

## GEARING up for Purfleet!



Tweedle Dum and Tweedle Dee aka Teilo and Harry

The sun shone for the Grand East Anglia Run on 5<sup>th</sup> May and Purfleet supporters were out in force, particularly the runners, some of whom are pictured here. Thanks to their efforts and the generosity of their sponsors, over £2000 had been raised for Purfleet by the time of going to press, with more still to come in. This will go towards our latest development - the new gym unit being installed beside Pathway House. More news about this next time!



Merrick Holloway, Mark Trudigan, Jordan and Julie Peacock



Sponsored runners from the BMI Sandringham who also sponsored vests for the other runners.



Aga and Lewis from The Old Bank Bistro



Sally (Crazy Bananas) came along and did balloon modelling for donations

## Oliver! Helping the homeless

The King's Lynn Players chose the musical Oiver! for their spring performance at the Corn Exchange. The novel on which the musical is based highlighted the plight of people in poverty, many of whom were forced to sleep on the street. The cast therefore decided to raise some money to help the Purfleet Trust to support people in similar circumstances today. Some of the cast posed with Purfleet staff members, Joy Wylie and Georgie Futter, in pre-performance publicity to make people aware that there would be a bucket collection in aid of the Trust after the performances. And the public responded generously to the tune of some £479. As Gift Aid can be claimed on bucket collections, this sum will eventually be increased to nearly £600. .Many thanks to the Players.



Left to right Joy Wylie from The Purfleet Trust, Matthew Austin as Fagin, Alfie Waite as Oliver, Ellie Buckingham as Nancy, Jamie Nuttall as Bill Sykes, Max Bithray as Dodger and Georgie Futter from The Purfleet Trust

## Quiz at the Eagle rakes it in

The quiz on 27th March, hosted by Jay Evans, landlord of The Eagle in Norfolk Street, raised over £1,000 for the Purfleet Trust. Jay is a good friend of the Trust and has a particular reason for his support, as he explains: "I have been homeless myself – and been forced to sleep on a park bench, so I know well what it is like. Now that I am not longer homeless and have a business, I wanted to help those less fortunate. "A quiz at the Eagle was the perfect opportunity."

The evening was a sell-out, with 100 people paying £8 each to take part in the quiz and enjoy a buffet prepared by Purfleet chef Francis Bone using food which had been donated from a range of suppliers, including Accent Fresh, Goddards of Norfolk, Pearl River, Nandos and Bookers. Luscious flavoured doughnuts given by the Handmade Doughnut Company and selling for £2 apiece went like hot cakes - literally - and raised an extra £182.

The £100 first prize was won by Jamie and the Pacemakers, who promptly gave their winnings to the Trust. All the prizes, which included a range of gifts and chocolates were donated by generous supporters of the trust. Jay gave £100 and the pub chain, Craft Union, another £100 in shopping vouchers.



Jordan displays the doughnuts, (above) while Francis serves up the buffet (below)



## Eat Right, Sleep Tight at a Restaurant near you!



The Eat Right, Sleep Tight initiative, sponsored by the Trinity Rotary Club, is really taking off with a number of new establishments signed up and more are in the pipeline. Diners are invited to pay an extra £1 on top of their bill and all the money collected in this way is given to Purfleet. Look out for the card shown on the left when you visit any of the restaurants below, and please encourage your friends to do the same.



The Lodge  
, Hunstanton



Bank House  
King's Lynn



Coach and Horses  
Dersingham

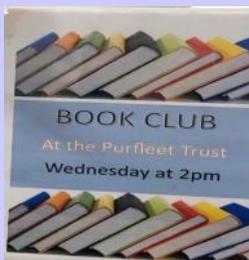


The Old Bank  
Snettisham



Briarfields Titchwell

## Activities in the Health and Wellbeing Centre



Book Club



Computer sessions



Creative writing



Table Gaming

## Jimmy's Story



The story of Jimmy Leonard epitomises the work of the Purfleet Trust. It may sound like fiction but it happens to be true. Jimmy was taken into care as a child and grew up to be a disturbed person, full of anger and

self-loathing. He turned first to alcohol and then to drugs to blot out his feelings and spent several years of his youth in prison. The death of two of his brothers (in the case of one of them, Graham, also a Purfleet client, from cancer) affected him badly and by the time he came to Purfleet he was injecting himself with amphetamines every four hours. By this time he had been homeless for about two years and in January 2018 was sleeping on his sister Susie's sofa. She became increasingly worried about him as he was losing weight and seemed to be going downhill. She knew about Purfleet being a volunteer there herself and, determined not to lose another brother, she made an appointment for Jimmy to see Peter Durrant, the Homelessness Intervention Co-ordinator.

