



## Home sweet home for Sammy

Our new development of self contained flats opens in Newbury

## Bowled over in Southampton

Working with Hampshire Cricket to tackle homelessness

## The Big Get Together

Listening to what our clients tell us

Inspirational, real life stories

My first year at Two Saints has flown by and I continue to be overwhelmingly impressed with the work we do and the commitment of our whole team.

**It's been a terrific 12 months, but the highlights are most definitely:**

- retaining our West Berkshire hostel and resettlement services contract
- securing the contract to run the Portsmouth Foyer
- securing funding to run a new 'Housing First' service in Dorset
- securing a grant to continue to run our homeless day centre in Southampton
- completing our ten new flats at Gibbs Terrace in Newbury
- winning the West Hampshire supported lodgings contract.

**You can read more about some of these projects inside this issue.**



**TWO  
SAINTS**

# WELCOME

The only disappointments in my first year have been:

- not winning the East Hampshire supported lodgings contract
- not being able to deliver six flats in Southampton using the empty homes grant that we'd been allocated.

Looking forward, 2015/16 will be another challenging year, especially with the incoming government being committed to making further significant cuts to public spending.

All of our contracts, with the exception of the Portsmouth and Hampshire young people's services and the West Berkshire hostel and resettlement service, will be tendered within the next couple of years. If we are to retain these contracts we must make sure that we continue to deliver excellent services and are able to demonstrate this through the outcomes we achieve.

In preparation for the tenders that we'll be submitting, we're currently working on a suite of products that define what we do. We've also updated our branding as you can see from our bright new logo. I look forward to continuing to work with our clients, external stakeholders, employees and board over the coming year – and I'd like to take this opportunity to thank everyone for all of their support during my first year at Two Saints.



*Steve Benson*

**Steve Benson**

Chief Executive

## Contents

3	Our latest news
4	A place to call home
5	Beating the booze
6	Bowled over in Southampton
7	Lesley's story
8	Pioneering Princes Trust scheme
9	On the ball
10	The Big Get Together
11	Steve's story
12	The day centre Southampton

To support Two Saints – either as a fundraiser, by making a donation or volunteering your time - please call us on **01329 234600** or visit our website **www.twosaints.org.uk** for more ideas of how you can get involved and make a difference.



## Heather puts her best foot forward

Thank you to Heather Lovelock who raised over £300 for Two Saints when she ran the Southampton Half Marathon earlier this year. Heather said she wanted to set herself a personal challenge and support a great local cause at the same time.

The £300 Heather raised will be added to our personalisation fund which clients can access to buy things like clothes for job interviews, train and bus tickets to visit family or starter packs for those ready to move back to independent living.



Heather Lovelock

# NEWS

## Set yourself a challenge

Whatever your personal goal – from skydiving to shaving your head – you can raise much needed funds for Two Saints. Call 01329 234600 for details.

## Volunteers spruce up Southsea service



A team of volunteers from The Royal Bank of Scotland ditched their office jobs for a day of painting and decorating at our service in Southsea.

The accommodation for seven young homeless people was in desperate need of a makeover and thanks to the volunteer decorators, it's now a much more inspiring environment for clients. As well as accommodation, we also help the young residents transform their lives by supporting them to access college courses, work or volunteering opportunities.

"The volunteers were very lovely and kind. I am especially pleased with the colour in the laundry room it has made it more contemporary".

Bobby, resident at Victoria Road South

# A place to call home

**“Safe, secure and absolutely over the moon!” that’s how Sammy feels about moving into her brand new Two Saints flat.**



**“I feel settled and happy and really optimistic for the future. I’m looking for jobs and am really enjoying having somewhere to call home!”**

Sammy

Sammy is one of ten clients who have moved out of our Newbury hostel and into a new development of affordable, self-contained flats next door. Residents can stay for up to two years while they develop independent living skills including learning to cook, clean, pay their own bills and look for work.

West Berkshire Council and the Homes and Communities Agency helped us to fund the £1.4 million project to provide much needed move-on accommodation for people like Sammy who have been through difficult times but are ready to start living on their own.

**“These are really nice homes which will help people who have had troubles in life to develop the skills and confidence to stand on their feet again. The development will certainly improve life for many vulnerable people in West Berkshire.”**

Richard Benyon MP Member of Parliament for Newbury



The development was named in memory of former Two Saints employee Terry Gibbs. His widow Pauline, who also worked for us, performed the official opening ceremony and said it was an honour for her family.

After a terrible time, the future is now looking great and it's all thanks to the great Two Saints staff at Lucy Faithfull House for steering me on the right path.

