

ALABARÉ



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ENABLING A FULFILLING LIFE



Armed Forces' veterans given boost by Alabaré's first Royal visit

Driving rain, sleet, snow and gales failed to dampen the sunny spirits of all those involved when we welcomed our first royal visitor ever at a veterans' project in Bristol.

HRH The Princess Royal paid a visit to Alabaré's Bristol Home for Veterans at Pine Grove in Filton on 14th December. She was welcomed by Dame Janet Trotter, HM Lord Lieutenant of Gloucestershire and presented to Alabaré's Chairman The Rev'd John Proctor, Chief Executive Andrew Lord and Chairman of the Ambassadors Brigadier Simon Firth who was instrumental in arranging the visit.

Princess Anne spent a considerable time speaking with veterans and learning of their experiences and described her visit as "magical." One veteran said: "She was very natural and approachable and really listened to what we had to say. She asked some very pertinent and searching questions and we're really honoured by her visit."

Andrew Lord said: "We were delighted to welcome HRH The Princess Royal and show her the facilities we've developed for those finding the transition to civilian life difficult. It's invaluable for us to have this support, and this visit will undoubtedly raise



the spirits of our residents. We hope that such support and recognition continues and helps drive forward our plans to become a major national provider of support for armed forces veterans."

Sponsors at the special day were **Air Marshal Sir Dusty Miller** (National President of the RAF Association), **Brigadier Robbie Scott-Bowden** (ABF The Soldiers' Charity), **David Marsh** (Master, The Society of Merchant Venturers), **Mark Campbell-Smith** (Natwest) and **Major Ken Hames** (Bristol Self Build) whose community task force volunteers renovated the gym and gave the garden a makeover and **Ms Ali Reynolds** (The Royal British Legion).

Five year plan for armed forces' veterans

With existing homes for veterans in Plymouth, Weymouth, Bristol, Fareham and Salisbury, we aim to:

- Become a leading national provider of accommodation and support for veterans
- Open seven homes in Hampshire, Gloucester, northern England and Wales
- Introduce a comprehensive befriending and mentoring system in all veterans' homes

Alabaré's work with veterans praised by Minister

Our work has been praised by the Rt Hon Andrew Robathan MP, the Minister for Defence Personnel, Welfare & Veterans. Chief Executive Andrew Lord and Ambassador Brigadier Simon Firth met him in Whitehall in January and the Minister is now planning a visit to an Alabaré veterans' home in the summer.

The Minister said: "I was particularly impressed with Alabaré's structured approach to dealing with the issues with which ex Service personnel are presented and the foresight to engage with other service providers who are experts in their chosen fields in order to ensure that individuals receive the right support which is timely and appropriate to their needs."

£180,000 Grant from Royal British Legion

Alabaré has been awarded a grant of £180,000 over three years from The Royal British Legion's External Grant Scheme for its Plymouth Home for Veterans.

The Royal British Legion was instrumental in enabling Alabaré to open its first home for veterans in Plymouth in 2009 and has continued to give significant support.



Armed Forces' Week 2012

Alabaré's activities to celebrate Armed Forces Week (25th June – 1st July) are well underway in Plymouth. Information is available at www.plymouth.gov.uk/whatson



RAF Boscombe Down Dinner raises over £12,600 for veterans

A glittering black tie military experience dinner held at RAF Boscombe Down raised over £12,600 in aid of Alabaré's work with armed forces veterans. Hosted by the new Lord Lieutenant of Wiltshire Sarah Troughton and the Alabaré Wiltshire Ambassadors, the evening started with a Champagne reception followed by a sumptuous dinner in the officers' mess. Not content with treating diners to a really delicious meal, the caterers then donated a further £250 for the cause!

Special thanks go to Squadron Leader Samantha Westcott and her staff who put a huge amount of effort into making the evening such a success. Guests heard from Derek, one of our armed forces veterans who told them about his experiences which led him to living at one of Alabaré's homes.

Bidding was fast and furious at the auction done by Simon Langton with prizes including a hot air balloon flight, 24 hours on a warship, fishing, a week in a villa in Spain, a cruise down the Thames in Havengore – the barge which transported Churchill to his state funeral and a private tour of Salisbury Cathedral's roof spaces.

A raffle also helped swell the coffers before guests danced the night away to the sounds of jazz singer Sandy Ince.



Introduction from Andrew Lord



As we celebrate our 21st anniversary year, it's a great opportunity to look back at how it all started, to assess where we are now and where the charity is going. We started caring for one homeless man in 1991 and now support over 2,500 vulnerable and marginalised people annually. We have at our heart a vision of a society where "everyone has the opportunity to live a fulfilling life."

