



 **ChurchArmy**  
www.churcharmy.org.uk

# MARYLEBONE PROJECT

'Empowering homeless women into independent living'

www.maryleboneproject.org.uk

**Newsletter – Summer 2012**



**The Marylebone Project continues to develop and sustain its transformational work with women affected by homelessness.**

We have sought again to invest in the women who use our services and the themes of Hospitality, Spirituality, Empowerment and Resettlement have informed our strategy and direction. Each woman is unique and special and our ambition is to deliver outstanding services to our community, pursuing and celebrating improvement and achievements. Below you will see some of the stories of women's transformed lives.

Many of the women we work with have been disempowered and left with few real choices. This is frequently the experience of many of the women here who have experienced domestic violence. We seek to provide a safe and therapeutic environment where healing of the whole individual can begin. Confidence building and informed decision making all contribute significantly to this process and the opportunities afforded in our community to engage in meaningful activities leading to employment opportunities and successful resettlement are all part of our day to day work. These opportunities are provided by our well established Time Bank Scheme, Made in Marylebone Brand (Social Enterprise) including Space (room hire), Munch (catering) and Handmade (crafting) Day Centre Services (including ESOL, Literacy with IT, introduction to IT, Singing Groups, arts and crafts, language groups and Exercise and relaxation groups) and Emergency Beds.

This partnership with women moving away from the trauma and pain of homelessness is modelled on Jesus' approach to how every individual is special and valued, not just in words but in practical demonstrations of support. We aspire to delivering the best outcomes possible for all women using our services. 139 group (based on psalm 139), Alpha courses and our close links with St Pauls Rossmore Road have all helped develop spiritual journeys for the women at the project.

We continue to be amazed at our remarkable volunteers who contribute so much, our faithful supporters who continue to give and pray for the Project, to our corporate partners who have generously provided volunteers and practical gifts, to our staff teams who are always ready to give of themselves.

To all our donors and friends, can I take this opportunity to thank you for your kind support, which is truly valued and integral to the work we are undertaking.

Best wishes,

*Bill Gallagher*

General Manager



# A truly fitting event for Independence Day!

**The Marylebone Project annual celebration event was held on Wednesday 4th July in the courtyard and Women's Day Centre at Bradbury House. Over 70 of our supporters and friends attended the event and were joined by residents, clients and staff.**

The event, which is now part of the annual social calendar at the Project, was held to mark the success of the past twelve months and to showcase the three new Social Enterprises that the women are running.

Bill Gallagher – General Manager – welcomed and thanked supporters for being part of the success of the Project. He spoke of the ever increasing demand on our services and how the Marylebone Project is playing a big part in helping homeless women to rebuild their lives. Mark Russell – Marylebone Project Chair and Church Army CEO – spoke passionately about the need to eradicate homelessness and how our supporters play an essential part in achieving that.



The Marylebone Project singers group entertained guests with their take on 'I'm walking on Sunshine' and other various tunes.

Guests also heard from Tamara, the latest success story to come out of the Marylebone Project. Tamara spoke about her time spent living on the street, her recovery and her transition to living independently in her own flat with a brand new job as a breakfast chef at the Marriot Hotel.

Although the Marylebone Project has resettled a staggering 115 women into independent living in the past year, Tamara's story is a rather special one. Tamara is the first triumph of our fledgling social enterprise 'Munch in Marylebone' – our in-house catering service.

And so onto the main event – the food! Guests were treated to a special two-course taster menu put together especially to showcase the amazing variety of skills and competencies that the women had mastered during their time working for 'Munch'.

Under the indefatigable lead of our Catering Manager, Naomi, the women from 'Munch' prepared, cooked and served a superb two-course feast befitting of any London restaurant. Although not the stated purpose of the evening, several bookings were taken for the services of 'Munch' and for our meeting room hire enterprise 'Space'.

During the evening guests were able to watch a specially prepared film about the Marylebone Project, which also gave specific insight into Made in Marylebone. The film will shortly be available for those that were not able to see it, please contact James Marlow for further details.



Guests also had the chance to see our TimeBank and other Social Enterprises in action. The ladies from 'Handmade' made and sold jewellery and gifts. Tours were conducted around the Project before eventually the celebration drew to an end.

