

## Lift-off!

## Two major projects launched

### 'Dr AI' - new peer group training

Building on the proven success of our HELP Team Step by Step is proud to announce its new peer education project - **Dr AI**.

**Dr AI** (pronounced "Doctor AI") aims to educate young people in secondary schools, sixth-form colleges and community youth groups about the risks and realities of the misuse of drugs and alcohol. Our experience with HELP shows that teenagers are far more likely to listen and take advice from their peers. Speaking from their own knowledge and understanding of the issues, pressures and dangers facing this age group, our specially-trained team of young people are able to communicate their message much more effectively than teachers or other youth leaders. Peer education complements other drug and alcohol education programmes in schools.

For the members of the **Dr AI** Team, the project provides an excellent opportunity to develop their communication skills and helps to increase their self-confidence. They have to commit time and energy to create effective presentations that fit comfortably into a 45-minute lesson slot.

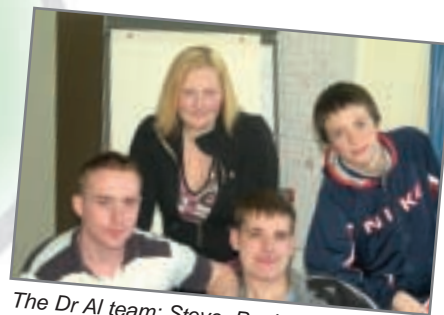
It is a tribute to our reputation for this sort of work that we have secured almost £200,000 funding for this project from **vinvolved** - the national youth volunteering programme. Its aim is to inspire a new generation of one million young volunteers aged from 16 to 25 and introduce a lasting change in the quality, quantity and diversity of youth volunteering.

The **Dr AI** team successfully completed their first 'gig' at Bishop Challenor School in Basingstoke at the end of April. The team is actively looking for more opportunities to serve in other schools and youth groups. If you would like them to visit your organisation, please contact the **Dr AI** Project Worker, Michelle Bradford, on 01252 312407 or [michelle.bradford@stepbystep.org.uk](mailto:michelle.bradford@stepbystep.org.uk).

*Dr AI is a **vinvolved** project supported by **v** - inspiring a million more young volunteers*



Rehearsing the presentation



The Dr AI team: Steve, Paula, Jonathan and Luke

### New programmes 'Get to work'

Two exciting new schemes have been launched by our Youth Development Projects specifically targeted at helping young people to make the transition from unemployment into work, education or training.

A significant number of young people lack the necessary skills and confidence even to apply for work or training places and our **Pre-Work** programme addresses this situation. We provide 'second chance' tutoring tailored to the needs of the individual in literacy, numeracy, and even driving skills, as well as sourcing meaningful work experience with local organisations. At the end of the module, clients are encouraged to define their personal goal for the next step.

The **Getting to Work** programme includes a short course on job-seeking skills, such as job searching, writing CVs and completing application forms. Key to the module is individual mentoring to help clients choose and apply for appropriate jobs.

Two new staff are being recruited for this new development, which is funded through The Ann Rylands Special Project, part of The Sir Jules Thorn Charitable Trust.

We are actively seeking far-sighted local employers to offer useful work experience to our clients. If you could help, please contact Sarah Steel on 01252 312364, or email [sarah.steel@stepbystep.org.uk](mailto:sarah.steel@stepbystep.org.uk).



2008 - the year of the volunteer

One of our key objectives at Step by Step is continually to improve the quality and range of the services we offer to homeless young people and those in difficulties. The new developments described on the front page are good examples of this.

We have plenty more good ideas about further expansion to our services but, like most charities, our efforts are restricted by the available finances and man/womanpower.

A major part of our development strategy is to recruit a much larger team of volunteers who will be able to help push forward our vision.

We have a vital need for more volunteers...  
...and you could be one of them!

The most important criteria for a volunteer is commitment. We certainly value - and have plenty of opportunities for - people with particular skills, but what we need are people who are willing to work hard using their everyday knowledge and experience from life.

For example, we are keen to recruit a team of **community fundraisers**, who will use their network of friends and colleagues to organise events in schools, churches or in their local area to raise money for us.

As well as fundraising, there are opportunities in administration, liaison with local businesses, marketing, information technology, business development and in client-facing roles.

