



# Step by Step

empowering homeless people and those facing adversity

# News

SPRING/SUMMER 2011

## A mother's thanks

I want to express my appreciation for the tremendous change the team at Step by Step/Youth AIMS (Advice, Information, Mediation) service has achieved with my adopted sons.

My eldest son was apathetic and unmotivated and I was eventually forced to ask the police to remove him from my home because of his abusive behaviour towards me. The police took him to Step by Step, where you accommodated, counselled and motivated him. Your skillful intervention resulted in a major life change: he is now in a permanent relationship and has a new baby daughter.

**He is responsible, thoughtful, and conscientious - a great success story.**

My other son has serious special needs which are the cause of severe emotional and behavioural disorders. He was placed in care because I was unable to cope with his behaviour and outbursts against me. Unfortunately he was later made homeless and moved to London, where he lived a squalid, vagrant existence. He pleaded with me to come home, and I contacted Step by Step for help. **The treatment and support I received was like water in the desert!**

Firstly, **you were exceptionally patient and empathic.** When you met Simon you were able to communicate with him - no easy feat - and he took on board what you said. You were not patronising and created a trusting relationship with him. You have accommodated him, arranged medical treatment and a rehabilitation programme with the Youth Offending Team (YOT) and have gone to great lengths to build a supportive relationship. **I am quite overwhelmed by the service you offer.**

Simon can never return home while he has anger issues and he remains a vulnerable young person, but with your help has made real progress. **I am so grateful to Step by Step: you have succeeded where others have failed.**

Thank you.

## High Sheriffs drop in

The High Sheriff of Surrey, Mr Robert Douglas, CBE, and Mrs Hilary Douglas, and the High Sheriff of Hampshire, Mr Alan Lovell and Mrs Ginny Lovell, recently visited Step by Step on separate occasions to see for themselves the work we do. The visit was of particular relevance to Mr Douglas as he has a special interest in helping young people, especially those who are disadvantaged, to access education, training or employment.

Step by Step's Chief Executive Amanda Dubarry and John Devlin, a director, gave both the High Sheriffs and their wives a full tour of our services. They were also able to see for themselves the progress on our new building in Crimea Road.

One highlight of the visit was time spent at CyberShed where Danny Wheaton, a Step by Step client, told Mr Douglas about the support and help he'd received: **"I've had a lot of help putting together my CV and covering**



Mr Douglas (left) with Cybershed clients and Amanda Dubarry and John Devlin (right).

**letter for job applications, and support looking for apprenticeships,"** he said. Danny also spoke enthusiastically about Step by Step's initiative to encourage physical activities and healthy living.

After the visit, the High Sheriff of Surrey said that he and Mrs Douglas had been very impressed by **"the impact that Step by Step clearly has on the lives of its young people"**. He encouraged Step by Step to apply for the High Sheriff Youth Award grant to help support the services Step by Step offers, and we are currently doing this.

## New building: almost there!



As you can see from the photo above, **the scaffolding has started to come down and we can clearly see the outside of our building for the first time!** The accommodation floors are distinguished from the training rooms and administration offices by their larger windows, especially those for the five client kitchen/lounges, which are also accentuated by the ornamental metal cladding.

**Inside, the rooms are being decorated** in the theme colours of their floor: jade and red for the accommodation floors and purple heather and stone for the offices and

meeting/interview rooms. With the arrival of the doors and other fittings **the 'style' of the rooms is becoming apparent and the building feels vibrant and welcoming.**

Several local people have generously supported the project, some by donating money, others by donating art works (see below and page 4). **The building should be completed in the second half of May and preparations for the move to our new home are rapidly gathering pace.**



Sue Dawson with the beautiful quilt that she made for one of the interview rooms.

### First Steps

#### 'Fun, but also really helpful'

Most young people pick up life skills naturally from their experiences, guided by those around them such as parents, teachers and peers; for some, however, these skills remain elusive. Our *First Steps* programme is a six-week course aimed at helping young people to build up those missing life skills such as cooking, cleaning, laundry, money management, sexual health and self-esteem.



Army chefs visit Emmaus House to help *First Steps* clients prepare an evening meal. "The best meal I ever cooked" was the verdict from Haydn, one of the participants.

**Working in partnership with Aldershot Citizens Advice Bureau (CAB) and the Aldershot Contraception and Sexual Health (CASH) team** we have successfully completed two pilot schemes on money management and sexual health. We are now set to run the course regularly throughout the year and are working towards accreditation by the national examining body, AQA. This will enable clients to add the qualification to their CVs and achievement portfolios.



### Daylight Designs goes crackers!

Daylight Designs, Step by Step's Craft and Business Skills Development service, has expanded its range of craft products to include gift boxes, badges, greetings cards, display boards, bags and notebooks. The programme helps clients to develop their creative skills in new areas. Participation in six craft fairs so far this year has raised just under £300 for the project and supported the purchase of more craft materials.



