

# stonepillow

Helping homeless people

***“It is not the strongest of the species that survives, Nor is it the most intelligent. It is the one that is the most adaptable to change”***

Charles Darwin



## Christmas 2011

**STONEPILLOW** WINTER NEWSLETTER

### Merry Christmas | From all at Stonepillow

**Christmas is a time when most of us celebrate, eat too much, spend too much and pray that crazy Aunt Nancy has one too many sherries and makes a fool of herself. However, for the most vulnerable in our community, the rough sleepers, it can be a time of depression, hunger and illness.**

You may be saying that for rough sleepers these are common issues year round-and that's right. But at a time of year when it's freezing cold and people are surrounded by images of families, food & drink it can be even tougher.

Our services are at their busiest at this time. Our existing clients flock into us for warmth, shelter and support to manage the physical and mental hardships this season can bring. There are also

'new clients'. Those who are the victims of the stress of the season, those whose mental health issues cannot be self managed, those who are too much in debt to keep a roof over their heads and those who cannot control their alcohol/drug use.

The continuing support given to Stonepillow and most importantly our clients ensures that our services are open and staffed every day of the year. It ensures in our recovery centres that clients are given the right support to stay 'clean' at a time when temptation is all around. It ensures that people stay safe and, most importantly, starts them on their own recovery journey - securing their positive contribution to the community.

Why not visit [www.stonepillow.org.uk](http://www.stonepillow.org.uk) to find out more about Restore



## From our CE Sylvie Johnston

**Our vision remains for Stonepillow to be a vital link to enable ROUGH SLEEPERS and vulnerable HOMELESS people to recover and change their way of life.**

**We currently have 4 strategic aims to guide our work.**

1. To engage more effectively with rough sleepers
2. To offer wider recovery options
3. To prevent homelessness
4. To maintain a long-term sustainable income stream for our services

In 2010 the government announced to local authorities that their budgets would be cut from 2011/12; but it urged them to protect services for the most vulnerable.

Homeless grant (the national budget to tackle homelessness) was not cut and overall supporting people funding was kept mostly intact with a 12% reduction over 4 years.

However, this funding would not be ring-fenced any more, which means effectively that homelessness services such as STONEPILLOW which largely depend on government funding to provide their services are at risk of reduced funds.

Our strategy therefore this year has been to become 'fit for purpose' in order not only to compete effectively for funding by offering 'value for money' but still to be able to fulfill our vision.

We have been successful in securing a grant of £222,825 from the Home and Community Agency and additional funding from Chichester District Council to refurbish the St Joseph's and provide a more effective supported housing service, to enable homeless people to take responsibility for their own recovery as soon as they come off the streets through to independence.

As a result of the economic climate, Trusts' fundraising and general donations have been down which is why WE NEED your support more than ever before. With YOUR HELP frontline services such as STONEPILLOW who respond to multiple needs can make positive changes happen for our community; getting it right reduces crime, drug related harm and rough sleeping; it supports community cohesion, responsible citizenship, better mental health and economic prosperity.

**Without our intervention and your support, our community will suffer the negative effects of people feeling excluded and outcast.**

## CreativeSide

A poem by one of our clients, Kevin Muncy who has completed the Sands Project.

### **Why did we come here?**

**We came here to free ourselves from our past and to change the way we feel and think without drugs or drink. To achieve our goals we must learn to see ourselves as others see us. It is easier to change ourselves than it is to change the world.**

**So with trust, honesty and respect, we will not use our past as a sofa to lie back on, but as a springboard to our future. Alone we had a ray of hope, together we have sunshine. For today is the first day for the rest of our lives.**

### **What you see here**

### **What you hear here**

### **When you leave here**

### **Carry it will you**

### **You will need it.**

Kevin Muncy  
Completed Sands programme

**For more information about fundraising email** [admin@stonepillow.org.uk](mailto:admin@stonepillow.org.uk)

## Project Updates | **The latest from Stonepillow projects**

---

### **St Joseph's Night Shelter**

From April to October 2011 there were 2982 beds available at St Josephs which 2418 were occupied. We have secured £222,825 to refurbish our night shelter, St Joseph's and one of our Move-On Properties. Our strategy is to better engage with rough sleepers and to support vulnerable people as they move towards a more stable lifestyle and independence. This funding will help improve our very old-fashioned and dated night shelter from dormitory accommodation to single units where homeless people can regain their self esteem and self confidence to start their recovery journey.