The Marylebone Project would like to sincerely thank all those supporters who were able to join us to celebrate and to thank all those that sent best wishes.



We are also very grateful to the ladies of 'Made in Marylebone' and to Naomi, Polly and Catherine. A big thank you to all the staff at the Project, to Sally Beck and the Landmark Hotel and to Maria Hagi-Pavli, who made the event possible.

And finally a note about the weather – despite raining off and on all day – amazingly it stayed dry for our alfresco dining!



# “The Project helped me to regain my confidence and self-esteem”

“Before coming to the Women’s Day Centre, I was homeless and living on the streets. I was rough-sleeping in stations and on night buses. I also stayed with a friend for a very limited period of time, but this proved very difficult and untenable. The reason I was homeless was due to the fact that I lost my job, went into arrears and was subsequently evicted from my flat.

The Project first of all, gave me a safe, warm place to spend my days, as well as access facilities like showers and the clothing store. As I started to attend each day, my confidence slowly and gradually started to improve – I got housing advice, was referred to other agencies, and took part in activities. I attended meetings and presentations to stay connected with the world of work. Most of all, the Project helped me to regain my confidence and self-esteem.

Within three weeks of coming to the Project, I got a place in a hostel, and then moved on to other hostels. As I had a firm base, I began to do more to resolve some long-standing issues. I attended a presentation by the Volunteer Centre Westminster held at the Centre and signed up for an Employ Mentoring Scheme where I was given the opportunity to work on my job search. I used the Open Access time to work on and update my CV. I am now volunteering with an agency that helps foreign nationals held at detention centres with advocacy and representing them in their fight for justice. I also recently passed an interview with an independent fashion designer and will start working with her next week.

I see myself achieving great things in the future. I now know that I can move onto the next level and re-enter the world of work and hopefully get back into the private-rented sector. I had a very successful life prior to becoming homeless but I think I defined “success” differently back then. I now think success also means giving back to the community and making a positive difference to others’ lives. In return for what the Project has done for me, I would, one day, also like to help women who have been through experiences similar to mine.”

*Chaunta* – Day Centre client



## Elgood House hosts ‘rough sleeper’ forum

**On the 17th April Elgood House hosted the first Female Rough sleepers forum**, which involved other agencies within the borough coming together to discuss and share concerns facing local homeless women in the area. It was an extremely useful forum for us as it allowed us to feel connected to what’s going on in the Westminster borough and that our involvement was critical in the overall bigger picture. There is a huge interest in the complex needs unit and some urgency for it to be up and running.

## A prayer for the Marylebone Project

Father God,

This is a time of uncertainty in so many things, finances, world issues and even the weather; May the Marylebone project be the lighthouse in the storms of life for those we seek to serve.

May we be a secure anchor for those battered by experience, tossed aside by society and set adrift by those who have let them down. Lord, forge a strong chain between all in Church Army and you, that we have the strength, courage and will to fight for those exhausted in battle, worn down by adversity and despairing of the future.

For all those who support the project, we thank you, they are your children, doing your work, may they know that they are pleasing in your sight, we all need strong foundations and the support and prayers we receive are the strongest foundations possible, enabling the Project to build strong walls of support and straight paths to a better future.

Father, may we find ways to bring your light and your love to all those women who turn to us each day, setting aside our prejudices and judgements and seeing each as a unique and beautiful child of God, seeing with your eyes, hearing with your ears and caring with your heart.

Guide and strengthen those in control, inspire the support workers, and invigorate all those who do all the other jobs that need doing, fill them all with a sense of equality, all with the same goal, to serve you and the women who come to the door.

*Sister Heather Dadds*



# Spirituality Update

**The 1-3-9 group continues to grow from strength to strength.** The group was set up a year ago now and during this time it has gradually become an important signifier of active and living faith within our Project.

Cheyenne Durst, Lea Franken and Olesya Kolvachuk delivered a number of activities during Holy Week, with the support and guidance of Captain Mark Dadds. The three 'Time for God' volunteers organised the Easter Service which took place on Maundy Thursday. The focus for the service was the 'Living Pearl Bracelet' which was used as an illustration to remind all of us about our walk of faith. Each pearl or bead represented an aspect of our faith and life i.e. what God means to us, baptism, death, resurrection etc. The volunteers ran workshops during the week so that the women could come together to create the bracelets which were then given to all those who attended the service.

