

Charity No. 1155945

[www.routestoroots.org](http://www.routestoroots.org)

## **BUILDING A HOME FOR JESUS**

Every year an appeal goes out from St Peter's Church for volunteers to build a Stable for Jesus. This year I asked our homeless guys if any of them would like to participate. Once again it was Sid and George who stepped up to the mark. The Dynamic Duo soon took charge: Sid directing operations and George providing the muscle.

The Stable was built in no time; the church was very grateful and at the Midnight Mass on Christmas Eve Jesus had somewhere to lay his head.



I only wish it was as easy to find shelter for the 20 guys who are having to sleep outside during this very cold spell. Over 2000 years after the birth of Jesus, it is a scandal that this is happening in our town, marketed as a 'beautiful place' but surely only for those who are wealthy:

not so welcoming for those who have nothing.

We thank God that with your very generous giving this Christmas, we can continue to feed those who are hungry and we also thank the Fisherman's Café for providing a hot breakfast for those who wake up on the freezing cold streets of our 'beautiful' town because there are no rooms for them. R2R will continue to give out warm clothes and sleeping bags to them - until we do have homes for all!

Sadly we cannot just call in Sid and George to build the homes for the homeless that are so badly needed. Please pray with us that this will change in 2015. Let's make Poole a beautiful place for everyone. This year let us be really 'good news for the poor', let this be 'A Year of the Lord's favour' for everyone! A Happy and Hopeful New Year to you all from Routes to Roots.

*The Revd Pat Southgate, Chair of Routes to Roots and Chaplain to the Homeless in Poole*

*Membership Renewal Reminder: membership numbers do support our applications for funding so please don't forget to renew your membership, or consider taking one out.*

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### **Calling All Online Shoppers**

Buy online and raise money for R2R *at absolutely no cost to you* by visiting your favourite retailers through 'Easy Fund Raising'. Log on to the site, register yourself and the charity, Routes to Roots, that you would like to support and start shopping. Every time you buy from one of the businesses on their list, R2R will receive a percentage of what you spend.

<http://www.easyfundraising.org.uk/causes/routestoroots>

To donate to Routes to Roots, text **RTOR42 £2** (£5 / £10 / £££) to **70070**

or donate online at: <https://mydonate.bt.com/charities/routestoroots-poolcio>

Like Routes to Roots on FaceBook at: <http://www.facebook.com/RoutestoRootsHomeless>



## FROM THE COMMITTEE: PCC VISIT



*“Your vital input to the lives of homeless people is inspirational, and offers them the prospect of hope and a brighter future.”* Words from Martyn Underhill, Police and Crime Commissioner for the Dorset Police force area, following a visit to talk with clients and volunteers at Routes to Roots at the end of 2014. Rough sleepers is an issue close to Martyn’s heart and he has since visited The Big Issue and the wet house in Bournemouth. He has expressed a wish to return to spend more time with our guys at a Drop-In.



### BOARD OF TRUSTEES

CHAIR & TRUSTEE	Revd Pat Southgate
TREASURER & TRUSTEE	Sarah Percy
HON SECRETARY	Lynn Foster
TRUSTEE	Gabi Sanger-Stevens
TRUSTEE	Susan Gittins
TRUSTEE	Kate Mellor

### STAKEHOLDER COMMITTEE

TRUSTEES <i>plus</i>	
VOLUNTEER REP	Jenny Elson
CLIENT REP	TBA
PROJECTS CO-ORDINATOR	Neil Robertson *
ADMINISTRATOR	Caroline Foy *

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[office@routestoroots.org](mailto:office@routestoroots.org)  
[www.routestoroots.org](http://www.routestoroots.org)

\* ex officio members of Stakeholder Committee

### OUR SUPPORTERS



*Founded on Christian principles, R2R seeks to help all homeless, newly homed and vulnerably housed adults in Poole regardless of their faith. We provide basic necessities at drop-ins; organise indoor and outdoor activities; and assist those who are housed to remain in their tenancy. We aim to achieve long-term outcomes for our clients through motivational and well-being projects which boost self-worth, expand and develop skills, promote a sense of belonging and encourage integration into the local community.*

...and many Churches, Christian groups and Businesses in Poole and the surrounding area.

