

NEWSLETTER

Summer 2017



"Something to be proud of"

How making music helps rough sleepers turn their lives around.

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Rebuilding broken lives

Singing their praises



"It gives them something they can be proud of"

Residents named the studio 'Changes' as a homage to the late David Bowie and in recognition of the project's transformative power.

The fully equipped recording studio offers a range of opportunities for residents to get involved in according to their interests and abilities. It will be open every day for tasters and drop-ins. Residents can play and record music as a means of self-expression and development.

Their involvement will create the hostel's radio station and podcasts, which will be the background to its peer-led hub and breakfast club. They will be able to hold open mic nights that will be recorded and turned into CDs, with cover artwork and advertising made by the hostel's art club.

The positive response to this has been overwhelming. Studio Manager Cleo, who combines a background in sound engineering with tutoring disadvantaged groups, hopes that eventually all of the residents will get involved in some aspect of the project.

Scheme Manager Natalie said: "The studio will provide an open-door space for them that encourages self-worth, expression, informal engagement and development. It gives them something they can be good at and proud of."



An innovative idea has become a fully fledged project.

Church Housing Trust funded equipment for a music studio for residents of a Westminster hostel, and we were pleased to attend the grand opening recently.

The 68 residents of all ages have high support needs, including drug and alcohol misuse, mental ill health, and some are ex-offenders. All have a history of rough sleeping in Westminster, and many have been excluded from other services due to poor behaviour.

Engaging people with these complex needs is a big challenge for staff and support workers at the scheme. Service Manager Natalie commented that: "We have tried everything under the sun to get our guys out of their rooms, and away from begging and using substances."

The idea of a music studio was universally popular with the residents, so staff planned the refurbishment of a storage room and Church Housing Trust raised funds for its refurbishment, soundproofing, and equipment such as speakers, an electronic drumkit, and turntables.

At the official studio opening, the audience was treated to live acoustic music, poetry, and DJ-ing from the residents, plus a rowdy round of karaoke from the hostel staff.

Church Housing Trust celebrates 135 years

Church Housing Trust recently celebrated 135 years helping homeless people.

Church Housing Trust can trace its origins back to 1882, when the Revd Wilson Carlile began working with homeless people on the banks of the Thames in central London in order to find them housing and jobs.

To mark the anniversary supporters, patrons, partners, staff, and trustees met to learn more about the charity's roots, current work, and plans for the future. The evening event included the launch of the Digital Inclusion Fund, a campaign to help homeless people acquire IT skills in an increasingly digital world.

The evening was opened by Richard Jacobs, Marketing Director of advertising firm Kinetic UK, whose staff raised over £70,000 for the Trust when it was their Charity of the Year in 2016. Church Housing Trust's patron, Bishop



of Manchester, the Rt Rev David Walker (pictured above with Trust Director Miriam Morris), also spoke about his lifelong commitment to tackling homelessness.

"A home... is about discovering a sense of self and purpose."

Attendees also heard from Church Housing Trust board member Mark Bolton (left, with Riverside Care & Support staff), who reflected on his past experience of homelessness and alcoholism, which he brought to life by reading some of his poetry.

Finally, Church Housing Trust's Director, Miriam Morris, explained the ethos behind the Trust's work today and in the future: "A home is more than just a roof: it is about discovering a sense of self and purpose. The particular support we provide helps every individual to do that."



CEOSleepout

We are looking for participants for both the **Manchester CEO Sleepout** at Emirates Old Trafford on 16 October 2017; and the **London CEO Sleepout** at Lord's Cricket Ground on 30 October 2017. Last year nearly 300 business leaders in Manchester and London braved the cold and raised over £200,000 to combat homelessness in towns and cities across England. You can do the same!

To take part, please contact us at info@churchhousingtrust.org.uk or 0207 269 1630

In the past six months, thanks to you...

1 A Warm Welcome

Gestures of care and support are very important to homeless people, who often become used to being ignored or abused.



Food and drink is provided by outreach workers so that they can build relationships with rough sleepers and begin the process of housing them.

Welcome packs of toiletries help rough sleepers to feel comfortable and human again when they move into hostels after living on the streets.

Women who have fled domestic violence with nothing but the clothes on their backs are provided with new clothing thanks to your donations.

A hostel's breakfast club now runs twice a week and helps residents engage with one another and have a positive, healthy start to the day.

A veteran with severe mental health problems had nothing when he first moved into a hostel. Your donations bought basic foodstuffs for his first few weeks there.

2 A Sense of Self

People who have been without a home lose hope. Your funds help them gain the confidence to look after themselves.



Regular cooking classes help homeless people in Reading to improve their cooking and budgeting skills, and learn useful new recipes and healthy eating habits.

