



☆☆☆☆ We did it! ☆☆☆☆

Our Big Sleep Out 2022 took place on Friday 10th June, and we were joined by 45 'sleepers' both in-person in our office car park and others taking part virtually. Those who came to the car park were given a piece of cardboard to sleep on, kindly donated by RH Fibreboard, as well as a 'Sleep Out Pack' full of essential items for the evening. Those who joined us virtually received their packs through the post and a link to a Zoom livestream.

It was a great evening with some fantastic performances from local musicians Luis Martelo, Ben from The Young, Sam Cockram, and A&R, alongside hot drinks thanks to Crescent Funeral Services and some delicious food that was donated by COOK, Loafers, and the kitchen team at Lindley House. Some lovely professional photos were taken by PR Photography, some of which you can see below. Of course, once the music ended and the darkness drew in, our 'sleepers' were faced with some of the hard-hitting realities of rough sleeping. We had very little sleep thanks to the hustle and bustle of Crescent car park and some delightful seagulls who decided to join us! We were all really pleased to see the friendly faces of the Rapid Relief Team who treated us to a wonderful breakfast at 5.30am.

Despite having a lower turnout compared to previous Big Sleep Outs, likely due to the strange events of the past 2 years, our participants have done incredibly well with their fundraising, and we are looking to have raised £5,526.25 so far! We are thrilled with how much support the event has received and are so grateful for anyone who contributed towards the Big Sleep Out!

How about arranging your own sleep out to support Arc? You could get together with your colleagues, neighbours, or family members, or even take part alone in your garden. This is an activity for all year round - depending on how brave you are! If you're interested by this idea, please get in touch. We can offer support, promotion of your fundraising and 'Sleep Out Packs' for those who take part.



Some of our 'sleepers'



Performers A&R



The Crescent Cleaning Services team took part!



Stoke St Gregory Baptist Church joined us virtually as a group



Thank you to our clients!

This incredible artwork was created by our wonderful clients using the Big Sleep Out as the theme. Each piece was on display during the evening, alongside some beautiful glass jar lanterns also made by clients. As our clients have such a huge range of creative skills, we are hoping to showcase their work in an upcoming exhibition this summer, so stay tuned!



CREATIVITY full of POSITIVITY

In our March newsletter, we introduced you to Mary, Arc's Learning and Development Officer who has been working with our clients to offer educational and creative activities and support. In the past few months, clients have attended the theatre, worked with the animals at Magdalen Farm, and have gone on weekly fishing trips. Mary also holds workshops for knitting, music, yoga, arts & crafts, walking, sewing, and a 'woodland wellbeing' session every week. Each activity is carefully planned and each client who chooses to take part has really enjoyed themselves. Educational courses for clients wanting to progress in a particular skill have also been taking place, including food hygiene, candy making, and dog grooming. Mary also supported clients who wanted to create artwork to show participants at the Big Sleep Out and held a workshop to create decorated jam jar lanterns which we also had on display.

Trevor with a chicken at Magdalen Farm



Clients on their theatre trip



Lee designed this banner for the hub where Mary holds drop in sessions and workshops, which was kindly printed by Discount Designs - he was so pleased with it, he had tears in his eyes!



Just some of the artwork created by clients for the Big Sleep Out



CLIENT ART PACKS



We would love to be able to provide more clients with artistic equipment as we know how much this helps with mental health and wellbeing, as well as encouraging individuals to express themselves creatively. Could you help us to provide more of this to our clients? For just £6, you can provide someone experiencing homelessness with an art starter pack including drawing pencils, sketch paper and card, colouring pens and pencils, and mindfulness colouring sheets. If you can sponsor an art pack for an Arc client, please donate via our website: www.arcinspire.co.uk/donate

Wyvern's for the win!

Somerset Wyvern's AFC are an amateur American Football team who compete in the SFC 2 West Division of the British American Football Association, and this season, we are excited that Arc has been chosen to receive this years game ball sponsorship, which also means that our logo is printed on to the ball! They announce the matches on the Facebook page, so pay them a visit if you would like to see them in action. The team are currently unbeaten and doing amazingly well. - go Wyverns!



Lauren and Karen, two members of the Pathways Team for our satellite properties, received these beautiful flowers from former clients of Arc.