**Patron:** The Right Reverend Dr Graham Kings, Bishop of Sherborne

## MANAGEMENT REPORT



### Join the Team – Homelessness Support Volunteers

We have recruited two volunteers to our new support team but are still looking for more people so that we can open the office more frequently. Are **you** one of those people? We want to keep the office open for a least a couple of hours each weekday for clients to access mail, telephones, computer facilities, clothing, and to find out about other projects that Routes to Roots can offer them. We aim to have a team of volunteers who could give a few hours each week: it doesn't need to be every day. You would always be working with someone else and you would be given guidance and training.

Further details are on our website <http://www.routestoroots.org/updates/volunteering>  
Contact Gabi on 07825 173 644 or Neil on 07803 724 250 for a chat.

### Donations Needed Now

- Socks, socks and more socks
- Good Quality Trainers & Boots - Men's and Ladies'
- Men's Jeans & Jogging Bottoms (waist 32" to 34")
- Men's Boxers (small, medium)
- Ladies' underwear (10-14)
- Ladies' Jeans & Jogging Bottoms (10-16)
- Sleeping bags

Thank you to all who have donated. We now have sufficient duvets, pillows and blankets so please do not bring any more of these as we do not have anywhere to store them.

### ALL R2R DROP-INS, JANUARY - DECEMBER 2014

Evening Drop-Ins Hot Meals Served	Afternoon Drop-Ins Lunches Served	Total No. of Individuals Served	Max No. of Individuals in any One Month (Sep)
<b>2380</b>	<b>1642</b>	<b>247</b>	<b>82</b>
5% more than in the same period 2013	6% less than in the same period 2013	12% less than in the same period 2013	
<b>BIG BREAKFAST</b> <i>With thanks to The Fisherman's Café</i>		<b>December 2014</b> (5 weeks from 29 <sup>th</sup> Nov)	<b>January 2015</b> (3 weeks to 22 <sup>nd</sup> Jan)
Average number of clients per week		<b>8</b>	<b>14</b>
Number of individuals assisted in period		<b>20</b>	<b>25</b>
Number of breakfasts claimed		<b>95</b>	<b>107</b>

The trend highlighted in the last newsletter continued through to the end of the year with overall numbers attending being down on the previous year but the number of attendances per person increasing. We served the same number of meals in 2014 as we did in 2013. About 20% of those attending are known rough sleepers, the remainder are vulnerably house and at risk of repeated homelessness.

*Gabi Sanger-Stevens*





## THANKS FOR YOUR DONATIONS

### Donations in Money

Bournemouth Marathon Marshal Team, Sector 6: £112.50 from marshal fees  
Broadstone URC: £278.74  
Event Alchemy: £200 in lieu of Christmas cards  
Holy Angels Church: £250  
Little Red Roaster: £1019 from auction  
Liverpool Victoria: £133.20 in match funding for Roger Bailey  
Morden carol singers: £80  
Nationwide: £315  
Poole Print makers: £59  
Rotary Club of Poole Bay: £28.65 from sponsored walk  
Sainsburys' customers: £85 from R2R carol singing  
Siemens Poole Community Group: £150 from a Christmas Jumper day  
Society of Friends, Poole: £200  
St Dunstan's Church Youth Club: £500 from sponsored sleep-out



St James' Church, Poole: £500 plus £167 from a concert  
St John's Church, Broadstone: £740  
St Mary's Church, Longfleet: £602  
St Michael's, Colehill: £52  
St Paul's, Canford Heath (youth group): £160 from selling cakes and cards  
The Oakdale Team Ministry (St Paul's, Canford Heath): £413.53

Waitrose customers: £195.66 from R2R carol singing  
Roger Bailey: £200 from busking with friends  
Tony Ridgway: £975 from Tough Mudder sponsorship  
Phill Ricketts & Team Warrior: £527.87 from Tough Mudder sponsorship

### Donations in Kind

Event Alchemy: three filled rucksacks  
Fitness First Poole: two boxes of food (*below*)



Lush: van full of food  
Princecroft Willis: 100 wash kits (*below*)  
Roger Bailey and friends: food  
Sainsburys: two trolley-loads of food



Easy Fundraising (*see page 1*) has raised £173.73 for R2R by January from supporters buying through their link.