Homeless mums and their babies enjoyed Easter egg hunts and the mums also got to experience pampering sessions, some for the first time in their lives.

Niall* is 24 and looking for work. Your donations bought him smart shoes to attend his job interviews after his only pair fell apart.

Young homeless adults from London spent a day building their self-esteem and enjoying outdoor activities at an adventure centre.

A camping trip to Mount Snowdon helped a group of men and women in recovery from addiction to socialise and take part in healthy outdoor activities together.

3 A Sense of Purpose

Your donations help people who have been homeless to develop skills and relationships that break the cycle of homelessness.



Men and women who have struggled with addiction attended the Homeless Games 2017 and had such a great time that they have set up a regular football league.

People addressing drug and alcohol dependencies have bus passes to help them attend their appointments.

An ex-offender who was traumatised by childhood abuse is learning guitar to help with his anger issues and work through his post-traumatic stress.

Tom* had such severe depression he lost his home. Your funding provided him with smart clothes for job interviews.

Ex-offenders and former rough sleepers are taking First Aid and Food Hygiene courses to help them find work and begin new careers.

4 Establishing a Home

It can take months or years for people to be ready to cope on their own, find work, and move into their own home.



In the past six months, you have helped 195 people move from hostels into their own homes.

Anna* has a new bed for her dog Boris and some essential furniture for herself as they move into a flat after 15 years on the street together.

Luann* had to sleep in her car after her husband died. Your funding means that she was able to get basic furnishings, such as a fridge, for her new home.

Veterans have travel fares to visit properties and find their own, independent accommodation, thanks to your donations.

Jenny* and her four year old son were evicted so her landlord could sell the property. They now have a safe place to live and your funding meant that they could afford a cooker and bed.

Volunteers provide vital support

In supporting individuals out of homelessness, Church Housing Trust is indebted to its volunteers, who collect essential items, give their time to practical projects, and devote their expertise to helping homeless people.



School collects food

Well done and thank you to the children of Copenhagen Primary School for their brilliant efforts during Student Volunteering Week.

The school collected a huge pile of canned food, dried pasta, cereal, and other non-perishable food. Some was donated to Church Housing Trust and delivered to a central London hostel that works with long-term rough sleepers with high support needs.

A member of Church Housing Trust helped the pupils to consider what it is like to be homeless, and what they can do to help homeless people, at a special assembly.

People who have been sleeping rough for some time often have no access to money for food when they arrive at a hostel.

Basic food packages are a huge help when a rough sleeper first moves into a scheme. The hostel will then use some of the food to provide cooking, health, and nutrition workshops to help people to develop their cookery skills and understand how to eat well on a budget.



Volunteers transform hostel

At Bruce House in London, individuals with complex needs can develop life skills, overcome drug or alcohol issues, and find work.

The residents need to feel welcomed into a comfortable environment so that they don't return to the streets.

We were therefore pleased to arrange the refurbishment of communal rooms at Bruce House with the help of John Lewis Partnership staff, who generously provided the paint, materials, and new furniture chosen by the hostel's residents.

Six volunteers from John Lewis Partnership redecorated the recreation area and a side office that will eventually become an IT suite.

Business Analyst Francesca Kruszel commented:

"It's a lot of fun, and something different... it's good to do something for others."

Huge thanks to the John Lewis Partnership and the volunteers who generously gave up their time.



New board members

Church Housing Trust is pleased to welcome several new members to its Board of Trustees this year.

Elizabeth Wilson is Director of The Work Playground, a coaching and leadership development organisation.

Mark Bolton, who has experienced homelessness himself, writes poetry and a blog, Urban Dandy, and has proved to be a fantastic speaker at Church Housing Trust's events.

Anne Parker CBE was the Director of Social Services for Berkshire; the Independent Case Examiner for the Child Support Agency; and also chaired the National Care Standards Commission.

Richard Jacobs (*above right*) was Director of UK Marketing at Kinetic and instrumental in Kinetic's fundraising for Church Housing Trust.

Elizabeth Toher is a successful Senior Programme Manager and Director with Toher Associates.

John Glenton is the Executive Director of Care and Support at The Riverside Group.

A warm welcome to them all!

Changes that transform lives

Read a personal story from a young homeless mother, find out about the help you give to refugees, and how your support improves homeless people's mental and physical health.



Rebekah's story

Rebekah was 17 and living alone when she was referred to a mother and baby scheme by her midwife. She moved in in November and baby Ivy was born just a few days later.

"I became pregnant at 16, at a time in my life that was quite chaotic. I was scared that I may not do a good job, and I didn't know what to expect. When I first found I was pregnant I thought I had 'eff'd' my life up [sic]."

