

Sainsbury's celebrates 150 years by helping the community



To celebrate its 150th birthday, the Sainsbury Group has invited all its colleagues to spend a day volunteering, which means that across the UK members of staff will take part in 150 days of community activities. In King's Lynn the Hardwick Road branch has chosen the Purfleet Trust as the organisation to benefit locally by mounting a "kitchen takeover" to run throughout the months of June to October.

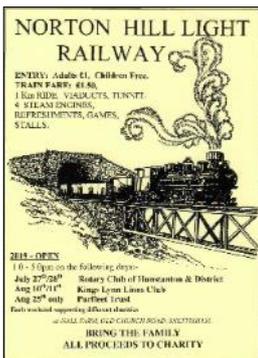
Volunteers from Sainsbury's will be coming in once a month during this time to cook a selection of nutritious meals for clients in the Health and Wellbeing Centre, using ingredients donated by the store. The June and July sessions were very successful and clients tucked into their meals with gusto. Breakfast went down particularly well.



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Norton Hill Railway event on August Bank Holiday Sunday



The Purfleet Trust is delighted to have been invited to provide some activities at Norton Hill, Snettisham, on **Sunday, 25th August** from 1.00 to 5.00 pm. The main attraction of the day will be the steam engine rides on the kilometre long track, complete with viaducts and a tunnel.

However, there will also be plenty of other things to do for both children and adults, with a variety of stalls and games, including craft stalls, archery and golf, animals from Park Farm and nature activities. There will also be refreshments with home made cakes and scones etc, and live music. All the proceeds will be donated to the Purfleet Trust, so we are both grateful to have been given this opportunity and anxious to make the most of it.

Any help with manning stalls or baking cakes would be much appreciated. We would also welcome bottles for our bottle stall. Please

Stop Press! Poco Lounge makes Purfleet their charity of the year.

The newly opened restaurant and bar in the High Street has chosen to support the Purfleet Trust by donating 50p for every burger and 10p for every coffee sold during their first month. They will continue supporting the trust in other ways during the year. Poco Lounge is a family friendly establishment with activities for children and a wide range of food., which will be open until 11-pm Sunday to Wednesday and until midnight Thursday to Saturday.

General Manager, Ben Edwards, explained why they had chosen to support Purfleet in this way: "I've been working in the West Norfolk area for several years now", he said, "and working within the town i have seen the devastating effects of homelessness. This prompted the Poco team and myself to choose Purfleet Trust as our first of many charities that we would like to work with and raise funds for as we decided that there was no better place to start than with a local charity who not only provide support to homeless locals but also training and employment opportunities. This is a really special time for us and we are happy we can give back to those who aren't as lucky as ourselves."

contact Joy Wylie by phone on 01553 767829 or email: joywylie@purfleettrust.org.uk if you would like to help in any way..

Focus on the Health and Wellbeing Centre

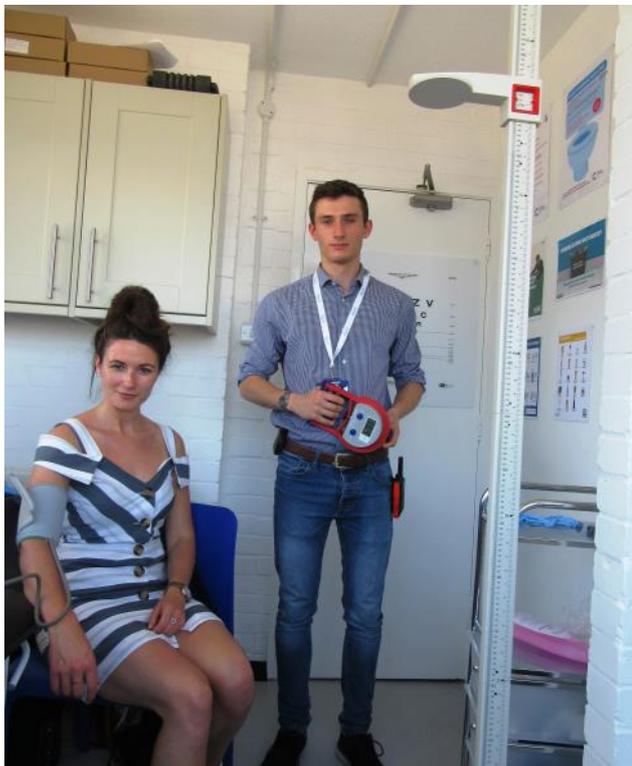


One of the newest members of staff at Purfleet is Dr Jehangir, pictured on the left. With a PHD in Sociology, part of which he studied for at Durham University, he returned to the UK from his native Pakistan in September last year. He originally joined Purfleet as a volunteer

