



Alabaré Homes for Veterans

SUPPORTING EX-FORCES PERSONNEL

Learning new skills

Alabaré's Home and Money Training Programme is a series of group workshops, aimed at equipping people with the skills and knowledge to maintain their tenancies/accommodation. The programme is tailored to the specific needs of personnel about to exit the Services and veterans already in accommodation. The first course ran successfully in Tidworth during February 2011, with extremely positive feedback from participants. Our aim is to help prevent Service leavers and their families becoming homeless in the first place by providing in depth coverage of topics such as Housing Options, Welfare Benefits, Budgeting and Bills, Rent and Rent Arrears and Dealing with Debt. The course is also available to dependants, veterans and civilians living in the Salisbury Plain area, and initially will take place three times a year.

Front line support

For ex-Service personnel who are struggling, Alabaré's Drop In Centres in Salisbury and Trowbridge offer hot food, clothing and support on housing, health and employment. Veterans can find out about other Alabaré services and gain help accessing appropriate accommodation.

Helping veterans in accommodation keep their home

Alabaré's Floating Support Services aim to prevent homelessness by providing support to people in their own homes on budgeting, claiming benefits and form filling.

A Home & Money participant remarked "...I didn't realise what a potential minefield being a tenant is. I now feel a lot more confident and better prepared if I was to enter the rental market."



What's needed? Following our success in developing homes in Bristol, Plymouth, Weymouth and Portsmouth & Gosport, we have been approached and encouraged to develop further homes in Gloucester and Cardiff.

Having already developed one successful 'Move On' home, Alabaré will also develop up to 9 further homes to support ex-Service Personnel on their journey to independent living. Each home will have 3 bed-spaces.

Crisis Support for Veterans - Alabaré is committed to ensuring that our Drop In Centres are accessible for ex-Service Personnel in crisis. We will meet their day time shelter needs and make referrals to appropriate projects.

Preventing Homelessness - Alabaré will have a trained staff member on each of our support teams in Wiltshire, Bournemouth and North Somerset to assist Veterans and their dependents who are at risk of homelessness.

Training - Alabaré has developed the Home & Money Programme as part of a range of training initiatives to ensure ex-Service Personnel have the skills to manage their own accommodation and seek and maintain employment.

Befrienders & Mentors are to be introduced into all Veterans homes to provide individual support and guidance to any resident who needs extra help in moving forward to independent living.

To provide this support for veterans Alabaré needs to raise funds of £5 million. If you wish to help us shape our plans for the future, please contact us.

At Alabaré Christian Care and Support we help some of the most vulnerable people in our communities, enabling them to overcome the barriers they face and achieve fulfilling lives. Through more than 40 projects in the South and South West, we provide support, accommodation and training for:

- People who are homeless, or at risk of becoming homeless
- People with learning disabilities
- Prisoners & ex-offenders
- People with mental ill-health
- Women leaving the sex industry
- Young people
- Ex-armed Forces personnel
- People with substance addictions

ENABLING A FULFILLING LIFE

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Alabaré is leading the way in providing dedicated housing and support for Armed Forces veterans who struggle to cope after leaving the military.

Our specialist teams give each person practical and emotional help to deal with the experiences that veterans have had, the skills and ability to rebuild their lives and the support to regain their independence.

Alabaré is already supporting veterans of conflict in Afghanistan, the Gulf Wars, Northern Ireland, Bosnia, the Falklands and other theatres.

10.5 million veterans and their dependents make up the ex-Service community. It is estimated that 19,000 Service personnel return to civilian life each year.

Alabaré's approach

Alabaré is unique in providing accommodation combined with dedicated, intensive support, for veterans in the South West.

Leaving the Armed Forces is a massive step - Alabaré, founded in 1991, has been supporting veterans in our projects for many years. We have come to recognise that ex-Service personnel progress most significantly when supported by people who understand Service life and can identify with the challenges they face when leaving. Our focus is on helping each person to achieve stability in their lives through improved health, while securing their own home and employment or training to achieve their vocational goals.



**"This home offers hope, respect and honour"
Resident at Alabaré's Plymouth Home for Veterans**

Individuals may not recognise the symptoms of post-traumatic stress, and physically the condition may not manifest for several years after the trauma. Some veterans do not seek help for their condition for many year after leaving the services - Combat Stress report that on average veterans accessing their support left the Forces 14 years prior. (Source: Combat Stress)

Alabaré is very grateful for the support of:



RN & RM CHARITY

JOHN JAMES BRISTOL FOUNDATION

MRS M H ALLEN TRUST (THE FORCES TRUST)

THE WORSHIPFUL COMPANY OF GROCERS

Alabaré HOMES FOR VETERANS

Alabaré Homes for Veterans in:

- Plymouth
- Bristol
- Weymouth
- Portsmouth & Gosport

Dedicated accommodation and support

Plymouth Working in partnership with The Royal British Legion in Plymouth, Alabaré opened its first residential project specifically for veterans in 2009. Supporting seven ex-Service veterans at any one time, the project was full within a week of opening. Each resident receives practical and emotional support tailored to their own specific needs, in an understanding and non-judgemental environment. Support is provided by both the Alabaré team and external agencies, including those specialising in issues such as Post Traumatic Stress Disorder.