We've looked at our strengths and weaknesses and developed a clear vision of where we want to be in the future. Our business plan sets out concrete goals, aims and objectives and within five years, Alabaré Christian Care & Support will be a different organisation providing better homes and services but with its vision, mission and values at its core. From now until 2017 our main aims are:

- 1. To deliver excellent quality services** to our vulnerable service users. A key focus is to provide a robust quality assurance system, develop our external accreditation of services and improve our homes and offices to enhance the quality of our service
- 2. The development of new services** for four key client groups (people with learning disabilities, armed forces veterans, homeless people and vulnerable young people)
- 3. Investing in infrastructure** so that the charity can improve operational services and provide the foundation for future growth
- 4. Greater organisational resilience** to ensure that we deliver value for money services in an increasingly difficult environment. New funding streams will be identified and the future of loss making ventures assessed
- 5. Great Governance, Leadership and Staff.** Great governance and leadership will lead to improved and new services. Our volunteers and paid staff are at the heart of service delivery and a key aim is to improve rewards to, and recognition of them

Mission, Vision, Values

Alabaré's guiding principles and aims have been crystallised enabling us to have a clear vision of our guiding principles, aims and values. Our **mission** is to help vulnerable people and give them hope and meaning to their lives by providing high quality accommodation, professional support, training and advice. We show care, compassion and respect and help people overcome barriers.

Our guiding **principles** embodied in the professional nature of our work are integrity, inclusiveness, empowerment, equality and collaboration.

Our **core values** are that we **care** for service users who are often vulnerable and marginalised, that we show **compassion** for those in difficulty or distress, that we show **generosity** by giving people another chance. We show **respect** for all, valuing people's experiences, opinions and choices.

The Well Campaign



Photo: Bristol Evening Post

We would like to say a huge thank you to everybody who tried to help save The Well after Bristol City Council announced it was withdrawing its £150,000 annual funding for the service in October. Over 600 people signed a petition started by Alan Goddard (pictured) from Crisis Centre Ministries and councillors, MPs, service users and residents gave their support. The council has now decided to combine The Well with two other women's hostels in the city and the contract to provide the service will be put out to tender shortly. It is unlikely that the type of high level support given to the women at The Well will continue due to cost restraints but it now seems likely that the beds will be retained and not completely cut.

On a happier note, Alan did a two week sleep out in February to raise money for a book about his experiences and profits will be split between Alabaré and Crisis Centre Ministries. It's Alan's 12th year in recovery from alcohol addiction.

Andrew House, Clevedon

Tracy Mott of Andrew House shows how the little things in life make a real difference to our residents

"Someone was making a very special chili dish with the chili pods he nurtured in the greenhouse last summer which were dried in the boiler room throughout winter. It was the culmination of much work, a masterpiece now bubbling on the hob and smelled amazing".



A very tired and cold resident arrived home late and came into the kitchen. He looked at it, and at the person making it and through chattering teeth said, "Ooh mate, that looks great ... can I have some?" With only the slightest hesitation the chili master replied, "Yeh, go on then".

Things like that keep us together as a house ... **that's good news!**

Lazarus House closure

It is with great regret that Lazarus House in Bristol, our home for ex offenders, closed at the end of March following Bristol City Council's decision not to commission such services in the future.

Lazarus opened its doors in March 2003 and since then has helped many ex offenders. Andrew Lord, chief executive of Alabaré says: "This is very sad news. I always remember getting a very excited 'phone call from the volunteers who first set it up. It's been a much needed service."

The following case study shows how Lazarus has helped ex offenders to a better life.

Steven has a long history of offending with most of his adult life spent in prison. He's been addicted to drugs since his teens and was on methadone when he arrived at Lazarus. Through sheer hard work and determination he is working towards being clean, and dealing with alcohol issues too. Steven and his key worker set small but realistic goals including a community detox from alcohol which he completed before Christmas. He started college and is now on the housing register with the aim of living independently. Things are at last looking up for him as he works towards independence.

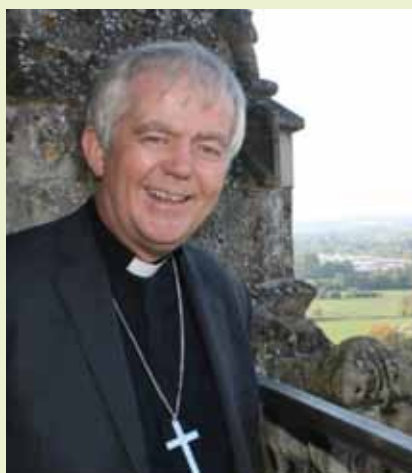
Please help stock our shops!