They dropped into our office separately to let us know that they are both doing really well, with one saying, "thank you for everything you've done and are doing!" Hearing that is just as beautiful as any flowers, don't you think?!



CRESCENT CLEANING SERVICES UPDATE



For those of you who don't know, Crescent Cleaning Services is our social enterprise where we employ former clients to eliminate the barriers that many face when returning to work. For more information on CCS, see: www.crescentcleaningservices.org.uk/our-story.

The Crescent Cleaning Services team have been doing a fantastic job recently within Arc properties, including washing the many windows at Lindley House and cleaning the ovens at all properties. James and Simon, our two employees so far, have been developing and strengthening their skills and we are delighted to say they are thriving in their employment! We would like to welcome the wonderful Penny, our Cleaning Supervisor, to the team! Penny supports James and Simon in their daily duties and will assist Jordan with stock taking and inducting new employees. Jordan, Social Enterprise Manager, has been busy connecting with other former clients who are interested in joining the team once they have left Arc's services.



From left to right - Penny, James, Jordan and Simon

“ARC SAVED MY LIFE. CRESCENT CLEANING SERVICES PUT MY LIFE BACK TOGETHER.”

Alongside our CCS update, we're delighted to introduce you to CCS employee, Simon, who has now been working for CCS for 6 months. He very kindly and bravely shared his story with us. Simon told of us of his long battle with depression, which began at the young age of 15. Although he didn't know it at the time, Simon was suffering with Tourette's which sadly caused him to become a victim of bullying at school. After many years, Simon eventually received a diagnosis and some time later managed to find a medication to help him control his Tourette's, which for him is experienced as involuntary and powerful twitches and jerks and a lack of sleep due to muscle cramping. Having managed to control his condition, Simon was able to have a successful career and move on with his life, however his depression kept returning and his relationship began to suffer. He had very little care or motivation and began to drink. One evening this caused a big argument with his wife and he had to leave the marital home. Heartbreakingly, Simon felt there was no other option but to end his life, and ended up in hospital. After 5 days, he was discharged but with no home to return to and was forced to sleep in his car. Simon was able to make contact with the local council who referred him to Arc, and we quickly housed Simon in one of our satellite properties.

Simon found this difficult at first, as he knew no one and felt alone, but he soon made friends with other residents and they supported one another through this difficult time. Simon's Pathway Worker, Rachael, also helped him and Simon feels he couldn't have coped without her. After a year in Arc's services, Simon had the opportunity to apply for social housing and found his new home! When he was ready to move, Jordan (our Social Enterprise Manager) approached him with an opportunity Simon accepted with open arms: the chance to work for CCS! He says he'd have really struggled to find other employment due to a long stint of unemployment because of his mental health difficulties. Simon is enjoying his new home with his new best friend Cassie (a very fluffy cat that follows him everywhere!) and is really enjoying being back at work. Alongside the bacon sandwiches the CCS team are treated to every Friday (of course), Simon's favourite part of working for CCS is that if he has a problem, he can talk about it with his Supervisor Penny and it will be dealt with in a positive way.

For us at Arc and CCS, we're delighted to hear this from Simon as that's why we created CCS: to provide a supportive route back into employment for those who would struggle to find employment otherwise. To create a workplace where our employees past experiences or struggles with mental health are not judged and are not a barrier and can be openly talked about. Even better for us: we've found incredibly loyal, dedicated and hard-working employees! We'll end with Simon's words and we hope that they touch your hearts as much as they touched ours:



“Arc saved my life. Crescent Cleaning Services put my life back together.”

Crescent Cleaning Services will soon be looking for external commercial cleaning contracts. If you are interested, or know of someone who may be, please contact Jordan Canter at jcanter@arcinspire.co.uk



Everything under one woof! **STREETVET**



We are excited to announce that we have teamed up with StreetVet to build and improve our PAWS Project! The PAWS Project was established by Arc several years ago, and recognises the profound relationship shared between people and their pets. We are proud to have always offered support for those experiencing homelessness with their pets, and, thanks to StreetVet, we can now offer even more!

StreetVet are a national organisation who work to support those sleeping rough with their pets. In doing so, they recognised a widespread lack of pet-friendly hostels, meaning that the clients they were seeing could not find accommodation unless they gave up their pets. Sadly, only 10% of hostels accept clients with pets! Through working with other homeless organisations, StreetVet have begun to assist hostels and accommodation to become pet-friendly, meaning that the bond between an owner and their pet is not broken by homelessness.

