



Alabaré Autumn/Winter 2010/11

news

ENABLING A FULFILLING LIFE

www.alabare.co.uk



Last year Alabaré supported over 2,345 people

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Alabaré in an Age of Austerity



People are steeling themselves for what has been deemed a new Age of Austerity and every day we hear more details of the government's plans for cuts in funding to help reduce the budget deficit. Local councils are assessing the impact on their spending plans and like thousands of other charities across the country Alabaré must prepare itself for the impact this could have on our work.

With a large proportion of our projects funded by statutory grants and contracts from local authorities, we are looking at a future where we must ensure that our services are operating in the most efficient ways possible, and that we diversify our funding streams.

We could also see a knock-on effect from the introduction of David Cameron's 'Big Society'. The Big Society will move the emphasis of responsibility from the politicians to the people, requiring charities, communities and churches to play a bigger role in providing public services. One possible outcome of this could be an increased demand for our services. Homelessness is likely to increase as a result of the impact of job cuts and reductions in income. Allied to a backdrop of funding cuts and the reduced ability of individuals to make charitable donations, these are likely to be extremely testing times.

So as a charity, how are we tackling these challenges?

Over the last eighteen months we have been reviewing our staffing and administration to ensure that we are operating as efficiently as possible. Equally, we are continually looking for opportunities to work in partnership with other charities and groups to combine our skills and expertise.

We have been working closely with several Armed Forces charities to provide increased provision for veterans who are struggling in their civilian lives (more on page 4).



On a financial front, we have launched a Major Gift Campaign to help diversify our funding streams and also open new programmes of support to help meet the growing needs in our communities (more on page 4). Launching a fundraising campaign in a

challenging financial climate may seem optimistic, however, it has never been more important for us to continue our fundraising within the local and business communities in which we work.

Julie's story (opposite) is just one of the hundreds that we hear every year – we are determined to keep supporting those people who need us the most. Your generosity and support has always been important to us and is vital in continuing the work that we do, but never more so as we navigate these uncertain times.



Julie's Story...

Julie is a client of Alabaré's Bournemouth Floating Support Service

"For the last 21 years I have suffered mental abuse at the hands of my former partner. For the past two years my son, through learned behaviour, also became abusive, which culminated in a physical attack in front of my daughter last November.

"This last humiliation finally provided me with the impetus to remove myself and my daughters from this damaging and volatile situation. Over the past sixteen years I am not proud to admit that I turned to cannabis to numb myself to the suffering that was inflicted upon me. I am proud however, that two years ago I decided to stop using this drug and have been making great leaps in my confidence and well being.

"Please don't feel sorry for me, as during this time I successfully ran businesses and raised a family. Having said that, the creature that was first introduced to my support worker was a very much broken and lost woman...

"Since last November my daughter and I moved from pillar to post, sleeping on floors and sofas. Eight weeks ago we were placed into homeless accommodation, tired and distraught. I had reached the bottom of my personal pit, unable to grasp the fact that I was about to be picked up by my guiding light from Alabaré.

"My light is my support worker Nicholas who not only managed to calm me down and make me smile, but reminded me that the journey I had taken was coming to an end. I received non-judgmental, compassionate care, encouragement and companionship.

"He has been my rock and I thank him from the bottom of my heart. I truly believe that without the support given to me through Alabaré I would still be unable to even think that I have a future."

July 2010



Salisbury's New Hostel – Update

With the former Damascus House now completely demolished, building work is well underway and the foundations for the new hostel are in place. In July, the Lord Lieutenant of Wiltshire and Alabaré Ambassador John Bush visited the site to see the progress that has been made. He spoke very positively about the impact the new hostel will have, saying "It's about rehabilitation, training and education to help people build a better future for themselves." The brand new hostel will provide high quality accommodation and a range of training and leisure facilities in a more environmentally friendly building. Keep up to date with the development at www.alabare.co.uk

Drop In Centre News

In April the Salisbury Drop In Centre became an agent for the Big Issue, meaning it now holds copies of the magazine for official vendors to buy. Many of Salisbury's vendors already use the Drop In, so it is another service they can get under one roof. In September, Drop In Team Leader Doreen Knight helped The Big Issue celebrate their 19th birthday by taking to the streets and doing a stint as a vendor. Doreen was pleased to report that she completely sold out!

