

"All with the help of Arc..." – Steve's story



“Before I became homeless, I had a good family, I was brought up in a good home but when my Mum and Dad split, I started going off the rails a bit. My Mum just couldn't cope so I ended up in care by the time I was 10. I was in a children's home, and unfortunately, I was abused by staff there. I went from the children's home to boarding school, but I was bullied badly. I had fags stubbed out on me, I was tied to trees, whipped with the branches – that sort of bullying, not just verbal.

When I left school, I knew what I wanted to do. I ended up getting a job with my uncle working in Germany as a roofer. I was earning good money for an 18-year-old – spending it just as quick as I was earning it, but it was good. Good times. But then, I went off the rails again. I came back from Germany and took a couple of my friends out in a car. We were sat parked up just having a laugh, having a drink and all of a sudden, I hear rustling in the back seat – tin foil. So, I turn round and there's my mate, smoking heroin on foil. I'd smoked weed, and that was alright, I could take or leave that. But you get into the hard stuff, and it ruins you. Trust me.

I've been in and out of Arc's accommodation and on and off the streets for about 20 years, struggling to get my life back in control and it is hard. It's one of the hardest things to come off. But I've done it. Just about! I'm 2.5 years clean now, just over, and it's been good this time. Before I've never worried about my life, I knew I was an addict. I'd been told all my life 'you were born an addict, you've got that addictive personality inside you, it only takes that little spark to bring it out.' This time I was determined, and I've done it. It's all with the help of Arc. If it wasn't for places like this, I probably would have been dead by now, before I'd even hit my 20s. I've had friends end their lives because they hate the life they're living. Arc has helped me with my confidence, my mental health, coming off the drugs.

All I will ask is that if you ever see a homeless person on the streets begging, please don't just walk past them and ignore them. You don't have to give them anything. But just say hello. The emotions that that will bring out in this person, just knowing that people do care, is immense.

If it wasn't for places like Arc, I'd be destroyed.”

Steve has now positively moved on from Arc's services, after incredible hard work and determination. He recently secured his own independent accommodation and remains abstinent and is enjoying life. What can be achieved with the right support, belief and kindness is powerful.

2023: who you've helped us to support

Reflecting on the past 11 months, let's take a look at who Arc have supported and how. The contributions you have made to Arc have been so crucial in the difference we've been able to make to many people's lives!

326

people housed in Arcs services

101

rough sleepers supported by our Outreach Team

26

clients supported by our in-house counselling service

126

clients connected with other support agencies

81

clients engaged with our wellbeing hub

Together, lets keep changing lives ♥

CELEBRATING OUR CHAMPIONS OF CHANGE!

As part of celebrating the fantastic support we receive, we hosted our 'Champions of Change' event on 1st November at the Collar Factory in Taunton. We're sorry that not everyone could make it but it was brilliant to see those who could and we had a great evening. As well as our chance to say thank you, we hoped to provide an opportunity for supporters to meet members of our team and showcase the wide range of services we offer. We were delighted to receive positive feedback to show we were able to do just that. One attendee wrote "I was very impressed with the event – I had no idea that Arc was so large and did so much. The Arc staff were very enthusiastic about explaining how homeless people are supported and given the tools for independent living."

Our thanks goes to Arc employees, Dr Horman and Arc client Michael who gave their time and spoke so passionately about Arc. Former client and now Team Leader of Crescent Cleaning Services also attended and vert bravely and openly shared his story to the crowd. James had all attendees mesmerised and we are so proud of his journey and what he has achieved. We would also like to thank Warren's Bakery, Taunton and a few 'volunteer bakers' for donating delicious cake for guests to enjoy.

"It was a privilege to listen to James' story and meet other Arc clients and staff. I thought that the displays were excellent, imparting lots of information in a concise and clear way. Even now, after all these years liaising with Arc, I found new things to absorb."





ARC'S HOMELESS SHOEBOX APPEAL

Help us make Christmas a little brighter by gifting a box or hamper of goodies to someone experiencing homelessness this winter.