Our next initiative is to develop clearly defined roles for the clients such as Bookings Officer, Event Coordinator and Production Team. **This will help to increase clients' responsibilities and help to build confidence within a supportive environment.**

We are also hoping to produce charity Christmas Crackers containing hand-made jewellery along with a message from each client. We hope to sell these to local companies for their Christmas events to raise awareness and support for Step by Step. **If you think you can help by volunteering any craft skill, donating materials or would like to hold a craft fair, please contact Charlotte Burley on 01252 312407 or email her at [charlotte.burley@stepbystep.org.uk](mailto:charlotte.burley@stepbystep.org.uk)**

### More success for E & E clients

**In the past three months no less than 12 young people have moved from being NEET (Not in Education, Employment or Training) into full- and part-time employment, training or voluntary work as a result of our Education and Employment programme. This is a definite result for our clients, and a boost to us.**

One of our aims over the next few months is to expand work placement opportunities by partnering with local organisations to offer our young people the chance to gain valuable experience of the work environment. One young man has an ambition to become a nurse. He recently gained full-time employment at a local residential home for

### Reducing offending

Our Youth Development Services (YDS) team trialed a new programme in

February aimed at **reducing offending behaviour in young people.**

Called 'Fallout', the six-week programme combines interactive 'theory' sessions about reducing youth offending behaviours with active 'Parkour' (urban free running and gymnastics using built obstacles) training sessions.

The theory sessions are supported by the Youth Empowerment Crime Diversion Scheme, a national charity which supports a reduction in offending and anti-social behaviour. Three 'free running' sessions were delivered by Parkour Generations, who teach the art of Parkour and movement, in the excellent Olympic standard facilities at Rushmoor Gymnastics Academy. The YDS team received excellent feedback from clients and we hope to develop further courses in the future.

To quote one participant: **"It could really help stop people doing crimes and the free running sessions were sick ('good fun' in youth speak)".**



Lessons in Parkour provided a valuable incentive for our preventing youth offending programme

the elderly, where he will be studying for his NVQ level 2 in Health and Social Care. He attended an interview for Guildford College where from September alongside his work, he will undertake an *Access to Nursing* course. This should enable him to go on to university in 2013 to fulfil his dream.

See the article on page 4 about getting involved in helping our young people.



### BIG SUMMER SLEEPOUT

JUNE 17/18, ALDERSHOT FOOTBALL GROUND

Sleep out... so others don't have to

Our next big fundraising initiative aims to raise awareness of homelessness and its issues as well as generating funds to support the development and delivery of our YDS *First Steps* programme (see page 2). We hope to have over 100 people of all ages **sleeping out under the stars on the terraces of Aldershot Town Football Club on June 17/18 to experience what it's like to sleep rough** and to raise at least £100 sponsorship each for their efforts.



Youth homelessness is a problem, even in affluent areas like Surrey and Hampshire

Under the slogan 'Sleep out so others don't have to', the Big Summer Sleepout will be a fun event with a serious purpose and is being enthusiastically supported by Aldershot Football Club and other local organisations and individuals. Aldershot's MP Gerald Howarth will be attending and other personalities from around the town are also giving their support. Entertainment during the evening will be provided by local band *Our Lost Infantry* and Fleet-based blues group *Carolina Blue*. There will also be a competition for the best cardboard bed of the night, which may help to alleviate the effects of the unforgiving concrete terraces of the football ground. The sleepout will end at 7.00am on Saturday morning with a hot drink and a bacon roll.

The Big Summer Sleepout is open to individuals and teams and we hope that many of our supporters will come along with their family, as a team of friends or work colleagues, or just on their own. Entry is £5 per person and you can register online at [www.stepbystep.org.uk/bigsleepout](http://www.stepbystep.org.uk/bigsleepout). There will be team and individual prizes for the most sponsorship money raised.

**If you want to help but find the attractions of sleeping out limited, we'd be delighted to hear from anyone who would like to make a donation or is able to volunteer to help out either before or during the event - please contact Annette Althen or Gill Butler on 01252 327317, or email them at [fundraising@stepbystep.org.uk](mailto:fundraising@stepbystep.org.uk).**

### Gifts in kind

There are many valuable ways in which you can help Step by Step - and they don't always have to involve giving money or organising fundraising events.



Aldershot USA Quilting Group's magnificent quilt is ideal for a sofa throw... or for snuggling under.

Members of Aldershot's U3A (University of the Third Age) quilting group, led by Fiona Douglas, agreed that it would be an excellent project for them to hand-make a quilt for our Step 1 Accommodation service. The lovely result, which measures 1 x 1.3 m, is shown on the left and will be used as a throw for a sofa in one of the lounges in our new building, providing a homely touch for clients. We're delighted that Fiona is now embarking on another design for the other sofa - thank you, Fiona and your fellow quilters!

**If you would like to help us to furnish our new building by adding something colourful and decorative, please contact our fundraising team (contact details above).**

### Burns Night bonanza

Our first Burns Night fundraising event was acclaimed a huge success by organisers and guests. Held in the historic Former Army Staff College at Sandhurst, the event raised over £8,000 for Step by Step's Youth Development programmes, some of which are detailed on page 2.