This is a vital investment to help ensure that Chichester continues to provide emergency accommodation and support for the improvement of homeless people's chances and their re-integration in their community.

### **Sands**

From April to October 2011 23 Clients moved in and 11 Clients planned to move on. The Sands project is continuing to support people in recovery from addiction. Since September, eight Sands residents have begun volunteering at Stonepillow's Restore, where they can be involved with the work Restore does.

### **Young Peoples Project**

We have had some very encouraging results from college this year which puts the students in good stead for the future. We are sad to say goodbye to Project Manager Lisa Dawkins who has done an excellent job through her passion & dedication for young vulnerable people. Lisa, you'll be sadly missed. Welcome to the new Project Manager Lesley Sibley starting just before Christmas and taking the project forward in 2012

### **Old Glassworks Day Centre**

From April to October 2011 The Old Glassworks had 5417 visits from 218 registered & transient clients. The team have been working very well under the current restructuring of services and closure of St Martins Day Centre, Bognor Regis. There are many positive activities running currently. They hope, along with all these leisure activities, to be able to hold classes revolving around lifeskills and individual development (to change weekly with clients choosing subject material).

### **Stonepillow Restore Terminus Road**

The Restore Project is settling in well into its new sales showroom at Unit 3, Plot 27 Terminus Road- Right opposite the Shippams Factory. The sales showroom is now open late till 8pm on Thursdays and from 11am to 4pm on Saturdays. We willingly accept donations of all types of furniture. We are always looking for skilled community volunteers such as carpenters, electricians and painters or decorators so please contact us if you have any of these skills.



## Fundraising | Past and future events



### Local residents 'roughing it' for Stonepillow's BIG Sleep Out.

Stonepillow's Big Sleep Out took place at Chichester Cathedral on Saturday 29th October and over 100 people took part. The Big Sleep Out aimed to raise funds and awareness for vulnerable people in Chichester, Bognor & Littlehampton.

Supporters braved the autumn temperatures and rain; so far the Big Sleep Out has raised £9399.43 and still has sponsorship money to come. Most of our sleepers slept rough for one night with the promise of a comfy sofa and warm meal in the morning but local homeless people have a totally different experience knowing that the next day they face more challenges and tough choices. Through the money we raised from events like The Big Sleep Out we can ensure that vulnerable people in our community have a safer choice.

### Shaken or stirred?

We had more than 90 fundraisers dust off their dinner jackets, posh frocks and jewels to join us for an evening of fine food, live music, charity auction & casino to help raise money for Stonepillow.

The James Bond themed event took place on Friday 21st October at Hilton Avisford Park Hotel near Arundel. The evening was very enjoyable and we raised approximately £2000 for Stonepillow. Guests participated in an auction where Daniel Craig himself donated a signed Quantum of Solace stunt crew jacket to help raise money for our Charity. We would like to say a big Thank You to the Chichester Chamber of Commerce for selecting Stonepillow as their charity, and all the businesses and diners that came along to help raise money for local vulnerable people.



### Stonepillow receives £1133.00 as part of a Brewery small community grant scheme.

The Hall and Woodhouse Brewers presented charities and organisations across the county a share of £15,000, at the Hall and Woodhouse Community Chest Awards on Thursday 22 September, of which Stonepillow accepted £1133 to renew Kitchen appliances for our Young People's Project & Sands Recovery Project.

Community Fundraiser Dawn Ingram and Chief Executive Sylvie Johnston attended the ceremony to receive the cheque. We were delighted to see a brewery supporting Stonepillow and our services as some of our most vulnerable clients have alcohol misuse issues.



To become a volunteer call (01243) 537934

## ClientActivities

### Meet Lola & Danielle

Danielle and Lola arrived at The Sands Recovery Project at the same time following years of substance misuse and mental health problems.

They were given the opportunity to volunteer at Restore and both agreed they would like to give something back to the charity that has helped them so much.

Danielle & Lola explain, "Recovery is about discovering who you are, rebuilding your self-esteem and confidence. At Restore we were given the chance to do this. We are both artistic people that want to learn new skills. We were given furniture to sand and decorate with designs of our choice that reflected our creative personalities. We found the whole process extremely rewarding and enjoyed the positive feedback we received. Someone even bought one of our desks!

At Restore we can get used to being in a workplace, meet new, healthy individuals and produce something we can be proud of. The environment is safe and friendly and we both feel that being volunteers for Stonepillow has been a great support in our recovery."