During its first 2 years of operation, Alabaré's Plymouth Home for Veterans supported 30 ex-Service personnel.

The Forces Trust generously funded the remodelling of the ground floor of Alabaré's Plymouth Home for Veterans in 2010, improving the communal living spaces. In 2011 Alabaré opened a three bed 'Move On' home, enabling residents to move on to a home with lower levels of support. This home acts as a stepping stone and helps prepare residents for the transition to independent living. In this way, we aim to reduce the chance of relapse.



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

The Royal British Legion in Bristol is currently receiving requests for help from at least 6 homeless veterans per week.

Thanks to funding from ABF—The Soldier's Charity, The RAF Association, The Merchant Venturers, The Grocer's Charity and the John James Bristol Foundation, we were able to open our first veterans project in Bristol in November 2010.

Bristol Alabaré Bristol Homes for Veterans provides accommodation and support for a total of eight veterans at any one time by giving residents the space and support they need to address the challenges they are facing, and set goals which focus positively on their future. Staff help them to move through a programme that assists residents both practically and emotionally aiming to help them move on to successful sustained independence.

The project provides medium to intensive support to veterans upon entering, helping them to access appropriate specialist support to address any specific health or addiction issues that they may have.

Alabaré aims to support at least 15 ex-Service personnel per year in each of our Homes for Veterans.

Weymouth In Weymouth, the Royal British Legion have provided three years of funding to support Alabaré's Homes for Veterans programme in the town. As well as being open to referrals from agencies and individuals, the project links up with local prisons in the area to help veterans who are leaving custody to access support. Seven veterans at one time can be supported in Weymouth. Additional support will be available to those residents who have moved on from the project but who need advice and encouragement when they first start living independently again.

Alabaré is seeking additional ongoing funding to ensure that we can sustain support of our existing veterans programmes in Plymouth, Weymouth, Bristol, and Portsmouth & Gosport; and also to ensure we can progress with much needed projects in other areas.

Alabaré's Plymouth Home for Veterans' first resident served in the RAF. He said...

"I am a recovering alcoholic....For the first time since leaving the Services I was around people who thought the same way as me. It is extremely difficult for some ex-Service men and women to fit into civvy street; here we all had something in common."

Alabaré HOMES FOR VETERANS



5,870 veterans are currently subject to probation supervision in England and Wales. 27% of these supervision records began within 5 years of leaving the Armed Forces. (source: DASA January 2010)

Portsmouth & Gosport Opened in August 2011, Alabaré's Portsmouth and Gosport Home for Veterans represents our first project in this area. A four bedroomed house overlooking Gosport harbour now provides a wonderful living environment for veterans needing time and support from staff to overcome their personal barriers.

Funding from Seafarers UK and others have made this project possible, and additional funding is being sought to expand the provision to a further house. We hope in the future to be able to support up to eight ex-Service personnel at any one time.

The Veterans Outreach Support Service report that there are currently at least 30 veterans in the Portsmouth area in need of support with finances or housing.

Those who leave the Armed Forces within the first four years of service are at greater risk of a wide range of social adversity—such as debt, alcohol and drug misuse, unemployment, homelessness and deliberate self harm. (Source: Kings Centre for Military Health Research, September 2010)

John was living in Bournemouth when he faced eviction due to unpaid rent following an error with his benefits payments. After four years service with the Army Parachute Regiment, John was suffering with Post Traumatic Stress Disorder. Alabaré's Bournemouth Floating Support team worked with John and specialist charities to help him pay off his rent arrears, and supported him to find more suitable accommodation. He is now managing well and is learning a trade at his local college, after which he hopes to return to full-time employment.

Alabaré Homes for Veterans aims:

- To encourage an awareness of personal responsibility around budgeting, good relationships and safety and security.
- To enable veterans to build constructive and positive relationships within the wider community.
- To increase awareness around physical and mental wellbeing and enable service users to access appropriate health and mental welfare services.
- To enable veterans to enjoy, identify and pursue their aspirations through training, education, employment and hobbies thus increasing their confidence and self worth.
- To enable veterans to gain the skills and confidence to move on to sustainable independent accommodation.
- To encourage veterans who have successfully moved on to become mentors to current residents.

