



# Alabaré Autumn/Winter 2011

# news

ENABLING A FULFILLING LIFE

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



## John Glen MP:

*"What an amazing building! Alabaré Place will make an enormous contribution to the provision for our most vulnerable citizens. I am impressed with the quality of the vision, the design and workmanship. I hope Alabaré Place will be a great blessing to many people for years ahead."*

# A new dawn for Salisbury's homeless



## Inside this issue...

Alabaré Place

Veterans

Project round-up

Major Gift Campaign

Care Quality Commission

and much more...

After four years of planning and fundraising, 17 months of building and £4.5m of investment, Alabaré Place is ready to welcome new residents through its doors.

The project has been made possible thanks to Alabaré's partnership with housing group GreenSquare, and investment from Homes and Communities Agency (HCA), Places of Change and Wiltshire Council.



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*Continued on page 2...*

# Alabaré Place

**With every detail finished to a high standard, Alabaré Place boasts 30 en-suite rooms with communal living spaces and kitchens, and can accommodate 33 people in total. It is hoped that Alabaré Place and our team will be able to support around 50 people a year who might otherwise be without a home, sleeping on the streets or relying on friends – known as “sofa surfing”.**



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**“I came to live at Alabaré after my life reached a point where I took an overdose and went to jump off a bridge. I am really looking forward to moving into the new Alabaré Place, and in particular having a garden and music groups to go along to”.**

*Simon, a current Alabaré resident*

**“Fantastic building – high quality finish – you and your residents can be justly proud.”**

*John Abbott, Mayor of Salisbury*

Paul, a current Alabaré resident, explains how Alabaré has already made a difference to his life: “After two months of staying at friends I ended up having to go to the homeless department at the Council. From the last month I could never be happier. I’ve got the shelter I need and I really appreciate it. I am looking forward to moving into the new hostel and love the idea of having a gym, music room and WiFi café to search for jobs.”

As well as having access to a gym and IT suite, Alabaré Place also incorporates rooms where training can take place to help residents acquire life skills to prepare them for work and moving on to independent living. A media room is also available where residents will be able to relax and learn new music and video skills.

“Alabaré Place has been built to address the agenda of the Places of Change programme, meaning that we have created a hostel which will go beyond merely meeting the accommodation needs of our residents” says Stewart Mustard, Alabaré Operations Manager. “The new building incorporates facilities to allow people to engage in learning skills and leisure activities, ultimately boosting morale and helping them to integrate back into the community. Our excellent staff team will be on hand to support them through this process.”

For those who are homeless or at risk of homelessness, moving into new accommodation can be a very welcome but at the same time daunting prospect, not knowing what to expect or what expectations will be made of them. Alabaré Place has been designed to be a light, welcoming and friendly environment, offering plenty of opportunity for communal living, but equally respecting privacy and individuals’ insecurities and fears. Each person will develop a personal support programme with their Key Worker, who can help them address the specific needs that they have and work towards their personal goals.



*Representatives of the partner agencies and funders visit the newly completed hostel L to R: Jo Curson (Head of Development, GreenSquare Group), Mischi Wilk (Area Manager, HCA), Andrew Lord (Chief Executive, Alabaré), Cllr Christopher Williams (Portfolio Holder for Communities and Housing, Wiltshire Council).*

When fitting out Alabaré Place, our intention was to give residents the very best living environment, aiming to boost the morale of everyone coming to live there and showing our commitment to them and their wellbeing.

In October we held a series of open days to show groups around the new hostel, and many visitors commented on the high standards and overall look of the building and flats.

# is here!

**“This is an amazing facility and a great way of reaching the marginalised in Salisbury”**

*A neighbour of Alabaré Place*

Having had the time and support they need to address their individual needs at Alabaré Place, when residents are ready to take the next step towards independent living, they can move into one of Alabaré's eight purpose-built move on flats next door. Support is still available to them, but at a lesser intensity in order to help them build their independence and confidence. This helps to prepare residents for living on their own in a planned and gradual way, and reduces the risk of homelessness re-occurring.



*Visitors at one of the Alabaré Place open days.*

**“Fantastic result to a lot of hard work! A spacious, light, functional and well presented development – will no doubt have a positive influence on residents and visitors alike.”**

*Ashley Ransome, visitor*



## Please help us to fund the finishing touches...

In order to provide a high quality of support and a warm welcome to residents, all bedrooms in Alabaré Place are en-suite and we have provided for each room bedding, towels and a fridge as well as furniture to store clothes. All this has come at significant cost, and one which we are asking for your help with.

