

Looking Back on a Decade of Evolution and Growth

At our AGM in June we were able to look back and reflect on how far R2R has come in just 10 years. During that time we have established sustainable partnerships with like-minded organisations, such as BCHA and Quaker Homeless Action, and a growing number of local companies. We have continued to be blessed with the active support of churches who provide the venues for our Drop-Ins as well as many of our small army of volunteers. Our volunteers, along with our outreach team, provide much-needed food and fellowship as well as lead the motivational and social activities at the afternoon Drop-Ins and our Holton Lee outdoor project, which will help our guys to regain a sense of self-esteem and enable them to start to rebuild their lives.

Homelessness is an increasing problem across the country and Poole is no exception. As the new rules on benefits come into force and start to take effect, we anticipate that the number of rough sleepers, which saw an increase of 25% at the end of 2012 over the previous year, could become even worse - I have never known such a high number sleeping rough. Finding accommodation for these people is just the first step, as we have come to understand, and many of our efforts are now directed to ongoing support and guidance to help them find their place in the community.

I feel privileged to have been Chair of such a wonderful organisation and pray that God will continue to bless us so that we can carry on this work with the homeless, the vulnerably housed and marginalised in Poole.

The Revd Pat Southgate

Chair of Routes to Roots and Chaplain to the Homeless in Poole



Dining With The Bishop



Bishop Rt Rev Moses Deng Bol of Wau diocese of the Episcopal Church of The Sudan joined us at a Friday evening Drop-In in June. Bishop Moses paid tribute to the volunteers preparing the food and also singled out those of our clients who have gone on to become volunteers themselves with R2R. One, George, is a regular helper at the Drop-Ins and was there on the night. The Bishop hoped many others will follow in their footsteps.

There is a strong deanery-to-diocese link between Wau and Poole, which began with a link between Poole Hospital and Wau Hospital. The Poole Africa link, supported by the Diocese of Salisbury, aims to set up basic teaching and training programmes for nurses, midwives and doctors at the hospital in Wau. Wau Diocese covers two out of the 10 states of South Sudan. Bishop Moses was consecrated on 29th November 2009 and enthroned on March 14th 2010. He first visited Poole in 2010 and joined our Drop-In in 2011.

To donate to Routes to Roots, text **RTOR41 £2** (£5 / £10 / £££) to **70070**

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

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



FROM THE COMMITTEE

Fundraising and Donations

Our Fundraising Committee has implemented two new ways that you can make monetary donations to R2R - in both cases every penny that you donate comes directly to us.

Firstly, if you have a mobile phone capable of sending text messages, you just text **RTOR41 £2** (£5 / £10 /£££ - whatever you can afford) to **70070**. It's that simple. Secondly, if you use the internet, you can go to our MyDonate page to make a donation and also gift aid your donation: <https://mydonate.bt.com/charities/routestoroots-poole> You can access this link on the R2R website under Donations, where you can also find our own Donation and Standing Order forms.

If you plan any activities to raise funds for us, please contact the office and we can help you to set up a web page for people to sponsor you and to publicise your activity.



EXECUTIVE COMMITTEE

CHAIR & TRUSTEE	Revd Pat Southgate
TREASURER & TRUSTEE	Sarah Percy
HON SECRETARY	Lynn Foster
TRUSTEE	Kate Mellor
TRUSTEE	Susan Gittins
MEMBER	Jenny Elson
MEMBER	John Parsons
MEMBER (Co-opted)	Ruth Meaden

OUTREACH & SUPPORT	
CO-ORDINATOR	Liz Bailey *
OUTREACH WORKER	Scott Jones *
ADMINISTRATOR	Caroline Foy *
MANAGEMENT SERVICES	Gabi Sanger-Stevens *

Routes to Roots Office
Skinner Street URC, Poole BH15 1RQ
Tel: 01202 667880 / 07901 387643
office@routestoroots.org
www.routestoroots.org

Committee & Trustees elected at R2R AGM on 20 June 2013
* ex officio members of committee

Founded on Christian principles, and registered as a charity in 2002, Routes to Roots seeks to help all homeless people in Poole regardless of their faith. We hold drop-in sessions to provide immediate social and spiritual support as well as the basic necessities for life: food, clothing, a place to wash and a place to rest. We help to house rough sleepers and follow up to identify what each person needs to move forward and to maintain their housing and independent living.

