

Alabare' news

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Winter 06/07

Andrew Lord



Fifteen years of delivering services

This year Alabaré Christian Care Centres celebrates 15 years of delivering services to the vulnerable and marginalised in our society. We have achieved so much – thank you to our service users, staff, volunteers and Trustees.

Alabaré's vision is of **"A society where everyone has the opportunity to enjoy a fulfilling life."** We recognise that all of us have the right to a fulfilling life but for many of our service users there are barriers that stop this happening. We want to work with them to overcome these barriers.

In terms of our goals for our service users, we aim to make available the care and support they need and to give access to training and employment, and ultimately to end homelessness. By providing individual support, we are confident that our service users can continue their journey to enjoy a fulfilling life.

To keep you up to date with all our news we have decided to adopt a slightly different format to our usual newsletter. A shortened version of our main Alabaré news has been joined by two supplements, one covering our Bristol and North Somerset projects, and the other our Wiltshire Drop In Centres. In both of these you can read about our achievements, plans for 2007 and the future, and how we are moving towards the goals we have set ourselves in answering the needs of our service users. We have enclosed the supplement we felt was most suited to you geographically, however if you would like to receive the other one as well, please call us on 08450 786808 (lo-call rate) or email fundraising@alabare.co.uk.

We look forward to bringing you more great news in 2007.

Andrew Lord
Chief Executive



Alabaré online shop opens

Alabaré's online shop went live on the 18th September. Web users are now able to buy unique gifts and garden ornaments made by service users at Barford Countryside Unit, as well as being able to buy tickets to all of the Mayor's Appeal Events. You can visit our shop by going to www.alabare.co.uk and following the links.

Piggy Banks, vases, planters and bird tables are among the variety of hand made products available. Andrew Lord says, *"I would urge everyone to visit the Alabaré shop. I have already bought several terracotta planters, each individual, and together they look really eye-catching in my garden. Visit the Alabaré shop and see for yourself."*

Certificate successes



This September three service users at Barford Countryside Unit became our first group to receive their National Proficiency Test Council (NPTC) certificates for courses they have completed at the centre. Cat and Lynne have completed their pottery course, and Ingrid has achieved her certificate in Horticulture.

Lynne says, "I found the pottery course very satisfying and enjoyable. I enjoyed learning different pottery techniques and compiling my portfolio. I feel I have learnt a lot about pottery. I would like to go on to do level 3 pottery and possibly a cookery qualification."

As well as Horticulture and Pottery, Barford Countryside Unit runs accredited courses in Woodwork, Cookery, IT and Recycling. The aim is to give local vulnerable adults the opportunity to gain qualifications and access advice and support in finding future employment.

Good News from Sarum House...

Young people's residential project in Andover

"Before I came to Sarum House my life seemed to be going round in circles. Everything I set out to do went horribly wrong and I never got passed that. I then found once I had come to Sarum House and accessed the support available to me my life started to change in small ways at first and then suddenly the changes grew and I became a more confident well balanced person.

I have now just successfully moved on with the help of the Staff and the Management Team and would like to thank them for all the support they have given me even though sometimes I didn't feel I wanted it, and found it hard to except." Sarum House ex-resident.

"I was a prolific offender when I came to Sarum House and unfortunately I didn't try for the first part of my stay I continually offended and spent more time in court than doing anything else. I also was a very angry person and found my temper started to spiral. I would frequently dish out verbal abuse till the point I was given my 28 day notice.



This was a real turning point. I knew that now it was crunch time. I started to work closely with the staff and other organisations, which got me help to control my outbursts and resolve conflict.

I have never looked back. My offending days are over and I am now living in independent accommodation and accessing local education with the hope that I will go on a training course."

Sarum House ex-resident.

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

S, ENCOURAGEMENT, HOPE, FRIENDS, FAMILY, SUPPORT,

Mayor of Salisbury's Appeal Update



Mayor Sheila Warrander and Alabaré Chief Executive, Andrew Lord

The Mayor of Salisbury's Appeal in aid of Alabaré's Homeless Drop In Centre has got off to a great start this year. Councillor Sheila Warrander was made Mayor of New Sarum (Salisbury) on 3rd June this year, and announced that she would be supporting our Salisbury Drop In Centre with her Mayoral Appeal.

Sheila is already a volunteer at Damascus House and so was well aware of the work we are doing with homeless and vulnerable adults in Salisbury and the South West region.

Here is a quick update on just some of the Appeal events so far...

The beautiful grounds of The Walton Canonry in The Cathedral Close Salisbury were again the setting for our annual Hog Roast, this year held in aid of the Mayor's Appeal. Marvellous food, wine and great company combined to make a wonderful evening. First class music was again provided by Da Capo.



