

Christian Care Association

Registered Charity No. 1000830

Lottery Saves St Martin's



We are delighted to announce that we have received a grant of £489,091 from The Big Lottery Fund toward the running costs of the St Martin's Day Centre in West Street, Bognor Regis. This money from the "Reaching Communities" programme will enable the day centre to be re-opened and be available to our homeless clients six days a week.

St Martin's provides a wide range of services, including food, shelter, showers, clean

clothing and companionship in a safe, secure non-judgemental environment. It is designed to give meaningful 'pathways of care' so that we can help homeless people find secure accommodation, employment and the tools to lead a more productive life. In so doing we can help them regain their self-esteem.

Facilities will now include a full time learning support worker and mental health nurse as well as access to a GP for

The Christian Care Association offers shelter, information & support to empower homeless and vulnerable individuals to make positive changes in their lives.

It aims to create a safer environment that promotes social inclusion with practical assistance and without prejudice for all.

medical issues. Professional help will assist with resettlement, including housing benefits and employment information, and drug and alcohol matters including referral for inpatient treatment at the Sands project in Canada Grove. Life skills training will be given, including cookery, budgeting, CV writing and Job search, basic numeracy and literacy and Art.

St Martin's was opened in May 2002. From January 2004

Continued on page 2

Continued from page 1

the day centre received a three year grant from the Big Lottery Fund, which ended in December 2006. Since then the centre has been operating on very restricted hours. The new grant is for a further period of three years.

Chief Executive, Mike Jones, said: “This is wonderful news for our clients and all those who work to help them. However, we will need to work hard to ensure the project is properly funded from other sources, including

the local community when the present funding comes to an end”.



1st April 2006 to 31st March 2007 facts and figures

St Joseph’s Night Refuge: 3122 men and 376 women had stayed at St Joseph’s. On 158 occasions a total of 462 people have been turned away (28 women and 434 men)

Day Centres: There have been 8273 client visits at The Old Glassworks and 6820 at St Martin’s.

Resettlement Service: 96 people have been housed to date this year, and 21 have lost / left their accommodation.

Sands: There have been 109 clients referred since the project opened in February 2006. There were 9 clients (out of a total of 10) in the project on 31st March ’07 and currently there are 20 clients on the waiting list.

Young Asylum Seekers: On 31 March 2007 there were 10 beds (out of a total of 19) taken up in the two hostels, and 7 out of 10 in the move-on accommodation.

Addiction / Mental Health Services

There had been 757 client contacts for Addiction and 1164 client contacts for Mental Health.

Life Skills: Learning sessions for the year to date in the day centres are as follows:

	Literacy & Numeracy	IT	Cooking	Art	Job Search
OG Sessions	131	98	13	1	13
St Martins Sessions	101	78	12	17	68

Latest Government Rough Sleeping Figures Misleading



The official Government National Rough Sleeping Estimate for 2007 shows there are now 498 people sleeping rough on the streets of England on any single night. This level represents a 73 per cent reduction in rough sleeping since 1998. But the way in which the Government arrives at these figures does not stand up to detailed scrutiny.

To be categorised “rough sleeper” as defined in the 1996 Housing Act a person must: *“Have slept outside in a place not specifically designed for human habitation, at least once in the last seven days.”*

The Government issued a revision to this definition in 2007: *“People sleeping, or bedded down, in the open air (such as on streets, or in doorways, parks or bus shelters); people in buildings or other places not designed for habitation (such as barns, sheds, car parks, cars, derelict boats, stations, or ‘basbes’).”*

But the nature of rough sleeping is that people seek out places where they are not likely to be disturbed and are therefore hard to locate and count. Local authorities are advised to liaise with homeless charities such as CCA when surveys of rough sleepers are taken. But the last count of rough sleepers in this area was over five years ago and we were not involved. Because the last local survey counted less than ten, which the Government scores as “zero”, the Council has not been required to carry out a further survey in this area.

Furthermore these figures do not take into account the people seeking shelter at night refuges such as St. Joseph’s, which is regularly full and often has to turn people away.

