

The Wellspring



REGISTERED CHARITY
No. 1088776

A PLACE FOR CHANGE



These days, everything seems to change very quickly. Many people can easily adapt to change, appearing to take it all in their stride. Some people have just about been managing with things the way they were, when suddenly they're expected to live by a whole new set of expectations, almost overnight. Others suddenly find themselves placed in a totally unfamiliar situation due to unexpected changes in their circumstances. The people who are unable to easily cope with these changes need some help and guidance. In these times of economic uncertainty, few job vacancies and cost-cutting, it's not always easy to find somewhere to turn to for that help. This is where The Wellspring comes into its own.

The Wellspring has seen plenty of changes since starting life in an old sea-scout hut on Fletcher Street in Stockport in 1991. In 2009, we moved to our new home on Harvey Street, still in the centre of Stockport and at the heart of the local community, where we have always been most needed. Now operating out of a purpose built resource centre, The Wellspring opens every day of the year to help people in the Stockport area. The needs of the people who visit the centre vary from simple ones, such as finding a hot meal, companionship, a hot shower or clothes, to more complicated needs, such as addressing problems like addiction, unemployment, homelessness, health or educational requirements.



The Wellspring is there to help. As trust develops between a visitor and the centre's staff and volunteers, they can work together to help visitors identify their goals and begin to take control of and improve their lives.

Teams of volunteers produce and serve meals every day to around 120 visitors. The centre opens its doors throughout the day, providing access to a friendly face and a chat over a cup of tea. A lot of the Wellspring's work with a visitor starts by building bridges with them, allowing the centre's staff to assess their short and long-term needs and decide how to get the most appropriate help for them. This may include access to training, medical treatment and/or referrals, help with completing forms and CVs, contacting relevant housing organisations and social services, amongst others.



**THE FRIENDLY
FACE OF A
VOLUNTEER**

With support from Wellspring staff and volunteers, visitors are helped and encouraged to increase their health, well-being, skills and motivation, enabling them to take on more active and fulfilling roles in society. As their sense of belonging to the Wellspring community grows, visitors may help with the running and maintenance of the centre. This empowerment and inclusion is a great way to expand and boost a visitor's experience and confidence, increasing their chances of finding employment and the right place for themselves in the local community.



**WELLSPRING
WAREHOUSE**

We receive no funding from the council or government. The centre relies on the local community. Every September, schools, churches, businesses and other organisations collect mainly tinned and dried food for The Wellspring. This, together with regular donations of perishable foodstuffs, forms the basis of meals served at the centre. Applications for private funding are regularly made, but we all know that less money is available and more organisations are struggling to find funds. The centre is largely dependent on donations from individuals and businesses. We also have an energetic fund-raising team who organise events to generate income to help run the centre.

How can you help?

Become a volunteer – many people have skills which are needed at The Wellspring – helping at events, public speaking, food preparation/serving, trades/DIY, ICT, domestic maintenance, life skills, literacy & numeracy, assistance with CV/form completion, companionship, awareness-raising and much more. Email: volunteer@thewellspring.co.uk

How can you donate?

Become a member of our **365** club – The Wellspring costs in the region of **£365** a day to provide its services. You can mark a memorable occasion for yourself, or on behalf of an organisation, by sponsoring us for one day's running costs – please see the enclosed **365** leaflet or contact us for a copy.

You could raise funds at your place of work, church, school or other organisation – talk to us about your ideas, or ask for a Wellspring speaker to come and give you a talk.

For other ways to donate, please contact The Wellspring, or visit our website.

How can you find out more?

Tel: 0161 477 6344

Email: thewellspring@btconnect.com

Web: www.thewellspring.co.uk

Post: The Wellspring, PO Box 456, Harvey Street, Stockport, SK1 1WZ



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