

We wish you all a Merry Christmas and a Happy New Year!

Christmas Gift Appeal

During 2016 we have been lucky to receive many generous donations from the community, with each and every one helping to make homelessness seem that little less bleak. However, our need for donations continues throughout the year, and is especially important during the winter months and Christmas time. As part of our Christmas Gift Appeal we are in need of items for male and female adults – this may be the only gift some of our clients receive.

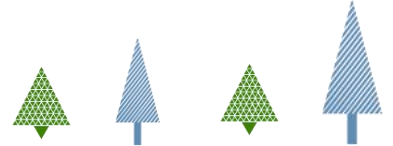
Some of the gifts needed are:

- **Toiletry sets** **Makeup**
- **Socks Gloves** **Hats**
- **Chocolates** **Luxury food items**
- **Anything else you think could brighten someone's day**

If you have any gifts you would like to give, please drop them off at 5 St Ann's Fort between 9am – 4pm from Monday to Friday. Alternatively, if you have multiple items in one place phone us on 01553 767829 or email joywylie@purfleettrust.org.uk and we can collect them ourselves.

Thank you once again for all your support at Christmas and throughout the year.

Merry Christmas from everyone at Purfleet!



Paws for Thought

We are delighted to be working with the author **Harold Smith** (pictured on the right) who is raising money for the Purfleet Trust with his latest publication, **Paws**



for Thought. The book contains a series of short stories based around his long and varied life, with all proceeds going towards helping the most vulnerable people in society. The book includes references to his 40 year career as a postman and 70 years as a preacher, during which time he was also part of the RAF, working in the Marham control tower. The 87 year old grandfather of three is also a member of the King's Lynn Spectrum Art and Craft Club, and used his artistic talents to create the illustrations for the book, which includes the front cover – a large portrait of Elvis, the family cat. You can find **Paws for Thought** on sale for £5.00 at our Centre at 5 St Ann's Fort and the Olive Branch Community Shop in Centre Point, Fairstead.

You are warmly invited to a
Carol Service

at All Saints' Church
in aid of The Purfleet Trust

21 December
at 6.30 pm

Special Guest Performers
Seasonal Refreshments



Hillington Square PE30 5AE
www.allsaintskingslynn.org.uk



On Thursday **15th December** the Purfleet Trust will be holding a **Christmas meal** at the King's Centre in Wellesley Street. In addition to the meal there will be music, a quiz and a raffle - and the best part is anyone can get involved! If you'd like to attend please contact Joy or Lucy at our Health and Wellbeing Centre. We hope you're looking forward to it as much as we are!



THANK YOU to every single person who was kind enough to donate to our Pantry. Whether it was a crammed box or a single tin, each donation helps, and can sometimes mean the difference between a good day and bad one for someone in need.

Nation Citizenship Service (NCS) scheme have raised a massive £200 for the Purfleet Trust, in order to help those without a home over the cold winter months.

We are hugely grateful to everyone involved, and cannot overstate just how important every single donation is this time of the year. For many of our clients, it's the closest thing to a Christmas present they can hope to get.

Thank you to Simon from Connect Cars, who has very generously donated a **treadmill** for our new **Health and Wellbeing room!** The room's purpose is to create a safe space where clients can cultivate their physical and mental wellbeing through a variety of tools, exercises and healthy living courses, and it's donations like this that make it all possible.



Our intensive support worker, Georgina Futter, recently attended **Howard Junior School** where she gave the students a talk on homelessness.

As part of the Harvest Festival, the students kindly donated food to the Purfleet Trust, which will go towards helping keep our clients eating healthily through the harsh winter months!

Thank you to the students, parents and teachers for your continued support.

Special thanks to the ever supportive **Hain Daniels** who have followed up their charity walk last month by donating a whole 90 jars of jam and marmalade for our Breakfast Club! Our

cupboards are now jam packed!

They have also organised a Mad Fundraising Chilli Challenge where they raised £70.00 :) Thank you!



Scoville	2000	3600	10,000	12,000	40,000	100,000	357,000	800,000
Tim T	✓	✓	✓	✓	✓	✓	✓	✓
Rob C	✓	✓	✓	✓	✓	✓	✓	✓
Steve D	✓	✓	✓	✓	✓	✓	✓	✓
Phil A	✓	✓	✓	✓	✓	✓	✓	✓
Kenny E	✓	✓	✓	✓	✓	✓	✓	✓
Steve B	✓	✓	✓	✓	✓	✓	✓	✓
Nik R	✓	✓	✓	✓	✓	✓	✓	✓
Mineesh G	✓	✓	✓	✓	✓	✓	✓	✓

8 Brave contestants, enduring 8 rounds Who will make it through to the end ?



For the past 6 months, **Sara**, (Belle Femme Boutique) has been coming in to give our clients haircuts completely free of charge.

For some people their appearance can also have a large impact on how they feel about themselves, and a good haircut can do wonders for their **self-confidence**. Everyone here at the Purfleet Trust would like to thank Sara for giving them just that, and for all her hard work and dedication towards helping the most vulnerable people in society get out of homelessness and feel better in themselves.

One warm coat

We would like to extend a huge thank you to Clare and Russ at the **IMO car wash on John Kennedy Road** for all the coats they collected for us! 250 that is!

The coats will be given to our clients here at the Purfleet Trust!

Warm clothes are particularly important this time of year, when the weather is especially cold and unforgiving and many of our clients have no form of permanent shelter. Thank you to Jill Bennett from BBC Radio Norfolk for promoting the initiative.



Mary's kitchen would like to invite anyone who is homeless or in need to join them for a lunch in a warm, welcoming new café on Saturdays at 12.30pm to 3.00pm. At Wigglesworth Room Next to the Catholic Church, London Road, King's Lynn

Couch to 5K

Think you could give Usain Bolt a run for his money? Or perhaps you're just looking for a simple way to stay healthy? Whatever the case, the Couch to 5K run is a great way to get fit and have fun at the same time. **People of all experience levels are welcome**, and a free 9 week running plan is available for anyone who wants it. It is run by insured and qualified instructors. There was a taster session at the Walks on the 10th December! Would you like to join us in January? Please contact Erna for more details on 01553 767 829 or email: ernagotyar@purfleettrust.org.uk



The Purfleet Trust is working with West Norfolk Mind to offer help to anyone who needs mental health support. MIND offers advice and support for a wide range of emotional and mental issues in a safe and understanding environment. If you would like to get in touch please call **03001 233393** or text **86463**. Alternatively, you can ask Lucy Shaw at Purfleet about how to get involved.



Do you have a way with words? Then perhaps you'd like to take part in our **creative writing** course, being held by Lucy every Thursday. The course covers everything from poetry to short stories, and is a great place for anyone looking for a chance to flex their artistic muscles. Lucy can be contacted at lucyshaw@purfleettrust.org.uk or on 01553 767 829



The Purfleet Trust would like to send a huge congratulations to Jamie, Simon, Georgina, Mark, Gabriel and Jack who have all worked so hard to find employment! Perseverance, extended learning, dedication and hard work prevails! Well done to all of you!