## Social Enterprise | Restore Project

The Restore Project currently has up to 7 trainees on a daily basis, and they all participate in multiple roles bringing their diverse skills and experiences with them. The current roles in which our trainees work are; Administration, Graphic Design, Warehouse Operative, Furniture Restoration, Drivers Assistants, Workshop Assistants and Electronic Portable Appliance Testers. Our trainees are referred to us from third party organisations such as Social Services, Job Centre Plus, Housing Trusts and Associations, Probation Services, Colleges and often within other Stonepillow Projects.

Four SANDS residents have been regularly present at the project for the past 10 weeks or so. This has shown a much positive outlook on their recovery process and the feedback they have been given about their activities in the project has been very positive indeed. Two of the SANDS residents have been working really hard in the workshop on designing and painting a piece of furniture donated by the Chichester University. This piece of furniture is one of many pieces that looked very plain and boring and after a quick sanding down, a complete recoat of paint and many hours of specialist artistic and design influenced hard work, the piece is now a centre piece emblazoned with the Union Flag and the flags of the 4 UK nations. This piece of furniture has had rave reviews by our customers and has given the other trainees in the project a boost to go and do similar things to other pieces.

Another trainee has recently had great feedback from a customer after making a piece of furniture look 'distressed'. This is a popular method for making new furniture pieces look older and in the brackets of the popular 'shabby chic' style. This has proven to be an easy way to get the best out of a piece of furniture which has maybe run its course and seen as a bit outdated.

The Restore Project is also proud to congratulate 2 of our trainees who have sourced full time employment with the assistance of the project staff and we wish them all the very best of luck in their new roles. The staff will continue to provide a level of Post Employment Support to them if required.

### Clients help at St Joseph's

I would like to say a huge thank you to clients, from the Sands Recovery Project and move on accommodation, who have helped with donations at St Joseph's. Clients have volunteered every week to help sort through donated food, clothes, bedding, toiletries, stacking shelves, filling boxes and clothing bags. The support they have shown has helped us greatly with the day to day running of the night shelter and our other projects.

To find out about corporate sponsorship email [admin@stonepillow.org.uk](mailto:admin@stonepillow.org.uk)

## Stonepillow | and the local community

### School celebration reaches out to local community

Bedales students spent a packed weekend of ambitious activities and volunteering including gardening, cleaning and painting for a local school and Stonepillow to celebrate the founding of their school. The programme exemplified the school's motto 'Work of Each for Weal of All', introduced by the founder John Badley.

The students travelled to Littlehampton to help with the young people's project and helped transform the hostel's garden, and clean and paint rooms to provide a better environment for the young residents. Keith Budge, Headmaster Bedales Schools says: "This year we built on our strong traditions and branched out into new areas. I am most impressed with how much can be achieved over one weekend when the Bedales community comes together in such a variety of ways that makes not just the school community stronger but helps others elsewhere so tangibly too."

### A huge thank you to all Schools, Colleges and Churches that have supported Stonepillow with their Harvest Festival donations

Harvest Festival is a vital time at Stonepillow; we are reliant on the generosity of local Schools and Churches who support us by donating their Harvest Festival collections. Each year Stonepillow provides over a 100,000 cups of tea and over 30,000 hot meals throughout its services, are cooked by volunteers with ingredients donated by our community and supporters.. We would like to say a big thank you to all our volunteers that came in to help with organizing all our harvest donations in our garage at St Josephs. Graffham parishioners added a new dimension to their harvest celebrations this year with "CRUMBLETHON". In a year with a bumper crop of apples, most of which would otherwise go to waste, the village has converted some of its apple mountain to more than 40 apple crumbles for St Joseph's Night Refuge for the homeless at Hunston.

### Walberton students trying to make a difference for the homeless

After a school talk by Community Fundraiser Dawn Ingram at Walberton & Binsted C of E School, a couple of students felt the need to make a difference & help local homeless people. One student sold old toy in order to raise £13 for Stonepillow, which is a great effort & contribution. Another student took a slightly different approach. After school he went home to Mum & Dad & couldn't stop talking about what he had learnt about Stonepillow and how he wanted to help those sleeping rough. After many discussions with his parents he decided to write to David Cameron and make some biscuits for the clients accessing St Joseph's. Since then he has made a second batch and visited the shelter twice. He is a really positive role model to young people and adults on how everyone can make a difference. In the past few months we have seen an increase in young people want to help, holding such things as toy sales. Stonepillow and the homeless clients would like to thank all those who have supported our projects and wanted to contribute in a way possible to them.

If you would like to become one of our corporate sponsors & advertise in this space call 01243 537934