# Beating the booze

By Brian



**I started drinking in my mid twenties. It got worse and worse and eventually I had to leave my family home. I had a job at Heathrow airport as a chef for 30 years but couldn't keep the job as my health began to suffer. I ended up getting trench foot and had to go into hospital to have part of my foot amputated.**

After I came out of hospital I moved to a bed and breakfast in Oxford to recover, but I soon started drinking again and ended up in and out of hostels. I couldn't seem to get a grip on my life as alcohol just took over everything. Eventually I arrived at the Two Saints service at Lucy

Faithfull House and the staff there helped me to finally stop drinking and start thinking about the future. I could see things more clearly and when the support staff suggested I undertake voluntary work I became a member of the Client Scrutiny & Involvement team.

The voluntary work showed me I could achieve something and take control of my life. Feeling more confident I moved to the next step flat at Lucy Faithfull House. It was a chance to live independently knowing that support was there if I needed it. Without

the alcohol I was able to start to look after myself once again and do things that other people take for granted like shopping, cooking, budgeting and paying the rent.

After 10 months at the next step flat I am now ready to move on into a place of my own. I feel full of confidence for a bright future ahead.



# Bowled over in Southampton

The Ageas Bowl – home of Hampshire Cricket – isn't a venue you would associate with tackling homelessness, but it proved the ideal backdrop for a recent lottery-funded project.

We've used a grant of £9570 from The Big Lottery Awards For All to run a project with Hampshire Cricket in the Community, official charity of Hampshire Cricket, which has helped homeless clients develop new skills and self confidence.

Working in partnership with the charity, we created a community allotment on a plot of land next to the

Ageas Bowl. The space was donated by Hampshire Cricket to enable clients to grow their own fruit and vegetables whilst gaining qualifications. Once their produce was ready, the new gardeners were invited into the stadium's kitchens to learn how to turn their crops into simple, tasty meals on a budget.

Clients also enjoyed tours of

the ground and enterprise workshops to find out how a major cricket ground is run on a day to day basis.

The project was a huge success, and all the participants have been invited back to see the Hampshire team in action in their NatWest T20 Blast match against local rivals Sussex.



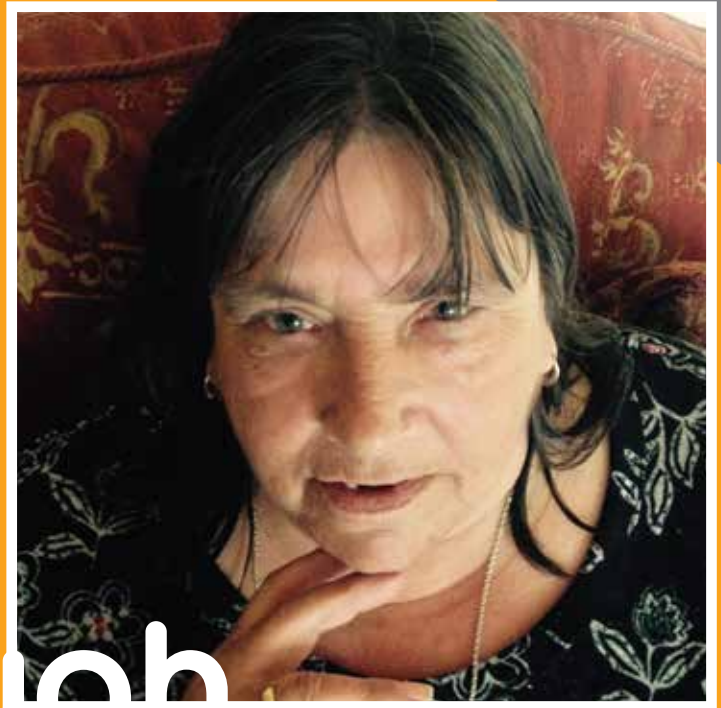
"It was an amazing day which really helped improve my self esteem and confidence. I learnt how to cook a basic meal and can't wait to come back for the T20 game."

Shane from Portsmouth

"It was a terrific opportunity to get out, visit somewhere new and learn lots of skills. Everyone is looking forward to the T20 game, which for many, will be the first live sporting event they have attended."

Dean Higgins, Learning and Enterprise Manager

I've had my fair share of highs and lows and have struggled to see through the darkness of depression, but thanks to Two Saints I'm now looking forward to a brighter future.



# Shining a light through the darkness

By Lesley

I had a happy childhood with a loving Mum and Dad and two sisters. When I got married and started my own family, life had its ups and downs. My husband had affairs but I forgave him and always took him back.