OUR SUPPORTERS



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

MANAGEMENT REPORT



R2R and BCHA Poole Outreach Support Team 2013 Poole Outreach Support Team					
Service Users	Jan	Feb	Mar	Apr	May
Rough Sleepers	22	23	24	20	16
Sofa Surfers	3	11	5	7	15
Outcomes					
Active Rough Sleepers	22	20	17	12	16
Sofa surfers	2	2	3	6	15
Emergency accommodation	0	2	3	3	3
Planned Moves	1	10	7	5	3
Unplanned Moves	0	2	2	1	2
Breakfast Vouchers 2012-2013 1st December 2012 to 30th April 2013 604 Breakfasts Served 39 individuals assisted in this period					
<p>The Fisherman Café, in Poole Old Town, provided a cooked breakfast to those rough sleeping – this was extended to the end of April because of the continuing poor weather conditions this year.</p>					
Evening Drop-Ins Jan-Jun 2013 1052 Hot Meals Served			Afternoon Drop-Ins Jan-Jun 2013 826 Lunches Served		
40% rough sleepers - 40% sofa surfers - 20% others recently housed			40% rough sleepers - 40% sofa surfers - 20% others recently housed		
<i>Hill Street Baptist Church Hall and Skinner Street URC Church Hall</i>			<i>Skinner Street URC Church Hall</i>		
Average Attendance Tuesdays		20	Average Attendance Mondays		18
Average Attendance Fridays		23	Average Attendance Thursdays		16
All Drop-Ins Jan-Jun 2013 40% rough sleepers – 40% sofa surfers – 20% others recently housed <i>Hill Street Baptist Church Hall and Skinner Street URC Church Hall</i>					
Number of individual clients throughout the period					165
Maximum number of individuals in any one month (May and June)					82
Some have been with us for some time, others only occasionally and some for only 1-2 sessions					

Gabi Sanger-Stevens



FUN AND FUNDRAISING

Princecroft Willis Says: "Let's All Eat Cake"



Coffee and cake mornings held at their New Forest and Poole offices in March enabled Dorset accountancy firm Princecroft Willis (PcW) to give a cheque for £518.76 to R2R. PcW invited business contacts and neighbours to the events and staff brought in home-baked cakes while a local supplier, Butterfingers, supplied the coffee. One delicious chocolate cake was rescued from the generous and hungry guests and sent along to the guys at R2R's Afternoon Drop-In. PcW adopted Routes to Roots as its nominated charity in 2012 and has donated cash, food and warm clothing throughout the year.

PcW Partner Nick Love says: "The great thing about Routes to Roots is that comparatively small amounts of money can go a long way to help the homeless. The charity does fantastic work and Princecroft Willis is very proud to support R2R."

Quizzers Help The Homeless At Siemens

A quiz night organized by Siemens charity committee in Poole resulted in £1200 being donated to R2R. The money was raised from proceeds of a raffle and added to by the warm-hearted charity committee. A team of R2R volunteers put up a brave show but didn't manage to carry off any prizes.

Siemens' Alison Colborne (3rd from left) presented the cheque at an R2R Drop-In in April.



...and at Lytchett Matravers



Well over 120 participants in a Quiz Night at Lytchett Matravers Village Hall in May raised £1,025 for Routes to Roots. The quiz was organised by Kate Coombs, a worshipper at Canford Heath Baptist Church, who regularly runs charity quizzes in the village. Following match funding from Barclays, we received a magnificent donation of £2,050.

Kate (centre) presented the cheque in June.

CHALLENGES AND FUNDRAISING



My Own Personal Challenge (with a bit on the side for Routes to Roots)

Three years ago I cycled 1500 miles in 34 days with a friend to Santiago di Compostella, raising money for Routes to Roots as a bonus. This charity works with the homeless in Poole and fills a gap that I notice. For me the 'pilgrimage' was a special spiritual and physical experience, as well as being an amazing journey. It had a salutary effect on me, being of no fixed abode and ending each wearying day, along with others, hoping for a bed each night, relying on volunteers running pilgrim refuges for hospitality.



