

Autumn is coming – and so our thoughts turn to winter preparations, when our homeless community is arguably at its most vulnerable.

We see up to 70 different people each week at the Health & Wellbeing Centre, offering breakfast, lunch, showers, computer access, workshops and activities. Additionally we provide a range of support around housing, finances, job search, volunteering, access to health services and accredited learning. When the cold weather starts to set in our emphasis will be on assisting clients to stay warm, dry and safe – of course a challenge to those who are rough sleeping. But we will do our very best to get people through the winter minimising harm and health impacts where we can.

Stars of West Norfolk Awards



Georgie, Paula and Kelvin

Georgie Futter, our Intensive Support Worker, and Kelvin Powell, one of our volunteers, were nominated for the Stars of West Norfolk Awards where they *both* received awards for their hard work and selflessness.

Kelvin was proclaimed **volunteer of the year** for his hard work and dedication to helping the Purfleet Trust, and Georgie was the star of the night, winning the surprise **Special Recognition Award** for the help she provides to people with multiple complex needs as part of our Making Every Adult Matter (MEAM) to get their lives back on track long after many others have given up on them and where some of them have given up on themselves.



The winners—Courtesy of EDP

The award ceremony took place at the Corn Exchange and saw that carers, volunteers, social workers and many, many more who go above and beyond the call of duty were acknowledged for the massive amount of good they do in the community, much of which often goes unnoticed. Everyone nominated for the Stars of West Norfolk Award, including Georgie and Kelvin, will be put forward for the Stars of Norfolk Award, where they have the possibility of winning yet again!



All Saints' Church are holding Harvest Supper in aid of the Purfleet Trust on **Friday 30th September**.

The supper starts at 7pm and promises to be an evening of good fun and even better food.

Tickets cost £6 each (£3 for children). If you would like to attend please contact Christine James at 01553 775535.

In addition to this, All Saints' Church is also holding a Harvest Festival Mass on Sunday 2nd October at 10am, once again in aid of the Purfleet Trust!

All Saints' Church is located between Millfleet and Valingers Road, PE30 5AE

You have been invited....

You may remember that a couple of months ago a group of clients from the Purfleet Trust took part in our Filmability course, where they wrote, starred in and directed a short film about homelessness and what it means to be homeless. The films have since been completed and are set to be shown at **St. Nicholas's Church on Friday 16th September**. Entry is free and anyone is welcome to come along and watch!

Refreshments will be provided.

Investing in Volunteers

Thank you to Toni Pegg, our volunteer co-ordinator who worked with Purfleet's volunteers staff, trustees to ensure we achieved our aim of securing the Investing in Volunteers accreditation.

We were one of 39 organisations in the UK this year to achieve the **Investing in Volunteers** accreditation which is the UK quality standard for good practice in volunteer management, and only awarded to organisations that can measure up to the various requirements. Thanks to all our volunteers for their hard work and commitment that allows us to continue our work in the Community. You are all Amazing!



National Citizenship Service



The enthusiastic group

The **National Citizenship Service (NCS)** kindly donated their time and effort to help renovate a room on the first floor of our Health and Wellbeing Centre. They fundraised the money needed to buy the materials and spent an entire day repainting the walls and clearing out any unneeded rubbish.

Thanks to their hard work, we can now commence our plan to transform it into a Health and Wellbeing room, where clients can attend various sessions designed to improve their physical and mental wellbeing including Fitness and Nutrition.

The National Citizen Service is an initiative that gives 15 to 17-year olds the opportunity to try outdoor activities, learn new skills and increase self confidence, as well as help out various charity organisations.

The second team from NCS have bought equipment for our room such as Sound Bar, Blender and Punch bag. We really enjoyed working with you all and we are looking forward to working with you next year. Thank you all for your help, you did a great job!

If you would like to know more, please visit www.ncsyas.co.uk



A Purfleet Poem

There's no class on category in lost souls
There's no rhyme or reason for who the bell tolls
In life we find both ups and downs
Everyone the joker, but you become the clown.

Nowhere to go and left feeling blue
It's the people who pick up the pieces who are true to you.

A middle aged man tired of his life
Lost his kids times two and a wife
Coming home and the house stripped clean
Meant to me my life was now very lean.

I swallowed my pride and prejudices I had
Then I went to a centre who made me feel
Glad – They mentored me and listened so
Well and taught me that I wasn't at the bottom of "a well."

There's a need in someone's life for love
And for hope! But there's also a need
For caring to caring people to cope – The Purfleet
Centre has opened my eyes and with
Their love and attention I can reach
Those skies.

I am lucky I guess being brought from a
Mess but my mates Kim, Jane and
Lucy are the best.

Love & wishes, DJ.