WHAT TO INCLUDE IN YOUR BOX:

- Shampoo
- Shower gel
- Roll on deodorant
- Loofah/flannel
- Sweets
- Chocolate
- Pack of biscuits
- Hot chocolate or coffee sachet
- Novelty socks/socks
- Christmas decoration
- Gloves
- Small notepad and pen
- Christmas card

DONATIONS CAN BE DELIVERED TO OUR DEDICATED DROP OFF LOCATIONS BETWEEN 20TH NOVEMBER AND 10TH DECEMBER

If you wish to include any extras if there is space, here are some ideas: puzzle books, colouring books, small games, other festive or edible treats

If you choose to wrap your shoebox, please wrap the lid and box separately.

MONETARY DONATIONS TOWARDS CHRISTMAS AT ARC CAN BE MADE AT: WWW.ARCINSPIRE.CO.UK/DONATE

DROP OFF LOCATIONS:

Taunton Brewhouse,
Coal Orchard, TA1 1JL
Co-op,
169 Cheddon Road
Co-op,
33 Wellington New Road

Asda Bridgwater
East Quay
The Emporium
Somerset, Wellington
Mantle St.

ARC'S HAMPER APPEAL

WHAT TO INCLUDE IN YOUR HAMPER :

- Nuts / Crisps
- Crackers
- Fruit
- Chocolates
- Biscuits
- Mince pies
- James/ Spreads/ Chutneys
- Breadsticks
- Yule log/ Christmas cake
- Hot Chocolate & Marshmallows
- Soft Drinks
- Croissants/ Pastries

PLEASE ARRANGE DELIVERY OF YOUR HAMPER BETWEEN 11TH AND 18TH DECEMBER

*Please do not include items containing alcohol or refrigerated food

FOR MORE INFORMATION ON OUR CHRISTMAS APPEALS, PLEASE GET IN TOUCH WITH ROSIE OR SAM ON: [GIVING@ARCINSPIRE.CO.UK](mailto:giving@arcinspire.co.uk) / 01823 271326





HOW YOUR DONATION CAN HELP MAKE A DIFFERENCE THIS CHRISTMAS

£8

Could help fund a client to receive 3 sessions of one on one specialist counselling.



£15

Could pay for a sleeping bag for someone rough sleeping.



£25

Could provide 3 meals for 40 people living in our 24hr supported hostel.

£50

Could buy a welcome pack filled with essentials items to help make the transition from homelessness to Arc accommodation easier.



£100

Could buy a bed for a client securing their own accommodation



VOLUNTEER FOR US!

A new year is on its way and perhaps you're thinking of taking up something new? Would you consider volunteering for Arc? We are so grateful for our fantastic team of volunteers who really add value to the support we're able to provide to those experiencing homelessness locally. We have different roles with different time commitments. At the moment we're looking for...

Food Collection Volunteers

Community Events Volunteers

Donations / Gifts in Kind Coordinator

Kitchen Volunteers

New opportunities come up often so if you're interested in volunteering for us, please get in touch with our Volunteer Coordinator: clehegarat@arcinspire.co.uk

HOST A CHRISTMAS PARTY TO HELP HOUSE THE HOMELESS



This Christmas we are encouraging you to host a Christmas Party to help us continue our mission and support the Somerset homeless community. Gather around your work colleagues, family, friends, community group members or neighbours and help us to raise funds to provide a safe and supportive environment for all.

5 ways you could get involved:

1. Gift your secret Santa fee to us this year.
2. Host a festive party and encourage guests to make a donation to Arc on arrival
3. Hold a 'Hearts for the Homeless' craft event and sell them to raise funds (be imaginative but a few ideas are heart shaped cookies, knitted hearts, or needle-felted hearts like ours!)
4. Organise a Bobble Hat Day and gift the cost of a second hat to us.
5. Don't like partying.... Donate your last hours pay of 2023 to us instead!

Help us provide food, care, housing, and long term support this Christmas. If you want to donate directly to the campaign or want to set up a fundraising page for your event, head to:

www.justgiving.com/campaign/housethehomeless



Wishing you all a Happy Christmas & New Year and extending our heartfelt gratitude for your support. Your generosity and kindness have been the driving force behind all that we've accomplished and all those we've helped in 2023. Thank you!



www.arcinspire.co.uk



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