



# Alabaré Newsletter

Spring/Summer 2017



## Young people in need

Our homes and training facilities are under threat.

Last month we launched an urgent appeal asking you to help us keep our services for young people open. We told you about Jamie, one of our young people who found himself with nowhere to go after a family break down. Jamie was facing life on the streets.

**“My friends tried to help, but they quickly got fed up with me sleeping on the sofa. I thought I was going to have to sleep on the streets and I was terrified. I managed to speak to someone from the Council and they found me a place with Alabaré.”**

With our support, and through his own determination, today Jamie is working as an apprentice mechanic, and looking forward to a bright future. But we couldn't help Jamie without your support.

Continued cuts to local government funding mean that our crucial services for young people are under threat. We urgently need help.

A gift of £28 makes a huge difference, and will provide a pack of the essentials a young person needs when they move into one of our homes. £52 will help us support them into college or a work placement. If you have already made a donation to our appeal, thank you so much. If you haven't given, and are able to do so, please do reach out and help young people who are vulnerable, scared and need our support now. Thank you.

## Andover community rescues our Drop In



Our young people's drop in centre, 'The Junction' has been saved from complete closure thanks to the fundraising efforts of our local campaigners. Following news that the centre had lost its Council funding at the beginning of the year, local people took to the streets of the town centre to protest at the Council's decision. An online petition was launched, gaining support from 1,172 people.

Despite still having to close the centre, thanks to the energy and determination of local people and businesses, funds were raised to help us open a down-sized drop in centre for young people - and so the Little Junction was born.

Vanessa Bedford, Young People's Manager says;

**“Although The Junction Drop In as we know it has had to close, we are hugely relieved to have been able to have opened The 'Little' Junction. The new service runs from River House, one of Alabaré's homes in Andover. We are able to help the homeless and vulnerable young people who need this.”**

To support our appeal and help keep homeless young people off the streets please go to [alabaré.co.uk/donate](http://alabaré.co.uk/donate)

# Alabaré News & Updates

## Braving the BIG Sleep

March saw our annual BIG Sleep at Salisbury Cathedral. Nearly 100 like-minded people braved the cold, raising a staggering £14,000 to support our Drop-In Centre.

Thank you to John Glen MP, Lt Col David Penniall, Sodexo, Boston Tea Party, Tesco and the students of Godolphin School and Wyvern College.

In Gloucester, BIG Sleepers made their way to Gloucester Cathedral, where Gloucester Rotary Club ran a Sleep Out to raise funds for Veterans in need.



The BIG Sleep at Salisbury Cathedral



Mayor Batchelder opens Wilton Emporium

## Wilton Charity Superstore

On 8th April we celebrated the opening of our first charity superstore just off the A36 in Wilton with the Mayor of Wilton, Cllr Trevor Batchelder cutting the ribbon. We are grateful to our local Alabaré residents and volunteers who helped us set up the shop.

Our new warehouse superstore is the first of its kind in the Salisbury area and is filled with quality, donated items. We gladly accept quality donations and offer a house clearance service. Call us on **01722 744111**.

## Glow In The Park: Longleat

Our biggest event Glow in the Park: Longleat is back on Saturday 9th September! You can dance, jog, run or walk around our 6km night time disco course and Glow Zones, all at the iconic Longleat estate.

This year by getting sponsored, runners can earn themselves spectacular prizes including Spa Days and Afternoon tea at Bishopstrow House Hotel.

For tickets go to [glowinthepark.co.uk](http://glowinthepark.co.uk)



Glow In The Park: Longleat is back this September



Construction work begins on Wilton Veteran's Village

## Breaking Ground

A milestone was marked at the Wilton Hill Veterans Village development on 26th May when a ground breaking ceremony was held.

Alabaré are working in partnership with the developers Our Wilton. We will provide support to vulnerable Veterans who are making the transition back to civilian life. Veterans will benefit from on site training, volunteering and employment opportunities as well as a community café.

# Cumbrian Challenge Win

Our Veterans take on and win the tough 3 peak, 23km course.



On Saturday 13th May a team from our Gloucestershire and Bristol Homes for Veterans took part in the Cumbrian Challenge. The tough course is a gruelling 23km long over the Lake District peaks. Veterans Alex, Khozi, Paul and Tom embraced the challenge head on with the help of Neil Hunt and Kirsty Scullion, completing it in a remarkable 4 hours 39minutes - putting them in first place!