Still feeling energetic, two years ago with my daughter we did our first half marathon, and last year, feeling I needed another challenge, I felt pretty sure I could do a marathon. That idea stopped after the tracks of the same half marathon event because I had injured my Achilles tendon. I felt so disappointed it took three weeks to come to terms with it. I also had a health scare then but started, very gradually, running again before Christmas.

I then looked at several training schedules and chose a 16-week one to follow, all the time half expecting to have to stop. 420 miles of training later and a fortnight before the race I was virtually certain I could do it and checked with Routes to Roots about sponsorship for them and started begging.

I chose to run the North Dorset Villages Marathon, it cost only £22 to enter with money back if I cancelled, but importantly, all money I raised went directly to charity (the London Marathon costs about £18 million inc

VAT to organise). I know that Routes to Roots works on very low overheads and donations go directly to its work.

That morning I was one of only 350 entries. It was such a friendly gathering of runners and good-natured volunteers. My family support was wonderful. However, I was worried I hadn't done enough hill work, I didn't know how fast or slow to run and, of course, as with all first-timers, didn't know if I could/would finish! I started towards the back and gradually found a pace which was comfortable and realised I could chat easily. It was very sociable for about three hours and I couldn't believe how good I felt running. My family popped up at three places on the course – brilliant feeling – and at the end. The countryside around the roads we ran was beautiful, I don't remember hills – except at 22 miles when I told someone it was two miles further than I had ever run – but I was beginning to feel the effort needed.

From 24 miles was bad; from 25 miles was dreadful: I could hardly get one foot off the ground to put it in front of the other. I finished and staggered, with help from St. Johns ambulance people and my son-in-law, to sit on the kerb. I then had severe cramps in my legs and vomiting for an hour and a half. I was driven home, fell into bed for half an hour, had an electrolyte drink which I kept down and got up feeling great! I was on a high for days!

I made it in 4 hours 13 minutes 12 seconds; I was 186th out of 294 finishers; I was 4th out of 12 in the 60-70 age group; I lost 5 pounds (lbs) during the day but gained about 1,080 pounds (£) for Routes to Roots. Thank you all for your generous sponsorship.

Terence St. John

VOLUNTEERING

Nationwide at the Afternoon Drop-In

At the end of February Kelly Vickers, a mortgage consultant with Nationwide, joined R2R to help at an Afternoon Drop-In. Kelly brought a friend with her, Alice Neal who is a Bournemouth University student. Both ladies were quickly on board with preparing the sandwiches, toast and baked beans, and serving the guys as they came in for lunch. They both thoroughly enjoyed the experience and have decided to put their names forward for our permanent list of volunteers.

The Nationwide Citizenship Committee at the Bournemouth administration centre selected Routes to Roots as a charity to support in Autumn 2012. They have given £630 in direct donations to assist with our winter appeal and with drop-in food budgets. They also publicised volunteering opportunities to their staff. The building society nationally runs a scheme to encourage volunteering whereby staff are given two days paid leave a year specifically to volunteer.

R2R Clients Showcase Their Volunteering Activities

With Project Flourish, involving our guys and people in need from other areas well underway, some of our guys took the opportunity to talk about their volunteering activities and achievements at Connect 2013, a four-day family teaching and worship event hosted over the May holiday weekend by Holton Lee. R2R took a stand in the event's Market Place with a display on the work our guys have been doing at Holton Lee since summer 2012.



Alice Neal (BU) on the left and Kelly Vickers (Nationwide) on the right



Upper Parkstone and Area Week of Prayer

"A genuine thank-you to all of you who provided us with information and insight into your work on our behalf in our local community and beyond. You and your organisations have all been prayed for, along with many others in Parkstone ... and beyond... We cherish the work of voluntary and charitable groups as we sense the growing demands on you; the need of financial and human resources; and, yet, the way you are still aspiring to rise to fresh challenges as well as meet existing needs. Well done - and thank you."

Revd Paul Holmes, Minister, Parkstone Baptist Church

Extract from email of 17 May 2013

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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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WELCOME AND WELCOME BACK

Scott Jones, Outreach Worker

Scott is married to Sarah and lives in Poole. They both worship at Sunnyhill Church in Parkstone, Poole, where he currently serves as an Elder. He is a graduate of Moorlands College where he earned a Bachelors Degree in Applied Theology and Youth and Community Work (JNC). He also works for BCHA as a support worker at St Paul's night shelter, and has worked for the organisation for three years.

