



**STEVENAGE HAVEN**

Shelter & Support for Single Homeless People

# Supporters' Newsletter

## Issue 12 - summer 2011

Inside this issue: Snowdonia Trip,  
Resident story, Volunteers and Supporters,  
London Marathon and staff training updates.

### Attention all swimmers!

The Stevenage and District Charities Annual Sponsored Swim is taking place this year on Sunday 9th October between 2pm and 4.30pm.

#### **Stevenage Haven needs swimmers and sponsors!**

Please contact us if you would like an afternoon swim to raise money for us, or to sponsor a swimmer if you are not able to swim.

As this newsletter reaches you we will have just about picked ourselves up and dusted ourselves down from enduring a year of uncertainty regarding the government's efforts to reduce the national deficit. We, like many other providers, have received cuts which has obviously caused us casualties. In this respect it was with regret that Mike Nash had to leave Stevenage Haven after 6.5 years of extremely loyal and committed service and I would like to take this opportunity in thanking him for all that he contributed to Stevenage Haven. Mike now has his own IT Consultancy and can be contacted on 07534 965420, email: info@mnash.co.uk

You will see throughout the newsletter various activities that are occurring during the next few months, not least our **AGM** which will be held on Wednesday 5<sup>th</sup> October at the Holy Trinity Church, High Street, Old Town Stevenage, from 12.30pm-2.30pm – all are welcome to attend.

Lastly, without wishing to repeat the news contained in this newsletter, I do need to express my sincere congratulations to all staff who have achieved the various NVQ Level 3s recently.

Barbara Howard, Project Director



## Sleepout 2011

Stevenage Haven is excited to be one of the homelessness charities taking part in the annual sponsored Sleepout event at St. Albans Abbey this year, from 9pm Friday 2nd December.

**We are looking for individuals or groups of people to join us in sleeping out for the night and raise much needed money from sponsorship.** If you are not able to take part on the night, you can still help out by sponsoring one of our 'rough sleepers'.



This has been a very successful fundraising activity for us in the past, with our supporters raising over £13,000 in sponsorship at the 2006 and 2007 events. Please contact the Haven for more information.



## A fresh start...

You may have seen our Residents' Stories booklet, which we update with new stories that come our way. This is a small extract from Rob's Story, one of the latest stories to be added:

*"I came to The Haven as a broken empty shell, having lost my home, my job, my girlfriend of 8 years, my daughter, my family & friends. Alcohol & Drugs had stripped me of every last sense of worth I owned and left me riddled with fear, guilt, confusion & frightening consequences of my using. In a desperate attempt to seek help.*

*I was seven stone wet when I walked in & thanks to Frankie's insistence of fresh hearty home cooked food, I soon started to fill out! The staff made my time here extremely worthwhile. Ten months is a long time to live in other people's space & I will be extremely grateful for the help that I received. I was able to structure my life & realise solutions to the new challenges & issues that I now faced. Key workers, support staff & management all allowed me to work out how I could deal with my future & encouraged me to use the facilities at the Haven to my best advantage. I embarked on a college course which was fully supported by The Haven. I was offered books, paper & materials as well as the privacy of one of the counselling sheds to conduct my 'homework.'*



*Today, I live in my own flat, which has become my own Haven and I see my daughter at least every two weeks. I have just finished an introduction to counselling & I am hoping to study a master's degree at the University of Hertfordshire in September."*

Rob's full story, plus many others can be found in our Residents' Stories booklet.

## Snowdonia Trip

In early September, a group of 14 staff and residents will be travelling to Snowdonia in Wales. The camping trip will last 5 days and involve various outdoors activities, including the famous climb up Snowdon, the highest mountain in Wales!

This challenging trip will teach and develop team-building skills, but it will also help our clients to gain individual survival skills and promote achievement and self development. We hope that the successful completion of the challenge to climb Snowdon will give a welcome boost to everyone's self-esteem and confidence.

We hope to give a full report of the trip later this year in our Annual Review.

## Well done!

Our Finance Officer, Ron Cohen, completed his 7th London Marathon this year and raised over £1,200 for charity! We are extremely grateful to Ron for sharing the money he raised between Stevenage Haven and the Ron Pickering Memorial Fund.

We would also like to congratulate Ron on receiving the Lifetime Achievement Award at the Comet Country Awards Evening, earlier this year.

Well done also to everyone who took part in the **Race for Life** this year and raised money for Cancer Research UK.