Get involved - and have a good time into the bargain! Visit our web site for more details: [www.stepbystep.org.uk/volunteer](http://www.stepbystep.org.uk/volunteer).

Liz Slatter - Portrait of a volunteer

Having finished her studies, and with her 'children' getting on with their own lives, Liz Slatter wanted something useful to do with her time.

A firm believer in the importance of a happy, secure home for everyone, Liz spotted that Step by Step (then Emmaus Projects) was looking for volunteers. One phone call and an informal chat later she was installed for one half-day per week as a fundraiser, responsible for encouraging people to organise and support sponsored walks, swims, collections, and other events.

"Being a volunteer I feel very privileged. I can help homeless and disadvantaged young people, but I'm able to arrange my working hours to suit my own life, which is great, especially after the arrival of two grandchildren recently", says Liz.

Now working one day a week (sometimes more), her work has expanded to include running supporters' meetings, raising awareness as well as cash.

"Do come and join us", she says, "there's plenty to do, and you'll be made very welcome."

**10 reasons for becoming a volunteer...**

- 1 Meeting new people, making new friends
- 2 Doing something really worthwhile
- 3 Helping to improve young people's lives
- 4 Making use of your skills and experience
- 5 Learning new things
- 6 Helping to build a better community
- 7 Choosing when you want to work
- 8 Impressing your friends and family
- 9 Watch less television, get out more
- 10 ...and all while having great fun!

**Other ways you can help...**

- We can't take it with us... but we can pass on a little when we go... Please consider leaving us a gift in your will. Large or small, every little helps, and it isn't difficult.
- Want to help young people? Got a spare room? Know someone who has? We need Supportive Lodgings Carers. Call Barbara on 01252 313158

Huge thanks to you all!

As always, we are really grateful to all the people who have helped out, in whatever way, over the past few months, especially those friends who regularly support our work. We want to thank the following communities and organisations, ...and everyone else who contributed to our work in any way, whether financially or in kind - thank you!

- |                                 |  |  |
|---------------------------------|--|--|
| A & B Diocesan Trust            | Fleet Women's Fellowship                         | Broadhurst Welcome Home                |
| Aldershot Methodist Church      | Frimley Baptist Church                           | Community Trust                        |
| All Hallows Church              | Hawley Green PCC                                 | Educational & General Charitable Trust |
| All Saints Church, Odiham       | Heatherside Church                               | The Poor & Needy Benefit Trust         |
| Bishop of Guildford Foundation  | Holy Trinities Charities                         | Rachel Charitable Trust                |
| Christ the King Church          | Liphook Methodist Church                         | Reuben Foundation                      |
| Cove Baptist Church             | Our Lady Queen of Heaven, Frimley                | Triangle Trust                         |
| Cove PCC                        | Society of Friends, Farnborough Hill             | BAE Systems                            |
| Crookham PCC                    | St Andrews PCC                                   | Camberley 41 Club                      |
| Esher PCC                       | St Johns Church, Farncombe                       | Foyer Federation                       |
| Farnborough Church for the Deaf | St Michaels, Yorktown                            | Johnson & Johnson                      |
| Farnborough PCC                 | St Peters Church, Frimley                        | Lyons+Sleeman+Hoare                    |
| Farncombe Parish Church         | Rotary Clubs of Aldershot, Farnborough and Fleet | Nationwide Building Society            |
| Fleet Baptist Church            | Farnborough Hill School                          | Technology Law Alliance                |
| Fleet Methodist Church          | Sandhurst School                                 |  |
| Fleet PCC                       | Velmead School                                   |  |
| Fleet URC                       |  |  |

Thank you...

Welcome to new staff members

There have been a number of changes in our staff recently, with new posts being created as a result of our development plans.

**Barbara Wolfe** has joined us as Supportive Lodgings Project Manager (replacing Norman Ashcroft, who retired recently).

**Elizabeth Jackson** has been appointed Business Services Manager, overseeing our HR and IT provision, amongst other things.

**Michelle Bradford** also joined in January as Project worker for Dr AI, our new drug and alcohol peer education project.

In March **Sarah Steel** became our new Entry to Employment Project Worker.

**Luke O'Neil** is now Project Co-ordinator for Tenancy Support, and **Hayley Hewitt-Dutton** has taken over as the Project Co-ordinator for Emmaus House.



