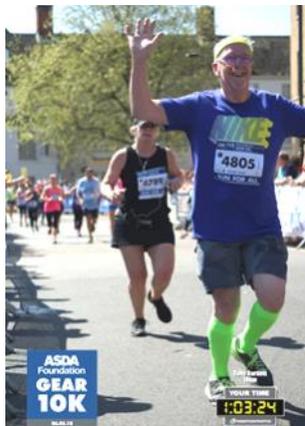


## Running for Purfleet pays dividends



The Purfleet Trust was well represented in this year's **GEAR** (Grand East Anglian Run) which took place on 6th May. Not only did 13 Purfleet supporters take part, but we also had a stall selling cakes.

Pictured left is Tony Bartlett who raised a magnificent £700 plus in sponsorship.



In one of his last events as Deputy Mayor, stalwart Jim Moriarty also took a turn on the stand, having already done the run in full regalia.

### Mark's story

I came to Purfleet Trust due to a relationship breakdown, I wasn't able to get help from anywhere else. I had a drinking problem and was feeling very low, I started attending NRP (now CGL - Change, Grow Live), Purfleet also allowed me to volunteer in the daycentre in the kitchen. Through this, I met up with friends I have not seen for years.

I also had debts, and Purfleet Trust helped me address this, they contacted an organisation that helped me contact the people I owed money to and make arrangements to pay in an affordable way. After a few months I got offered a room in one of Purfleet Trust's training houses, I was really happy, and relieved to have my own room. I had to learn how to be independent, but also live with new people in a shared house, this was difficult at first as I suffer

from anxiety and depression. I attended all training courses that were offered to me by the Purfleet Trust, and my Independent Living Coach Mandy Marson helped and supported me a lot ensuring I attended all my appointments that were made for me, she supported me with GP appointments and NRP appointments and went to meetings with me, she also helped me with all written documentation. I worked hard, paid my rent on time and regular, attended all meetings, I felt after 11 months of being in the training house I was ready to move onto independent living. I now have my own flat, and I am very, very happy. It is the first time in my life that I have a property that is mine. Purfleet Trust is very helpful, the staff are friendly and will go out of their way to help you.

## Meet the Housing Team



Peter, Kathy, Jelena and Mandy

These are the people who help our clients find suitable accommodation and support them as they move on.

Pictured below are four clients who have recently moved into the newest of our houses in Queen Mary Road and are clearly very relaxed in their new home!



And on the left is one client's story which illustrates how well it all works.

## Buy early for Christmas!

Christmas may still be several months away, but calendars by Paul Macro are already on sale and selling fast. Paul donates £2 from every calendar sold to selected charities, including the Purfleet Trust. There are many designs to choose from - the picture below is only one example. To find out more, visit <http://paulmacrolandscapes.com/product-category/norfolk-calendars/>.



## Francis introduces fine Dining at Purfleet



I am Francis the Kitchen Team Leader at the Purfleet Trust, and I was brought in to ensure that all the food generously donated by the food partners is used in the best way possible to provide valuable nutrition for our clients. Six weeks into the job we have produced some wonderful recipes from donated food to feed vulnerable and homeless people. This is food donated by local supermarkets that would otherwise have ended up being wasted. It is certainly an exciting challenge to produce nutritious meals without a shopping list! Everyday is like Ready Steady Cook, with an array of ingredients coming in on a daily basis that has to be either cooked, prepared for freezing or for preserving.

I am so lucky to work with an amazing and very capable team of volunteers, and we have produced a variety of meals that have been very well received by the clients of the Purfleet Trust and on many occasions they are getting a three course meal and we can supply food parcels. We have a Roast Dinner every Thursday, but we have given them Goulash, Frittatas, Quiches, Curries and we make soups out of ingredients that are approaching their best before date. But for this newsletter I have given the recipe for Beef Goulash which is a firm favourite and made using goods that would otherwise be put out as waste by shops.

### Hungarian Beef Goulash

#### Ingredients

2 tbsp Olive oil  
700g stewing steak, cut into chunks  
30g plain flour  
1 large Onion, thinly sliced  
2 clove Garlic, finely chopped  
1 green pepper, deseeded and thinly sliced  
1 red pepper, deseeded and thinly sliced  
2 tbsp tomato puree  
2 tbsp Paprika  
2 large Tomatoes, diced  
300ml beef stock, home-made or shop-bought  
2 tbsp flat leaf Parsley, chopped  
black pepper  
150ml Soured cream



#### Method

1. Preheat the oven to 170C/gas 3.
2. Heat 1 tablespoon of olive oil in a casserole dish or heavy-based saucepan.
3. Sprinkle the steak with the flour and brown well, in batches, in the hot casserole dish. Set the browned meat aside.
4. Add in the remaining olive oil. Add in the onion, garlic, green pepper and red pepper to the casserole dish and fry until softened, around 5 minutes.
5. Return the beef to the pan with the tomato puree and paprika. Cook, stirring, for 2 minutes.
6. Add in the tomatoes, white wine and beef stock. Cover and bake in the oven for 1 hour 30 minutes. Alternatively, cover and cook it on the hob on a gentle heat for about an hour, removing the lid after 45 minutes.
7. Sprinkle over the parsley and season well with salt and freshly ground pepper. Stir in the soured cream and serve.

