

**Chief Executive Paula Hall** writes: “Welcome to our first newsletter of the year. In 2018 we celebrated 25 years of supporting vulnerable single homeless people in West Norfolk - a great achievement for sure but not a milestone we were hoping for. Sadly the need for our services remains as great as ever. We are told that an estimated **4,677 people a NIGHT** currently sleep on the streets in England and that in 2017 there were 66 deaths recorded in England and Wales. In 2018 King’s Lynn had the biggest increase in the number of rough sleepers in the UK with 49 people sleeping rough on our streets. Our constant aim at the Purfleet Trust is to address this by helping to take people from their lowest point of rough sleeping all the way to moving into their own accommodation and living independently, and we are proud to report that since opening our first Pathways Training House five years ago we have helped 54 people to do just that. But we can’t do it alone and we are lucky to have some amazing partners and volunteers who contribute in so many ways towards our work. A few of them are highlighted in the following pages.

Between us we hope to make 2019 the year we make a real difference in West Norfolk”.

## Purfleet’s healthy partnership with the CCG and Southgates Surgery

We are delighted that following a successful pilot last year, the West Norfolk Clinical Commissioning Group (CCG) has agreed to provide funding for a nurse from the Southgates Surgery to attend the Centre once a week to provide treatment and advice to service users.

For the CCG it is a way of helping those in need who otherwise might struggle on unaided through the winter months, while also helping to reduce the strain on local medical services in the longer term by addressing people’s needs much earlier. And from Purfleet’s perspective Chief Executive Paula Hall said: “Having the nursing provision at our Health and Wellbeing centre is a huge benefit for our clients, who due to homelessness, complex needs and severe disadvantage, often present with health problems. Our aim is for this service to engage with individuals who find it hard to access health care. This will improve outcomes for our clients and reduce the impact on

A&E. People experiencing homelessness have a unique set of healthcare needs and we hope this service will not only be able to meet the initial needs but also provide information and referrals to help clients move forward. Clients are more likely to attend appointments here at



**Clients are more likely to attend appointments here at the centre**

the centre as it is an environment in which they already feel comfortable and safe. During the pilot project last year we had some excellent results with clients who

had previously found it hard to engage with services receiving treatment and advice on continuing health care.” Better still the Centre now boasts a dedicated treatment room, equipped thanks to the kind generosity of a local businessman.

## Thanks to Chamber for their support

We are grateful to the Chamber of Commerce, who donated some of the funds raised from the recent President’s Charity Dinner to the Purfleet Trust and the Night Shelter, as the Mayor’s charities for the year, as well as to Festival Too. The picture below shows Night Shelter Co-ordinator, Lucy McKitterick, on the left and Purfleet Operations Manager, Kathy Adams, on the right, receiving cheques from Mayor, Nick Daubney, with Michael Baldwin, Chamber President, and Mark Stanford from Festival too behind.

It was a good opportunity to explain how the co-operation between the Night Shelter and the Purfleet Trust works. Kathy Adams said “A lot of clients come to us during the day before going to the Night Shelter at night. There is a weekly meeting with one of our staff members to see if there are any issues.”



Picture courtesy of the Lynn News

Charity **QUIZ** NIGHT

GREAT PRIZES TO BE WON

IN AID OF the purfleet trust supporting homeless people

WEDNESDAY 27TH MARCH  
QUIZ STARTS AT 19:00

TICKETS: £8 PER PERSON  
INCLUDES BUFFET

TEAMS: MAXIMUM OF 6 PEOPLE  
TICKETS AVAILABLE FROM THE EAGLE & PURFLEET TRUST



THE EAGLE, 110 NORFOLK STREET, PE30 1AQ

## Christmas Round-up

Thanks to everyone who so generously donated gifts, which enabled us to provide all our clients with presents. Also many thanks to the **Hunstanton Concert Band** who played at Tesco's on 16th December and raised over £400, and to **Simply Sing** for their concert in the Town Hall on 14th December, attended by the Mayor.