A huge thank you to all of you who have already given to our Alabaré Place appeal. Your donations have helped us provide for our first residents moving into Alabaré Place.

But we still need further help to extend this warm welcome to future residents and pay for those additional items we have already had to buy.

Could you consider donating the cost of a place setting of crockery and cutlery for only £15? Or perhaps a pack of bedding and bed linen for £50 or even a donation of £250 towards furniture.

All monies received, not matter how large or small, go towards giving vulnerable and homeless people the chance of a brighter future.

**To make a donation, please call 01722 322929 or visit [www.alabare.co.uk](http://www.alabare.co.uk)**

## Pastures new for Drop In

Alabaré's Drop In Centre will be moving to the communal space on the ground floor of Alabaré Place, where service users will be able to make the most of the new kitchen, living area and interview rooms. “Moving to Alabaré Place is a significant moment in the Drop In's history,” says Doreen Knight, Drop In Team Leader. “In some ways it will be a real challenge, but the new hostel will be able to provide so many



better facilities for our service users. The new kitchen is a real bonus and we will be able to use this to train people wishing to work as volunteers for the Drop In as well as to enable service users to gain qualifications, for example in food hygiene, which will help them find employment in the future.”

*Staff and service users at our Salisbury Drop In Centre will be relocating to Alabaré Place.*

# Supporting veterans in Portsmouth & Gosport

**Alabaré has expanded its support for veterans this summer, this time helping those in the Portsmouth and Gosport area. Thanks to support from Seafarers UK and others, Alabaré's Portsmouth & Gosport Home for Veterans opened in August and is already full. Located in a stunning position overlooking Gosport Harbour, the home houses 4 residents.**

**We have been informed by The Veterans Outreach Support Service that there are currently at least 30 veterans in the Portsmouth area in need of support with finances or housing.**

Our hope is to secure additional funding in the future in order to be able to open a further house in the area, extending our provision to eight bed spaces as demand for places is so high. Alan, one of Portsmouth and Gosport Home for Veteran's first residents, was discharged from the Army on medical grounds ten years ago when he suffered a broken neck:

"After a family breakdown I found myself homeless and sleeping in a tent for three weeks. I heard that Alabaré was opening a new project for veterans in Gosport through one of their other projects and was fortunate to get one of the first places available. I am being helped to deal with my gambling addiction



which I used to waste huge amounts of money on. I am now receiving help with budgeting and would describe the accommodation and support as brilliant and awesome. I have found it difficult to look for work, but have been able to start volunteering at the Haslar Veterans Memorial Garden where there may be the possibility of

paid work in the future, and hope to take part in the Warrior Programme."

Alabaré's Homes for Veterans offer a safe and supportive environment in which veterans can rebuild confidence and develop essential skills whilst working towards living independently again.

## Reinforcing Alabaré's support for the Armed Forces in Wiltshire

Alabaré became one of the first charities in Wiltshire to sign Wiltshire's Military Community Covenant this August. The Covenant is a voluntary statement of mutual

support between a civilian population and its local Armed Forces Community. The aim is to encourage local residents to support the Service community in their area and nurture understanding

and awareness amongst the public of issues affecting Armed Forces families. You can find out more on Wiltshire Council's website [www.wiltshire.gov.uk](http://www.wiltshire.gov.uk)

# RAF Benevolent Fund donates £10,000 to Alabaré

**Martin Henshaw, Regional Director (Wales and the West of England) for the Royal Air Force Benevolent Fund attended Alabaré's Plymouth Home for Veterans in September to present a cheque for £10,000.**

He said "I'm delighted to present this donation and have the chance to see the excellent facilities which the Alabaré Plymouth Home provides for veterans."

A special thanks also to Rev Martyn Gough RN and the congregation of St Nicholas Church in HMS Drake

HM Naval Base Devonport, who kindly donated £850 to Alabaré's Plymouth Home for Veterans, and also the Aden Veterans Association who raised £600 for this project.

Follow Alabaré's Veterans Network at [www.facebook.com/groups/187146914646529/](http://www.facebook.com/groups/187146914646529/)



## Feeding Salisbury's hungry workforce

Café Alabaré has been celebrating some fantastic successes this summer. The Café achieved record turnover in July and has launched a new business venture, a sandwich delivery service, to satisfy hungry office workers in Salisbury. The new takeaway menu is available via the Café and offers a range of tasty snacks and sandwiches using organic products from Barford Training Centre, all available to be delivered to the desks of offices in Salisbury.