But my world fell apart when my youngest sister died suddenly whilst away on holiday. Whilst struggling with my own grief and trying to support her family, my husband had another affair – this time with a neighbour! My world was shattered again. I had believed him. What a fool I was. He moved out and although

I tried to stay positive I became more depressed and considered suicide. I just didn't want to fight any more. On my doctor's advice I moved to a bungalow, even though it was in an area I didn't know. Things went from bad to worse. I felt isolated, my arthritis got worse and I had to give up work. I couldn't

open letters and forgot to pay bills. I didn't want to tell my children anything was wrong I just wanted to stay as 'good old mum' who coped with anything. You can't see depression, mental illness or heartache but it's very real. The darkness grows until it is all consuming. It was lucky I have a great doctor and

Two Saints floating support team, who have helped me through so much. My support worker is never condescending or critical. She is a ray of sunshine in a sometimes very grey day. Her help and support cannot be measured.

We all need a helping hand sometimes. I never thought it would be me. I was always the strong one. How wrong I was. Thank you to all the Two Saints team for all the help you give people like me. You are appreciated more than you know. Thank you for helping me get my life back.

# Pioneering Prince's Trust scheme



Prince's Trust

## Moving on up

Since finishing the Prince's Trust programme:

3 young people have successfully moved on into more settled accommodation

5 young people have continued on in education, and

4 of those are currently taking part in Highbury College's Transition Programme

Practical skills, self-belief and the determination to get a job – just some of the benefits young people at our Portsmouth Foyer received after taking part in a unique project with The Prince's Trust.

Twelve young residents joined the 'Team' programme, which involved fundraising, volunteering

at a local charity and a residential trip to the New Forest. They also picked up valuable life skills during work experience placements at supermarkets, schools and the Mary Rose museum. It was the first time staff at the Prince's Trust had facilitated a group from a supported housing setting and they worked with us to support the young people

every step of the way.

Not only did all twelve participants finish the programme with flying colours, but some even obtained a City and Guilds qualification by completing an extra week of community sports coaching.

"It was a terrific opportunity for these young people to develop self esteem and turn their lives around by keeping busy, staying out of trouble and focusing on something positive. They've all undergone an amazing transformation and I'm so proud of them all!"

Matthew Foster, Community Inclusion Worker



"I've come a long way since I started the Prince's Trust programme. I've achieved a City & Guilds qualification and enjoyed my volunteering so much I now volunteer at a charity shop every weekend".

Amanda



# On the ball

It's known as 'the beautiful game' and football is certainly helping to create an attractive future for people who have been affected by homelessness. Many of our hostels have football teams and residents are encouraged to join in to benefit from the team spirit, physical exercise and improved self-confidence that the game brings.

We held a special Two Saints tournament in Fareham when teams of clients and staff from across our services could face each other on the pitch. Over 50 clients put on their boots to join in.

"The tournament got clients out of their hostel for a day to take part in something positive where they could meet other people who have experienced similar issues and problems."

Dean Higgins, Learning and Enterprise Manager

"We all looked good in our Two Saints kit and for a motley crew we didn't do too badly. I was really proud of our team."

Steve from our Fareham hostel

## Football empowers people affected by homelessness to:

- Develop their skills and abilities
- Gain self respect and confidence
- Improve their health and fitness
- Look to the future and transform their life



A poem written by Nessie, a client in our Alton service

All the flowers look so beautiful glowing in the lunchtime sun  
The sun just so bright and glowing  
It makes you want to get up and have lots of fun!

The birds are singing cheerful little songs  
That would brighten up anyone's day  
In fact they even make you want to sing along!

# The Big Get Together

**Listening to what our clients tell us and acting on their feedback is what makes us so successful in helping to tackle homelessness.**

**Each year we hold two Big Get Together events – one for all clients and one just for young people – to enable the people we support to tell us how we can make our service even better.**

Over 40 clients from across our services, senior staff and board members met up in Andover earlier this year to chat about the way Two Saints is run, at the first Big Get Together of 2015. It was a chance for clients to meet others who have also experienced homelessness, discover more about what we do and provide important feedback.

**Two local businesses - Parker's Cakes & Chocolates and Busy Hands – put on fun workshops to give our clients the opportunity to try their skills at chocolate making and card design.**

**Lunch was provided by Dominos Pizza and an ice cream van dropped in at the end of the day with ice creams for all the participants.**

“The Big Get Together is a really valuable event for us to find out first-hand what homeless people need and put questions to senior staff, so we can adapt our services accordingly.”

Steve Benson, Chief Executive

“I really enjoyed chocolate making. It was amazing learning how much Two Saints do and it was great meeting up with everyone.”