in the Health and Wellbeing Centre, where his knowledge of Sociology and his experience of teaching were invaluable. So much so that he has since been taken on as a full-time Health and Wellbeing coach, but with a wider role in that he has undertaken to carry out an academic study to analyse the sociological benefits of the work with clients in the Health and Wellbeing Centre. For the Trust it is expected that this will provide extra validation of its work with vulnerable people, while for Dr Jehangir it is a welcome opportunity to put into practice what he has learned during his academic career. He has found the other members of staff very friendly and welcoming and is delighted to be working with them as part of a team.

Two other new members of the team are Charlotte Stringer and Rowan Jordan. Charlotte is a research assistant from Anglia Ruskin University with a qualification as a GP referral specialist, with a specific interest in homelessness and the ability to deliver personal training to people with such health conditions such as diabetes and heart problems etc. Rowan has been taken on by the Trust as a temporary Health and Fitness Co-ordinator and is working together with Charlotte to monitor clients' level of health and fitness and to work to improve it where necessary. The first step is to carry out an assessment in the treatment room, measuring height, weight and body mass, as well as asking clients to complete a questionnaire. Thanks to the generosity of King's Lynn Rotary, Taylor Wimpey, and the West Norfolk Law Society we were able to purchase and install a portacabin in June to provide a space for physical training, which Charlotte and Rowan are delivering. Some equipment has already been installed with more to come and the clients have taken to the activities with enthusiasm. Charlotte will monitor progress regularly and hopes to demonstrate the positive effect of physical activity on both physical and mental health for homeless and vulnerable people.

They have also found a local park where they can play football and Rowan has great hopes of getting a team together to compete in a league for homeless people. Watch this space!



Charlotte and Rowan in the treatment room



Charlotte puts some clients through their paces

Daniel makes the grade



Purfleet client Daniel Clark has every reason to feel proud of himself. Despite some learning difficulties and issues with alcohol, Daniel successfully completed two courses at Seetec, one in warehousing and one in construction which enabled him to gain a CFCS card and thus become eligible to apply for work on a building site. He also completed a forklift training course with another provider and as a result Qube Learning nominated him for a national award under a project for unemployed and disadvantaged people. Thanks to the support of Qube Learning and the 180 team, as well as Purfleet, Daniel was able to travel to London with his mentor, Teilo Pearce, and receive his award from Olympic hurdler, Colin Jackson, at a prestigious venue near the Embankment. Not only that, but he also stayed in a hotel in Covent Garden and visited a number of sights in London, including Buckingham Palace, the Houses of Parliament and China Town. Daniel continues to be supported by Teilo from the 180 team, and he is now looking to widen his horizons and find work experience.

The Purfleet journey

The Purfleet Trust is about much more than finding people somewhere to live, important though that is. Rather it is about taking people from wherever they are in terms of their physical and mental health and general wellbeing and helping them to move on in their lives. All clients are encouraged to use the resources of the Health and Wellbeing Centre, including taking part in some or all of the courses on offer.



Finding and keeping a job is often the key to being able to take on a permanent tenancy, and this is where **Lucy Shaw** (left), Training and Employment Co-ordinator, comes in. Lucy sees her main role as helping people to become 'work ready', which she does by working through their CVs and helping them to see that they do have skills and strengths even if they lack formal qualifications. Lucy has helped to facilitate Understanding Anger and Confidence Building courses in conjunction with counsellors from the One to One project, and she is thrilled when she sees people's confidence and self esteem growing. She also works closely with Seetec, the training provider, who run courses in retail, construction, and warehousing as Daniel (see above) discovered.

Three clients have just completed an eight week Trusted Tenants course, covering all aspects of independent living, from budgeting to getting on with the neighbours. Besides giving them the skills and knowledge needed to move into permanent accommodation, the qualification will also help to show landlords that they will be reliable tenants.