## Running for Towpath

Well done to Liam Richards, Josh Moss and Stan Keen who all completed the Chippenham half-marathon this September in under the 2 hour mark – a fantastic achievement!

## News from Alabaré's Young People... adding sticks to Trowbridge

Alabaré's Wiltshire Young People's accommodation has moved one of its houses to Longfields Road in Trowbridge. The supported housing project for young people in Wiltshire aged between 16-25, has three bed spaces for homeless young people with support needs and was full within the first week of opening – a clear reflection of the need to provide this type of specialised support.

## Kitted Out! back in action

Alabaré's second hand clothing project, Kitted Out! is back in operation after finding new premises in St Martin's Church Hall, St Martin's Church in Salisbury. The store will be open on Fridays from 10am – 3pm and provides good quality second hand clothing and household items free of charge to vulnerable and homeless people living in the Salisbury area who have been referred to the service. Many thanks to St Martin's Church for all their help and co-operation in letting us use the Church Hall.

## Take care of your Mental Elf

Alabaré Include celebrated their first birthday this summer, and have been busy showcasing their services to people across Wiltshire. The team took their roadshow to Wiltshire College campuses in Chippenham and Trowbridge to mark World Mental Health Day on 10th October. One service user has been impressing staff and peers with her hand sewn Mental Elf – the new mascot for Alabaré Include. Find us on Facebook [www.facebook.com/groups/137115009656309/](http://www.facebook.com/groups/137115009656309/) and learn more about how you can take care of your own Mental Elf!



*Alvin the Mental Elf*

**Well done to Lewis Morrison who organised a coffee morning at Towpath House in aid of MacMillan Cancer Support, raising £77 and impressing representatives from various agencies, members of the community and neighbours.**

## Major Gift Campaign round up...

### £6000 raised at Fly Fishing event



Jack Parkinson with the winning catch

**A big thank you to national recruitment and business services group, HR GO plc, who helped to raise over £6000 for Alabaré through a charity Fly Fishing day.**

The event was organised by Craig Vidler, Managing Director of Prima Principia and took place at Dever Springs Fishery near Stockbridge, Hampshire. Chairman of HR GO plc, Jack Parkinson, landed the biggest fish – a record breaking 20lb trout. Jack commented, “We are delighted to

sponsor this prestigious event and that we raised so much for this worthy charity. I’m also thrilled to be awarded the prize of landing the largest trout of the day. The fish weighed four times the strength of the line it was caught on, which made it a challenge to land!”

# Cold Kills

## Winter Welfare Box Appeal

With predictions of a harsh winter ahead already appearing in the press, please consider helping a vulnerable person this year by donating a small box or bag containing items that will help a person sleeping rough to stay warm, dry and clean during the colder

months e.g. thick socks, gloves and hats, soap, toothpaste and deodorant. These packs are distributed to people using our Drop In Centres – for more information please contact our **Fundraising Team on 01722 322929.**

### Mike ditches vestment in favour of sleeping bag...

Mike Turnbull, Senior Chaplain for Alabaré, braved the cold and slept out under the stars on 23rd September to help raise money for Alabaré and Crisis Centre Ministries in Clevedon. Of his first sleep out for Alabaré, Mike said “I was really surprised that so many people turned up – there were more than 45 people on the night.

An event like this really brings home how lucky we are and has reminded me to be truly thankful for the four walls and roof over my head. Sometimes it’s easy to loose sight of what’s important and to forget to be thankful for what we have.”



Sleepers in Clevedon

Mike and the other dedicated supporters raised around £7,000 for the two charities, who together run the Changing Lives shop in Clevedon

**Our next sleep out will take place on March 2nd 2012. If you would like to support this event please contact Tony Richmond on 01722 322929.**

# Taking Alabaré on the road

**Following the success of our AGM in July, this year we wanted to be able to give people in other locations a chance to hear about the work we are doing, meet our staff and listen to some of the inspiring stories of our service users.**



Our first roadshow was held in Bristol in October and proved great testimony to the diverse groups of individuals that we help in the Bristol and Somerset region. Those in the audience heard from a number of residents in our projects including Jon from Lazarus House (our supported housing project for male ex-offenders) who said, "When I moved in I was in a bad state, my relationship had broken down, I'd lost my home and I had started drinking again... I felt that all that I had worked for had been a waste of my time and my mental health was suffering, I was suicidal.

