



Alabaré in partnership with Our Enterprise and Wilton Community Land Trust is helping to create a unique and exciting neighbourhood on the site of the former Erskine Barracks in Wilton, near Salisbury.

The Veterans' Village will be a supported housing complex for ex-service men and women who are homeless or at severe risk of becoming homeless. We are going to be responsible for twelve Veterans at any one time, providing the first phase of support to them. Each will live in newly built accommodation with modern conveniences and have access to employment and training opportunities at an Enterprise Hub, also on site.

The Veterans' Village will be the Flagship in our Homes for Veterans provision – a service offering supported living accommodation in homes across the South, South West and Wales

Matthew Bell, Founder and CEO of Our Enterprise said; *"I am absolutely delighted that we are working with Alabaré on this unique project. This scheme will enable us to create a vibrant community that includes high quality Veterans' accommodation and a substantial Enterprise Hub, which together will facilitate a pathway out of homelessness and into a fulfilling life."*



Wilton Hill Veterans' Village

Andrew Lord, our CEO said; *"This development enables Alabaré to take a huge leap forward in supporting our aim of assisting more Armed Forces Veterans who for a range of reasons have fallen on hard times. Wilton is a town of great significance within the Military community, and it is only fitting that now there will be a dedicated facility supporting Veterans on the site where HQ Land Forces at Erskine Barracks once stood."*

Work has already started on site with an expected completion early in 2017. Please see the Alabaré website for updates on the development www.alabare.co.uk

Armed Forces Day June 2015



Armed Forces Day is a firm fixture in the Alabaré calendar. This year we are attending events throughout the South, South West and Wales. Please look out in your local press for details of times of parades and church services and visit the Alabaré Homes for Veterans stands. It will be a chance for you to find out more about the services we offer Veterans in their time of need and if you would like to 'Join Us' as a volunteer you can register your interest at the Alabaré stand.

Sam Gears Up

This is the story of Sam and how his interest in motorbikes is helping him build positive relationships to form a brighter future. Jonathan Malins, our I.N.V.E.S.T Support Worker in Weston-super Mare tells the story...

I have been working with Sam since we opened in Autumn 2014. After engaging with him it was clear he had an interest in mechanics, especially motorbikes. After a few calls a friend of mine agreed to allow me to visit his workshop with Sam. The first job Sam helped with was helping to fix a pw80 scrambler for my son's best friend. After 2 days of stripping carburettors, adjusting cables and rebuilding many times with no joy it felt like we were never going to fix it, but a positive attitude and persistence prevailed. Sam had an idea, we tried it and would you believe it she fired up a treat!

The change has been amazing. Sam has gone from no motivation, self esteem or feelings of self worth, staying in bed until 2:00pm and hardly eating or looking after himself, to now being ready at 8:30am to go to the workshop spending all day there. He is starting to build towards a positive future, developing his skills and realising his potential.

I.N.V.E.S.T. is our new supported housing project for adults with learning difficulties/disabilities, in Weston-Super-Mare, Somerset. It focuses on building skills and confidence to enable successful independent living.

For more details go to www.alabare.co.uk/home/north-somerset-supported-housing



Join Us – We Need You

A new approach towards community fundraising is taking shape at Alabaré with a specialist team being recruited. The team of seven will work in the towns and cities where we are established or developing our Homes for Veterans services. They will network with businesses and individuals to come together and support Alabaré.

Nicky Martenstyn who leads the Community Fundraising team says; *“The aim is to link with people passionate about our cause and develop new ways of generating income as well as building on existing relationships. I’m pleased to say that we are well underway in forming the new team with exciting and energetic individuals whom I have no doubt will transform how we operate; it is set to be game changing”.*

A key element of the plan is to build on our volunteer base in each of our areas. A range of volunteering roles has been drawn up to appeal to a wide audience so you can pick a role depending on the time you have available to volunteer, whether you can help for a couple of hours on a Flag Day Collection or Adopt a Fundraising Tin, we don't mind. How much you do is up to you!

If you are interested in volunteering please contact fundraising@alabare.co.uk today or visit our website for more information.

The 2015 Sleep Out – Our most successful yet!

