



## Big Sleep Out Friday 10th June 2022

*Change lives whilst you sleep*



Photos of previous 'sleepers', both at home and in our car park

Arc's Big Sleep Out is BACK and this year, we are excited to be offering a hybrid event, so you can sleep out in our car park in Taunton, or set up at home - it's up to you! Whichever option you choose, you'll be changing lives whilst you sleep and making a positive difference towards supporting our local homeless community. So, will you accept the challenge and take part on Friday 10th June?

### What is the Big Sleep Out?

The Big Sleep Out is an annual event, where participants get sponsored to spend just one night outside to raise funds which will support the work we do here at Arc. Not only will you be spending a night under the stars, you'll also get to enjoy a social evening with entertainment, either in person or through our livestream. Whilst our event will show some of the harsh realities of rough sleeping, we do not intend to replicate it. The event is a safe, fun and eye opening experience suitable for everyone.

### How do I take part?

Taking part is easy, and anyone can join in! You can take part as an individual, family, or group. All you need to do is head to [www.arcinspire.co.uk/bigssleepout2022](http://www.arcinspire.co.uk/bigssleepout2022) and sign up using either the online or downloadable registration form. Here you can also find out more information and download a sponsorship form. Once you've registered, all you need to do is get fundraising! This is also easy, and we will provide you with all the information and support you need to do this in your registration pack.

Don't hesitate to sign up! Early birds who register before 1st May can skip the £5 registration fee!

For more information, please get in touch! You can contact either Rosie or Alice using the details below:

Rosie at [rhather@arcinspire.co.uk](mailto:rhather@arcinspire.co.uk), or call 07736 043403  
 Alice at [ahannon@arcinspire.co.uk](mailto:ahannon@arcinspire.co.uk), or call 07852 947954



## Christmas at Arc 2021

It feels a bit silly talking about Christmas now, but you, our wonderful supporters, made it such a great experience for our clients that we wanted to let you know how it went!

Shoebboxes - you made up enough boxes so that each client received TWO each!

Hampers - thanks to your incredible generosity, each property received a jam-packed hamper to enjoy over the festive period!

You made sure that each and every Arc client had a lovely Christmas time - thank you so much!



# Move In Fund Update



**YOU** helped us to raise just over **£3,000** towards our Move In Fund, meaning that we can help at least **6** more Arc clients with this huge step in their journey!

*Thank You!*

We were taken aback by the response from you, our supporters, following our Move In Fund appeal in November and December. The fund supports Arc clients who are moving on into independent accommodation by assisting with the costs associated with basic necessities, such as beds, carpets and white goods. Each individual moving into their own accommodation is offered £500 towards these costs, in order to help make the transition to independent living as welcoming and enjoyable as possible. Sadly, the original funding will not be continuing and we are, yet again, reliant on the generosity of our supporters. If you would like to make a donation towards our Move In Fund, please head to [www.arcinspire.co.uk/donate](http://www.arcinspire.co.uk/donate)

## The Reach Centre **OPEN**

We are delighted to have officially launched The Reach Centre! The aim of this project, which has been fully designed and funded by Arc, is to provide a wellbeing hub which the local homeless community can easily access to receive the guidance and support they require to take positive steps forward. The facility is designed for a variety of external organisations to utilise the space to engage with and support those experiencing homelessness. The hub consists of 6 rooms, plus our two-room GP surgery which has been operating since October 2020. Each room has a unique layout in order to provide a suitable space for any potential support being offered.

As you may be aware, homelessness can cause problems with accessing certain services, either via mental or physical barriers. By providing services such as mental, physical, and sexual healthcare, employment opportunities, financial guidance, legal advice, and so much more, the hub will be a central one-stop-shop for Arc residents, as well as for those who may be sleeping rough in the area.

The Reach Centre was officially opened by the Mayor of Taunton on 4th March 2022. Several local organisations who may be interested in utilising the hub attended. A huge thank you to those who attended, and to Lisa for the amazing cakes! The event was livestreamed - you can see the video on our [Facebook page!](#) If you would like to know more about this project, or to book a space to offer a service, please email [info@arcinspire.co.uk](mailto:info@arcinspire.co.uk)



CEO Raj Singh, Chair of Arc Lynn Emslie, and Mayor Susan Lees opening The Reach Centre



Three of the rooms available at The Reach Centre

## Delight in every bite

AT LINDLEY HOUSE KITCHEN

The kitchen at Lindley House was recently taken over by our new Kitchen Manager, Lisa, who has been working incredibly hard, alongside some lovely volunteers, to provide delicious food for the 40 residents there. The clients have said that the food is amazing, with variety and nutrition second to none! The food looks (and smells) so good - well done to Lisa and the team!



