



NewHope

**PREVENTING
HOMELESSNESS.
TRANSFORMING
LIVES.**

Newsletter
Spring 2022

Growing FOR LIFE

INSIDE DISCOVER MORE ABOUT CULTIVATE, OUR
INNOVATIVE HORTICULTURAL THERAPY SCHEME



Managing Change



Someone once said that successfully managing change involves learning to dance on moving carpets rather than feeling like the rug is being continually pulled out from under one's feet.

That can be easier said than done, especially when the changes are relentless.

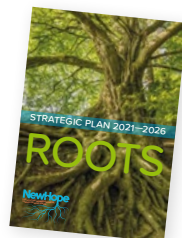
It's felt a bit like that throughout the pandemic as we have had to constantly respond and adapt to changes that were outside of our control. And yet it does feel that something increasingly stronger is developing. The last few months have seen the wonderful New Hope team striving to respond to the changing landscape and the new and evolving demands on our services. As a result, we have a stronger Recovery Services developing, a vibrant Cultivate service, a burgeoning Tenancy Sustainment Team and superb work ongoing at The Sanctuary and The Haven.

The pandemic has been a watershed

in terms of a welcome national focus on homelessness but there are signs that this is just beginning to wane and real fears within the sector that the numbers of people becoming homeless could rise markedly over the coming years.

New Hope has an exciting vision to respond to this need by combining the work currently delivered at The Sanctuary and The Haven within a modern, new building. The pandemic stalled progress with this initiative but pace is beginning to gradually pick up again now.

Our current strategic plan is called 'Roots'; do ask if you'd like to receive a copy. We want people with previous experience of homelessness to



put down 'roots' of their own by having permanent homes which are no less pleasant than anything we would choose to live in ourselves. We also want to ensure that we are faithful to the 'roots' of the charity and develop the organisation in a way that holds true to the calling received by Janet, Sheila and Tim back in 1990.

At the heart of that vision was a belief that ultimately only Jesus could truly transform lives. It's therefore been a joy to welcome New Hope's first chaplain to the team fairly recently. Sarah Shaw is working with service users, staff and volunteers to provide practical, emotional and spiritual guidance and support. We are

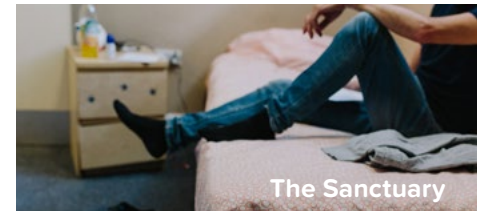
delighted to have her on board.

Thank you for your support, too, in what has been a turbulent time

for us all. Faced with many changes, what a comfort it is to know that 'I the LORD do not change' (Malachi 3:6).



Matthew
Matthew Heasman
CEO



Growing FOR LIFE



Ian Bond
Cultivate Manager /
Horticultural Therapist



Cultivate has been specifically designed to help people who have experienced trauma and the team work closely with New Hope key workers in our residential services to help people in their journey of recovery.

- 🌿 one-to-one horticultural therapy sessions for New Hope residents
- 🌿 gardening activities for individuals and small groups
- 🌿 creative and wellbeing sessions, such as an art workshop
- 🌿 the New Hope Repair Café
- 🌿 trips out to places in the local community, such as an animal sanctuary

Sam's Story

“ During lockdown, I really struggled with my mental health and anxiety and locked myself in my room, avoiding everyone, not speaking to anyone. My key worker, John, suggested I did the six-week Cultivate horticultural therapy course with Ian. Ian came over to the house and together we worked on transforming the wilderness out the back into a beautiful space with flowers, vegetables, bird feeders and a hedgehog house. In between Cultivate sessions, I went out into the garden each day to look after the plants. The last Cultivate session was a good one. I cut



and trimmed the grass in the front garden and planted more plants. The garden looked really impressive, more wildlife friendly and completely different from when we started.

“ Cultivate helped me to talk and laugh again! ”

After the course ended, I carried on looking after the garden and John would come over and we'd have our key working sessions there. **I was in a much better place, not so anxious and feeling more confident.** I applied for a job and John organised some appropriate work clothes and safety

gear for me. **When I got my first pay check, I called John to say that for the first time I could pay my rent with my own money not Universal Credit or Housing Benefit!**

“ I'm really grateful to John for his support and to Ian and Cultivate for helping me get out of my room and into employment. ”



Please could you donate £39.90 and provide a life-changing horticultural therapy session for someone like Sam.

Please give a gift online at www.newhope.org.uk/growingforlife or send a cheque to New Hope, 67 Queens Road, Watford, WD17 2QN. Thank you so much for your compassion.



Growing FOR LIFE

Homelessness cannot be fixed by merely putting a roof over someone's head – to enable someone to truly recover, we need to provide comprehensive and personalised holistic care.

“Thoroughly enjoyed 6 weeks with Ian. He has been inspirational for me and gave me a lot of support! From sowing the seeds, to germinating, to putting a variety of vegetables in the plot, watering and maintaining, and pest control. Feel blessed to have learned so much. Absolutely love it and will continue for the rest of my life.”