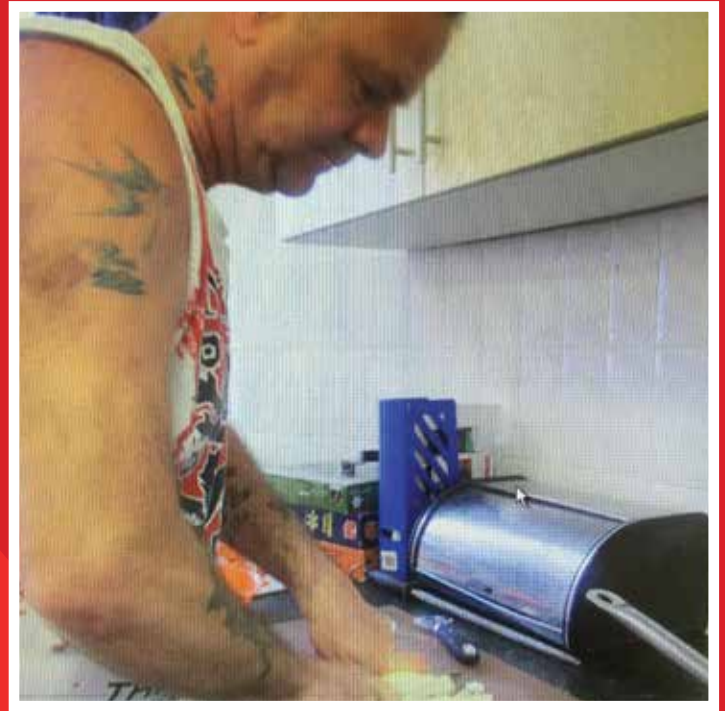
Chris from Fareham



# I'm back on track

By Steve

I was a heavy drinker and in 2014 my partner of seven years kicked me out of the home we shared with our baby daughter. After a mental four months of drinking, sofa surfing and sleeping on the streets I ended up in the Two Saints hostel at 101 Gosport Road in Fareham, a broken man.



The staff were so welcoming right from day one. They made sure I started eating properly and helped me look to the future.

In early January 2015 I went into the local detox unit to start sorting out my life and turn it around. Two Saints kindly kept my room for me and I returned dry and sober but full of fear. The fear was soon gone as the staff at 101 were great. They all kept an eye on me and made sure I was OK.

Over the next few months I started going to meetings and support groups and Two Saints even provided me with a bus pass so I could get around.

I started to feel much better about myself and the future and I managed to get together a football team and even entered a couple of tournaments. I joined in the trip to the Ageas Bowl (see page 6) and took part in cooking and budgeting courses.

Things were really looking up and then I got some great news – I was moving! In April I moved to Kings Road, a clean and dry house where I am today. It's a great place for rehabilitation and the superb staff provide support.

In my time at 101 Gosport Road I saw many people settle down, improve and

move onto the next stage of resettlement like me.

I want to say a huge thanks to everyone at Two Saints – I probably wouldn't be here today without them!

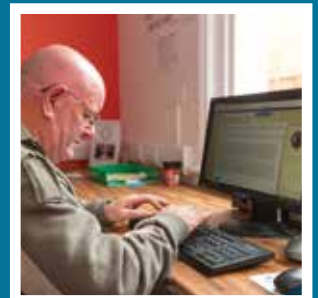
# The Day Centre, Southampton

Our day centre in Cranbury Avenue, Southampton has been serving homeless people for over 30 years.

The numbers of people accessing its facilities are increasing all the time and around 120 people pass through the doors every single day.

It's a lifeline for many homeless people, offering a wide range of vital services and facilities including the chance to enjoy a meal, a hot shower and clean clothes. The day centre houses an onsite doctors surgery and a popular learning centre where clients can improve their skills and confidence, find out about employment and training opportunities and use a telephone and computer for free.

It's also the base for the city's street homeless prevention team, who help rough sleepers find accommodation and access other services.



Increasing demand and public sector cuts mean the day centre needs more volunteers and funds than ever before. You could help by:

## Volunteering

preparing and serving meals, offering advice on how to use a computer to write a job application or simply offering a friendly face to chat with over a cuppa.

## Fundraising

organise an activity or sponsored event and ask friends, neighbours or work colleagues to join in.



"I was attending an alcohol recovery group at the day centre when I was evicted from my flat. The staff helped me find new accommodation and also taught me IT skills. Now I can email my daughter in Ireland regularly, which is helping my recovery from alcohol. Thanks to their support I feel optimistic about the future."

Kathy



**TWO SAINTS**



[www.twosaints.org.uk](http://www.twosaints.org.uk)

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