## We would like to introduce you to Mary - Arc's Learning and Development Officer. Her role involves engaging with and encouraging clients to build on their strengths and shoot for the stars!

**What were your previous job roles, and what attracted you to your role at Arc?**

After graduating with a BA(Hons) in Education Studies with Art, I was a Montessori teacher for 12 years in schools and early years settings. Following the birth of my daughter (now 7) I decided to leave childhood education, as my ambition was to work within adult education and social care. When I saw the vacancy at Arc, I couldn't have found a more perfect role! I feel so fortunate for this opportunity and to be part of such an amazing organisation, especially as I can support Arc clients to reach their full potential with positive and enriching activities.

**What does 'a day in the life' of your role look like?**

No two days are the same! I am based at Lindley House, so after joining the rest of the team for a meeting about clients and the day-to-day running of the hostel, I head to 'The Hub' where I am based. I have reorganised it to be inviting space for clients to come and have a chat or engage in ad hoc activities. Here, they can discuss their learning and development needs, as well as use a laptop, borrow books/DVDs, and use art materials. In between clients, I research available courses and networking with local organisations to create a comprehensive database of support we can offer our clients.

**Are there any projects you are currently working on?**

The clients at Lindley benefit from 'in the moment' activities, so when they might be feeling ready to engage

in something, we can offer it immediately. We are spending some of the generous donations to buy art and craft resources for The Hub, which our clients really enjoy, and is a brilliant way to build on concentration and self-esteem. We are also scheduling planned activities and clubs. For example, on a Tuesday morning, we have 'Environment club' where we have litter picked and cleared the front garden, and we will be making bug hotels, bird feeders and planting wildflowers.



**What has been your highlight so far?**

Getting to know so many interesting and varied people, both clients and colleagues. It is so refreshing to be working in an environment with so many professional people who care so much it shines out of them.



Artwork, pottery, litter picking and getting outdoors are just some of the activities Mary provides for our clients

## "It's been nice to have someone to speak to" - Trixie, Arc resident

"I was struggling with my mental health when I had my daughter. I didn't feel ready mentally or financially, and not having her dad around was difficult. Having spent a few nights in my council accommodation, we moved into a mother and baby placement, where it took me a few months to realise I wanted my daughter to have two parents and I gave her up to foster care. The family she lived with were lovely, and eventually they happily adopted her! I went back into council accommodation, but I lost it a little bit after that. I wasn't doing anything all day - I just didn't want to! And because I wasn't paying rent or council tax, I was soon evicted.

I ended up at Lindley House. I was happy there and I always had someone I could talk to if I was having problems. Once I started feeling better, I was offered a place in an Arc satellite property. It was weird at first because I had gotten used to the routine and buzz of Lindley, but I eventually settled and began to enjoy the quiet. My support workers have always been so helpful too.

I always got on with other Arc residents, but there was one resident I quite liked, and we soon started a relationship. My support worker noticed this and kept checking in on me. It was like she knew something was wrong. I told her that he sometimes got angry, and I would get the blame. He didn't like me talking to other people, and it began to isolate me from my friends and my family. I was in the satellite property for about a year before I moved in with him away from Arc.

He started calling me names and would get abusive if he didn't get what he wanted. Lockdown made it worse because we couldn't escape each other. He got more violent and the stress

was causing me health issues. After about 3 years I had the strength to leave. I spent a couple of nights sleeping rough, and it rained both nights. I only had what I was wearing, a t-shirt and trackies, and no duvet or blanket. Then I stayed between my mum and my friend but the back and forth was putting a lot of pressure on all of us. I rang the council and they referred me back to Arc.