More than 100 volunteers slept out in Salisbury Cathedral Cloisters on Friday 13th March to help us raise vital funds. Yes, it was chilly. Yes, sleep was at a minimum but it is expected a staggering £20,000 will be raised for Alabaré's drop-in centres in Salisbury and Trowbridge. Great support came from Wyvern College in Salisbury, Queen Elizabeth School in Wimborne and Godolphin School, Salisbury. Pitton Girl Guides also came out in force. A big thank you to all.

Satellite Alabaré Sleep-Outs were held in Trowbridge, Andover and Warminster. Friday 4 March 2016 will see the 10th Anniversary of Sleep Outs; we are already planning to turn the day and night into a fundraising extravaganza! Please pencil it in your diary.



TRUSTEE SPOTLIGHT

James Lang

James is currently an Information Systems Manager serving with the British Army based at Blandford Camp in Dorset. Next year he retires from this role. With 19 years in the military James is giving us a vast array of experience and knowledge.

In March 2016 James is taking on a brand new challenge - he has been accepted on the Marathon de Sables Race, a gruelling six-day race non-stop across the Moroccan Sahara. James will cover an astounding distance of 250 km (155 miles); carrying everything he needs during the race including food, drink and his tent. James will be raising funds for Alabaré. He has set himself a fundraising target of £10,000. You can read about his preparations and build up to the race on his website where you will be able to donate www.alabaredoesmds.com

**Would you make a good Trustee?
If so please contact us enquiries@alabare.co.uk**





Befriender's Story by Tony Moore

"I wanted to do more than 'Click to Like' on Facebook to support our Armed Forces Veterans. For me it began by my attending a brilliant course at Alabaré designed to equip me to become a Befriender. Following the course I received a call asking me to meet Jimmy who was 'in a bad way'.

Jimmy (52) had been invalided out of an infantry regiment. He is a rightfully proud ex-Sergeant and his pride to a certain extent hampered his progress. I made a point of visiting him every Wednesday. At first Jimmy was not very talkative and I wondered if I was helping at all. If he wasn't up and about when I visited, I would leave

and not disturb him. This I did every Wednesday. Eventually he began to engage with me and we both looked forward to our weekly chat and cuppa.

What led Jimmy to being in such a bad way? Whilst training in Canada in an armoured personnel carrier, the vehicle overturned leaving Jimmy under a pile of bar mines and a heavy radio. Having partially recovered from his injuries, Jimmy turned to drink to numb the constant pain in his lower back and became dependent on alcohol. This was all before I had met him. He moved into an Alabaré Home for Veterans in Gosport, Hampshire after coming out of hospital following a detox program. When I met him he had suffered a stroke and his speech and balance had become impaired. Although he spoke slowly and slurred he never lost his regional accent and great sense of humour. The NHS staff were amazing and helped considerably. On several trips to the hospital we used to drive via Portsdown Hill stopping off to buy a burger and take in the view of Portsmouth, the Harbour and Isle of Wight. As Jimmy's health and welfare improved we went on shopping trips to the local town which usually ended up in Burger King.

Jimmy was able to purchase a mobility scooter which gave him more independence, he started to engage with his family who lived in Ireland,

and even managed to visit them. This led him to make the decision to move back to his homeland. Together with Alabaré staff we worked to help Jimmy move to Ireland to lead the rest of his life surrounded by family and friends. I miss him. However we remain friends via Facebook and it is so very satisfying to hear that his regimental colleagues are rallying around and he is where he wants to be.

I am now befriending a couple of Veterans, taking them out on a weekly basis, visiting the local military attractions that we are lucky to have in our area. We usually end up going for a cuppa and a chat and I get to know their life stories which are always interesting. I look forward to my weekly visits.

Being a Befriender is incredibly rewarding, it is about going at their pace and listening to them. Befriending has given me a sense of contributing to someone else and helping them move forward. There are mixed emotions when someone is able to move on into independence and no longer needs your support, however there are others – plenty of others, needing support just waiting in all the Alabaré Homes for Veterans".

Tony can't do this alone please do join the team and volunteer to become a Befriender.

Call us: 01722 322882

Action Man Mark - Wales Homes for Veterans

Mark Lloyd first came to Alabaré in January 2015 and lives with us in one of our Homes for Veterans in Cardiff.