## ...AND FUNDRAISING

Take a look at how all these people (*opposite and below*) have raised money for us. Perhaps you and your friends or work colleagues can do something similar to help or dream up some new activity. We will do all we can to support your efforts by attending, speaking to your group, providing leaflets and banners.

### Money from Mud

As I entered the start area I found myself chanting to the chants, dancing to the routines, and swearing my allegiance to Tough Mudder, just like everybody else. I was totally consumed by the whole atmosphere: it was great. Below selfie with son Matt at the start.



And then we were off, through a cloud of orange smoke, our batch of runners was about 150 strong, and we were straight up the first hill of

many. There were 26 obstacles in all spread over a distance of 19 kilometres. They break you in straightaway with a switching zigzag trail up and down the side of the valley you have just walked down.



One obstacle was called the Arctic Enigma: imagine the big skip at the recycle yard full of water and ice cubes, with a tyre obstacle across the middle, so that the only way to swim across is to go under. You are only in there for 10-15 seconds, but by the time you are climbing out the other side you can

already feel your body seizing up. Trying to get moving again was hard - every bloke around me was complaining of their nether regions. I felt like I had been kneed in the groin. Not a peep out of any of the women mind - maybe they are built of tougher stuff?

There was every shape and size of runner you can imagine taking part and one lad doing it with a false leg and crutches; team groups were egging each other on; the camaraderie was intoxicating. I would definitely do Tough Mudder again with a group of people, I think it's magical.

*Tony Ridgway, R2R Volunteer & Tough Mudder*



*"My team, Team Warriors, put in a hard fought battle to get round the 12-mile obstacle course: we started as one and finished as one. It challenged everything possible, mentally and physically. We got wet, muddy, cold and even muddier, wetter and colder from start to finish. The cold saps the body of energy, therefore you rely on mental strength and the team to get round. It's a challenge no matter your age or ability level. Even those with missing limbs conquer the course."*

*Phill Ricketts R2R Volunteer & Tough Mudder*





**YOU MADE A CHRISTMAS SPECIAL**

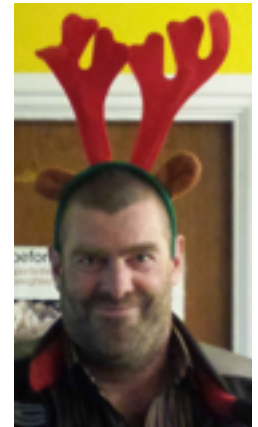


It started on 14 December when we were invited to speak at the Skinner St URC morning service. The wonderful congregation had once again put together presents for all our homeless guys and gals. The presents were blessed that day and we hope proved to be a blessing to those who received them at Christmas. In the following week we also received a donation of shoe box presents which we added to our haul.

Then on Christmas Eve, with the arrival of the Kingsbere Kitchen Burger Van, we started off our festivities. Kingsbere were wonderful in donating their time and very excellent burgers and hotdogs to 15 of our clients that day, along with as many teas, coffees and cold drinks as were wanted. With the burger van in full swing, a young lady visited us carrying a box. Inside was the top tier of her wedding cake - she said she had had such a fabulous wedding day that she wanted to share some of her joy by giving us the cake for the guys.



Christmas Day saw our traditional Turkey lunch with all the trimmings. This year it was quite a quiet affair as a few of our regular clients were staying with family and friends over Christmas and we also missed those of our friends who had died during the year. But everyone enjoyed themselves.



As Boxing Day was on a Friday, this would usually have been a Salvation Army breakfast morning but it is a day that they do allow their many volunteers and members to have as a holiday. The Fisherman's Café was also closed (Christmas Day and Boxing Day are the only two days in the year that they are closed). So rather than leave our friends out in the cold with no breakfast, we put on a Boxing Day Breakfast – the full works with bacon, sausages, eggs, black pudding, beans, hash browns, toast and the ever-flowing tea and coffee. We had a great time.



Greetings card from a young supporter

*"Thinking of you this Christmas time... With love from Sapphire"*



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- Please do remember to mention R2R if
- you use any of the great local and
- national companies / organisations that
- sponsor us. You can find a full list on our
- website under 'Links'.
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## SAFER DORSET SUPPORTS OUR VOICE

The Office of the Police and Crime Commissioner created The Safer Dorset fund as a resource to support local voluntary groups to deliver projects that make Dorset safer in line with the six priorities set out in the Police and Crime Plan. They have awarded us £1000 to support the delivery of the Our Voice project.