25 Hour Gaming Marathon

On September 1, the Purfleet Trust held a **25 hour gaming marathon** in order to raise the £2,000 needed to buy fitness equipment for our newly refurbished Health and Wellbeing room.

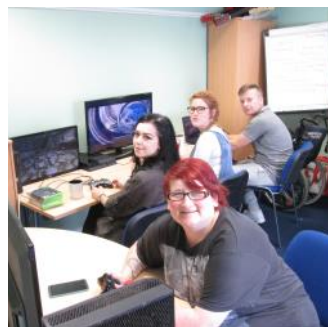
To quote our employability coach, Lucy Shaw, "Having these items will make a huge impact on the lives of our clients. It will provide them with a place to unwind, healthily let off steam and increase their own fitness levels to encourage a healthier lifestyle."

Volunteer and client Laura Wenn, who also took part said: "Getting this equipment will benefit me and other clients by providing us with an outlet and the tools to help us unwind, get fit and make healthier choices. The Purfleet Trust has helped me out when no-one else was there for me," she adds. "I really, honestly and truthfully just want to give back." The marathon ran from 10 am to 11am the next day, and raised around £450 with more money coming in which is fantastic!



Pictured: Laura, Lucy and Chris —Courtesy of LynnNews

You can also **donate** online at:
www.virginmoneygiving.com/team/purfleetlegends
Read more at: <http://www.lynnnews.co.uk/news/local/latest-local-news/gaming-marathon-to-raise-fitness-equipment-funds-for-king-s-lynn-charity-1-7541895>



Wanted

As part of our Wellbeing sessions we would like to encourage our clients to exercise in order to get healthier, build confidence, socialise and boost self-esteem.

Some of our clients never had any experience in any sports and they are very enthusiastic about this initiative.

In order to get this project going we need appropriate clothing and footwear for our participants.

Please have a look in your cupboards and donate any unwanted fitness clothes and training/running shoes.

If you find anything please drop it off at our Health and Wellbeing Centre

If you have any questions, please call 01553 767829 and speak to Erna :)



Jamie is back!!

It's a great pleasure having Jamie back volunteering in the kitchen. He is a fantastic addition to the team. Jamie used to help out in the kitchen previously but took some time out. He has been back now for just over a month. Jamie trained as a chef and has brought real vitality to our menu, our clients really enjoy the meals he prepares and always leave with a full belly and a smile on their face!



Natural Beauty on a Budget

We have been making home-made beauty scrubs with our clients using household items such as honey, sugar, lemon, olive oil and nutmeg. Employability coach, Lucy, popped by to help out as well!



Our volunteer, **Joe**, started working at the Purfleet Trust in early June and has since become our writer in residence. Since joining the team, he's worked on the newsletters, created a series of new leaflets, sent out letters to various potential funders and done a few other tasks on the side.

He is starting university in September in order to study Writing and Film, however will continue to volunteer at the Purfleet Trust during his studies, primarily helping out with the newsletter every month. When asked to write this piece about himself, he was worried that he may come across as vain and self-obsessed. Then he remembered that he is vain and self-obsessed so wrote it anyway. He is also pleased to finally be able to refer to himself in the third person.

Hain Daniels Charity Walk

On the 20th August our wonderful supporters **Hain Daniels** held a 10 mile charity walk in aid of the Purfleet Trust. The walk went along Holkham beach, up into Holkham Estate and around the lake, stopping for picnic in Holkham Park. The total raised is yet to be confirmed, however we already know that it is a fantastic amount!



Are you worried about a rough sleeper? If you or someone you know is sleeping rough, then please contact:

1. StreetLink at www.streetlink.org.uk or call **0300 500 0914**. StreetLink is an organisation that gets societies most vulnerable in contact with people who want to help, and is the first step someone can take to ensure rough sleepers are connected to the local services and support available to them.
2. Local Authority on **01553 616 200**
Open Monday to Thursday 8:45am - 5:15pm and Friday from 8:45am - 4:45pm.
For out-of-hours call **616 601**
1. The Purfleet Trust on **01553 767 829**
Alternatively you can come visit us. We are open Monday to Friday from 9am-5pm

If the person needs urgent medical assistance please call **999**



Our charity wristbands arrived!

Wear it with pride and represent your local charity!

They are £2.00/each and can be purchased from the office or shop.





supporting homeless people

YOU HAVE BEEN INVITED...

The Purfleet Trust are Premiering the 3 films that were made by clients on their personal experiences of homelessness and the battles that they faced.

These were made on a course run by the WEA.

Come join us on the **16th of September** at **2.30** held at St Nicolas's Chapel, St. Anne's Street, Kings Lynn.

Refreshments will be provided