“Garden is awesome. Loved being here in my environment. Learnt about myself and educated on cultivation. Love learning. My mood was ok when arrived, now it's really good. Thanks.”



“Another great session with Ian. Feels good to be back to normal. Have patched up the garden with grass seed so looking forward to seeing it in spring. Thank you New Hope for all your help and support.”

“Another great session with Ian and I've had some really nice memories brought up talking about my early experiences around the walnut tree outside my first home.♥”

“I am enjoying every session I have done with Ian. I want to do more therapy. I love to do things it keeps me busy.”



To see the work of Cultivate participants, please scan this QR code for a short video.



“Love these sessions. Interesting, peaceful, educational.”

“I came with a bit of a monkey on the back and am going away without a monkey on the back!”

“Loved being in the garden again, learning about myself and plants, trees. Enjoyed this moment, want to learn more, excited to. Great seeing others enjoying the garden.”

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A BED FOR A NIGHT

Thank you so much to everyone who donated to A Bed for a Night, New Hope's Christmas 2021 Appeal. Over £40,000 was raised! This means New Hope can provide 824 nights of safety at the Sanctuary's Emergency Accommodation for people experiencing homelessness in Watford.

Thank you.



"I was soaked, cold, hungry and in need of a bed."

63 people have found safety and shelter at the Sanctuary Emergency Accommodation since April 2021.

46 people have moved on positively from the Sanctuary Emergency Accommodation between April 2021 and February 2022.

1,770 nights of safety have been provided at the Sanctuary between 1 December 2021 and 28 February 2022.

Between 1 December 2021 and 28 February 2022, **6** individuals, who had no income or eligibility for housing benefit, were given safe accommodation.

"I am now LIVING The DREAM!"

"My stay in the Sanctuary was amazing. They helped me sort out my life, deal with my debts and addictions. This gave me my confidence back that I used to have so long ago. To cap it all they helped me get a flat in Rickmansworth that I have been able to furnish with their help. I am now living the dream, thank you, New Hope."



To help express our gratitude, we made a short 30 second film for you.



Easter HOPE

Unconditional Love

'God showed how much he loved us by sending his one and only Son into the world so that we might have eternal life through him. This is real love – not that we loved God, but that he loved us and sent His Son as a sacrifice to take away our sins.'

1 John 4:9-10

During lockdown and through all the changing situations and issues in my life, to know that I have a Father in Heaven who does not change and loves me unconditionally has been my rock and my strength. I cannot earn His love. It is not based on my performance – dependent on whether I'm a good or bad person, but it is simply a gift to me. His love never changes, even when I feel totally unworthy of it.

Easter is a great reminder of God's

unconditional love for humanity. He sent His only Son, Jesus Christ to die for us, so that we can once again know and be loved by a Father who will never let us down. This is for everyone. A love that never changes, regardless of who we are, what we have done, or what we may do in the future. Even if we never choose to love Him, He still loves us.

The amazing hope that we have at Easter is that it did not just end with Jesus dying for us, but He was raised



Sarah, New Hope's new chaplain, is here to offer emotional and spiritual care to all New Hope staff, volunteers and service users. She offers a non-judgemental 'listening ear' to all regardless of faith, background or circumstance. Sarah was previously a volunteer chaplain at One YMCA and enjoys playing the piano (she's already played her keyboard both in the Watford shop and at the Haven!).

Thank you to Allchurches Trust who generously donated £12,500 to help fund this new post.



from the dead to life so that He can be with us always. He is the way to the Father. He laid down his life for us, so that we can be free from the burden of sin and be reconciled to God again. And it is only through Jesus that we can know God and His love for us. John 14:6 sums this up well:

Jesus says 'I am the way, the truth and the life. No one can come to the Father except through me.'

I am so grateful for this love. In a world where there can be little love or peace,

to be loved with 'no strings attached' is a rare thing. The only requirement to receive this love is to believe it.

Sarah Shaw
New Hope Chaplain

FUNDRAISING

HEROES



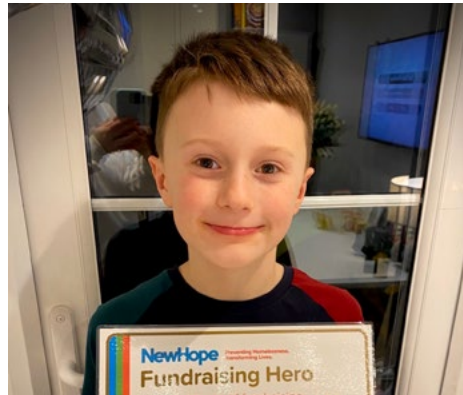
Cycling 500 miles

A team from Prime Secure raised £500 by cycling 500 miles on a stationary bike (the distance from Watford to Glasgow) and also donated winter packs to the Haven.