Alabaré charity shops will shortly be opening in Salisbury and Plymouth and we need lots of goodies to sell! If you have stock that we can sell to raise valuable funds for our work please give us a call **01722 322882**. We are on the lookout for:

- Furniture and household goods
- White goods and electrical items
- Bric-a-brac, books, CDs
- Clothing and linens

Commissioning Ceremony

Alabaré's new patron, the Rt Reverend Nicholas Holtam, Bishop of Salisbury, gave our new £4.5 million hostel his firm seal of approval when he performed a commissioning ceremony in December.



Looking up into the light-bathed soaring atrium of Alabaré Place he declared: "What an amazing place, it makes you grow! Why does a home matter so much? It gives us somewhere to flop, it gives us privacy and security. It gives us a sense of identity, who we are. Without a home, you can lose your sense of identity, the sense of who you are. To have a home in our society is a right."

Stewart Mustard, Senior Operations & Project Manager said: "This ceremony is about recognising why Alabaré Place exists and to celebrate the passion and commitment invested by staff and volunteers".

Alabaré Place opened its doors to residents in December after four years of planning and 17 months of building. The innovative project was possible thanks to our partnership with housing group GreenSquare, investment from the Homes and Communities Agency, Place of Change and Wiltshire Council.

Housing up to 33 men and women, the hostel has several clusters of ensuite bedrooms with each group sharing a kitchen diner with integrated living area allowing residents to socialise and share their experiences.

Barford Bee Project takes off



Life's buzzing at the Barford Training Centre, near Salisbury, with the launch of a honey bee project with an open day set for Saturday 28 July. The venture includes everything from the production of eco-friendly hives to the planting of nectar and pollen rich gardens.

If you would like to buy a hive, learn more about bee friendly gardening or honey production then please get in touch. The Barford Training Centre's email is barford@alabare.co.uk and the phone number is **01722 742298**.

Alabaré Place Update

We now have a range of activities thanks to Volunteers including art, sewing and cookery groups. Both the sewing and cookery activities concentrate on enabling the Service Users to increase their knowledge and skills in preparation for independence. There are also a number of Volunteers who are completing sleepovers in the new hostel. All the contributions made by our Volunteers are a vital part of the life of the hostel and their input is hugely appreciated.



Alabaré Place wins Architecture Award

Alabaré Place has won a prestigious architecture award for an outstanding new building from Salisbury Civic Society. The New Buildings Awards Scheme prize was presented at a ceremony in the Guild Hall in January. Alabaré's Chief Executive Andrew Lord who received a certificate from Dame Rosemary Spencer, President of the society said: "We're delighted to win this award which recognises the excellent and innovative architecture at the hostel. The design has a very positive effect on residents as it is so inspiring. It's a great tribute to everybody involved in the project. This is a building that Salisbury can be proud of."

Sleep Out 2012 expected

to raise £25,000

by Tony Richmond

Up to £25,000 is expected to be raised by our sponsored sleep outs that took place throughout the south west on Friday 2nd March. A record breaking 180 people braved chilly temperatures at eight venues. The events attracted significant media coverage, helping to raise the charity's profile and the plight experienced by the homeless.



Alabaré Community fund raiser Tony Richmond said: "The night was a great success thanks to the amazing efforts of so many people and we are thankful to all who took part and all those who supported in different ways. One of our residents from our Salisbury hostel Alabaré Place took part and raised over £50 – what an incredible achievement!"

Catherine who slept out at Nothe Fort in Weymouth said: "It makes you realise how lucky you are. We do this one night a year and we're not worried about our stuff being stolen and we know we're safe. It's easy to look down our noses at the homeless and feel embarrassed about talking to them but this puts it in perspective."

For the first time the sleep out was held in Trowbridge with 15 sleepers in the grounds of the United Church. We are grateful to the Church and Trowbridge Lions Club as the event could not have happened without their support and enthusiasm.

The central event was again in The Cloister of Salisbury Cathedral where 105 people took part including Salisbury MP John Glen and youngsters from local schools and churches.

The Bishop of Salisbury, The Right Rev Nicholas Holtam did a blessing and was also interviewed by the BBC on Saturday morning. St Thomas' Church was also used.

King Arthur's Hall in Andover has become a regular venue thanks to the work of John Cockaday and Councillor Iris Anderson. In Bristol we again shared in the event organised by the Bristol Christian Action Network Homelessness Forum. Other events on the night included youngsters sleeping in St Bartholomew's Church, Sutton Waldron and in the porch at All Saints, Westbury.

The Mayor of Warminster, Cllr Pip Ridout, organised a sleep out as part of her charity programme with sleepers taking up residence in an unheated local church.

Sleep outs for 2013 are set for Salisbury Cathedral and Trowbridge on 1st March with more to follow – see you there!