Scott says: "It's a blessing to be able to work now with Routes to Roots and come alongside vulnerable people sleeping rough in Poole. My aim in life is to be a vessel of hope to those I meet. My role as an Outreach Worker provides me with the opportunity to be able to do all I can to bring some hope to each individual's situation."

Lynn Foster, Honorary Secretary



Lynn started with R2R in 2007 as Administrator and retired from formal duties in 2010 when grandchildren called on her time, although she has continued to help out as a

volunteer. We are delighted to welcome her back to the committee. Lynn has lived in this area for most of her life and worships at Canford Heath Baptist Church. She has always worked as a secretary and has been a church secretary and deacon.

Lynn comments: "I felt that God was drawing me to working with those much less fortunate than myself. I have always felt compassion for the homeless and marginalised in our society but like many, was unsure of what to do. Working with R2R means I can use my gifts to help. I enjoy being part of a team who are passionate about the homeless."

Bus Offers Food, Shelter and a Haircut!

Street Level is a project centered around a refurbished bus used by Water's Edge Church to extend a helping hand towards the young, the old, the vulnerable, the marginalised in society and those who find themselves

homeless on the street.



The bus has been especially modified to accommodate their outreach within the community. Flexibility in the design allows the bus to act as a means of support for disadvantaged children and youth on local housing estates,

the homeless, and community fun events.

On Monday nights you will find the bus under the flyover in Poole with hot food and sandwiches, tea and coffee for the homeless and the vulnerable on the street. The bus provides shelter for the homeless from the cold as they eat their food, watch a film and have a haircut.

"My dream is to see the vision of Street Level replicated in many other villages, towns and cities across the nation by people who have a passion to serve their communities and a desire to demonstrate God's love," says Rev Steve Sheppard BA (Hons).

<http://streetlevel.info/>



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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. Please contact •
• Caroline Foy, our Administrator, to •
• arrange a visit. •
• Tel: 01202 667880 / 07901 387643 •
• Email: office@routestoroots.org •
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YOU Can Help Us



● Please consider becoming a Volunteer

R2R relies heavily on our small army of volunteers. Opportunities exist in the following areas:

- * Morning Outreach, Afternoon Projects, Evening Drop-ins
- * Befriending Scheme - please contact the office
- * Mobile Library - driving, staffing, including preparing books
- * Outdoor activities - accompanying clients on organised events
- * Providing skills training for clients, health & personal care support to clients
- * Administrative support - helping with mail shots, preparing for events

For details of volunteering, please contact our Administrator on 01202 667880 or office@routestoroots.org

Volunteer application forms are also available at: www.routestoroots.org

● Please consider making a Donation

- * £3 buys a rough sleeper a cooked breakfast
- * £10 buys a pair of jeans
- * £25 buys a sleeping bag
- * £45 provides food for a Drop-In
- * £200 helps to make an empty flat a home

● Please consider becoming a Member

- * Annual membership costs only £10 for an individual or £25 for a Church, School or Business.

To make a Donation or become a Member, please complete the form below or visit the website to pay securely via the Internet or download a standing order: www.routestoroots.org/updates/volunteering-membership

Membership Application and Donations

I would like to become a Member for £10 / £25 (*circle as appropriate*)

I would like to make a Donation to Routes to Roots to the value of £_____

Name (*please print*): _____

Address: _____

Post Code: _____

Tel: _____

Email: _____

*“When you did it to the
least of these - you did
it to me.”*
Matt 25:35

I would like to Gift Aid my donation. I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

I enclose a cheque payable to 'Routes to Roots' to the value of £_____

OR Please debit my card to the value of £_____ : Mastercard / Visa / Solo / Visa Debit (*circle*)

Card No: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _ / 3-Digit Security Code: _ _ _

Valid from: _ _ / _ _ Expiry on: _ _ / _ _

Name (*as it appears on the card*): _____

Signed: _____

Date: _____

Please return to: The Administrator, The R2R Office. Skinner Street URC, Poole BH15 1RQ