Songs with friends

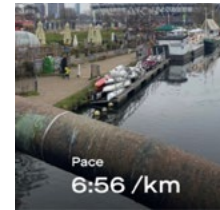
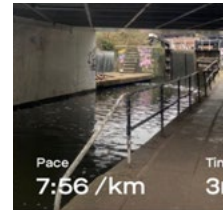
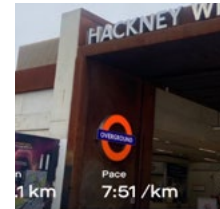
Finley wanted to raise some money for a local homeless charity this Christmas. In particular, he wanted to raise enough for some sleeping bags and other crucial items ahead of a cold winter. Covid scuppered his plans for his original fundraiser, so on 14th December (along with some school friends) he sang some Christmas songs and raised £420!



Rebecca Palmer is our Fundraising and Communications Manager.

Do you want to be a fundraising hero?

If you would like to be a fundraising hero and raise money to help prevent homelessness and transform lives, please get in touch with Rebecca on rpalmer@newhope.org.uk or call 01923 227 132

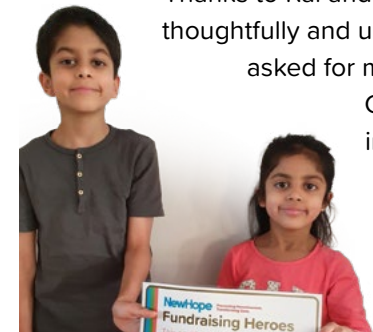


Parmiters non-uniform day

Parmiters School donated £900 raised at a non-uniform day as well as sleeping bags, food, clothes and shoes!

Donations not presents

Thanks to Rai and Kira who thoughtfully and unselfishly asked for money for Christmas instead of gifts and donated £160 to New Hope!



Running a marathon

Thanks to over 100 Loans Warehouse employees who once again undertook a marathon challenge in January and this year raised over £8,000 for New Hope!



WALK WITH US

Would you like to join Team New Hope on Saturday 10th September and walk 25km to raise money to help people experiencing homelessness in Watford? The walk features 16 historic bridges with a mid-point rest stop at the Oval Cricket Ground and then a finish line celebration in Southwark Park!

Email Rebecca for details

Volunteering News



“I can’t believe we are in April already. It’s lovely to have longer days and spring sunshine. On behalf of New Hope, I want to thank all the volunteers for generously giving their time and dedication to help and support staff and service users.

Ekta Gurney
HR and Volunteer Officer

Each one of you brings your own experiences, life skills and passion to New Hope. We appreciate all you do and want to say thank you!”



Rain or shine

“It is a blessing and a privilege to be able to support people who are homeless in Watford by visiting them where they sleep and making them aware of the facilities that New Hope can offer them. And the breakfast muffin with the team afterwards is nice too!”

Peter
Outreach Plus volunteer

“It’s Thursday morning at 6am, the Outreach Plus team arrive for work. Two staff members and Peter van der Sluijs. Peter volunteers as an Outreach Worker every



Thursday between 6am and 10am, come rain or shine. He goes out walking the streets as a valuable and trusted member of our team. Peter engages with some of the people sleeping rough who we know and forms rapport with anyone new, just like a full-time member of the team. Without volunteers like Peter, we would struggle to provide the support we know that people sleeping rough need and deserve. Thank you,

Peter, for giving up your time to help some of the most marginalised and disenfranchised members of our society.”

Steve Devine
Outreach Plus manager

Sunday roasts

“I have been cooking Sunday dinner at the Emergency Accommodation for the past couple of years. One of the things I love the most about it is seeing how much people change from week to week after they first arrive. The conversations become freer, the jokes more regular and the smiles more permanent. The staff do such amazing work, I literally get to witness lives being transformed and it’s an absolute joy. I feel very privileged to be able to play a small role at the Emergency Accommodation and can think of no better way to spend a Sunday.”

Innes
Emergency Accommodation volunteer



“We want to say a huge thank you to Innes! He makes the most amazing delicious roast dinners which the residents look forward to all week. Not only that, we appreciate how much thought and effort he puts into planning and preparing the meals – so much time and love goes into this. It is also a pleasure having him in the Emergency Accommodation. He’s so generous with his time, talent and eclectic music taste that we get to enjoy!”

Teresa Hendry
Emergency Accommodation manager

Croxley Community

We’d like to say a big thank you to our Croxley Green shop team; Bev, the manager, and her team of faithful and dedicated volunteers, plus all the regular shoppers and donors! The

shop has now been open for nine years, is a firm feature of New Road and a much-loved part of the Croxley Green community. Thank you, Croxley community, for selling over £450,000 worth of items over the last nine years!



If you are interested in volunteering or working for New Hope, please take a look at newhope.org.uk/volunteer and newhope.org.uk/jobs and please share within your networks!


Leave a gift in your will to help people escape homelessness.



For more information or to arrange an informal chat over a cup of tea to find out more about New Hope's finances, fundraising and plans for the future please call Rebecca on **01923 227 132** or email **rpalmer@newhope.org.uk**.

newhope.org.uk/legacies

 **New Hope**
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Herts, WD17 2QN

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