Ooooooh yes they did have a fantastic time at the learning disabilities' Spring pantomime Aladdin! St Mark's Church in Salisbury was packed for the evening on 2nd March and nearly £600 was raised. Written and narrated by Steve McAuliffe, panto fans, friends and families enjoyed the show and tucked into refreshments and had the chance of winning prizes with a lucky ticket raffle.

Alabaré's Ruth Telford gave out two awards which will be given out annually at the pantomime. The first for the most successful learning disabilities project went to the Castle Street home with Lara Champion winning the award for the best member of staff.



Cupcakes were the order of the day as youngsters from learning disabilities were presented with catering certificates. The celebration took place at Café Alabaré in Salisbury.



City & Guilds certificates for achieving three modules were presented to Kayleigh, Brian and James with Caroline being given a special Alabaré certificate for her sterling work in the café.

Janet wins Employee of the Year Award 2012



It's congratulations to Senior Operational Manager Janet Herring who has won a prestigious award – the first time it has ever been given to a charity worker.

Janet won the Employee of the Year Award 2012 at Salisbury District Chamber of Commerce & Industry Business Excellence Awards.



Welcome to new faces and fond farewells to leavers

It's a warm welcome to new volunteers and recently appointed staff alike and we also say a fond farewell to a key member of the fund raising team. Tony Richmond, our Church and Community Fundraiser leaves us after

eight years, a few weeks after his 65th birthday. Tony has overseen our sleep outs and worked closely with churches, schools, groups and individuals. He says: "It's been a real privilege working with Alabaré and I hope that many people now have a greater understanding of what the charity does. I would urge all to continue to support Alabaré with their interest, money, time and prayers."

Peter Boyer, our new Commercial Director, was Head of Trading at Weston Hospice in Weston-super-Mare for five years and has a wealth of experience in charity retail. Peter is setting up a chain of Alabaré charity shops in the south west, to compliment our projects, his target being 12 shops in three years.

Refurbishment of Barnabas House



It seems very fitting that the first housing project started by Alabaré should now undergo a major refurbishment as the charity celebrates its 21st anniversary.

Barnabas House in Salisbury opened its doors to vulnerable women and children in 1992 will shortly undergo a radical renovation thanks to a £114,000 donation from local charity The Sarsen Trust.



Mums and Babes project

Many mums with youngsters come to Alabaré without the life skills to look after their children but this situation can often be rectified with the right sort of training and guidance.

One woman who had spent much of her life in care was unable to cope with her private tenancy and could not handle budgeting, paying bills and looking after a home. Claire had her baby shortly after joining the project and learnt new household skills, went to parenting classes, learnt how to cook nutritious meals and after just five months moved into her own flat where she is coping very successfully.

Big Steps at The Junction

A youth club for those with special needs in Andover is going from strength to strength thanks to the efforts of staff and volunteers. The Steps project is based at The Junction and gives those aged 16-30 a fun environment where they can socialise and enjoy a wide range of activities. A similar local project had funding cut last year, leaving the youngsters with no social club. Paula Philip who worked at the old project and is now Team Leader at The Junction says: "Everybody was very upset at the leaving party as this was a great social opportunity for them, they thrive on continuity and being with their peers. The young people were really excited and look forward to coming each week."



Happy Birthday to Towpath

Hip hip hooray, happy birthday to Towpath House! Our young persons' home in Trowbridge celebrated its first anniversary in December with an open house party. Local shopkeepers rallied round and donated

presents for the youngsters with Gomples in Melksham giving perfume and aftershave. Towpath Manager Abi Reynolds says: "We worked really hard to make our anniversary an enjoyable time and we'd like to say a big thank you to everybody who helped."

House to home for Andover youngsters after make over

It was house to home for youngsters in Andover thanks to local company **Wilkinson's** which gave their premises a radical make over. Family firm Wilkinson's has 16 branches and has chosen Alabaré's Sarum House as its project for 2012. It was out with the old and in with the new as 16 Wilkinson's managers and Alabaré staff decorated 18 bedrooms with feature walls and freshened up ceilings and woodwork.

Alabaré's worth with young people gets official approval

Andrew Lord and area manager Mel Hurley met with Lin Hitchman, Head of Children in Care for Wiltshire Council who was extremely positive about our work with vulnerable young people. We have been given the green light having just completed reaccreditation with Hampshire Supporting People and can continue as a provider.

The Ache

Leave me be
Let me go
Run away
Where no-one knows
Who I am
Or who I was
They can't know
Just because
It hurts to tell it
Hurts to say
And the pain
Won't go away
No food, no drink
Not even weed
Will take it away
This aching need
To be wanted
To be loved
To be accepted
And not shoved
In a corner
Out of sight
Neither pen nor sword
Have might
Neither one
Can rescue me
But you could
I'm begging: please?

Laura Howlett



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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