Peter quickly discovered that one of Jimmy's problems was that he had no identity documents of any kind, including a National Insurance number. It took six weeks to sort that out and Jimmy was then able to move into The Oaks, where his support worker was Mandy Marson. He realised he had reached a crisis point and was keen to give up taking drugs, but not surprisingly found it more difficult than he expected. However, with medical help, Mandy's support and intervention by CGL (Change Grow Live, the drug and alcohol support service) he gradually managed it and has been off drugs entirely for the last fifteen months. Jimmy was open to every opportunity offered by

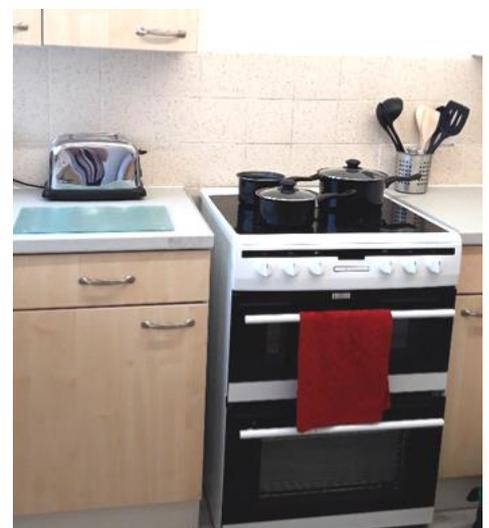
Purfleet and is particularly appreciative of the help given by the One to One Counselling service, which he considers 'outstanding'. Through his sessions with a counsellor he was able to explore the issues affecting him and begin to understand how what had happened to him in the past had led to his difficulties and his troubled life. The counselling also enabled him to let go of his past and in his words "become more at ease with myself".

For Jimmy the first best thing that happened to him was being given somewhere to live with a room of his own. And it got even better when he moved to another Purfleet house in Queen Mary Road. He was amazed by the quality of the accommodation and bonded well with the other residents. One of these, George, has become a firm friend who has also played a large part in Jimmy's recovery by taking him fishing and introducing him to a whole new set of interests. Jimmy found that just sitting by the river bank for hours at a time was a therapy in itself. Asked whether he had caught anything he replied: "Yes. I caught a glimpse of what my future could be!"

But the story doesn't end there. Jimmy will soon be moving into his own permanent accommodation and even into employment - with Purfleet! He showed such an ability to help settle new residents into the house in Queen Mary Road and to mentor them, that he is now about to be taken on as a trainee support worker for the residents in the newest Purfleet House at Silver Green, Fairstead. He has already been involved in preparing the new house and could hardly believe that, having once thought only of how and where he could buy his next fix, he now finds himself "shopping for flaming cushions!"

The last words must go to Jimmy: "It's good now to get up in the morning and need nothing ie drugs. It is great being back in my own skin at last."

*Below are some pictures of the new house*



## Cheryl's Fashion Show is a hit!

On March 21<sup>st</sup> Mayoress Cheryl Daubney hosted a fashion show in the Town Hall attended by 120 people. As well as enjoying the models parading a selection of clothes from Cheryl's Allez Chic Boutique, guests tucked into a sumptuous tea provided by the Bank House, plus 150 chocolate eclairs made by Purfleet's very own Liz Walsh. Thanks to the generosity of everyone concerned the event raised the amazing sum of just short of £4,000 in aid of the Purfleet Trust and the King's Lynn Winter Night Shelter (the Mayor's charities for the year).



Pictures courtesy of the Lynn News



The Mayor and Mayoress with Liz Walsh and her daughter

## Easter Generosity

Thanks to successful appeals for Easter eggs by KLFM and Amberley Hall, we were able to give out over 100 eggs to the clients who use our day centre, those in our houses/bedsits and some extra ones for those visiting kids over the Easter weekend.



What a haul!



Staff and service users with some of the Easter gifts. The newly installed Timeline is in the background.

## NCS - Fence Menders par excellence!

The fence bordering Purfleet's car park was in quite a sorry state until a team of NCS volunteers arrived in April. Under the supervision of their leader, Joe, they soon got to work and in no time at all had the fence looking as good as new - see the pictures on the right. What's more, they funded all the materials themselves. But that wasn't all they did for Purfleet. Having chosen us as the charity for their project, they held a bucket collection outside M & S one morning and afternoon and raised £278, which they handed straight over to the Trust.

Joe said they loved working for Purfleet and added "The entire experience was a chance for them to open their eyes to the real life issues people face in West Norfolk and more importantly; how easy it is to get involved and start to make the change! They worked hard and professionally, and I could not be prouder of the journey we made together." Thank you NCS!



Before



After