It is estimated that there are upwards of 400,000 “hidden homeless” in the UK today.

Homelessness is a growing problem both nationally and locally and we are committed to doing everything we can to tackle it.

CCA Clients Battle The High Seas

By Phil Isom - Project Manager

Working as a project worker at “The Sands” Rehab in Bognor, I thought that some of our residents might like to try something different by way of an outside/outdoors sporting activity. I put up a poster asking if anyone was interested in getting “cold and wet!” Soon after I had some brave volunteers. After an initial evening theory and safety session here at the project, the chosen day, Thursday 6th September arrived. We all met up at the Yacht Club at Pagham. Following a safety briefing and a theory refresher over coffee, boats were rigged, and all changed into wetsuits and buoyancy aids. All then took to the sea, off for their first ever attempt at dinghy sailing. Observing from the safety boat, I was truly amazed at how well everyone did. Soon everyone was sailing across the wind, upwind

and downwind as if they had been sailing for ages. There were a few capsizes, but most importantly everyone had ear to ear grins and were obviously enjoying every moment. At lunchtime we all came ashore to the Clubhouse and had very welcome hot drinks and something to eat. In the afternoon everyone wanted to do more, so the boats were re-launched and we headed eastwards about half a mile offshore, sailing towards Bognor. By 5p.m. all boats were ashore, and after de-rigging and putting them away, everyone got showered and changed. At 6p.m. the new “sailors” left to return to Bognor. Everyone had a great time and we are hoping to turn this into a regular event. Who knows, we may find we have a new Dame Ellen McArthur or Sir Robin Knox-Johnston emerge from within the clients of CCA!

Encounter

A poem by Tina Smart

I saw Mike today.

The sky was ice blue, a beautiful sunny day, and it was freezing cold.

Mike is an alcoholic and lives on the street.

He is old, a sweet-tempered guy.

“A lovely day, isn’t it,” I cliched and was annoyed with myself.

Mike was shivering.

“They stole my sleeping bag.”

It was the second time in two weeks.

“Where are your gloves and your scarf?” I asked.

“I lost them somewhere.”

In amongst matted hair and a felt-like beard I saw a vulnerability, like a child’s, and it took my breath away.

I took off my gloves and pushed them over his ice-cold tobacco-stained hands.

“Thank you, darling,” Mike said.

“Take care,” I said and walked off.

Interview Martin Territ

CCA Substance Misuse and Triage Worker

The problem is to decide if the cry for help is just a daily crisis brought on by lack of money for substances



Martin Territ has been working for CCA for four years, first as a Project Worker, now as a Substance Misuse and Triage Worker.

The wikipedia definition for triage is a “system of sorting patients according to need when resources are insufficient for all to be treated”. Martin is the medium between clients and resources.

Clients, who seek help with their drug or alcohol problem, make an appointment to see Martin. He helps with information, directs them to

the right institution and arranges for them to be seen by professionals.

“The problem is to decide if the cry for help is just a daily crisis brought on by lack of money for substances, or if the client really wants to change his life style and come off drugs or alcohol.”

But how can he tell?

Martin himself looks back on a long life of alcohol and drug abuse and imprisonment from which he has completely come clean. However, these experiences are extremely valuable, when assessing and helping the clients.

Martin works closely with the doctor, who comes to see clients at the Glassworks twice a week. Martin’s work also involves out-reach, which means meeting clients who have been temporarily banned from the day centre at regular times in the city, or homeless people who do not yet use the facilities of the centre. Martin also visits clients in CCA properties.

“The best thing about my job is to be able to give something to people who have nothing. Here at Glassworks they can have food, hot coffee, a shower – especially in winter it is great to see them warm up and feel a bit better.”

