alabaré runs a project that supports recycling at the same time as providing meaningful employment for disadvantaged individuals.”

## Alabaré's Board of Trustees thank Sheila



**L to R** – Andrew Lord (CEO), Michael Warrander (Mayor's Consort), Lee Proctor (Trustee), Elizabeth Webbe (Trustee), Sheila Warrander, John Proctor (Chairman), David Durston (Trustee), Adam Mills (Trustee), Tim Robertson (Trustee).

## Mayor's Appeal raises more than £60,000

The Salisbury Drop In Centre was fortunate enough to be chosen as the focus of the Mayor of Salisbury's Appeal 06/07. Throughout her year in office, former Mayor Sheila Warrander raised funds for the Drop In as well as awareness of the work that Alabaré does. A total in excess of £60,000 was raised, more than a third of which was from the Sleep Out at Salisbury Cathedral alone! We would like to thank Sheila and her team for their hard work and support.

## Use your extra day in 2008 to help make a difference

In the last edition of the newsletter two people who took part in the Sponsored Sleep Out at Salisbury Cathedral gave us an insight into what taking part meant to them and how it affected their views on homelessness. Some 100 sleepers camped out in the Cloisters, raising more than £22,000 for the Mayor of Salisbury's Appeal for the Salisbury Drop In Centre.

Next year we are giving you the opportunity to get involved in what we hope will be an even

bigger event across our region. And it's happening on a date you won't forget – 29th February! It only comes around once every four years, so in 2008 make it a really special one by joining us. We hope to hold Sleep Outs in Somerset, Bristol, Romsey, Andover, Trowbridge, Devizes, Calne, Salisbury and Wilton in all sorts of venues including Romsey Abbey.

So, if you would like to find out more, or perhaps you would like to organise an event in your area, please call us on **08450 78 68 08** or email [events@alabare.co.uk](mailto:events@alabare.co.uk)

Alabaré's Sleep Outs on the 29th February 2008 tie in with Poverty and Homelessness Action Week 2008 (27th January to 3rd February 2008), organised by the Homelessness Sunday Partnership, Church Action on Poverty and the Church Urban Fund. The week provides an opportunity for organisations and individuals to look at some of the causes and consequences of homelessness and to raise awareness of them. If you would like some one to speak at your church or group around these issues, please contact Tony Richmond at Alabaré on 01722 344485 or [t.richmond@alabare.co.uk](mailto:t.richmond@alabare.co.uk).