Mark is a Veteran of the Third Battalion (3 Para) and served in Afghanistan doing tours of duty in 2010. As a result of his service he suffers with four herniated discs in his back and has been diagnosed with Post Traumatic Stress Disorder (PTSD). He lives with both physical and emotional difficulties but despite this Mark has made some great achievements.

In February 2015 Mark spent a week skiing in Le Plagne in the Swiss Alps, with the Not Forgotten Association, and won two awards; one for the best skier progressing from novice slopes to black runs and his second was an award for demonstrating the single best attitude to skiing that had ever been seen!

He went on to participate in the Phoenix Winter Games with Help for Heroes at Tedworth House and was part of the winning team. Individually he won the Skiing Competition and Clay Pigeon shooting and came runner up in the Archery.

Mark has also become involved with Support our Paras, formerly known as the Afghan Trust. They run a racing team with two cars entered in the British Touring Car Championship. Known as the Infiniti Team they have £2,000,000 sponsorship and Mark is a data analyst for them.

Mark's full programme of activity and the support he receives from Alabaré has got him and his life back on track, he hopes to gain a full time job with the racing team and eventually set himself up in the property development business.





Growth in our Care and Support for Young People in Hampshire

On 1st April 2015 Alabaré expanded its support for vulnerable young people in Andover, thanks to funding from Hampshire County Council's Children's Services. This means we are now able to house up to 27 young people from Hampshire and the Test Valley at any one time.

Vanessa Bedford, Alabaré's Young People's Care & Support Manager said;

"We have been providing supported accommodation in Andover since 2003, specifically for young people aged 16-21 who are homeless or at risk of homelessness, and who need support to move forward in their lives. Our Support Team work with each resident of Sarum House and River House on an individual basis to ensure that they are getting the help they need to manage their accommodation, and are learning skills which will enable them to successfully live independently in the future."

This expansion means even more young people who have previously been looked after by the local authority, care leavers, and young people who have a history of offending can be helped.

For more details go to www.alabare.co.uk/theme/young-people

"Do not be Afraid"

Within Alabaré we often encounter people at a time of crisis in their lives; people who are experiencing alienation or perhaps grieving the loss of a relationship and the established patterns of living. Hearing the words 'Do not be afraid', which frequently appear throughout the Scriptures, and experiencing them in action can often be a gateway to new life.

Alabaré staff meet with all new service users on arrival to help assess their needs. This leads to a care and support plan. The intention is to help them move from crisis to eventual independence. Their individualised plan can help each person take responsibility, with support, as they move forward from a difficult place.

Within the homeless sector there has been a lot of recent research done around the importance of spirituality. Alabaré is beginning to explore spiritual conversations with service users, who have specifically indicated a willingness to take part, and which complements our initial needs assessment.

If any of our readers and their church fellowships wish to work more directly with Alabaré to support any service users who, perhaps as a result of the spiritual conversation, wish to connect with local church communities do please contact our Senior Chaplain Keith Thomasson. Email k.thomasson@alabare.co.uk

Stay Connected

For up to the minute news follow us on Twitter @AlabareUK and 'Like' us on Facebook www.facebook.com/alabare.uk



UPCOMING EVENTS

Sat 6 June

HMS Collingwood Open Day

Fareham – from 9:30 am - come and see us on the Alabaré Stand

Sat 13 June

Barford Vintage Tea Party

from 2:00 pm – 5:00 pm – At our Development Centre, Dairy Road, Barford St Martin, SP3 4AT - all are very welcome

Sat 27 June

Armed Forces Day Celebrations

Various locations around the country, please see local press for details

Wed 15 July

All welcome at our Annual

Celebration which will include the formal AGM, soundbites and displays from staff, volunteers and those who live in our homes or use our services.

Light refreshments will be served.

2:00 pm – 4:30 pm

**Riverside House 2 Watt Road
Salisbury SP2 7UD**

Contact Jo King

j.king@alabare.co.uk **01722 344480**

for more information / confirmation of attendance.

**Alabaré Christian Care & Support
Enabling a fulfilling life**

At Alabaré we support people to overcome the barriers of homelessness, mental ill-health and learning disabilities in order to have a home, health, choice and independence.

www.alabare.co.uk

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Names have been changed to respect client confidentiality.

For further information, please contact

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