Paul, Team Member; **"It's been a major opportunity to come and find self-pride, and more friends - it's like another family. It's about doing it for yourself - we haven't got some of the skills we need to get on in life and we may need a bit of help, but this challenge helps us get self-pride for ourselves [sic]."**

## Voices for Veterans

Two very special evenings have been held by our regional Ambassador's groups recently in aid of our Homes for Veterans.

Our Gloucestershire Ambassadors, Tony and Amanda Raybone hosted a spectacular dinner at ARRC Officers Mess, for over 150 people. Guests included representatives from NATO, The Lord Lieutenant Dame Janet Trotter DBE, Chief of Staff Major General Richard Wardlaw OBE and the Countess of Bathurst the High Sheriff of Gloucestershire.

The evening included a moving recital of Rudyard Kipling's poem "Tommy". Music was provided by The Band of The Prince of Wales's Division and The Innsworth Military Wives Choir.

A spectacular £6,000 was raised - our special thanks to Tony and Amanda for this amazing fundraising night.

In Salisbury, around 120 people joined our Wiltshire Ambassadors for the evening "Personal Reflections from the Falklands War and its Aftermath". Moving testimonies were delivered by Commodore Jamie Miller CBE RN, Sara Jones CBE DL JP, Sir Francis Richards KCMG CVO DL and the Venerable Stephen Robbins CB. The event raised over £2,500. Thank you to our event sponsors the Mark Allen Group, Chemring Countermeasures and Our Wilton.

## Gym Memberships help wellbeing



Veterans across our homes are benefitting from a new opportunity to get fit mentally and physically. Thanks to a £20,000 donation from the Endeavour Fund, Veterans across our Homes are able to get a free gym pass. After only 6 months, 40 Veterans are already taking part, with many more about to start.

Peter, who is taking part says; **"Attending the gym has been great for my physical health and has given me a real boost. It has provided me with daily structure and I feel better mentally too."**



ARRC Officer's Mess dinner



Falklands Fundraiser in Wiltshire



## “Rebuilding lives is not something you can teach.”

After a time of turmoil in his life, **James** found himself in one of our homes. Now on the road to recovery and having just secured a new job, James has written a reflection on his personal journey and what it is about our support that has most helped him...

As we tread the waters of life, we encounter fluctuations beyond our control, ripples in the stability of our fractured paths – some call this fate or destiny, others believe in existentialism, chaos theory and the choice of the individual.

Alabaré appeared for me at such a difficult time in my life.

I moved into their ARCH housing project for people recovering from addiction, in December 2016. Over the past few months I have begun to build my life up again and I feel very much at home. The staff have been nothing short of extraordinary in their assistance and support knowing exactly when to be passive and when help may be needed – a perfect balance between allowing me to maintain personal responsibility yet not being faced with everything alone.

Rebuilding lives is not something that you can teach or plan. You can try but you will probably fail with theory alone though of course there have to be safeguards, training and policy. There are no corporate training days that can teach compassion - it is dependent on the individuals that make up an institution and this comes from and is guided by its very principles. Alabaré has this.

Alabaré gives people that have been disenfranchised and ignored the opportunity to reconnect with the world; because that very alienation is perhaps the greatest single cause of dysfunction - perhaps even more so than the catalyst that caused it. It might sound trite but Alabaré has been a beacon of hope, a real reason to believe in humanity again.

## Super Supporters

Without the support and prayer of Churches, and that of their congregations, we would not be able to transform the thousands of lives that we do every year.



Churches like St Martin, Salisbury who have been supporting our Drop In Centre financially every month, to help pay for meals for our clients and a number of our clients to obtain ID, enabling them to register for a home of their own.

We are thankful to those Churches who have been working with our Chaplaincy, Volunteering and Fundraising teams to build stronger relationships which benefit everyone. To get involved - email [clt@alabare.co.uk](mailto:clt@alabare.co.uk)

## Your legacy will transform lives

For over 25 years our staff and volunteers have been providing care and support to vulnerable people. Together we are transforming the lives of around 2,500 people a year. A gift in your will to Alabaré will help secure our future and ensure we can continue to care for those in need. A legacy gift can also reduce inheritance tax liability on your estate, as legacies to a registered charity are tax-free. You should always take legal advice from your solicitor before making or amending your Will. For more information go to [alabare.co.uk](http://alabare.co.uk)