The Summer Ball on June 23rd organised together with the City Centre Partnership was a massive success. Top-line Catering provided amazing food and we were delighted to have the Zucchini's playing for us. We are grateful to all the sponsors. The ball raised £2,186 which was split between The Mayor's Appeal and the City Centre Christmas Lights Fund.

July 8th saw the audience enjoying an evening of Songs of the Swing Era featuring the Salisbury Big Band with vocalist Angela Jackson at the Godolphin Theatre. There was a bar and raffle and together with a generous sponsor who doubled the profits, the evening raised £962.



Anne and Peter Chalke kindly donated the use of a marquee in their garden for a dinner on August 4th. Three of the Mayor's committee provided a four course meal for eighty people. A champagne reception and Music by "Hit and Miss" added to the vibrant atmosphere of the evening. The evening raised an amazing £2,000.

The Mayor, Sheila says, "We have already had some very successful and enjoyable fundraising events. The Mayor's committee are getting a reputation for excellent food.

I am grateful to those who have contributed by helping and attending at events. Volunteers who would be willing to help at occasional events would be most welcome. We have some great events planned for the coming months."



If you would like to find out more about any of the Mayor's Events or the Appeal in general, please call 08450 78 68 08.

UPPORT, CONVERSATION, FAITH, TO LEARN NEW SKILLS, S

Practical help and advice...

Alabaré's Offender Debt Advisory Service has been running since November 2005. To date, we have two Advisors, John in Salisbury and Julie in Swindon. Julie works in the Swindon Probation Office where referrals are made to her from Offender Managers who identify service users with debt problems. We asked Julie to tell us a bit more about the service...

"I work closely with service users to help them by providing different options and practical help in dealing with their debts. These range from agreeing payment plans with creditors to petitioning for bankruptcy. The service helps with maximising income, money management and budgeting skills. To date I have worked with around 40 offenders and have a waiting list of people wishing to use the service."

Problems with debt have been identified as a factor in offending, which is why the Debt Advice Service was created. After working with our Debt Advisor, 95% of offenders have stated that their risk of re-offending, due to debt related problems, has decreased.

Julie says, "Many people bury their head in the sand when they find themselves experiencing financial difficulties. Being able to share this with someone who is there to help has been life changing for many offenders."

As one service user wrote on their evaluation form: "I can now breathe again, thank you."

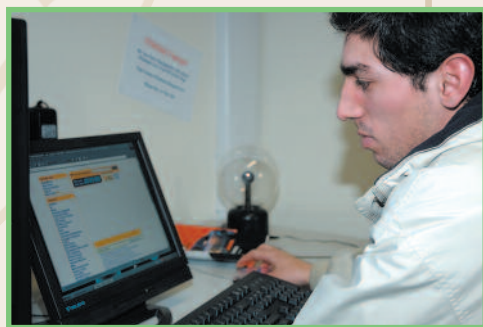


Winchester and Andover Supported Employment

We were delighted to win the tender to provide supported employment in Winchester and Andover at the end of 2005, and have the opportunity to support people with learning disabilities to access the same employment opportunities as everyone else.

Since the beginning of the service in April 2006 we have worked with over 50 people. Our team work closely with service users so they can make informed choices about their future employment or volunteering opportunities. We also offer practical help to support people who wish to access training courses, or maybe to find appropriate transport to help them get to work.

10 of our service users have already gone on to independent working, and 22 are being supported in jobs. We are also working with another four service users to support them to set up their own social enterprise in website updating. **Well done everyone!**





Community 4 Update

In our last newsletter we brought you the exciting news of the start of the Community 4 (C4) floating support service which Alabaré is part of along with Drugs and Homeless Initiative, Splitz and Westlea Housing Association. The project was launched on 1st July and there are now four C4 area teams based in West Wiltshire, Salisbury, Kennet and North Wiltshire.

Information days were held around the launch date providing details about the new C4 service to agencies and other potential referrers. We have had a huge response in applications which included referrals from previous providers and as well as new applications from individuals themselves.

A recent grant of £2,800 from Wessex Water has enabled the team to purchase a Tenancy Support package 'It's Your Move' which will be used throughout Alabaré and Community 4 projects. The aim of the training is to prevent and break the cycle of homelessness by covering issues such as Money Management, Social Skills and Tenancy Issues.

Everyone is delighted with the success of C4 so far, and we are sure of its bright future.



Rachel Wetton of Alabaré; Fran Lewis of Splitz Support Service; Rosie Phillips of Drugs & Homelessness Initiative; and Ann Cornelius of Westlea Housing.