But one of the best opportunities Lucy has to offer clients is a place on the Coastal Exploration Company boat. Three clients went on the journey at the beginning of June and for all of them it was a life-changing experience. Joe was initially sceptical, but the experience really changed his perspectives, while



Lucy and clients on board



The boat at anchor on a calm night

Sarah overcame a lifelong fear of water. She now has a job at Park house - another of Purfleet's success stories. Besides Seetec, Lucy works with a number of other organisations, including the Shaw Trust and Kickstart, who provided a moped for another client, James Taylor, enabling him to get to a job with Wingland Foods. Aaron's story (below) is just one of many examples of how well the programme works.

'Hi, my names Aaron, I've been a service user at Purfleet since just before the start of the year.

I originally came to Purfleet after seeking help with Citizens Advice and being pointed in their direction for help with housing. After talking through the various routes I could take and things that may help with my situation at the time I was introduced to Lucy, the Training and Employability Co-ordinator. This was a hugely welcome surprise at the time because I'd had a lot to deal with and really felt rather overwhelmed at everything that was going on. We got to work restructuring my C.V., figured out what sectors I'd like to work in, went over various job sites during scheduled appointments, I was put in touch with SeeTec and any contacts that were employing at the time.

Perhaps most importantly however is the fact that I was supported throughout this process. As earlier stated, I'd was rather overwhelmed at the time. This was due to a slew of different curve balls that life had thrown my way, putting me into a really bad head space. Now I'm in a steady job, in training with SeeTec and in the process of finalizing a move into a local residence. The whole experience has been great and I really can't thank Lucy and the Purfleet team enough'

Thanks to all our Volunteers!

National Volunteers' Week presented an opportunity to say thank you to all the people who give so much of their time and energy to enhance the work of the Trust. On the morning of 4th June a number of them took tea with the Mayor, Cllr Jeff Hipperson and the Mayoress, in his parlour and were presented with certificates in recognition of their services to the Trust. They then enjoyed a sit down lunch at the Novus Restaurant at the College of West Anglia.

Some 25 people currently volunteer with the Trust in many different ways, including working on Reception, helping with activities in the Health and Wellbeing centre, giving advice, and helping clients with literacy skills.

More volunteers are always welcome, with a particular need at the moment for people to help collect donations from our food partners in Lynn, Heacham and Hunstanton. If you are interested in becoming a volunteer, please contact Volunteer Co-ordinator Toni Hopkin by email at tonihopkin@purfleettrust.org.uk or by ringing the Trust at 01553 767829.



Simply Sing sang for Purfleet

Simply Sing Community Choir presented a cheque for £1,000 to The Purfleet Trust their chosen charity of the year... Money was raised at a Concert at the King's Lynn Town Hall in December and another at London Road Methodist Church in May.



Edward Harrison the Chairman and David Maxey, the Musical Director hold the cheque with Paula Hall, the Chief Executive of the Purfleet Trust, with members of the choir behind

And Village Community Fund chipped in

We are grateful, too, to the **Terrington St Clement Community Fund** for donating £300 raised at one of their monthly pub quizzes, as well as for donations of clothing and toiletries. Other members of the Fund also arranged donations of food from Norfolk Farm Produce, while MKM contributed building materials used to construct shelving at Pathway House to help keep our storage area tidy. Many thanks to them all.

Visit to the Metzger exhibition

Accompanied by Jordan Peacock several clients recently visited the current Metzger exhibition in the Arts Centre. Gustav Metzger came to the UK in 1939 aged 13 as a refugee under the Kindertransport programme. He lived in King's Lynn in the 1950s and some of the works he produced during that time are in the exhibition in the Red Barn, including 'an example of his 'auto-destructive' art. Another part of the exhibition features a large stack of newspapers and a separate pile from which visitors to the exhibition are invited to find clippings related to the themes of 'Extinction', 'Credit Crunch' and 'The Way we Live Now', and the visitors from Purfleet responded with interest and enthusiasm.



George gets to work on our allotment



The Purfleet Trust recently took on the rental of an allotment from the Borough Council. It had been neglected for some time, so the Council arranged to trim back the chest high undergrowth before handing it over. Now George, seen here on the left with Jimmy Leonard, has taken on the task of cultivating it. He is pleasantly surprised by the quality of the soil, but he has a lot of digging to do before planting potatoes, carrots and other vegetables, which will find their way to the Purfleet kitchen in due course. He also intends to plant flowers to decorate the Purfleet houses. George was a Purfleet client, who now has his own bungalow in Tilney Saint Lawrence, thanks to help he received from Purfleet, while he in turn helped Jimmy to turn his life around (*as recounted in our previous newsletter*). He is hoping that some other clients may wish to help him with he allotment.