"But Ivy has given me a new life. I'm seeing things from a different point of view. When I am out shopping, or with friends, I see older ladies looking at me disapprovingly, thinking I'm too young to be a mum."

"At first that made me feel horrible, but now I don't give two hoots: I'm proud of my daughter."

"It's not all a bed of roses. I sometimes don't know why she is crying: I change her, feed her, and play with her, but she just wants a cry. I am starting to understand every different cry."

"Now she has started to smile and chuckle, which makes me happy. I am looking forward to seeing her grow up."



Finding refuge

Church Housing Trust helps people who have become homeless after being granted leave to remain.

The story below is becoming all too common. While waiting for the right to stay in England, refugees are housed by the government. After being granted leave to remain, they can no longer stay in the accommodation provided to them, and often end up on the streets.

Addisu* fled Ethiopia fearing for his life. After he was granted leave to remain, he had to leave the government accommodation, and found himself homeless.

Thankfully, he was provided with a room at a scheme we support in Liverpool. He now attends school twice a week to study for his ESOL and is looking for work.

Addisu has been offered some social housing so that he can begin an independent life, but has no savings to furnish the empty flat.

A basic resettlement grant will help him to buy a cooker, washing machine, and bed.



Gym building repainted

Physical exercise, sporting events, and gentle training can not only transform someone's physical health, but allow them to focus their energies away from addiction or negative experiences on to a more positive pastime. They can also encourage teamwork and goal-setting.

Church Housing Trust funded the refurbishment of a sports hall used by residents of a hostel and local community groups.

Mark (*above left*) and Mason (*right*) are both members of the Swale Together health and wellbeing group, and use the gym on a regular basis. They did an excellent job painting the walls a sunny yellow.

The HMP Stanford Hill 'Working Out' scheme, where ex-offenders undertake placements in the community, also uses the gym.

Jake, who is on the programme, co-ordinated the painting project and worked tirelessly to finish the job. A staff member commented "It has really brightened up the place!"

The final step will be to repair the ceiling of the hall after a recent leak.

Who we are and what we do



Church Housing Trust's roots go back to 1882, when Revd Wilson Carlile began working with homeless people in central London.

We remain committed to supporting people who have been homeless or in crisis. We give grants to homeless people from all backgrounds, of all ages, and of all faiths and none.

A one-size-fits-all approach does not work, so we help individuals to achieve what success looks like for them. We fund the particular training, items, activities,

counselling and skills that people need to rediscover their sense of purpose and feel part of society again.

If you are planning to raise funds or awareness for the issues that homeless people face, we're happy to send free materials about our work, including posters, leaflets, collection boxes, and Gift Aid envelopes. We can also provide event speakers who can give first-hand stories of how every donation helps to rebuild a life.

For more information, please call us on **020 7269 1630**, or email **info@churchhousingtrust.org.uk**

Remembering us in your will

We want to thank you for funding our work through donations, events, and legacies. We are truly grateful for your committed support and prayers, and hope you will continue to talk about us with friends, family and colleagues.

A special thanks to those who generously left money to us in their will. Last year, we were honoured to have been entrusted with legacies from Miss Angela Lloyd, Mr William McCarthy, Mrs Violet New, The Revd Canon Raymond Ross, and Brigadier Fraser Scott; we also received In Memoriam gifts in the name of Mr Albert Briscoe, Mr Matthew England, Revd D Gummer, Mr Jonathan Masters, Dr Mary McAllester Jones, and Ms Rosemary Rodden. They form a significant part of our income, and enable us to commit to long-term support. If you would like information about leaving a legacy to help homeless people, please contact us on **020 7269 1630**, or **info@churchhousingtrust.org.uk**

Patrons The Rt Revd Dr David Walker; Sir Martin Berthoud KCVO, CMG; Susie Briscoe; David P G Cade; W Peter Cooke CBE; Ian Hay Davison CBE; Sir Philip Mawer; Rt Revd Michael Turnbull CBE; The Ven. David Woodhouse

Trustees Cdr Robert Cribb MBE, RN (Retd); Mark Bolton; Christopher Daws; Revd Preb. Graham Earney; John Glenton; Leann Hearne; The Ven. Dr Colin Hill; Richard Jacobs; Anne Parker CBE; Elizabeth Toher; Elizabeth Wilson

Please give if you can

Please accept my/our donation of: £250 £100 £50 £25 £15 Other £ _____

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or charge my Visa Mastercard CharityCard Maestro

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We will never share or sell your details to or with any other organisation. We would like to keep you informed of how your donations are being spent. If you do not wish to receive any further information from us please tick here

Tick here if you only want to be contacted via the email address above

Gift Aid. I want to Gift Aid my donation today, and any future donations I make to Church Housing Trust.

I confirm that I am a UK taxpayer. I understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give.

Signed _____ Date _____