*Hunstanton Concert Band*

We were also grateful to **King Edward VII Academy** for their annual gift of sugar, seen below being delivered to the Trust by students and teachers...



... and to **Howdens Joinery** in Kings Lynn, who launched an appeal in December and whose staff and customers donated food and gifts in store. They picked a very large trolley full of goodies just before Christmas - see picture on right.



## Trolley dash: Bishop versus Councillor

A week before Christmas our President, Jonathan Meyrick, Bishop of Lynn, took part in a trolley dash at Sainsbury's organised by Jamie Thurston, Sales Director at Jark Recruitment. At the last minute Councillor Lesley Bambridge stood in for MP Henry Bellingham who had been scheduled to take part. The event was in aid of the Purfleet Trust and the Winter Night Shelter, where Lesley is a volunteer, so it was very much after her own heart and she gave the Bishop a run for his money! In the event both trolleys were worth almost the same amount, with Councillor Bambridge just beating the Bishop by 70p (£232.85 to £232.15). Sainsbury's then matched the combined total and also donated two trolley loads of household goods such as Quality Street, shampoo, kitchen roll, mince pies and crisps. Mr Thurston commented: "It's been absolutely fantastic and better than we imagined. As a local business, we like to make these charities feel valued within the community and this is a way of putting something back into the community."



Bishop Jonathan, Gary Whitted (Jark MD), Jamie Thurston and Cllr Lesley Bambridge celebrate the

## Liz's story



Liz Walsh is one of our newest members of staff and the first person many visitors to the Centre will see when they present themselves at Reception. Liz is no stranger to Purfleet, however, having been a volunteer and a service user over many years

through both good times and bad ones in her life

Liz moved to King's Lynn from Manchester in 2002 looking for a fresh start to her life. At first things went well and through meeting our chief receptionist, Erna, at Zumba classes, she became a volunteer at Purfleet. She also volunteered for the Red Cross and Home from Hospital. Sadly, her life then took a downturn for a while, but Liz is a strong person and she managed to sort herself out and gain some new skills and qualifications.

She is a keen cook and she soon began volunteering again at Purfleet, helping in the kitchen and spoiling everyone with her delicious cakes. (The current Mayoress, Cheryl Daubney has commissioned her to make 120 chocolate eclairs for a forthcoming event)..

In June 2017 she moved into one of our training houses in Gaywood Hall Drive and continued to volunteer at Purfleet, eventually moving into helping on Reception. She welcomed the structure and routine this brought to her life and was delighted when she was offered a post of four days a week, and even more so to be given the tenancy of a Freebridge house in Gaywood. She is full of praise for Purfleet, where she says that both staff and clients are wonderful people who genuinely care. She feels it is like a family and in fact both her father and son have been Purfleet clients too.

Liz feels that having had similar experiences to many of Purfleet's service users herself, she is able to empathise with them and encourage them by showing that there is life after homelessness. She is now looking forward to making the most of the rest of her life.

## Volunteer Peter Catlin

"My name is Peter Catlin and I'm new to the Purfleet team. My role is Activities Coordinator and I'm here to provide a wide variety of activities for our clients that are both fun and educational. I'm a musician, so I'll be running lots of music workshops. Before I came to Purfleet, I worked as a cycle mechanic. I taught many cycle repair workshops so I'll be offering them along side trips out actually riding Bikes. I have a lot of skills that I can share with the clients, but I'm always looking for volunteers to come and share their own skills.