Christmas At The Glassworks

By Christina Perkins



Christina Perkins is a trainee social worker and helped out with Christmas festivities at the Old Glassworks

“Christmas day at the Old Glass Works was very enjoyable, everyone was in good spirits. Volunteers were enthusiastic and produced a lovely traditional Christmas dinner. Everyone sat together for lunch



and I felt there was a real sense of belonging in both staff and clients. Punch was served whilst a volunteer played the keyboard to the clients that sang along, there was even dancing. I dressed up as Rudolph with other members of staff who were also in festive costumes and this added to the fun. A good time was had by all.”

CCA To Change Its Name

In these ever more competitive times we are looking at re-branding so that our name and logo better reflects the work that we do.

We are not going to change the ethos of what

we do or the framework of how we do it. We are committed to continuing to provide all the core services we are looking to re-brand in a way that better reflects the work that we do.

What We Do - Sands



Sands is CCA's 6-months-residential program for people with a variety of needs stemming from their substance misuse. It is located in the centre of Bognor in a refurbished house over three floors, each floor marking an achievement in the clients' battle into a drug OR alcohol-free life.

Chris Green is Sands Project Manager, with more than ten years experience in social care: "While we are allowed to accept drug addicts to detox in our house, alcoholics are only admitted if they have de-toxed externally. Detoxing

from Alcohol is dangerous and can be fatal for the body - the medication given is irregular and according to the patient's need. We would need nurses twenty-four-hours to supervise the intake of medication, but we don't have enough funds to do this."

Clients interested in a place at SANDS attend an assessment with Chris and are placed on the waiting list. "During the Summer months there are only about four people on the waiting list, but in winter there are usually twenty." Chris says. The cold weather is a great incentive for homeless people to address their problems".

The list has to be re-viewed from time to time and urgency of need plays an important role in prioritizing this list.

After his admission, the client moves into a bedroom on the ground floor. For the first ten days he or she is not allowed to leave the house.

After completing this period successfully, the client moves from the ground floor to the first floor, which contains five bedrooms and communal toilets and shower room. He receives level one support, which includes drug detox/stabilization and post alcohol detox. He is expected to stay here for 6-12 weeks with a degree of flexibility.

After completing this phase the client moves up to the second floor, where he finds en-suite bedrooms and a private lounge. He then receives a different kind of support which provides maintaining abstinence support and preparation for moving, which could be in the form of counselling, search for accommodation, help with the schooling or further education. After three months the client is ready to move on.

SANDS has a success rate of 85%.

Profile: Sylvie Johnston – Director of Operational Services



Sylvie has been working with CCA for 6 years. Prior to starting with us as a part time volunteer coordinator, Sylvie was a teacher at Chichester College.

Sylvie's main responsibilities are ensuring the managers are given the resources they need to run their projects to the best of their abilities.

"My job is to facilitate this process by developing individual skills and by providing the appropriate support" she says

Her own personal ambitions for CCA are for us to have projects which provide sustainable funds which help make us more independent and self-sufficient. In the pipeline is one such

project which will involve clients refurbishing furniture that people no longer want and then selling it at fair prices to people who need it the most.

Sylvie says "The best thing about working with CCA is to be part of a dedicated team of people who make homeless, vulnerable and often desperate people feel that they have come home. Even though the demands of the job are often overwhelming I know that in a small way we can make a difference."

It's a Knockout



We were delighted to raise in excess of £1700 at a recent 'It's A Knockout' event in Oaklands Park, Chichester.

Despite 'It's A Knockout' being

synonymous with water, the event was originally planned for June but was rained off!

Whilst those competing in the Youth Challenge were too young to remember the original Stuart Hall event, everyone taking part thoroughly enjoyed themselves, especially the wet ones! The Challenge was won by the Aikido Circle who walked away with £200 prize money for their club.

Competition T shirts were kindly supplied by Game, Set and Match.

The afternoon Companies Cup – in its second year and hotly challenged – was won by a team from Barclays Bank, closely followed by the CCA's own team kindly sponsored by Thomas Eggar.

Congratulations to everybody involved.

Are you homeless or would you like to donate to us or do some voluntary work for us?

If so please contact Bianca or Martin on 01243 537934 or email admin.cca@stonepillow.org.uk