Barbara



Michelle



Sarah

From the Step by Step Casebook:

Sarah (not her real name) had to leave home aged 14 when her mother's boyfriend refused to have Sarah living in the same house. She moved in with her Dad, whom she'd only known for a year. Unfortunately, he had a new family with three young children, and they couldn't cope with Sarah's loud music and late nights.

They asked her to leave, and without any guidance - parental or otherwise - Sarah soon drifted into drugs, alcohol and petty crime.

Sarah came to Step by Step and attended our Daylight Project. With the 9 GCSEs she has gained, she was encouraged to take the Connexions 'RON' course which focuses on team building and boosting personal confidence. She returned with renewed enthusiasm and has now begun an 'E2E' (Entry to Employment) course to help her find a suitable job.

Sarah is ashamed that she has been in trouble, and is genuinely determined to put this behind her and begin work and making a useful contribution to the community. Step by Step will be there to help and support her.

## HELP at National Finals

Step by Step's HELP (Homeless Education Liaison Project) team successfully reached the national finals of the Nationwide Awards for Voluntary Excellence (NAVE) recently, although the team were not among the final winners.

HELP Team member Steve Allen, accompanied by Project Worker Ivan Norris, attended a lavish reception at Lords Cricket Ground. Newscaster Nicholas Owen presented Steve with a magnificent engraved glass trophy, a cheque for £500 and vouchers worth a further £250.

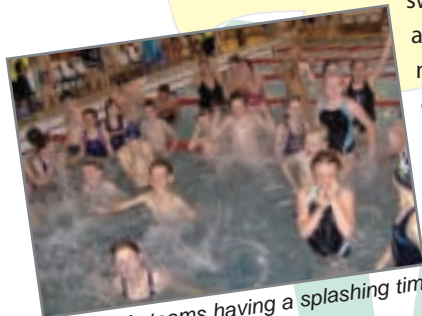


Steve Allen (centre) receives the runners-up trophy from Nicholas Owen (left) and Graham Beale, Chief Executive of Nationwide

## Splash 4 Cash 2008

On Saturday 21st June from 6.30pm, Hart Leisure Centre in Fleet will echo with the sound of teams of swimmers doing their utmost to complete as many lengths as possible in just 50 minutes to raise vital cash for their organisations.

Last year we entered two teams of clients, staff and board members and their families, and raised a magnificent £339 in sponsorship - and we would like to do even better this year! We need...



Last year's teams having a splashing time!

**Swimmers** We'd like to enter at least two teams of around ten people who swim alternate lengths as allocated by the team leader;

**Sponsors** who can sponsor an individual or an entire team for the lengths they complete in the time;

**Supporters** who'll come along and cheer our teams.

From past experience this is a really good evening, and the swimming finishes early, leaving plenty of time to go out partying later- or go home for a rest!

If you want to be involved in any way, please contact email [liz.slatter@stepbystep.org.uk](mailto:liz.slatter@stepbystep.org.uk), or telephone 01252 327317.

### From the Step by Step Casebook...

When he was at school, Ryan (*not his real name*), who was brought up by his mother, was timid and bullied by other children, despite being physically big. He left with no qualifications, and worked at several temporary jobs, none for very long. Out of work, he became depressed and started drinking. He argued with his mother and moved around 'sofa surfing' at his uncles', one of whom was a heavy drinker and was occasionally violent and abusive to Ryan. After a few nights sleeping rough in Farnborough, Ryan came to Step by Step at the age of 20.

After a year, influenced by a relationship with another client, Ryan moved out to a bedsit, but after a couple of years the relationship failed, and he returned to Step by Step. Now aged 23, Ryan is lonely and depressed; he would like a job, but his lack of qualifications and low self-esteem makes this difficult. We plan to enrol him on our Entry to Employment programme (see page 1), which should help him begin to tackle these issues. He enjoys art and drama, and has the opportunity to develop these at Daylight and also benefit from developing friendships and networking with others.

### Step by Step is supported by



...and by the BBC's Children in Need Appeal

## Step by Step

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61 Victoria Road, Aldershot, Hampshire, GU11 1SJ

Telephone: 01252 312364



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[www.stepbystep.org.uk](http://www.stepbystep.org.uk)