As part of this fantastic scheme, two Arc properties have become StreetVet accredited, meaning that clients living there can sign up to receive assistance with the care of their pet. So far, each client who has registered with the scheme at these properties has received access to free veterinary treatment including vaccinations and parasite treatment, a handmade dog bed from the Big Dog Bed Company, ongoing pet food supplies, pet equipment such as harnesses, and special packs to help keep their dogs safe and cool in the summer.

Normally, there is an accreditation fee of £1,000 per property to help cover the costs of the support StreetVet are providing. However, as we are a small organisation, StreetVet have kindly accredited Arc free of charge until March 2023! Therefore, we are looking to raise £2,000 to cover the reaccreditation fees and ensure that our clients with their pets can continue to receive this wonderful support. We know their help has a huge positive impact on our clients - just take a look below at Bruno's story to see just one example of the life-changing assistance we have already received!



"It's done him the world of good" - Bruno's 'tail'

Bruno is a 14 year old Labrador who has been in Arc accommodation with his owner after the breakdown of a 15 year relationship. They have been in Arc services for the past two and a half years, and have stayed together that time thanks to the PAWS Project. Bruno was a typical, bouncy Labrador with a cheeky attitude and always liked to voice his opinion! However, as with many senior pets, Bruno began to develop arthritis, causing him to slow down and have difficulty moving around. Although the vets had offered several treatment plans to help ease his discomfort, he was still struggling. Bruno's mobility had so severely degraded that he was even finding it difficult to get out of his bed to say 'hello'. This led to his muscle mass decreasing, alongside his appetite. Sadly, this also meant that he also lost his bouncy personality. It got to a point where we thought we would have to say goodbye...



After explaining this situation to StreetVet, their expert staff took a look at Bruno's medical history. They discussed treatment with Bruno's vet and decided to trial Bruno on a new monthly anti-inflammatory injection that would offer pain relief. Only a few days after his first injection, Bruno was moving around easier and becoming more and more active each day. If you see Bruno now, you would never guess he was 14 years old! He loves to be in the garden exploring, chewing on toys, and has even started being cheeky again and telling us all what he thinks! His appetite has increased, and his weight is now improving. StreetVet's vast experience and knowledge has meant that Bruno gets a chance to live out his retirement pain-free, just how a dog should. It means that Bruno's owner has not lost his best friend, and they get to spend even more quality time together during their journey with Arc, and hopefully beyond!

Bruno's owner is so grateful for the advice and support from StreetVet that was life-changing for Bruno, saying, "it's done him the world of good!" - we completely agree!

To help raise funds for this amazing service that turned Bruno's life around, we are looking forward to launching our very own virtual pet show in the next month. Keep an eye on our social media (links below) to find out more!

In the meantime, if you would like to make a contribution towards our reaccreditation fees and help dogs like Bruno, Gus, Lottie, and Spike and their owners, you can donate via our website, selecting 'PAWS Project' as the Fund: www.arcinspire.co.uk/donate. Thank you!





Jubilee CELEBRATIONS

Thanks to your donations, our clients were able to celebrate the Jubilee weekend alongside the rest of the nation. Each property received a hamper with scones, squash and other treats as well as flags and bunting to decorate the gardens and windows. Lindley House also hosted a bingo to celebrate and the clients all had a great time!



Local artists Claire Western and Tor Townsend hosted an art exhibition in Wellington to not only showcase their incredible work, but to raise funds and awareness for Arc. The artists raised just over £400 for Arc with this event, and said they had lots of great conversations about homelessness with visitors! During the week of the exhibition, we invited our monthly donors and long-term supporters to see the exhibition and meet with Arc staff. Two artistic clients also attended to chat to supporters and both say they learnt a lot from the artwork on display. Thank you to everyone who attended - we hope it was a good way to catch up and talk about the changes you are making possible!

