



## Sleep out at home for Arc's 2nd Virtual Big Sleep Out!

It's back! Arc's annual Big Sleep Out will take place on Friday 11th June. Like last year, 2021's event will take place virtually and so we're asking you to sleep out, from the comfort of your own.... Gardens! Save the date and get ready to spend a night under the stars!

### What is the Virtual Big Sleep Out?

The Virtual Big Sleep Out is a virtual event that raises valuable funds and awareness for the local homeless community. Arc are asking you to raise money by getting sponsored to spend just one night sleeping outside in your gardens, sheds, balconies, or other alternative space on Friday 11th June. Grab your roll mats, sleeping bags, your family, friends or housemates and set up camp for the night! Although the evening will show some of the difficulties faced by rough sleepers, we do not wish to replicate homelessness and so participants will have access to a live stream of entertainment and the chance to communicate with other 'sleepers'! The funds raised will help Arc to provide safe accommodation and vital support for those who would otherwise have no choice but to sleep on the streets.



### How do I take part?

Taking part is easy! This virtual event is suitable for everyone and you can take part alone or as a group – it can be a really fun family activity and we've had participants as young as 4 and as old as 84 in the past! All you need to do is fill out and return a registration form and then start raising those all important funds. Arc will help you to get started and will keep in touch with further details of the event and live stream.

Registration forms can be downloaded from our website at: [www.arcinspire.co.uk/bigsleepout2021](http://www.arcinspire.co.uk/bigsleepout2021) or please get in touch with Alice who can email or post you a form, and provide more information about 2021's virtual sleep out: [ahannon@arcinspire.co.uk](mailto:ahannon@arcinspire.co.uk) / 07852947954

**We hope you can join us and help to change lives whilst you sleep!**

## "ARC IS NOT JUST A HOME"

"My name is Anna, and I became homeless around 12 years ago. I worked in a pub with a flat above it which I lived in as part of my contract. Unfortunately, the pub closed, and I lost my job and my home, leaving me sofa surfing. If I could teach anyone anything about homelessness, it would be to never judge someone when you don't know their past, or the situations they are going through. To have had a home and for that to be taken away from you is a horrid feeling. I ended up seeking help from my doctor for depression and anxiety. When I explained my situation, they referred me to the local council, and they connected me with Arc. I was housed at Lindley House where I stayed for about 4 months. Arc is not just a home. It is a chance to make a better life and memories. Whilst I was a resident, there was some great times with staff and great memories of Christmas and activities I took part in. I had some amazing support from staff in my darkest times. I got myself a cleaning job at Lindley and did some bar work at weekends. This prompted me to move on to one of Arc's satellite houses, where I could still be supported but I would also have more independence. I stayed with Arc for a further 5-6 months until I eventually reconnected with my mum and moved back in with her.

Being a resident at Arc inspired me to become a Support Worker and help others progress with their lives. After moving in with my mum, I applied to do Relief Support Work at Arc to gain experience and give back. Over the years, I have taken part in the Big Sleep Outs. It is a great event and makes people realise what being homeless is like. Each year, Arc have had more people get involved! The money raised from these helps the clients in so many ways, such as move on, get items they need, and attend courses and activities which help with mental health. 12 years on from my homelessness journey, I have become a full-time Support Worker at Lindley House! I was amazed to have been given this opportunity to help people in the way I was helped - to be given a second chance to make my life better for myself. I'm hoping to grow even more with Arc and do amazing things to help others!"





# TWO NEW PROPERTIES!

Even during all the chaos that was the past year, we are so pleased to have been able to buy two new properties in Bridgwater. Both were in fairly good condition but needed some love. Due to COVID, building materials became difficult to find and deliveries were stopped or delayed.

Property Services Manager, Martin, said “the property team worked really hard to hit the end of year deadline, so well done to Steve, Ed, Andy, and Billy. This is a great Victorian building, and we are proud to provide 6 warm and spacious bedrooms all with modern en-suite facilities”. We have just finished renovating the second property, which will allow us to move 7 more people into supported accommodation very soon, and help them establish their independence. There will be a further 2 bedspaces once all work is completed. We were thrilled to have received support for this project from Hinkley Point C, who chose Arc to benefit from their new ‘HPC Way Fund’ and we would like to say a special thank you to them. We were lucky enough to be the first charity to benefit from this fund, in which they raise money for a local cause by rewarding safe working behaviours on site. We received a whopping £13,100 towards our renovation project thanks to this initiative! Since renovations have been completed, we have been able to move 6 people into the finished property. Char, the Support Worker for these satellite properties, has said that all residents love the accommodation as it allows them to feel safe, secure, and more positive about their futures. How lovely is that?!



## Staff Spotlight - Lisa

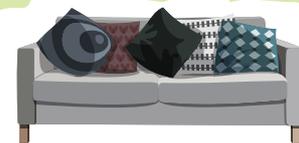


We would like to introduce you all to Lisa, who is our Drug and Alcohol Recovery Navigator, joining the Outreach Team in Bridgwater alongside spending time at Lindley House. This is a new role which focuses on assisting those experiencing any issues around alcohol, drugs, and addiction. This

may be signposting them to services they may benefit from, as well as supporting those who may not be able to tackle the issue immediately. Lisa has a very ‘person-centred’ role and builds huge amounts of trust with her clients, so they feel completely safe to talk openly and honestly without any judgement. At Arc, all our support is tailored to the individual, which can be challenging, but we know this is the best way to achieve our goal of empowering the homeless to make a better life for themselves.

## Move In Fund

Each year, Arc are proud to assist clients into their own independent accommodation, and thanks to our kind donors, we offer £150 to spend at Furnitrust to help them buy anything they might need. In November, we were so pleased to have been awarded funding for the 'Move-In Fund' from Somerset Community Foundation, assisting our clients to really settle in and thrive in their new homes! Since receiving this funding, we have spent just over £4000 to provide items such as cookers, washing machines, sofas, carpets, fridges, curtains and much more! Being able to help people with moving into their own homes after experiencing homelessness is such a vital part of our work and the costs associated with this are often overlooked, so having that additional help is so important. One of our client's, 'Guy', was recently helped by our 'move-in fund' and told us just how much it helped - “The money has definitely helped me settle into my new property, with less to worry about, it really has made a massive difference to me. I am truly very thankful for all the help, advice and support I have received from everyone at Arc”



## Coming Soon.....

You may have noticed some news launched online late in 2020 about the beginnings of Arc's very own social enterprise. We were in early days of this new project back then and we've been working quietly behind the scenes to bring this idea to life. Arc will soon be launching 'Crescent Cleaning Services', a social enterprise to provide professional cleaning services whilst also helping to eliminate barriers to employment that our clients often face. We still have plenty of planning to do and have some exciting collaborations coming up this month. We can't wait to share more news with you in our next newsletter but for now, watch this space!

Hello, my name is Alice and I have just started at Arc as a Fundraising and Communications Assistant. My first job here has been to create this newsletter - hope you like it! I will likely be talking to and meeting our supporters as part of my role, so if you have any questions, or would like to know more about fundraising at Arc, please email me at: ahannon@arcinspire.co.uk



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