



## Change a life whilst you sleep... 2020's Big Sleep Out!

Arc's Big Sleep Out is back for it's 6th year and we'd love for you to take part! Could you spend just one night sleeping outside to raise valuable funds and awareness to help the homeless? If that's a yes, then the Big Sleep Out is for you!

### So, what is the Big Sleep Out?

The idea is for participants to get sponsored to sleep outside for just one night. Although the evening shows some of the harsh realities faced by rough sleepers, we do not attempt to replicate homelessness. We therefore put on an enjoyable evening for those fantastic people who are giving up their beds for the night! Although you'll be sleeping in a car park on a piece of cardboard...hot food and drinks are available, live music and ensure everyone is kept safe. Our key aim is to raise funds that enable Arc to provide safe accommodation and key support for those who become homeless. In previous years we've raised over £10,000 from each event!



### Here's how to get involved...

The Big Sleep Out is being held on **Friday 19th June** in the car park behind our head office (7 The Crescent, Taunton TA1 4EA). The event is suitable for all ages and you can come as a group or if you'd like to come alone, it's a friendly event where you can socialise with others! All you need to do is 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 those who raise over £100 will get their fee refunded! Then the idea is to get those sponsors rolling in before the event! We'll help you to get started.

Registration forms can be downloaded from our website at: [www.arcinspire.co.uk/bigsleepout2020](http://www.arcinspire.co.uk/bigsleepout2020) or please request them from Rosie at: [rhather@arcinspire.co.uk](mailto:rhather@arcinspire.co.uk) / 01823 271326 – we can post them if needed! You can also visit the link above or contact Rosie to find out more about The Big Sleep Out. **We hope you can join us!**

## Did you know we had a School Liaison Officer? ...Meet Jason!



*"I started working in Schools in 2015 and I'm established in most Schools in Taunton and Minehead. My overall aim is to Educate young people around the issues of Homelessness and try to prevent them being Homeless in the future.*

*I developed a workshop with the help of others where we look at budgeting skills and what they will need to prioritise when leaving the family home. I have delivered the workshop to 1000s of young people over the years and have had some great feedback. Having interaction with young people is very rewarding and knowing I may have prevented a young person becoming Homeless is very humbling."* **If you're part of a school, college or youth group and would like Jason to run his workshop, please get in touch: [jthorne@arcinspire.co.uk](mailto:jthorne@arcinspire.co.uk)**

## THANK YOU TO...

- ◆ 40 Commando Royal Marines for bringing a team of volunteers to help clean up the grounds of our hostel, Lindley House
- ◆ Golledge Electricals for a lovely cash donation and choosing Arc as their Charity of the Year.
  - ◆ Hill House for a large donation of bedding to be used throughout our services
  - ◆ JDH Solutions for a very large donation of food to keep us going for a while at Lindley House.
- ◆ Emma and the team at BCreative for opening the salon for the day to offer free hair cuts, clothes and food to homeless individuals



## Free Gift!

Check out our fab new travel mugs - helping us to be environmentally friendly which is very important to us here at Arc. We are offering a **FREE** mug to anyone who signs up as a regular giver following this newsletter!



# Property News

By Martin Ball,  
Property Services Manager



It's been a busy yet successful start to the year, with work starting on our project to transform the existing training kitchen and computer room at Lindley House into a new Doctor's Surgery with treatment and waiting rooms. We worked with our in-house Doctor who directed us on what was needed. The treatment room will have NHS grade handwash and waste sinks, a treatment bed, privacy screen and lockable medication storage units. New safety flooring has been fitted throughout and the waiting room will have comfortable seating and information boards. We have installed a new window to obscure glass and soundproof plasterboard has been used on the partitions for added privacy. Overall this will be a very impressive facility for Arc and we hope for completion near the end of March.

In other news, a decision has been made to replace the vertical sliding sash windows at Lindley House which have been in need of attention for some years. We will begin with the front and side elevation windows. Lindley House is a Grade 2 Georgian listed building and so conservation and planning consent was required. Consent has been gained on the provision that the windows are manufactured to the exact specification as the originals. We have now assigned a contractor and hope for the installation to take place towards the end of May. However due to the building being listed, it's a costly project so we continue to search for funding. If you can assist or advise, please get in touch with Rosie: [rhather@arcinspire.co.uk](mailto:rhather@arcinspire.co.uk)

## Christmas 2019

Christmas can be a difficult time for our clients but thanks to our wonderful supporters, we were able to put a smile on their faces!

**Thanks to you**, we managed to give all 176 of our clients a shoe box full of lovely gifts and a hamper of luxury foods and drink (such as the one in the photo to the left) to each of our

satellite houses for them to enjoy together. Donations also allowed us to celebrate with a traditional Christmas feast open to all clients on Christmas Eve and we provided a big party buffet on Christmas Day!



### Did you know?...

- > Every year more than 150,000 young people across the UK ask for help with homelessness
- > Rough sleeping is predicted to increase by over 75% in the next 10 years, according to research carried out by the charity Crisis
- > 8,900 people are estimated to be sleeping in tents, cars and public transport in the UK
- > An estimated 320,000 people are homeless in the UK, according to the latest research by Shelter

## Lifting Success!

Through the effort and generosity of supporters, we have been able to install a platform lift at our veteran's accommodation project, 'Victory House'. Victory House was launched in February 2018, offering 8-bed accommodation to house and support homeless veterans. At the time, we were able to ensure the 4 ground floor rooms were wheelchair accessible with features enabling physically disabled clients to live there comfortably. However, the funds did not stretch far enough to install a lift at the time. Now, thanks to funds raised at a recent charity ball and donations given by fundraisers and supporters, we have been able to move forwards with this project. The lift will allow clients with physical disabilities to access the upstairs communal areas. Arc would like to pay special mention to Mark and Alison Dewar who got the ball rolling with fundraising last July by doing a charity skydive! The Dewar's wanted to raise money specifically to improve the wheelchair access at Victory House. Arc would also like to remember Sam Smalldon at this time, who sadly passed away in November. Sam played a big part in getting Victory House up and running and would be thrilled to see the progress.

Victory House has now been home to many veterans, helping them to gain the support they need with a roof above their heads, enabling them to get back independence and move on into independent life. We look forward to developing this project even further.