Volunteer's Week 2022

Volunteers week runs each year from 1st to 7th June, and we think it's the perfect opportunity for us to thank our dedicated volunteers for donating their time, experience, knowledge and for just generally spreading kindness wherever they go! This year was no different, and we invited our volunteers to tea, cake and a catch up at the Quaker Meeting House. It was so lovely to see so many of our volunteers and have a chance to learn more about them. As part of volunteer's week, we also asked our current volunteers about their experiences with Arc. Here is what they had to say:



"I have found my time here to be very rewarding, I believe that counselling can make a difference and feel privileged to be part of the Arc team" - Robert, Volunteer Counsellor

"The food collection is ideal as it can be done at almost any time on my designated day. I like to think that every little helps!" - Nicky, Volunteer Food Collector

"These meeting are so beneficial to both of us, and we have struck up a real friendship already!" - Simon, Volunteer Buddy

"There's a lovely feeling of camaraderie and I like chatting and enjoying a joke with the residents and other volunteers" - Sally, Volunteer Kitchen Assistant

Could you support our clients by becoming a volunteer?

We are currently seeking volunteers to provide assistance with client activities, as well as a delivery driver to help clients move on or collect furniture and to represent Arc at local community events! We are always pleased to hear from those who wish to become a volunteer or assist our clients in any way! If you have any questions or you would like to join our lovely volunteer team, please get in touch with Emma, our Volunteer Coordinator, by emailing edunn@arcinspire.co.uk.

PHOTOGRAPHY



DELIVERY DRIVER

HAIRDRESSER/
BARBER



SEWING

BASIC SKILLS



MUSIC

ARTS &
CRAFTS



COMMUNITY
EVENT
FUNDRAISER



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Food in a crisis

Sadly, the current cost of living crisis has forced millions of people to worry about where their next meal will come from. Due to this, we thought we would give you an update on the food available for our clients to make sure they never go hungry. Our 40 clients at Lindley House are offered 3 meals a day, every day of the year. We also make sure that all 125 clients in our satellite properties have access to food if they are unable to afford their own or are temporarily struggling. That's a lot of people, and a lot of food! We do often have to purchase food, but we are also very lucky to receive regular and generous donations from local businesses which definitely makes feeding our clients much more affordable!

Surplus food is collected on a regular basis from businesses including Morrisons, Tesco, Lidl, Sainsburys, Waitrose, Aldi, Greggs and Nandos. We also receive donations from Asda where they have a large excess of food and items we can use. Surplus food is mainly fresh fruit, veg, and bread, but is often also non-perishable, frozen, or household items such as bedding and cleaning equipment.

Smaller businesses also offer a huge amount of support, including COOK in Ilton and Spice Club in Bridgwater who both regularly donate delicious ready meals which we distribute to our clients. Thanks to these wonderful contributions, we are able to help provide a varied and nutritional diet to our clients and can provide emergency food parcels if a client is experiencing a crisis.

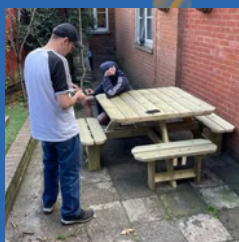


Spice Club donations

A huge bonus to these donations is that there is less food being thrown away, meaning that there is a positive impact for both our clients and the environment - it's a win win!

Where YOUR donations have made all the difference

Number of clients who received help from our Move In Fund during May alone!



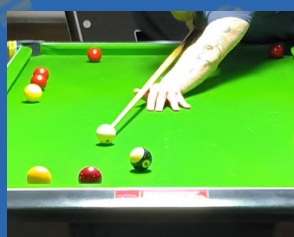
Benches for the gardens of several properties so clients can enjoy time outside

Educational courses, including dog grooming for one client



Assisted volunteers with outings and 'Buddy' meets with clients

Each client received an Easter Egg, and we've hosted bingos during Bank Holidays



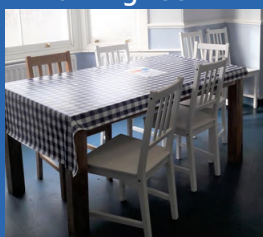
A few hours of playing pool for a group of clients with vouchers for the winners

Plants and gardening equipment - great for mental health!



Musical instruments to encourage creativity

Brand new dining tables, chairs, window film and tablecloths for Lindley House dining room



New commercial toaster for Lindley House kitchen for the 40 breakfasts each day!

2 memo boards for clients to keep track of appointments



Clients at one property had fish and chips as a treat