Reverend Graham Buckle was there to give Holy Communion and 41 women attended the service. A significant number of residents and clients also participated in the readings and as I looked around the activity room I was struck by the presence of so many residents and new faces that had decided to come and join us on this special day. It was a wonderful experience.



## City & Guilds cooks up a success

**Kate Williams and colleagues from City & Guilds held a cake sale for the Marylebone Project in May.** The bake-off raised a wonderful £169 and the icing on the cake came from the company itself, who matched the amount raised, turning it into a donation of £338. A big thank you to all who baked and bought!

## AIU students raise funds at Degree show

**Lydia Jones and fellow students from American InterContinental University picked the Marylebone Project to benefit from the proceeds of their degree show, which was held in late May.** The group sold postcards of student and faculty work all-day everyday for a week, and donated the money they raised to the Project.

## Expedia chooses Marylebone Project as charity partner

**Directors and staff at Expedia have chosen the Marylebone Project and NSPCC to become their 'Charity of the Year'.** The partnership is set to commence soon and will see the Project and Expedia working together in a variety of ways, including volunteering, fundraising and much more.



## Staff Updates

A very warm welcome to our newest team members at the Marylebone Project;

**Jeannine Joseph** – Bank Support Worker

**Anna James** – Bank Support Worker

**Melanie Robinson** – Bank Support Worker

Since the last newsletter we have said farewell to the following members of staff;

**Mark Dadds** – Admin Assistant and Spirituality Support

**Jasmine Okoroh** – Admin Assistant

**Marc Elin** – Mental Health Support Worker

**Kasha Wrotniak** – Residential Unit Support Worker

**Rachel Bates** – Bank Support Worker

We wish them well in their future endeavours.

## Thank You

A very special thank you to all those that gave their time, talents or items:

**Holy Innocents Church**

**Marks & Spencer**

**Charlotte Holliday**

**Caprice**

**Waitrose**

**StreetSmart**

**Angela Rivera**

**Landmark Apartments**

**Matthew Beard**

**St Stephens Church, Ealing**

**London Jesus Centre**

**Claire Manning**

**Lydia Jones**

**American Intercontinental University**

**City & Guilds**

**Landmark Hotel**

**Expedia**

**Kate Williams**

**Simon Kemp**

**Mr. & Mrs. Fullard**

**Clancy Group PLC**

**Alex Willumsen**

**Amy Simmons**

**St Anne's Nursery School**

## Social Enterprise



**Munch in Marylebone has taken off at an unbelievable pace and in a relatively short space of time has created so many fantastic opportunities for the women.**

Naomi and Catherine run the Munch sessions in the Day Centre Kitchen and Activity room and it is wonderful to see on a daily basis how the women are engaging with this programme. Munch catering services are in high demand and during the course of last 4 – 5 weeks a small number of the women have started to work alongside Naomi in the kitchen preparing the orders, delivering and sometimes serving the food.



## Marylebone Project Film

A ten minute film showcasing the work of the Marylebone Project is now available. If you'd like to receive a copy please contact James Marlow (contact details on back page).



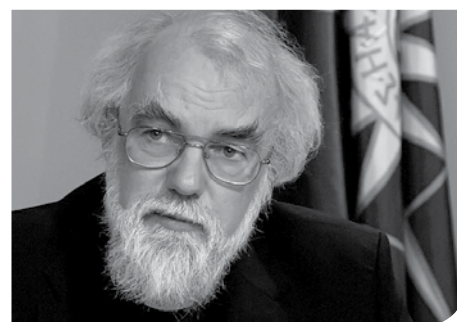
## Resettlement Update

**The resettlement rate at Elgood House has continued throughout this period at a steady pace.** Since February, we have successfully resettled 17 residents, 7 through Family Mosaic, 7 through Octavia Housing, 1 through the Ebony Sister's Housing Association, 1 through Sanctuary Housing and 1 through Housing for Women. At Bradbury House 4 residents were resettled in to independent accommodation.