### Stacey gets a trim

Boldero and Filby salon in St James Street have generously offered their services to cut people's hair for free for interviews or just to help them feel more confident. Stacey was the first client to try out this service. She is pictured below with stylist Terry Boldero and after some initial apprehension was delighted with the result. Best of all for Stacey was being treated like any other client. "It really boosted my confidence and gave me a feeling of self-worth", she said. And being smiled at by a stranger on her way out was the icing on the cake.



### Marvellous mattresses

We are very grateful to Leesa mattresses for making the Purfleet Trust the first charity in East Anglia to benefit from its One-Ten programme. The company donates one in ten of every mattress it sells to selected charities serving homeless and at risk people of all ages and has just donated 30 memory foam mattresses to the Trust for use in our training houses. Apart from their comfort, these mattresses are particularly good because they pack down into a box making them easy to store.



### Look out for this card in a restaurant near you!

The Eat Right & Sleep Tight Initiative was started in conjunction with, and with sponsorship from, the Trinity Rotary Club of King's Lynn. The aim is to raise money to help people in our community who are homeless to overcome the difficulties they face day to day. Local restaurants who have signed up for this scheme will display this card inviting their guests to voluntarily add another £1 to their bill towards the work of the Purfleet Trust.





## Learn 2 Earn with Lucy

Lucy Shaw (pictured left) is a very busy lady. Not only does she run the Health and Wellbeing Centre at the Trust, but she is also an employability coach, who has managed to help many of our clients overcome barriers to finding work. Lucy strongly believes that everyone has skills and abilities although they sometimes need help to recognise this. Clients anxious to find work can enrol on the Trust's **Learn2Earn** programme, run by Lucy. By working through their CVs she is able to show people that they do have many key skills, such as timekeeping, communication and self-reliance, which they may not have regarded as being important. She also helps clients write covering letters to go with their applications and gives them interview practice, which all helps to boost confidence and self-esteem.

**Construction courses** One major barrier for anyone wishing to find work in the construction industry has been the need to hold a CSCS card. This means attending a course, which most unemployed people are unable to afford. Through Qube Learning Lucy was able to put on a free course at the Trust, enabling 8 clients to obtain a green CSCS card lasting five years and thus apply for jobs in the construction industry. The first course was so successful that a second one has already been run. And some clients wishing to find work in shops have also had an opportunity to attend a retail course run on a similar basis.

Through working with the Job Centre as well as a number of recruitment agencies and the Shaw Trust, Lucy has been able to help 49 people into work and another 97 on their way to finding employment. Monica's story below is just one example of someone for whom Lucy's support has transformed their life.

### Into work with Lucy's help: Monica's story

"I came to Purfleet because I was at risk from eviction. I had a job in a factory in King's Lynn. When I started there the hours were really good, for 2 months I had a regular wage, but then they had started to drop my hours as they were going through their slow season. I was working about 12 hours a week. I have rent to pay, bills to pay and am struggling with debt. My Landlord has been kind to me as he knew I was working all that I possibly could. I was introduced to Lucy and she completely re did my CV. I attended two interview workshops and this helped me not to worry so much about the questions that I would be asked, I have bad anxiety and worry about interviews before I even apply for jobs.

I am a bit scared of computers and technology, but she was very patient with me while I got used to it, talked me through how to write cover letters, and helped me search for jobs. We met twice a week to apply for work. We went to PMP recruitment, to register with them. It was all done on their laptops. Lucy came with me and helped me read through and fill out the paperwork on the computers. I filled in an application to work at the Del Monte factory in Wisbech, I had an interview and was told I was to start the following week. I am now working 4 days on and 4 days off, 12 hours a day. This is exactly what I wanted. I have now made a repayment plan with my landlord and can now stop stressing about my debts. This has made such a difference, I was so close to losing everything. My partner is thrilled and I can also now turn on a computer without it terrifying me. "

**Health and Wellbeing Centre activities** Lucy's activities as an employability coach dovetail with her management of the Health and Wellbeing Centre, as she is constantly looking for ways of engaging clients in meaningful activities to boost their motivation and add to their skills. She is very grateful to all the volunteers who contribute in any way, from help with reading and writing to balloon modelling.

**New Counselling Service** Lucy is also delighted that thanks to funding from a local business enterprise and the four local Rotary Clubs (King's Lynn, King's Lynn Priory, King's Lynn Trinity and Hunstanton) 12 clients are now able to receive up to 12 weeks of counselling free, delivered by the One to One service. She will also be co-facilitating some counselling in groups to help clients address issues such as anger management and dealing with conflict.

