

The Friary is a local charity and we empower homeless and vulnerable adults to rebuild their lives by offering practical services, advice and emotional support.

# Local charity funded by the community for the community – THANK YOU.

After launching our Community Crisis Appeal in the Autumn asking our local community for donations to help the Friary maintain its services, we thankfully received our target figure of £30K with additional funds still coming in. We are enormously grateful for the generous and timely response and interpret from this an endorsement from our local community that we should strive to continue to serve the most vulnerable people in our community. On behalf of the Trustees, staff, many committed volunteers and vulnerable people who access our services, we wish to thank every individual, society and local business who has made a financial donation. As explained in our Community Crisis Appeal, the £30K represented a shortfall which we needed by the end of the financial year. The provision of services costs approx. £330K per annum and to balance the ever decreasing statutory funding we now hope to encourage

as many people as possible to consider giving to the Friary on a "regular basis". Remembering that we support 16,000+ visits to the Centre per annum we are very proud of the level and scale of provision the Friary is able to offer. Please consider what amount you could personally contribute on a regular basis and get in touch with us to set this up, we can enable you to register for Gift Aid where possible.

**Keeping  
in Touch**

*see flier enclosed*

# COMMUNITY CRISIS APPEAL

£30K TARGET  
by end Dec 2017

Without your help the Friary will be unable to provide services to the rising number of local homeless people.

the Friary services need to continue but funding can't keep pace without your help.

**Please respond today!**

To donate £5 text FCCA55 £5 to 70070  
To donate £10 text FCCA55 £10 to 70070

[the-friary.org.uk](http://the-friary.org.uk) 0115 981 0009  
[justgiving.com/helpfriaryhelptem](http://justgiving.com/helpfriaryhelptem)

See a rough sleeper, not sure how to react?

**STOP!** Don't look away. Your financial response is part of their story.

**LOOK!** Who is that homeless person? If you were homeless who would you turn to?

**ACT!** Over 50 rough sleepers in Nottingham each night.

**Will you give now to  
HELP US HELP THEM?**

# THANK YOU

the Friary **Working**  
locally to end  
homelessness

Registered Charity Number 1056825  
Company registered in England and Wales Number 3190740

## HOMELESSNESS – “I know there's a problem but I don't know what to do to help.”

**...let's look at this, it's a lot easier to help than you think!**

We've all heard about recent and ongoing Local Government cutbacks and sadly many of us have been personally affected by this. We are also more aware of the rise in the number of homeless men & women nationally and now evidently in our own community. So what can we possibly do about it? If we're personally affected and sleeping rough or in a bedsit we can do very little indeed to affect the national trend other than hope someone else will be there for us. People living with very little have no choice but to manage with what they have and hope to God that someone else with more resources might share something with them.

In my role as Marketing & Communications Officer I often hear people say they know there's a problem with more and more people becoming homeless but they don't know what to do about it. My response is: YOU CAN DO SOMETHING! That something might be: donate clothing or household goods to our depot (imagine someone starting out with a bedsit and nothing in it and visualise what they might need), volunteer at the Drop-in Centre or at our Ludlow Hill donations Depot, come and garden at our Allotment, offer to be a Driver's mate and accompany our regular van drivers, volunteer at one of our Fundraising Sales and give your time.

**...it's a lot easier to help than you think.**

Most importantly, right now, we appeal to you to prioritise your own spending and consider making a regular donation to the Friary. Five years ago in Rushcliffe, we didn't spend our spare time in coffee shops & restaurants catching up with friends discussing how little

time we had to sit down and share a family meal. Times are changing and many young families are time-poor in that they spend a lot of their week engaged at work and ferrying children to activities and trying to squeeze in some "me" time along the way. For the lucky ones there's time in the schedule to exercise too. Our plea is for you to take a few moments to consider how it might feel to be stripped of all those luxuries and not know where your next night's sleep would be let alone where your next meal would come from.

I know we're not individually going to change a lot, but collectively, we as a community, are already in a position to help prevent homelessness for many who are teetering in their relationships, fighting health problems or facing redundancy. At the Friary, because of the community support that sustains us, we continue for now to reach out to those people who don't have friendships or family to turn to and we appeal for your help in supporting us financially and practically to do so.