## Archbishop of Canterbury pays a visit

**On the 22nd March the Archbishop of Canterbury, Dr. Rowan Williams visited the Project and spent time speaking with the staff and residents.** Following the visit the women commented that the day was very encouraging to them and they felt touched by his presence.



## Friday night Soup Kitchen opens at Project

**The Marylebone Project is teaming up with the 'I Dare You Foundation' to open a Friday night soup kitchen for female rough sleepers.** This new initiative will initially run as a three month pilot and will take place every Friday evening. The project is being led by our Time for God worker Lea Franken and Nurjahan from the I Dare You Foundation; they will be supported by a team of volunteers.

# Women's Day Centre



## **Rough sleeper's drop-in – We continue to see an increased demand for this aspect of the service which runs every morning from 9.30am – 12.00noon.**

New clients accessing the drop-in have more than doubled during the last 3 months; 13 x February, 16 x March and 40 in April bringing the total number of new clients in this part of the service alone to 69 this quarter. The increased demand is partly due to the number of Roma travellers that are using the service. Marble Arch has become a hot spot for the Roma travellers and we are one of a number of services in the local area that have been hardest hit by this issue because of our close proximity.

The women are accessing the service for the practical aspects i.e. the clothing store, laundry, showers and food. The high number of Romanian women has also impacted on the dynamics and on the daily running of the drop-in space. Language barriers as well as cultural issues have created certain obstacles however the team has been creative in order to resolve these situations.

## Art Magazine Group

**Lea Franken set up this group in March and has combined a number of different art mediums i.e. drawing, photography, creative writing and craft and has worked with the women to produce the 'Women in Marylebone Magazine'.** The first issue was published in April and the theme focused on Easter. Part of the aim of the magazine is to promote the day centre activities amongst the residents.

Cheyenne is running a number of groups which include; Singing, German class and exercise and all are well attended.

We continue to work in partnership with the Showroom Gallery and the Wallace Collection and these provides a number of great opportunities for the women to participate in.

## Health Promotion Week

**This took place from the 5th – 13th March in the Day Centre in collaboration with Groundswell.**

Five health workshops were delivered on a variety of topics which were of interest to the women. This included; Sight Testing, First Aid, Blood Test and Diabetes, Sexual Health and Hepatitis. A total number of 48 residents and clients participated in the sessions. Feedback from the women was very positive.

## Women embark on retreat

**Arrangements have been made for a weekend retreat in August at the Wilson Carlile Centre, Sheffield.** This



will offer opportunities for a small group of selected women from the Marylebone Project (those who we believe will benefit from this type of activity) to participate in group work, relaxation, recreation and personal reflection. Outcomes to measure the success of this weekend will be based around individuals being refreshed, inspired, gaining insights/

encouragement/tips/new direction in life and visible growth in this small community of interest.

## Hot Lunches and Supper Club continue to thrive

**Food continues to play a vital function in the Day Centre.** The 'Hot Lunch', Supper Club and Munch are all occasions which give opportunities for residents and clients to come together to create a community atmosphere. It's exciting to see how committed and interested the women are and their willingness to make a positive contribution towards the running of these activities.



The Time for God volunteers play a really important part in creating a warm welcome, ensuring that the women feel comfortable in their surroundings at all times.



# A letter from Captain Mark Dadds

Dear Friends

It is with great sadness that I announce I shall be moving on from the Marylebone Project. I will be moving back to my hometown of Bristol to be nearer my family.

I thank you for all your prayers and the support that you have given to me and the Project, this has been so vital to our work and I have enjoyed working with you immensely.

I hope you will be able to continue with your support for Project moving forward, the contacts for the present time will be:

## For preachments and speaking enquiries

Bill Gallagher – General Manager [b.gallagher@churcharmy.org.uk](mailto:b.gallagher@churcharmy.org.uk)

## For financial donations, Easter and Christmas collections

James Marlow – Fundraising Officer [j.marlow@churcharmy.org.uk](mailto:j.marlow@churcharmy.org.uk)

## For Harvest donations, clothing and toiletries donation throughout the year

Angela Owen – Head of Housekeeping [a.owen@churcharmy.org.uk](mailto:a.owen@churcharmy.org.uk)

## For volunteering enquiries

Maria Hagi-Pavli – Volunteering & Activities Manager [m.hpavli@churcharmy.org.uk](mailto:m.hpavli@churcharmy.org.uk)

Many thanks and God bless.