Our Voice aims to give homeless people in Poole a voice that is heard. This open discussion group takes place fortnightly on Thursdays after the regular R2R Drop-In. Experienced group work practitioners lead the sessions and service users are encouraged to have their say on whatever topics affect them.

The first session covered issues ranging from the extent to which government influences the media, to stigmatisation of homeless people and the unfairness of the benefits systems. As the project progresses, we will invite different experts to listen to our service users and answer their questions or respond to their comments.

A session in November was attended by Louise Bate, Engagement & Outreach Officer, Healthwatch Dorset.

*“How are you meant to find the money for a doctor’s letter when you have nothing?”*

*“No-one knows how to find a dentist taking NHS patients.”*

*“Some homeless people just give up on healthcare altogether if they've had a bad experience.”*

*“I was called 'scum' while I was just walking down the road - that kind of abuse has a real effect on you.”*

*“I was prescribed anti-depressants that I was allergic to but they wouldn't listen to / believe me - would they have believed me if I wasn't homeless? It felt like I was being judged.”*

They discussed access to GP surgeries, the difficulties of making health appointments, contacting dentists etc. without a phone or easy access to the internet. The local GP won't accept bookings face to face. So on many occasions people have had to wait for the Routes to Roots' office to open so they can use the phone - by which time that day's appointments are all booked up. It can be hard for someone who is homeless to build up the courage to go into a GP surgery, as they feel as if they are being judged: then to be sent away and told

to make an appointment by phone is really discouraging.

The group also talked about key workers. There was a mixed experience: some have fantastic key workers while others have had problems when their key worker leaves or is off sick. As one participant said, “They're your one source of information and when they're gone it can be scary.”

Louise says of Our Voice: “It went really well, I hope the group got as much out of it as I did.”

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**We'd Like to Tell You a Story...**

...the story of Routes to Roots.

We can come and speak on any day, to all ages, in all places. We have a new set of five banners donated by Quadrant2Design which we can bring along.

Please contact Caroline Foy, our Administrator, to arrange a visit.

Tel: 01202 667880 / 07901 387643

Email: [office@routestoroots.org](mailto:office@routestoroots.org)

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## REACHING OUT IN THE COMMUNITY

### Churches Together in Poole – 18 January

Gabi was delighted to be able to participate in the service for CTiP held at Parkstone United Reformed Church on behalf of R2R. Our banners had a good airing that evening and we made quite a splash.



The service was very well attended and it was great to be able to say a little about the work of Routes to Roots and what we do for those in our community. One of the congregation was sufficiently moved to offer to volunteer with us, giving me a hastily written note of her name and contact details. Others may also have been moved to offer support in various ways.

### Homelessness Sunday – 18 January

Poole Vineyard Church is where feeding the homeless in Poole started – and to celebrate Homelessness Sunday 2015, the new pastor at Poole Vineyard, Iain Scott and Routes to Roots together with Chris Hayward of St James' Church, held a service under the Arches in Vanguard Road. It was lovely to see so many there and to have support from so many churches in the Poole area. We sang, we talked, we prayed and we remembered those who had passed away in the previous year. We aim to repeat the process next year on Homelessness Sunday.

### Team Diary

Since the start of December we have been going out at 6am on every Friday morning to provide rough sleepers with a week's worth of breakfast vouchers (*see stats on page 3*). Our outdoor project at Holton Lee is ongoing with guys participating in Project Flourish, which promotes wellbeing and confidence as well as developing teamworking and horticultural skills, and then moving on to work on our three allotments.

We have 10 clients involved in cooking soup to be sold at Wesley's Cafe (sited in The Spire, former Poole High Street Methodist Church). At any one time three-four clients collect the ingredients from Wesley's and then make soup to a recipe provided by the community cafe and take it back to be sold to their customers.

### You CAN Help Us

**For information about becoming a member, volunteering or making a donation please visit the R2R website.**

Annual membership, from April to March, costs only £10 for an individual or £25 for a Church, School or Business (pro rata if you join during the membership year).

Membership, donation, standing order and gift aid form: <http://www.routestoroots.org/updates/volunteering-membership>

Volunteer application form: <http://www.routestoroots.org/updates/volunteering>