By giving up one restaurant meal out or a trip to the Cinema once a month your donation to the Friary could speed up the recovery of the individuals you may never meet but we do. "I know there's a growing problem of rough sleeping and homelessness but I don't know how to help" – **YOU CAN DO SOMETHING**, visit our website: [www.the-friary.org.uk](http://www.the-friary.org.uk) help fund what we need to do.

## Friary Fundraising Sales are taking shape!



**To help build a more sustainable model of fundraising we are proud to announce that thanks to more volunteers stepping up, we have established Friary Fundraising Bargain Sales at various locations run by existing and new teams.**

- Cotgrave Welfare – enabled by Rotary Club of Vale of Belvoir had its inaugural Sale in February this year raising £1300.
- Sir Julien Cahn Pavilion at West Park, Loughborough Road is proving a popular venue. Bargain Sales in March, May and hopefully one soon to follow in July 2018.
- St Luke's Church Gamston have agreed to host on Saturday 23rd June 2018.
- Keep an eye on our website for venue details, Bargain Sale in Radcliffe-on-Trent, November 2018.

- Friary Christmas Bargain Sale also in November 2018, West Bridgford venue tbc.
- New Year date for your diary: Saturday 9th February 2019 at Cotgrave Welfare Club supported by Rotary Club of Vale of Belvoir again.

Many thanks to all volunteers giving their time. If you'd like to get involved let us know. These are great places to pick up Adults'/Children's clothes, household & electrical items, toys, bric-a-brac, jewellery, handmade cards & refreshments – 50p entrance, all proceeds to the Friary. We hope all the shoppers enjoy the amazing bargains!

## Pam Garner: High Sheriff Community Award



**In recognition of her hard work and volunteering commitment, Pam Garner has been awarded the High Sheriff Community Award.**

Pam started as a Friary volunteer back in 2000 on the coffee bar at the Centre, coming in once a week and is now volunteer Team Leader at the donations Depot and continues to help monthly on the coffee bar at the Centre.

Pam has consistently demonstrated outstanding commitment to her role as a volunteer at the Friary and has recently played an integral part in the successful roll out of the Friary's new donations depot. Pam is an incredibly conscientious person who cares deeply about ensuring that support is available to local people in need and that we are able to work positively with the local community in offering this support. Her motivation to volunteer is nicely encompassed in this quote that she gave when asked about her volunteering experience:

'The Friary makes time for people and I'm passionate that the Friary doesn't lose that aspect of its heart. Not an official place but a kind place to be. It might be the first time a person is treated as a person in a long time'.

On being advised she had been awarded, she said she would accept it "on behalf of all the loyal and dedicated volunteers who give such time, hard work and support to the Friary. There is an immense reservoir of talent and goodwill and the Friary is held in great affection by the volunteers and the community".

Pam also commented: "I appreciate the tremendous hard work that is undertaken by the staff, which is getting ever more difficult as the years go by. However, throughout all the difficulties, the Friary maintains its welcoming and family atmosphere which I believe is the keystone of its ability to help the people who come through its doors." If you are keen to volunteer with the Friary, get in touch by email: [admin@the-friary.org.uk](mailto:admin@the-friary.org.uk) or give us a call: 0115 982 5448.

All volunteering roles can be found on our website: [www.the-friary.org.uk](http://www.the-friary.org.uk)



Free printing of this newsletter courtesy of A R Signs

## Local teenager, Taylor Woodhouse, raises over £3,000



**Local teenager Taylor Woodhouse certainly raised the bar in terms of a local fundraising effort back in March after he undertook a trek to Mount Everest base camp and successfully raised just over £3,000 for the Friary.**

Taylor, aged 17, lives in Compton Acres and is studying for his A levels at The West Bridgford School. Following a stint of charity work for the homeless last year, it inspired him into thinking about how he could possibly help in terms of raising funds. Taylor said: "My dad had attempted a similar trip the previous year and suggested that it might be something that we could do together. I recognised this as a great personal challenge and a chance to mount a fundraising opportunity for the Friary at the same time." Taylor's story is even more astonishing given that he made the attempt as a complete novice, with nothing more than occasional trips to the Peak District to draw on as experience, and he said: "I had no climbing experience whatsoever, but I play quite a bit of football and improved my fitness with extra gym work before embarking on the trip."