## Volunteering at Stevenage Haven

Catherine has been a volunteer for approximately six months and helps to run the



weekly arts and crafts sessions. Past activities have included stage props for the Variety Show, painting stones and flower pots, furniture restoration and a mobile for the lounge window (pictured left). Catherine has been involved with arts and crafts clubs in schools for over 10 years and enjoys the challenge of working with older people. Her latest project with the residents is a wall mural in the conservatory



(right). We will have a photograph of the finished mural in the next newsletter. Catherine would like to introduce spinning and weaving at future sessions and would also like to create a sculpture for the garden.

## Visit to St. Edmunds

We were recently invited to St. Edmund's College in Ware to talk about the work of Stevenage Haven. Frankie, our Project Manager, went along and told the pupils of how the Haven first started and about how it has changed over the years to be able to offer the support and services it does today. Frankie really enjoyed talking to the pupils and teachers and was surprised to be invited back and be presented with a donation to Stevenage Haven of over £2000! We would like to say a big thank you to everyone at St. Edmund's for such a generous donation towards the work Stevenage Haven does to enable clients of the hostel to gain different skills and support to move on to independent living.



***Did you know.....  
a donation of £40 will  
provide someone with a  
Haven starter pack for  
their new home.***

***A typical pack includes:***

- ***Toaster***
- ***Kettle***
- ***Iron***
- ***Cleaning products***
- ***Non-perishable food***

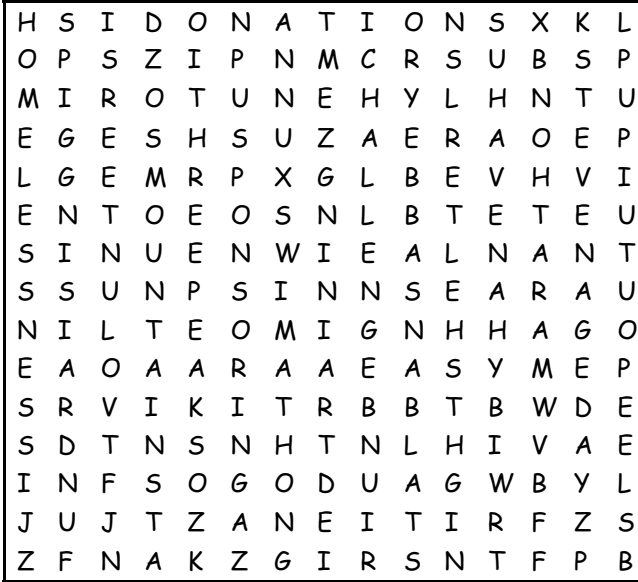
**Charity Pub Crawl:** Thank you to Katy Berry and friends who recently chose Stevenage Haven as their nominated charity and collected over £200 on their annual bank holiday weekend pub crawl!

**MP Visit:** We received a visit from Stephen McPartland MP in homelessness awareness action week (June 27 – 3 July), organised by St Mungo's. Stephen spoke about some of the Government's initiatives that are being put forward to help homeless people play a full role in society, particularly ensuring they have secure homes and good health so they can progress towards stable jobs.

**Stevenage Day 2011:** Maggie's tombola stalls raised almost £300 at Stevenage Day in June. Thank you Maggie for organising the tombola and to everyone else who helped.

**Just for fun...**

Take a break to try our wordsearch which features words from articles in this issue.



- HAVEN
- HOMELESSNESS
- SLEEPOUT
- FUNDRAISING
- THREE PEAKS
- CHALLENGE
- MOUNTAINS
- SWIMATHON
- DONATIONS
- VOLUNTEERS
- ST ALBANS ABBEY
- NIGHTSHELTER
- STEVENAGE DAY
- SPONSORING
- MARATHON
- TRAINING

**NVQ Achievements:** Thank you to Sandra from Education & Youth Services Ltd for the support she has given to Stevenage Haven staff members in working through their NVQ Level 3s. Front line staff have now gained an NVQ Level 3 in Health and Social Care, two members of staff have gained NVQ level 3 in Business and Admin, whilst a member of the management team is currently working towards NVQ level 4 in Management and Leadership Skills. Well done to all!



Contact **Giveacar** to turn your unwanted car into money for Stevenage Haven

**There are many other ways you can get involved and keep up to date with Stevenage Haven. Visit [www.stevenagehaven.org.uk](http://www.stevenagehaven.org.uk) for information.**

The Haven will be opening its doors again this year by providing emergency accommodation during severe weather conditions for local rough sleepers. In partnership with Stevenage Borough Council this facility will be in operation this year from November through to early March 2012. In addition to the above, both the Sanctuary and Stevenage Haven will be providing the same emergency accommodation service in Hitchin working in partnership with North Herts District Council. Further details will be made available in due course by both Local Authorities via their websites and local media.



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