***In life, we all need outlets and ways to express ourselves. I'm lucky in that I have many ways to do that, both physically and creatively. I hope to help our clients find healthy ways to express themselves and discover new passions in life."***



## Pete's Book Club



Pete's latest initiative is a book club run in partnership with the King's Lynn Library.. As Pete explains: "It's open to all clients and will use literature from the Library and also digital platforms. The group will meet

regularly to talk about what they're currently reading and give the clients a chance to develop their reading skills and thought articulation. We'll cover a range of different literature throughout. Combined with our literary projects, the club will be a part of the Purfleet Activities curriculum. The group discussions will play an important role in by encouraging clients to speak their minds and express their thoughts and feelings"

## Introducing Jordan



"My name is Jordan Peacock and since June I have been appointed the executive assistant here at The Purfleet Trust. My job here is to help our CEO, Paula Hall, with her executive duties – freeing up her time to focus on prioritised executive tasks. I am currently on

a one year apprenticeship with Swarm Apprenticeships, meaning that I am gaining a Level 3 qualification in Business Administration whilst working. I am so grateful for the opportunity to work here as the work Purfleet does in the local community is life changing – through my time here I have been able to see past the stereotype of homelessness, and have met some incredible people along the way.

After leaving further education I worked in a fast food restaurant, but never really felt I was positively contributing to society. Then last year I moved to Kenya for a few months and volunteered in a small community named Loitokitok, where I worked in schools, women's groups, orphanages and clinics. When returning back to King's Lynn I felt that I needed a job that I felt I could really make a difference in, as well as one that was rewarding and enjoyable – and after two months of searching, I found this job position.

Now I have settled here, I feel I have found the job sector that I want to remain working in. I really enjoy my job and I hope that I can continue to work at the Purfleet and evolve my job role to further contribute to the success of our organisation."

## Keeping fresh with help from the Hygiene Bank

The Hygiene Bank was set up in August 18 by founder Lizzy Hall after watching I, Daniel Blake..

Katie Mathers, local Project Coordinator volunteer, writes: "As soon as I heard about the charity I wanted to help end hygiene poverty. So i volunteered to set up The Hygiene Bank here in Kings Lynn. We work with the local community to tackle hygiene poverty for Children, Men and Women. By setting up local drop-off for the donations for toiletries, beauty, grooming and hygiene essentials. People will stop buying these items way before they

stop buying food. Donations stop this having to be an option.

Drop-off for donations are located in Tesco (Gaywood) & Wilko."

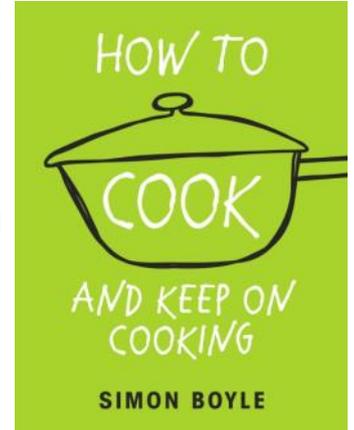
Just before Christmas Katie delivered a batch of hygiene products to the Purfleet as seen below.



## And well nourished with help from Beyond Food

Books will be given to people in our training houses to help with learning to cook and also to people in the Health and Wellbeing centre that are doing cookery courses with Francis

Beyond Food is offering free cookery books called 'How to Cook and Keep on Cooking' to organisations helping vulnerable young people. The book is aimed at young disadvantaged people to help them, through food and cooking for themselves, to reenergize their health and well-being. For more information email: [khaing@beyondfood.org.uk](mailto:khaing@beyondfood.org.uk)



The Grand East Anglia Run (GEAR) 10K will take place on Sunday 5th May 2019. This well-established run is being staged by Run For All in partnership with Alive Leisure and the Borough Council of King's Lynn and West Norfolk.

The run has a truly scenic route, taking in the pretty town centre, the River Ouse pathway, the Walks as well as a number of iconic, historical buildings such as the Red Mount, the Custom House and Greyfriars Tower.

Would you like to take part and raise funds for the Purfleet Trust? We are a Charity Partner for the GEAR this year and would love you to run for us!

To sign up to one of our free charity places, please contact [joywylie@purfleettrust.org.uk](mailto:joywylie@purfleettrust.org.uk) or call us on 01553 767829