After a gruelling nine days of climbing, the trek became fraught with drama after Taylor came down with altitude sickness and had to be helicoptered off the mountain. Thankfully, his recovery was a quick one and did not detract from what was a tremendous personal challenge and adventure. Helen Jones, marketing and communications officer for the Friary, said: "We applaud Taylor's effort and can't thank him enough for the staggering amount of money he has raised. It sends out a really positive message to any local individual who wants a challenge and wishes to support a charity." You can still contribute via [justgiving.com/fundraising/taylorwoodhouse](http://justgiving.com/fundraising/taylorwoodhouse), with all proceeds going directly to the Friary.

*Excerpt with permission from West Bridgford Local News.*

**Keeping in Touch** the Friary has always kept any information such as names, addresses, telephone numbers and emails strictly confidential, and we do not share any information with third parties without permission. Please be assured nothing is changing in that way. A new government regulation comes into force in May this year, it's called The General Data Protection Regulation (GDPR.) How does this affect what we have already been doing? The simple answer is that it protects even more the fact that we are careful with any information we have, but also you have a say in what happens. Please complete the enclosed consent form or get in touch with our office to express permission to hold and use your contact details.

## Rushcliffe residents praised for donating 10 tonnes of food and clothes to The Friary



**Rushcliffe Borough Council and local homeless charity The Friary have praised residents in the borough for their generosity in donating over 10 tonnes of food, clothing and toiletries as part of a recent appeal.**

Thousands of items were gifted across the borough when people placed their bin out for collection in January which were scooped up by the authority's waste teams in addition to their usual duties.

It is estimated the number of donations for the charity trebled compared to a similar effort in January last year.

The Leader of the Council Cllr Simon Robinson said: "This is an incredible effort from residents. A huge thank you for your generosity which will give a local charity much needed support this year.

"Our waste teams worked tirelessly to again collect many thousands of items and we're delighted that residents entered into the spirit of being so charitable for a cause that helps hundreds of local vulnerable people."

Volunteers from West Bridgford Rotary Club volunteered to sort through the items ready for the charity to use in the coming weeks and months.

Over the weeks they have been distributed at the charity's drop in centre in West Bridgford, which offers advice, health and practical support services to those who are homeless or at risk of homelessness.

Sam Crawford, Chief Executive of the Friary said: "We can't thank the people of Rushcliffe enough for these donations.

"The items will go directly to those in need and help us to ensure that local people in crisis have their basic needs met, whilst seeking to assist them through to recovery and independence.

Visit [@theFriary88](https://twitter.com/theFriary88) on twitter, [www.the-friary.org.uk](http://www.the-friary.org.uk) or call **0115 982 5448** to find out more about the Friary's services, how to contact us and how you can become involved in supporting our work.

# Friary Centre – Services available

- Walk through the door to a warm welcome (no matter what!)
- All welcome (regardless of circumstances)
- Initial point of contact in time of crisis
- Food & hot drink, shower, clothing, footwear.
- Welfare advice.
- Health advice.
- Access to computers e.g. to apply for benefits, support with CV writing & job searches - essential with impending roll out of online only applications for state benefits.
- Hot meals - promotes healthy nutrition, helps prioritise spending on food first.
- Budgetary advice.
- Support to maintain tenancies.
- Fellowship.
- Social interaction to improve mental health and confidence building.

- Access to Drug/Alcohol Abuse counselling.
- Open Cinema
- Drumming workshop

These are some of the services/activities on offer at the Friary, please feel welcome to visit.

If you have been inspired to support us in any way I would really love to hear from you.



Helen Jones, Marketing & Communications Officer



## Where to find us

46 Musters Road  
Nottingham NG2 7PR

Phone 0115 982 5448  
Fax 0115 982 7228  
admin@the-friary.org.uk

Chief Executive; Sam Crawford  
General Manager; Ann Bremner MBE

### FRIARY OPENING TIMES

Monday, Wednesday, Friday  
9 am – 1 pm

Sunday Evening Fellowship  
8 pm – 9 pm

Donations Depot, Unit 6c, Ludlow Hill Road,  
West Bridgford, NG2 6HF

Tel: 0115 998 1764

Open Tuesdays and Thursdays  
10 am – 3 pm

[www.the-friary.org.uk](http://www.the-friary.org.uk)

the Friary Working  
locally to end  
homelessness



You can find out more about our events and what's going on by following us on twitter @**theFriary88**

**REGULAR GIVING:** Please visit our website for details on how to set up donations on a regular basis. This is the most helpful way for our Charity to be able to budget and plan for the future. Complete a Gift Aid form as appropriate.

Registered Charity Number 1056825  
Company registered in England and Wales  
Number 3190740