**Coastal Exploration Company** One of the best things to happen for a few lucky clients has been the opportunity to take part in a three day trip on a 30 ft whelk boat, delivering local produce along the coast, under the captaincy of wild adventurer, Henry Chamberlain, who founded the Coastal Exploration Company in 2016. Lucy was also able to accompany them recently for the first day of the trip as some people may have seen on Anglia TV. Barry, one of the participants said it had been the best three days of his life, while another, Matt, (*in front of picture on right*) said it had been an eye-opener and had taken him beyond the limits of what he thought he could do. For Lucy the most rewarding part was to see a massive gain in confidence in all the participants.



## Purfleet values its volunteers



Volunteer Co-ordinator, Toni Pegg, returned from honeymoon (congratulations, Toni!) just in time for National Volunteers Week (1st to 7th June). She was particularly pleased that it would provide an opportunity to say thank you to the volunteers who play such a valuable role in the work of the Purfleet Trust. The highlight of the week was the presentation of certificates to our volunteers by the Mayor, Councillor Nick

Daubney, who has chosen the Purfleet Trust as one of his charities for the year. (See picture on right).

Toni is responsible for recruiting and co-ordinating the Trust's 40 volunteers, who come from all walks of life and perform a wide variety of tasks, including working on Reception, teaching reading, writing and computer skills, and using their own vehicles to collect and deliver donations, and even balloon modelling. Some volunteers hear about the opportunities through word of mouth, while others find the Trust via Google, Facebook or Twitter or through one of the agencies with whom Toni is in touch. No matter how little people may feel they have to contribute, there is always something they can do to enhance the services the Trust can offer or take some of the load off the hard-working staff. Toni said that the need at the moment is for more people to help on Reception and more help with picking up donations.



Picture courtesy of the Lynn News

## So many ways to help

To mark Volunteers Week the Lynn News recently highlighted the work of some of the many volunteers who give up their time to help the Purfleet Trust in many ways. Below are just some of their stories:



**Emma Amir** As a full-time carer for her husband, Emma cannot work full time, but nonetheless wanted to "find something where I could feel a bit useful and spend a few hours a week out of the house doing something other than caring." She was introduced to the Purfleet Trust by her sister and started by working on the Reception desk. She then discovered a talent for helping people to improve their reading and writing, and three years on she is in charge of literacy work. "I trained as a hairdresser and beautician, not as a teacher," she explains. "But here I am helping people who have fallen through the education 'net'. She has a pupil, now in her thirties, who had never learned to read nor write, but has progressed so well that she is presently reading 'Gullivers Travels'.



**Sally Osborn** learned about the Trust when it was "calling out for socks" soon after she moved to Dersingham three years ago. She was looking for something worthwhile to do and soon found herself manning the Reception desk for eight hours a week. Reception is the first port of call for anyone coming to the Trust and it is so important to have a friendly, welcoming and calm person behind the desk to put people at their ease and treat everyone with respect. Sally fits this requirement to a T and is an essential member of the team.



**Sally Beadle** runs Crazy Bananas at Pott Row, but gives some of her time to bring some fun to people at the Trust with her balloon modelling. "You might consider that balloon art is entirely frivolous and we should be teaching something far more serious," she says. "But when people are absorbed in a simple, fun occupation they relax, begin to talk, and that's when you find aspects about them that you might never have earned. These can be serious matters, which might have an effect upon the way the trust can help them. They tell you about the things they have never mentioned before because they don't want to be a bother."



**Antonas Luote** A Lithuanian, Antonas Luote came to England in 2002, first to an exhibition in Birmingham, then to work with a large potato company on the Fens. He had driven buses for 20 years in his home country and a 22 tonne lorry here. Today he drives Purfleet Trust staff to the houses they administer and carries out general delivering and collecting for the housing team. "I want to contribute," he explains, "and though I can no longer work I can drive." Two strokes, which damaged his left side put paid to his previous employment, but that didn't mean sitting at home all day. He signed up at the trust as a volunteer and spends Fridays doing the driving which is so essential but for which there is no staff member nor vehicle. The role has brought him company in his adopted land – and the opportunity to further improve his English.

## Cakes in aid of Purfleet

Sixth form student, Samantha Brain (pictured below on left) recently held a cake sale in aid of the Purfleet Trust and raised an amazing £232. Asked why she had chosen to support the Purfleet Trust, Samantha explained:

*"As part of my Extended project qualification I decided to organise a bake sale to raise money for a charity supporting homelessness. I felt the Purfleet Trust was an ideal local project, with brilliant aims. In particular the aim to eradicate homelessness in West Norfolk stood out for me as an ambitious but important aim that I wanted to support. It was good to receive so much support from my college and friends who helped as volunteers on the day. Thank you to the Purfleet Trust, I wish your project every success for the future."*

And thank you, Samantha, for thinking of us. Those cakes look delicious!

