



Welcome to the 2nd edition of our new newsletter! It's amazing to think that almost 4 months have passed since the last one and we are in a new year. We're very pleased to share with you what we've been up to these past few months and what's to come too! 2 pages is never enough and we always have so much to tell you about - please keep up to date on our website and social media pages for more news. Happy reading!



The Big Sleep Out is back for it's 5th year!

We're so excited to announce that The Big Sleep Out is back for it's 5th year! Our first ever Big Sleep Out took place in a small field at the back of Taunton Football Club back in 2015. We had 48 participants and raised £7300! Each year it has grown and we upgraded to the big car park at the football club - very glamorous! Last year an incredible 97 people joined us and we raised an amazing £10,792! Our aim this year - **let's go even bigger and better** - more participants and more funds raised!

What is The Big Sleep Out?

We know that some of you will be wondering what the Big Sleep Out is all about! The idea is for participants to get sponsored to sleep outside **for just one night**, in order to raise valuable funds and awareness for the homeless.

Although the evening will show some of the harsh realities faced by rough sleepers, our key aim is to raise the funds so that no one has to face homelessness and so we make the night enjoyable too for all our wonderful participants who are giving up their beds for a night!

We join together, enjoy some hot food, live music and socialising! When the night draws in, we settle down in our sleeping bags and attempt to sleep, with no roof above our heads and just a piece of cardboard to comfort us! We do ensure that everyone is safe and warm and the event is suitable for all ages - in previous years our youngest participant has been 4 and our eldest 84!

As well as being an eye opener, the money raised goes a long way towards supporting homeless people in Somerset. Whilst sleeping in a car park may not sound appealing, we're lucky enough to know that it is just for one night and whilst we sleep, we're changing lives, raising awareness of homelessness and funding the services that support the people who sadly end up on the streets.



THE BIG SLEEP OUT
FRIDAY 14TH JUNE
THE CRESCENT CAR PARK

Please join us **under the stars** as we raise valuable funds and awareness for the homeless. Get sponsored to spend just **ONE NIGHT** sleeping outside.

To register or for more information, contact Rosie:
Email: rhather@arcinspire.co.uk Phone: 01823 271326

How do I get involved?

We would love for you to take part! This year the sleep out is on **Friday 14th June** and is in a brand new location! Sadly we've had to say goodbye to our Football Club location and thank all the fantastic staff there for being so accommodating for the past 4 years! 2019's event will take place in Arc's very own car park, located at the back of our head office at 7 The Crescent, Taunton.

To sign up, simply fill out a registration form and return it to us with your £10 registration fee. Groups of 4 or more get their registration fee half price (£5pp) and participants who raise more than £100 get their fee refunded after the event!

You can download the registration form at: www.arcinspire.co.uk/bigsleepout or we can email or post the form to you - Just contact Rosie on rhather@arcinspire.co.uk or 01823 271326 to request.

Participants under 16 register for free and must be accompanied by an adult. The event starts at 6:30PM and ends the following morning at 8AM, following a free survivors' breakfast!



Volunteering Opportunities

- > Kitchen Volunteers (Wednesdays & Fridays)
- > Fitness Activities Volunteer
- > Volunteer Driver for client activities
 - > Volunteer Woodwork Teacher
 - > Volunteer Counsellors
- > Volunteer Work Placement Co-ordinator

Please contact Steve: satkinson@arcinspire.co.uk

From a client...

I came in contact with Arc at a very stressful point in my life, I had become homeless and did not know what to do next. I was put in contact with Arc and from the very start they put me at ease, and let me know that I was not alone and they were there for me. I was lucky enough to be placed in a house very quickly, where I felt safe and cared for. I cannot thank the all the team and especially my key worker Karen enough. Without all their help and support I would not be where I now am today. I now have my own home and just got myself work. Arc truly is a life saver. I thank them with all my heart and wish them all and the charity good luck and great success for the future. Again, thank you. **Jamie**

Baxters Horse Sanctuary



We're so delighted to be able to offer a new opportunity for clients - thanks to a very generous donor, we can now fund sessions at Baxters Rescue - a horse sanctuary providing healing and therapy for adults suffering with depression and anxiety. So far, three clients have attended sessions and the benefits are clear! James (in photo on left) is one of our Veteran clients and was struggling with not having a focus in his life. Having attended Baxters, James is starting to come to terms with his past life and feels motivated to move forwards! He has now sought help for his mental health difficulties and will soon be starting an NVQ in Equine Care, which has kindly been funded by the Royal British Legion. To read more about Baxters and how it's benefitted our clients, please visit our website blog at: www.arcinspire.co.uk

We know that Christmas is long gone but we wanted you to know that you helped to put smiles on many faces at Christmas time!

Thanks to all you lovely supporters, each client received 2 shoeboxes filled with gifts this Christmas as a result of our shoebox campaign. In addition to this, the incredible monetary donations ensured we could create Christmas celebrations to remember for all of our 15 properties, with traditional dinners and decorations! As well as receiving these treats, it makes such a difference to our clients to know that so many people care!



Staff Insights

This edition, we would like to introduce you to our Fundraising and Communications Team: Rosie Hather (right) and Rosie Sandy (left).

There are many ways you may have come into contact with Rosie and Rosie - if you have attended an Arc event, have kindly made a donation or spoken to us on our Facebook page.

Although sometimes we use having the same name to our advantage, we are two different people, promise!

We look forward to meeting you!

