

## Our Founder Receives OBE

We are extremely proud to announce that our founder and Chairman of Trustees, Reverend John Proctor, has been awarded an OBE in the Queen's 90th Birthday Honours.

John has been recognised for the huge contribution he has made to the care of vulnerable, homeless and disadvantaged people across the South West and Wales.

John spearheaded the development of Alabaré Christian Care Centres (now known as Alabaré Christian Care & Support) in 1991, and through his relentless energy and passion has seen the charity expand over the last 25 years. From helping 1 person in their home in Wilton, Alabaré now supports over 3,000 vulnerable adults and young people every year.

*John said: "I was overwhelmed but delighted when I received news that I would be awarded this honour in the Queen's 90th Birthday Honours. It was a wonderful surprise, but more importantly one that allows me to give recognition where it is due. The OBE is awarded for my services to the homeless and vulnerable, a service I could not possibly have achieved on my own. I want to acknowledge the support of the Alabaré Christian Community who helped me start this work more than 30 years ago and the staff and volunteers of Alabaré Christian Care and Support who have taken this work forward over the last 25 years enabling us to support over 3000 vulnerable people a year. But my greatest debt of gratitude is to my wife and four children who have not only had to share their husband and father but at times their home as well. It is their love and support that has enabled me to continue this work which has become a vocation in life."*



Rev John Proctor

## Getting the Royal Seal of Approval

It's been a busy year so far for the recently re-named Andover Foyer which, at the start of the year was awarded a conditional accreditation from the nationally renowned Foyer Federation, which transforms the lives of young people across the UK.

The Andover Foyer comprises The Andover Foyer Drop In Centre which provides support and training to young people in the local community and two accommodation sites at River House and Sarum House which provide 26 beds for vulnerable young people.

To top off their great start to the year, staff, volunteers and the young people who use The Andover Foyer welcomed His Royal Highness, The Duke Of Gloucester, who officially unveiled the site's new signage. Our Care and Support Manager for Young People, Vanessa Bedford said of his visit:

*"Welcoming the Duke was the icing on our anniversary year celebrations. To have such high profile backing is wonderful and we couldn't be more thankful for his support as well as the ongoing support of our Lady Mayoress and local MP, Kit Malthouse."*



The Duke arriving at The Andover Foyer

# Transforming Lives

Alabaré has grown from humble roots, originally supporting just one homeless man, to today, being a charity with 500 dedicated staff and volunteers supporting over 3,000 vulnerable and homeless people every year.

We'd like to share with you two examples\* of how we are transforming lives on a daily basis.



**Mollie - Barnabas House:**

*"Life was pretty tough before I moved into Barnabas House; I didn't have much of a direction or a place that I could call my own. The team at Barnabas House changed all that. They*

*helped me get on the right track, encouraged me to go back to college and helped me get my own place. Barnabas House truly changed my life."*

Mollie moved into Barnabas House when she was just 17 years old having been through a number of other supported accommodation sites after moving out of her family home where she had been a 'young carer' to both her parents. Now Mollie lives in her own place and is furthering her education thanks to the support of our Barnabas House team.



**Charlie - Alabaré Place:**

*"I'll always be proud to be associated with Alabaré Place - they've helped me get back on my feet, given me confidence and shown me kindness and hope."*

Charlie suffered both mental and physical abuse at the hands of his parents which culminated in Charlie having to be hospitalised at the end of 2014. The Council found Charlie a space at Alabaré Place where he was given his own flat as well as pastoral support from his own support worker, Jon. Charlie is now at college studying photography and sports. He has since moved on from Alabaré Place but still keeps in regular contact with our team.

## Celebrating Our Staff

We often hear about the amazing journeys of transformation and recovery that the people we help go on, but who are the people that help to achieve this transformation and why have they decided to work or volunteer for a charity like Alabaré?

In this edition, we hear from one of our Alabaré Homes for Veterans staff members, John, about the sometimes frustrating but always rewarding job he undertakes for Alabaré.



*During my time with Alabaré I have come across Veterans with varying degrees of problems. One particular Veteran, Lincoln, was not in a good place when he came to us; he was experiencing a marital breakdown following years of severe domestic violence which resulted in him being put under police protection. He found life hugely overwhelming and on a number of occasions, he tried to take his own life. Lincoln was very confused about his future, and whether he was ever going to get his life back on track.*

*As his support worker we soon formed a strong bond. Being a Veteran myself I found it easier to be able to see life from his standpoint. Lincoln started to open up and we worked together to try and resolve his issues involving debt, alcohol and divorce.*

*Despite the trauma in Lincoln's life, with care and support he has moved forward meeting a new partner and eventually moving out of the project having resolved many of his issues. We have kept in contact and he is doing very well.*

*Having been through this journey with Lincoln I have learnt that the smallest act of kindness can make a huge difference to someone whose world is falling apart, and can provide a very positive result.*

To read the full story go to [www.alabare.co.uk](http://www.alabare.co.uk)



# GLOW IN THE PARK LONGLEAT

## *Glow In The Park*

We are very excited to announce a new partnership with The Longleat Estate which sees the launch of our first mass participation event: 'Glow In The Park: Longleat'.

This event promises to be a thrilling experience for all the family combining the ultimate night time UV 6km run against the iconic backdrop of Longleat House.