I am currently living in a different satellite property to where I was originally and where I am is nice! Actually, one of my friends has just moved in, and another lives around the corner. I like to keep busy for my mental health so I get out and about every day. I have just been linked with a Volunteer Buddy and we are going to get hot chocolate soon and plan what we will get up to. I have also been speaking to one of the Volunteer Counsellors. I'm normally the type who doesn't speak about what I'm going through and tries to face it alone. It's been nice to have someone to speak to.

Thanks to the kind donations of Arc's supporters, I have also been taking an art class and it's been really good because I can channel my feelings and thoughts into my art. The time seems to fly by when I'm doing my art! It's been helping me learn new skills and build my confidence. One lesson we were drawing skulls and I thought it would be impossible, but the teacher helped me with an outline for me to complete. It turned out really good! Now I don't need his help so much as I'm getting better and have developed my own style.

My hope for the future is to get back into working as I've not been in work properly since losing my daughter. I would like to have my own place, actually on my own this time!"



Trixie's unique take on a skull

## "I AM CURRENTLY DOING MY UNIVERSITY PLACEMENT AT ARC AND AM LOVING IT!"

For the past few months, our Satellite team have been joined by Marty, who has been working at Arc as part of his degree. He has been a valuable member of the team, showing a real passion for social work and supporting our clients along the way. He has been working one-to-one with Arc residents, assisting with anything they may need. Marty has also been playing chess with one client, helping to boost both their confidence and have a little bit of fun at the same time!

Marty said, "There are many things that have made me enjoy my time so far at Arc, the first being the incredible Pathways Team that I have been working alongside. Still being quite new I have mostly participated in shadowing my colleagues with their day-to-day support work they conduct. This has included: house, room and welfare checks, inductions and initial interviews. The main things I wanted to get out of this placement was to improve upon my skills of confidence and communication and to gain first-hand experience that will fire a passion for social work. So far, I believe I have made progress in all these areas and I actually do wake up looking forward to come into Arc every Monday, Tuesday and Wednesday. I am so glad that I was given the opportunity to work here."

As he is now nearing the end of his placement, we wanted to say thank you to Marty for being such a fantastic student and team member! You have been a pleasure to work with, and all of us here at Arc wish you good luck with your degree, and all the best for the future!

## "The secret to living is giving"

...and that's exactly what you're helping our clients do - live, rather than just get by. Here are just some examples from the past few months of what your donations mean to our clients.



Thanks to your clothes donations, we were able to host a 'clothes giveaway' for all clients to help themselves to what they need. We also purchased a suit for a client to attend his father's funeral.

One of our Victory House clients is a veteran of the tank regiment and lost his cap and cap badge whilst homeless. We bought him a new one as it meant a lot to him to be able to wear it during ceremonial events

A train ticket for a client and his young son to visit family - the client says his son will be absolutely thrilled to see his grandparents again

Did you know we assist clients with their rent in advance when moving from our services? In February, donated funds helped us to pay for 3 clients' rent in advance so they could move into their new home!



Art supplies for several clients, including one who made this sign in chalk for the opening of The Reach Centre



# THANK YOU!

## VOLUNTEERING WITH OUTREACH

"My name is Robbie and I'm 19 years old. I've been volunteering with Arc's Outreach Team for a few weeks now and I am already loving it! My role when I'm volunteering, starts off with early morning drives with the Outreach Team around Bridgwater and Highbridge/Burnham, locating any new or already known sleepers to Arc. We also check StreetLink (rough sleeper reporting system) to see if anyone has reported any rough sleepers in this area. Once we have done this, we go to The Westfield Church in Bridgwater. This is where rough sleepers, clients already living in Arc accommodation, and the general public, can come and get food, a drink and to just generally have a chat. As an Outreach Team, we can be there to help provide them with accommodation, give advice and guidance and also just to listen and be a friendly face when they need us the most.



Although I haven't been volunteering long, I am really enjoying my time with Arc and the Outreach Team. I want to join the emergency services later on this year, which is one of the reasons I wanted to volunteer with Arc and the Outreach Team. This will help give me the experience and confidence needed for joining an organisation in the emergency services, and also gives me better understanding and knowledge of those in the homeless community."

Thank you Robbie, and all Arc volunteers, for your amazing dedication!

Would you like to volunteer at Arc? You can see our current volunteer vacancies at [www.arcinspire.co.uk/volunteering](http://www.arcinspire.co.uk/volunteering)