Staff and service users from the Trowbridge Drop In made the most of the summer weather with a day trip to Studland Bay. Thanks to a donation, a mini bus was hired from a local church and they headed for the coast. Team Leader Doreen Knight said "The guys that went had a fantastic time; for many of them it is the first time they have seen the sea in years." Without generous donations of time, transport and funds, trips like this would not be able to happen.

Whilst we often celebrate the successes of our clients, sadly outcomes are not always positive. In a short space of time we had news of the deaths of three vulnerable people due to drug overdoses, one of whom was a regular at the Salisbury Drop In Centre – Ali McFarlane. Staff, volunteers and service users attended his memorial ceremony. Tragic situations like this highlight the importance of our Drop In Centres, which reach out to some of the most vulnerable people in society who may be battling with chronic addictions.

Neither of our Drop In Centres receive guaranteed statutory funding and therefore rely heavily on the generosity of individuals, community groups, churches and businesses to keep them running.

£12 could buy food for at least 8 hot meals at the Drop In Centres



Alabaré Launches a Major Gift Campaign

Alabaré has an ambitious five year plan to double the number of people we are helping to escape or avoid homelessness. The plan includes opening new homes, expanding existing services and undertaking new schemes across the South West.



L to R: Peter Davies, Heather Hitchens, Lara Higgins, Geoffrey Willis, Claire Sime and Tony Richmond

To help turn this vision into reality, Alabaré has launched a Major Gift Campaign and strengthened its fundraising team. In July, Geoffrey Willis was appointed Campaign Director and given the task of raising £6 million by 2015. In addition to leading the team, Geoffrey is experienced in Major Donor fundraising and will focus on attracting major gifts from individuals.

Peter Davies joined at the same time and will focus on raising funds from Trusts and Foundations. Dave Millward (not pictured), who is concentrating on attracting support for Alabaré's veterans' projects, has already received significant donations from Armed Forces charities. Tony Richmond specialises in community fundraising and will be inspiring volunteers to get on their bike, put on their running shorts or jump into their sleeping bags to raise money for the cause.

The marketing team, Claire Sime and Lara Higgins, will keep you all informed as the campaign develops and create the materials to promote our vital work. All of the above is ably supported by the team administrator Heather Hitchens, who is the first port of call for all fundraising enquiries. Please contact us with your ideas – and please support us as we set off on this vital campaign.

Community Support – Boscombe Down Tackling Homelessness

Staff at MOD Boscombe Down and Qinetiq have got behind the work of Alabaré by raising awareness of what we do, as well as helping to raise much needed funds and supporting us in a number of other ways. They have already held a touch rugby tournament and promoted our work and held a collection at their Family Fun Day, raising a total of £1,216 for Alabaré. We would like to thank everyone for their support; we look forward to working with them over the coming months.



Sgt. Chris Wade and Fg Off Sal Roper from Boscombe Down present Alabaré Chief Executive Andrew Lord with their donation.

If you would like to support Alabaré through your company, please call Tony Richmond on 01722 322929.

Supporting Armed Forces Veterans

We are delighted to now be working in partnership with three of the major Forces welfare charities to expand our work with veterans into the areas of Bristol and Weymouth.

Recently The Royal British Legion has awarded Alabaré £180,000 over three years to open a supported housing project exclusively for veterans in Weymouth. ABF The Soldiers Charity has given £40,000 towards the opening of a veterans project in Bristol, with the potential for continued support for a further two years. The Royal Air Force Association has also committed to give £45,000 over three years towards the

new project in Bristol. We are also grateful for grants from several other charities as well.

The two new projects will be based on the model of Alabaré's Plymouth Home for Veterans, which opened in partnership with The Royal British Legion in February 2009. The project addresses the needs of veterans who have struggled to adjust to the challenges and responsibilities of civilian life, often whilst coping with a feeling of lost identity. Veterans can also find themselves dealing with Post Traumatic Stress Disorder, substance addictions, offending and homelessness is an all too common



outcome. We offer a package of support and accommodation, helping veterans to access specialist health services, develop new skills for successful independent living and rebuild confidence.

Alabaré's Homes for Veterans in Bristol and Weymouth will open later this year. Beyond these two new projects, we plan to expand our veterans programme to meet this ever more urgent need.

Our aim is to open further projects across the South and South West, with Wiltshire and Hampshire earmarked as potential locations.

Fundraising Round-Up



Catherine Hicks, Alabaré's Bristol Accommodation Manager, spent her Easter weekend cycling 110 miles from Whitehaven to Newcastle, raising over £400 for Alabaré's work in Bristol.