With all the help and support from the staff at Lazarus House I was able to take my time and started to get my act together and it wasn't long before I began to get myself back on track. Through all the support I feel that I have been able to find my voice, not

be the hermit I used to be or scared to express myself to others... at Lazarus House I never felt like just a resident, I was talked to as a human being."

Donna, Team Leader at The Well (supported housing for women wishing to exit the sex industry) read out a moving poem from one of the projects current residents. This is Roni's poem...

**Joy & Pain, Loss & Gain**  
 The two go together  
 Like the news and the weather.  
 Trouble & strife  
 When I think of my life  
 What can I do? Where can I go?  
 To get away from the likes of you.  
 They call you heroin,  
 but there's nothing heroic.  
 Everyone you come in touch with,  
 you ruin their life.  
 There is no joy, there is no laughter.  
 All we can do is chase what we're after.  
 I'm coming out the other side.  
 No longer feel I need to hide.  
 2 years ago I didn't know,  
 I'd come out strong with room to grow.  
 But now I know to be aware,  
 It rears its head, intends to scare.  
 I can't forget, it's always there.  
 The laughter's back,  
 So's the fun.  
 I don't need to hide and no longer run.

## New Bishop takes over as Alabaré Patron

Salisbury's new Bishop, Nicholas Holtam, has agreed to continue The Rt Rev Dr David Stancliffe's position of Alabaré Patron after being officially enthroned on 15th October.



Bishop Holtam

A commissioning of Alabaré Place along with a blessing will hopefully take place soon to celebrate the opening of the hostel. Alabaré wishes Bishop Holtam well in his new post and welcomes him to Alabaré.

## Carol Concert at Salisbury Cathedral will raise funds for Alabaré

Alabaré is delighted to be benefiting from funds raised at Salisbury Cathedral's Carol Service with BBC Wiltshire this Christmas. The Service will take place on Saturday 17 December at 3.30pm. Salisbury Cathedral Choir, Salisbury Cathedral Junior Choir, and The Band of the Prince of Wales's Division will all be taking part. For more details and tickets please call Salisbury Playhouse box office on **01722 320333**.

## Warminster Mayor's Appeal

Warminster Mayor, Cllr Pip Ridout, who was elected in May, has chosen Alabaré as one of her nominated charities. We are hugely grateful for her support.

## Want to be part of Alabaré?

**Keep up to date with our 45 projects, 100 volunteers, 250 staff and over 700 service users – join The Alabaré Network today.**

The Alabaré Network is a free and easy way to keep up to date with news from Alabaré, hear about events and get project updates in your area. As a member of the network, you will receive monthly e-news bulletins and our twice yearly Alabaré News and you can go online to join forums and discussions. You can also help us to help those we care about, and find out about volunteering and fundraising opportunities. To join up visit [www.thealabarenetwork.co.uk](http://www.thealabarenetwork.co.uk)

**If you would like to support Alabaré's Major Gift Campaign or find out more about fundraising for Alabaré, please call us on 01722 322929.**

## Caring for people in their own homes

Alabaré is celebrating being registered with the Care Quality Commission (CQC), which means that we are now able to provide personal care for people in their own homes. "We are delighted to receive this official recognition of the quality of our service and be able to increase the levels of support we can provide in the future" says Janet Herring, Alabaré Senior Operational Manager. "Being registered with the CQC means that we can give vulnerable people the opportunity to live as independent lives as possible, enabling them to stay in their own home and community. With CQC registration we hope that Alabaré will be able to offer choice and a quality personalised service."

## Alabaré Bear raises £500 for adults with Learning Disabilities

The Alabaré Bear and a group of other volunteers raised in the region of £500 for Alabaré's work with adults with learning disabilities by walking from our Barford Training Centre to Café Alabaré. They received a warm welcome along the way from the White Horse in Quidhampton who very kindly donated to the cause, and from shoppers at Wilton Shopping Centre.

Janet Herring and John Proctor with The Alabaré Bear.



## Family Fun Day a fantastic success



The Alabaré Learning Disabilities team have raised a fabulous £700 through their Family Fun Day held on 6th August. Sack races, egg and spoon races, guess the amount of sweets in the jar and homemade cakes were just some of the activities and delights on offer.

Thanks to all of you who attended and contributed towards such a worthwhile cause helping vulnerable adults to achieve more fulfilling and independent lives.

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



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For further information about Alabaré Christian Care & Support, please contact Marketing & Fundraising, 33 Brown Street, Salisbury SP1 2AS 01722 322929 [enquiries@alabare.co.uk](mailto:enquiries@alabare.co.uk) [www.alabare.co.uk](http://www.alabare.co.uk)

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