New home for Outreach one2one services



Earlier in the summer, we were delighted to step in and help several projects affected by the closure of Greencroft New Alliance.

The team of 3 staff and 12 volunteers working on the Rural and City Outreach one2one projects have had a busy summer. The groups support adults around Salisbury, who have ongoing mental health issues with the aim of building their confidence and giving them opportunities to meet and talk with others.

One of our service users, has been helping out cooking Sunday lunch at the Salisbury Drop In centre. This is in addition to assisting in a local café some weekend. The café manager commented "M has been brilliant – I've even got customers specifically asking for him."

Staff member Sarah Kurslake (right) has recently completed her sponsored 501 mile walk across part of France and Spain. Her walk followed the pilgrimage route of the Camino Santiago, starting in the French Pyrenees and finishing in Santiago, Spain. Sarah completed her epic journey in just 32 days and raised an amazing £2,700 for the Outreach one2one service. Well done Sarah!



If you would like to make a contribution to Sarah's total, please call 01722 322882.

Green Fingers

Two Alabaré projects have, independently, become very interested in **green** projects over the summer.

Eden House in Tidworth have been involved in a project with the Wiltshire Wildlife Trust. On 10th August, residents from the house attended a training day, teaching them how to build Bird Boxes. Everyone really enjoyed the day and was very proud of the excellent boxes they were making by the end of the session.



Over in Devizes, Ruth House residents have had similar success growing plants in their new greenhouse. A wide variety of vegetables have been grown over the summer, and the household have all had great fun cooking imaginative, healthy and very tasty dishes with their harvest. Well done everyone.

Harvest Thanks

Still on the subject of food, we would like to thank all of the local schools, churches and community groups who have so generously donated harvest goods to our Drop In Centres this autumn.

Not only have people given tinned food, but we also now have a great supply of healthy fresh fruit and vegetables which we have been able to freeze for use later in the winter.

Heather, Catering Manager at our Trowbridge Drop

In says, 'It's critical as the weather worsens to give our clients the food they need to survive day to day. Everyone knows how hard it is to concentrate or respond when you are hungry and serving food to our clients helps them to focus as our Support Workers go through their housing needs and start to work together to address them.'



Centre Manager, Val Cragg added:

"Thank you so much to everyone who gave us their support - it's been lovely to see how much love has gone into it with personal messages from children and beautifully decorated gift boxes. It's brilliant to see how much people care."



"He who oppresses the poor show contempt for their Maker, but whoever is kind to the needy honours God"

Proverbs Ch. 14 v 31

Emmaus House catch up

Everyone at Emmaus House has been busy welcoming their new resident Kayleigh who moved in this September. Kayleigh is 20 years old and our youngest resident at Emmaus. She has already proved herself to be a great cook, and often helps her mum out on catering jobs.

Kayleigh says that everyone has made her feel really welcome and she loves her new bedroom.



Robert from Emmaus House has been working at Brewsters Restaurant in Salisbury for 2 1/2 years now. He got his job there after working in

Supported Employment at Alabaré's Cana Coffee Bar. Robert told us a bit more about his job....

"I like working at Brewsters, I have worked there a long time. I like being with my colleagues, we do a good job. We do plates in the kitchen, glasses in the bar and cutlery in the kitchen – non stop.

I wear my uniform and have to make sure it is clean and washed every week. I wear it Friday afternoons. I do a good job and I get my pay slip when my dad picks me up. I am still saving up money to go to Turin to see Juventus at Fames stadium, and I want to walk around Turin and do shopping."

Meet the manager



Staff and volunteers at Alabaré were delighted to welcome Julie Leng into our team earlier this year. Julie joins us as Senior Manager for Finance and Support. We asked Julie to tell us a little about herself and how she came to her new role at Alabaré...

"After gaining a degree in Agricultural Economics, I moved into local government, where I trained as an accountant. While there I also trained as a Lay Reader in the Church of England. Subsequently, I married and went abroad. On returning I joined Salisbury District Council, where I worked for about three and half years, before joining Alabaré this summer.

Central Support Services, such as personnel, IT and finance, are essential to the effective working of any organisation. But they are the services that everyone grumbles about when they don't work. I am looking forward to the challenge of making Alabaré's Central Support Services efficient, effective and invisible!"

For further information about Alabaré Christian Care Centres, please contact:

The Chief Executive, 33 Brown Street, Salisbury, Wiltshire, SP1 2AS, Tel: 01722 322882 Fax: 01722 341657,
E-mail: enquiries@alabare.co.uk www.alabare.co.uk Fundraising Line 08450 78 68 08

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