Only one accident to report, Catherine fell off after just 6 miles whilst trying to eat chocolate eggs – well it was Easter!

A lecture was held in memory of Louis Sherwood, a former Alabaré Ambassador, in May. In Praise of Disloyalty, which was held in Bristol, explored the role of disloyalty in the arts and religion. Over a thousand pounds was raised and generously donated to Alabaré.

In June The Mill Singers performed a wonderful concert in aid of Alabaré at Edington Priory Church, a venue renowned for its acoustics. Proceeds from the evening went towards our work with veterans.

Supporter Kath Lakey raised an impressive £216 for our Alabaré Plymouth Home for Veterans after reading about the project in the local paper. She and fellow residents from her sheltered accommodation held a raffle and sold refreshments and gifted items to raise money. Plymouth Area Manager Chay Robertson paid them a special visit, taking with him two cakes that had been handmade by project residents to say thank you.

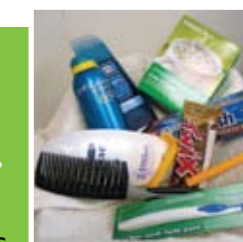


What do you get if you take three members of Alabaré staff, a hot bank holiday and a car boot full of people's unwanted stuff? £150... and a lot of dust! Staff from the learning disabilities Supported Living and Floating Housing Support went along to Salisbury's largest car boot sale and sold a huge amount of goods, all of which had been kindly donated. The funds raised will go towards residents' activity days.

Welfare Box Appeal

This winter we are reminding you to spare a thought for the many street-homeless and vulnerable people in your communities – the harsh fact is that cold weather can kill.

Throughout the year we ask people to donate a small box or bag containing essential hygiene items such as soap, toothpaste and deodorant. During the winter months we also ask that additional items are included to help with the colder temperatures, such as thick socks, gloves and hats. These welfare packs are distributed to those people using our Drop In Centres. Being able to stay clean and warm is something most of us take for granted and can make a real difference to someone's confidence and wellbeing. We are now collecting winter welfare boxes – if you would like to get involved please contact the Fundraising Team on **01722 322929**.



New mental health day services in Wiltshire



alabaré
INCLUDE

Mental Well-being For Wiltshire

On August 1st we launched Alabaré Include, our new mental health day services programme in Wiltshire.



Alabaré Include offers a wide range of daytime activities and support to people across the county who are suffering with mental ill health. Service users accessing Alabaré Include will be supported by a Community Bridge Builder – a member of staff who will work with them to develop their own personalised recovery plan and help them build their confidence and get involved in the many activities and workshops on offer.

“This is an exciting new way of working with people who have mental health issues and Wiltshire Council will be working closely with Alabaré.”

Sue Redmond

Corporate Director of Community Services at Wiltshire Council

Current programme of activities and workshops:

Rambling – a chance to enjoy the Wiltshire countryside

Jewellery Making – staff led workshop

Flower Arranging – staff led workshop

Hot Gossip – a discussion group

Quilts and Blankets – a craft group run by service users

Picture, Art and Design (PAD) – a craft group run by service users

Environment In Mind – local conservation project

Access to activities at Salisbury Leisure Centre

Service users can also gain valuable skills and work experience at Café Alabaré, our training café in Salisbury.

One of the new activities on offer is Environment In Mind, run in partnership with BTCV. It gives service users the opportunity to get involved in meaningful outdoor activities, such as path clearing, hedge laying and even dry stone walling. Clients are able to experience the therapeutic benefits of working outdoors, which are proven to boost mental health, at the same time as helping to conserve local areas of beauty and interest.

“I’ve been working with Alabaré Include because of my mental health problems. I was really worried things would go downhill again, but now I have my Community Bridge Builder and I’m not so worried because I know she can help me before things get to that stage. It’s great!”

Alabaré Include Client

Since launching in the summer, Alabaré Include has received 95 applications and we are currently working with community mental health teams, children’s centres and other organisations to promote our services and reach even more clients across the whole of the county.



To find out more about Alabaré Include and access online support, visit www.alabarainclude.co.uk

Project Round Up



Lord Mayor visits Plymouth veterans

Staff and residents at our Plymouth Home for Veterans welcomed the Lord Mayor of the City, Councillor Mary Aspinall, to the project in July. They held an open day to celebrate recent refurbishment work that had taken place, thanks to a grant of £9000 from The Forces Trust. As well as showing off their brand new kitchen, living area and IT suite, it was a chance for people to meet with staff and residents and find out more about the project.