Taking place on Saturday 10th September, families and friends are invited to dance, jog or walk through a series of fun zones; including the Foam Zone, UV Paint Blast and Time Tunnel.

The event is open to anyone aged seven or above and tickets are on sale now with a 'Super Saver Early Bird Offer' which enables participants to take advantage of a 40% discount - but hurry, this offer ends on the 6th July 2016.

Visit [www.glowinthepark.co.uk](http://www.glowinthepark.co.uk) to purchase your tickets. All registered runners will receive a pack that includes a headband, UV facepaint, neon bracelets and a bib number.

## *#MayDayAppeal* HOMES FOR VETERANS

This May we launched our inaugural Homes for Veterans Appeal; The May Day Appeal. Our team of Community Fundraisers, ably assisted by an army of selfless volunteers, held collections at airports, garden centres and supermarkets, getting out and about, fundraising and engaging with their local communities to let them know about the great work being undertaken in our Homes for Veterans projects. To date, the collections have raised £11,575 and the money is still rolling in! Thank you so much to everyone who took part or donated and if you missed out on your chance to own your very own Homes for Veterans pin badge, head to our website to find out how you can purchase one.

## *Treasure Hunting with Alabaré's Retail Team*

Alabaré's Charity Shops offer a vital stream of income which can be used across all of our services and are an Aladdin's cave of trinkets, collectables and vintage wear. We talked to **Tracy Bradbrook**, manager of our Lyndhurst shop about the remarkable things people have donated and why she loves working for Alabaré.

**Q : What do you sell in the Lyndhurst Shop?**

**A :** We sell absolutely anything and joke with customers that if they stand still for too long I'll put a price tag on them! You name it, we can usually get it or already have it. We put the word out to the locals and in it comes!

**Q : What's the most unusual thing you have ever sold?**

**A :** At the moment we have a bottom enhancer - a pair of unused pants with padding in the back!!

What excites us the most is probably furniture and vintage items. Anything with a bit of history really. Peter, who works alongside me, likes to paint the furniture we get which is a great way to give it a new lease of life.

**Q : What's the best thing about your job?**

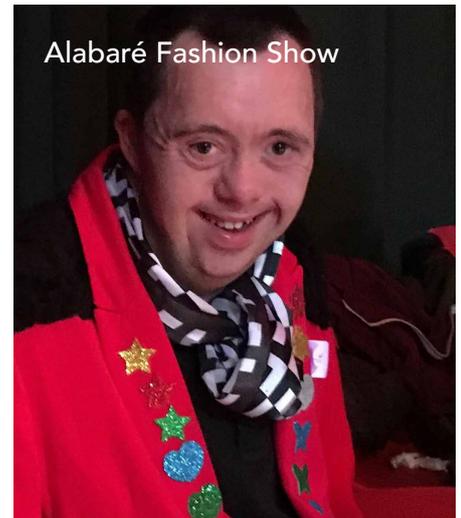
**A :** Peter and I consider ourselves very fortunate to live and work in such a unique and amazing place, raising funds for Alabaré and loving our jobs. We work with an amazing group of volunteers and really feel a part of our community which is just amazing. And you never know what someone is going to bring into the shop - it's like winning the lottery!



# NEWSINBRIEF

## Dedicated Followers of Fashion

This April our Learning Disability Team took on the likes of Dior and Prada and 'sashayed' their way down the runway in their very own fashion extravaganza. All the outfits on show were styled and produced by staff and Service Users who scoured the rails at Alabaré's Salisbury charity shop and Emporium for outfits to upcycle into designer inspired fashion ensembles. A huge thanks to Toni & Guy Salisbury who generously gave their time and expertise as well as Wiltshire College who allowed us to use their venue.



Alabaré Fashion Show

## Life Conversations

Life Conversations is an initiative delivered by Alabaré's Spirituality Working Group. The aim is to encourage conversations that touch on spirituality, either one to one or in groups, in a way that enriches the support we give. The Alabaré Spirituality Policy is broad, inclusive and true to Alabaré's Christian heritage. Eventually, we hope that every home and service within Alabaré will have someone responsible for delivering this initiative. Service users can choose whether they wish to take part in this activity. For more information on Life Conversations, please email our senior chaplain, Rev Keith Thomasson (k.thomasson@alabare.co.uk).

## Fantastic Fundraisers

We're always amazed at the lengths people will go to, to raise money for us and we'd like to thank two groups of supporters in particular.

Firstly, a team of Veterans who live in our Gloucestershire Homes For Veterans project took on this year's Walking With The Wounded's Cumbrian Challenge and finished in a wonderful second place, despite a last minute team substitution! Massive congratulations to the team who battled some tricky conditions over the 24km 'tough challenge' against some extremely tough opposition. To support the team please go to Virgin Money Giving and search for Homes for Veterans.

Secondly, a huge thank you to Ann Yates, who, as part of a personal pilgrimage, will have just completed a 1,000 mile bike ride from Lands End to John O'Groats all in aid of our life changing work. If you would like to support her, visit <https://my.give.net/AnnYates>.

If you would like to tell us about a fundraising challenge you are doing or would like advice on how to undertake your own fundraising project, email [fundraising@alabare.co.uk](mailto:fundraising@alabare.co.uk).



Ann Yates at Kessock Bridge

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.

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Alabaré Christian Care Centres is a company limited by guarantee, trading as Alabaré Christian Care & Support.

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