On arrival the 130 guests were greeted by Step by Step clients Beth Price and Alistair McKenzie-Boyce and piper Callum Armstrong, resplendent in full highland costume. All the delights of a traditional Burns Night supper were provided including, of course, the traditional haggis, which was piped in with due ceremony and a recitation of the Ode to the Haggis.

Two auctions of items generously given by a variety of individuals and organisations raised over £4,000. After the meal a traditional ceilidh provided an opportunity for some energetic dancing, led by folk band Jigworks.

Gerald Howarth MP, one of the guests, said afterwards: **"I was delighted to support Step by Step's Burns' Night event. It was a wonderful evening that not only raised a considerable amount of money but also increased awareness of the excellent work undertaken by Step by Step."**



(L-r): Mike Brown (Chairman), Beth Price and Alistair McKenzie-Boyce (clients), Amanda Dubarry (CEO), Gerald Howarth (MP for Aldershot).

### Future events

Please make a note of these dates...

**September or October:** Sponsored Walk

**December 8:** Carol Concert at the Royal Garrison Church, Aldershot

**January 28th 2012:** Burns Night at Sandhurst

More details will appear in due course on our web site.

## Volunteers needed..

Step by Step is only able to achieve what it does among homeless and other disadvantaged young people through the tireless efforts of a dedicated work force of employees and essential volunteers. Without them, we would struggle to support the 500+ clients we help each year.

We are always looking for ways to grow and enhance the services we offer to support our young people, so we would love to hear from you if you have some free time or resources that could help us to grow. **There are many ways in which volunteers can help by offering their time, talents, resources and experience.** There are no barriers, and you won't be asked to do more than you are capable of.

If you can offer something that will help our work, please get in touch by emailing Christine Collard at [volunteering@stepbystep.org.uk](mailto:volunteering@stepbystep.org.uk) or by telephoning her on 01252 312364.

Here are just a few ideas of ways in which you could help:

**Fundraising:** Helping to organise and manage fundraising events and activities; recording donations and funds raised; general data input and other administrative duties. *Estimated commitment: 1 day per week.*

**Relationship Volunteers:** Supporting Step by Step in building its relationships with churches, schools and colleges, local businesses, clubs and other organisations through marketing, presentations, arranging tours of our services, developing interactive activities and liaison with partners and local organisations. *Estimated commitment: 1 – 2 days per week.*

**Marketing:** Supporting the development of marketing and fundraising literature, press releases, web-based resources and social networks. *Estimated commitment: 0.5 days per week.*

**Youth Development Services:** We are looking for a Work Experience Coordinator who would negotiate work experience placements with local employers and place and mentor clients. *Estimated commitment: 1 day per week.*

**Design and Craft Development:** Sharing professional or hobby skills with clients and helping to develop their creative skills; offering ideas for new craft projects and items for Daylight Designs. *Estimated commitment: 0.5 - 1 day per week.*

If none of the above opportunities seem quite what you're looking for, but you'd still like to help, do please contact us for a chat about what you could do to help. You could be just the person we're looking for!



The Century Club is a group of enthusiastic and caring people who are committed to Step by Step's mission. Each member pledges to give at least £100 per year - less than £2 per week - paid via a monthly, quarterly or annual standing order. For more information, please go to [www.stepbystep.org.uk/help-us/century-club.htm](http://www.stepbystep.org.uk/help-us/century-club.htm).

## Thank you!

**We are always grateful to all the organisations, churches and individuals who support our work in so many ways. In fact there are so many, we no longer have room for them all in this newsletter! You'll find a complete list on our web site at [www.stepbystep.org.uk/thanks](http://www.stepbystep.org.uk/thanks). To them all, we offer our heartfelt gratitude.**

## Sophie's tale

Like many teenagers, Sophie often argued with her mother and stepfather over her behaviour and the amount of time that she spent out with friends. Unlike most, though, she was eventually told to leave home and spent the next three months 'sofa surfing' at friends' houses.

Sophie referred herself to Step by Step after hearing about us from a local information centre and was offered a place in the Step 1 Accommodation service (Emmaus House). Like all our clients, she had one-to-one key-working sessions with a dedicated Support Worker, who helped her to recognise some of her issues and set herself some short-term goals.

**Sophie continues to receive support from Step by Step's services, including D'n'A (our NHS drug and alcohol partnership programme) to help her tackle her misuse of drugs and alcohol, the Education & Employment programme to help her prepare for and find a job, and the Female Anger Management programme.** She has also benefited from our **Youth Counselling** facilities and is an active volunteer with the **Peer Education programme**, which gives presentations about the realities of homelessness and drug and alcohol abuse to young people in schools, colleges and other community projects. Not only that, Sophie also volunteers at the British Heart Foundation 1½ days each week!

Through the support offered at Step by Step and with guidance from her key worker, Sophie has gained a clearer understanding of what she wants to do and how to tackle the issues that hinder her. **She hopes to gain employment and move to one of our Step 3 and 4 accommodation services (Community Flats), where she will be able to enjoy living with increased independence in her own space.**

## Step by Step

Patron: Rt Revd Christopher Hill, Bishop of Guildford

Registered charity No. 900308

A company limited by guarantee: Company No. 2431825

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