Barford Training Supporting Local Wildlife



Trainees at our Barford Training project are doing their bit to help the Dormouse population. The woodwork group has been commissioned to make 24 Dormouse boxes to be distributed in Bentley Wood in Winterslow. Woodwork teacher Les White says “Projects like this are great for Barford; the trainees are learning new skills at the same time as helping the local wildlife.”

The Well

Jo is currently living at The Well (supported housing for women leaving the sex industry) and has had three stays there over the past six years – relapse is a common part of the recovery process. She shares her story...

“How did I feel? A black hole – feeling like there is no escape or way out, running but nowhere to hide; lonely, scared, sad, doing things against my will, smoking more and more drugs to cover up the guilt and shame, staying in a bad relationship because I didn’t feel I deserved any better. Abuse, lies, sadness.

“It’s not easy walking away from a life I’ve lived for over 20 years. Even though it’s a painful and dangerous life – it’s a familiar life and I know what to expect. I’m scared, so scared. Can I do this, walk away from drugs, my crutch? Will I fit in? Will people like me, accept me? Will things really be different?

“I took the step to return to The Well for myself because I want to be free to be me, free to walk down the street with my head held high, free to play with my son and take him to the park, for a swim, free to give myself and him the love we both so deserve.

“It’s hard sometimes having boundaries, hard living with others, even hard having people around who care, who show me respect, people who don’t actually want something from me – only that I stay clean, keep my son and move on to a life of peace and freedom.

“I’m under no illusion that this part of my journey is going to be easy, because it’s not, but it’s a hundred times better than where I was. I know that I will be supported at The Well and encouraged to be tender and forgiving to myself. And I am now coming to believe that this is what I deserve.”

ALABARÉ SOCIAL ENTERPRISE

You're hired! Apprenticeships for young people in Andover

The Junction in Andover remains a hive of activity, with the room hire facilities regularly booked out to capacity. The Junction is our information and advice centre for young people in the Test Valley and operates strong partnerships with other youth services.

In August a new initiative run by Distinctive Training and Sparsholt College was launched, offering Business Academy apprenticeships for young people. 16-18 year olds are offered six months employment as Trainee Business Administrators and during this time work towards NVQ and BTEC Level 2 certificates in Business Administration. The apprentices develop literacy and numeracy skills, as well as office and communication skills to help them into employment. Tutors have been delighted with the facilities The Junction has to offer.

Residents at Sarum House have enjoyed a successful year on the Foyer's Health and Wellbeing programme, which was set up by residents and held at The Junction. Several groups were initiated including poetry, jewellery, football, meditation and art activities. The groups help empower residents and improve their self-esteem.

Of the 18 young people living at Sarum House in Andover, 14 of them are in employment, education or training. Two of the residents have recently moved into their own accommodation and a further two are planning to move on soon.



If you are holding a meeting in the Andover area and looking for a venue, please call 01264 369694.

Changing Lives in Clevedon

This summer we celebrated the opening of Changing Lives, our brand new charity shop in the heart of Clevedon. Changing Lives is a joint venture between Alabaré and Crisis Centre Ministries – half of the money raised will go towards Andrew House in Clevedon, Alabaré's supported housing project for men recovering from drug and alcohol addiction. In September the shop held an official opening – the Chair of North Somerset Council Ann Harley, along with Alabaré Chairman John Proctor and Chairman of Crisis Centre Ministries, Graham Donald, marked the occasion with the unveiling of a special plaque.



Cllr Ann Harley and the Changing Lives team celebrate the official opening

If you would like to find out more about Changing Lives please call 01275 877745.

Café Alabaré Does Expo



Once again we took part in the South Wilts Business Expo in September, this year promoting

Café Alabaré, our training café in the centre of Salisbury. Visitors were able to sample some of the treats that are on offer at

Café Alabaré – there wasn't a chocolate brownie left in sight! The café was also able to promote its takeaway and events catering services. Café Alabaré provides training and work experience to adults with learning disabilities and mental ill health.

Café Alabaré is at 14 Endless Street and opens Monday to Saturday from 9.30am to 3.30pm.

To find out more or to place an order please call 01722 333284

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".

www.alabare.co.uk



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Names have been changed to respect client confidentiality.

For further information about Alabaré Christian Care & Support, please contact Marketing & Fundraising, 33 Brown Street, Salisbury SP1 2AS 01722 322929 enquiries@alabare.co.uk www.alabare.co.uk

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