*Captain Mark Dadds*

*'Your words have supported those who stumbled; you have strengthened faltering knees'. Job 4:4*

## Time Bank Broker, Chris Swift writes:

### There have been several new opportunities for members to exchange their Time Bank credits.

We were offered tickets by another Time Bank to a screening of the film "The Hunger Games". There was a visit to a farm by Munch in Marylebone participants and the first of in-house training courses – Level 2 in Food Safety, took place in June.

In all, members have earned 3,335 credits since the start of our Time Bank with a total of 98 women joining. But facts and figures don't tell the whole story.

When I started to look back over the last few months to think what difference Time Bank had made in the lives of the women we work with, I remembered the following:

I was walking over to our hostel in Daventry Street one day when I came across two Time Bank members chatting, one had just been bereaved and the other was being very supportive and suggested they arranged a time to meet up for coffee and a chat. They had got to know one another through a Time Bank exchange activity.

One of the members runs a crochet and knitting group that meets once a week. I always go in at the end of the group to have a chat with everyone and to see how it has gone. On this occasion, when I walked in I found everyone concentrating really hard, they were not speaking and it was hard to get their attention, they were all so busy and didn't want to stop. Eventually, one of them explained that they were all

learning new stitches and were all eager to get as much done as possible so that they would remember what they had been taught.

I set up a gardening group with the idea of growing herbs that could then be used in the food produced by Munch, our catering Social Enterprise. I particularly wanted to encourage women who for whatever reason find it hard to participate in activities. There was a resident that I wanted to invite and went looking for her within the hostel. Once I had found her and after a lot of persuasion she reluctantly agreed to come along and we spent the afternoon sowing seeds. A couple of weeks later, I asked her if she had seen that the seeds had sprouted, she replied that she wasn't bothered, that she didn't care. But I have noticed since then that she regularly comes down to the courtyard garden to have a look at how the seeds are growing and always makes a point of saying hello when she sees me.

These instances remind me that Timebanking values

what individuals have to offer and that everyone has something to give and that when this happens, you build community.

*Chris Swift*

Time Bank Broker



The Marylebone Project Time Bank is an exciting way for women to come together to share their skills and talents by helping others.

At a Time Bank, everyone's time is valued equally; one hour of sharing skills is rewarded with one time credit. These credits can then be spent on the skills and talents offered by another member or for example a training course or tickets to an attraction.



# Fundraising at the Marylebone Project

**Funding comes from a wide variety of sources including trusts, Churches, companies, individuals and statutory providers including Supporting People and Housing Benefit.** We remain truly grateful to all those who have made donations and gifts to the Marylebone Project, your support is enabling us to make a real difference. Whilst much of the hostels operating costs are currently covered, every year we must secure around £250,000 for the Women's Day Centre, which provides emergency advice and practical support not easily available elsewhere in a female only environment.

Another vital area that we are trying to

secure funding towards is our emergency bed unit, which provides emergency accommodation for women in desperate housing need. Every day women escaping from domestic violence, financial crisis, sexual exploitation and mental health issues arrive at our door seeking a safe haven and refuge. This service costs over £1,000 a week to run, and we are actively seeking donations towards this area of work.

Throughout the year we also seek donations towards new pieces of work, to refurbish rooms and to purchase new equipment and furniture. If you are in position to make a financial contribution towards the work of the Marylebone



Project, however large or small, we can promise it will be gratefully received and faithfully applied. For more information about supporting our work please contact James Marlow today on 07890 611838 or email [j.marlow@churcharmy.org.uk](mailto:j.marlow@churcharmy.org.uk)

*James Marlow*

Fundraising & Marketing Officer

## Making a donation

### Please complete the following in block capitals

Full name

Address

Postcode

Tel

Email

### If donating by cheque

Please make cheques payable to "Marylebone Project" and send them with this form to the address below.

*giftaid it*

Using Gift Aid means that for every £1 you give, we get an extra 25p from the Inland Revenue and it doesn't cost you a thing. So if you want your donation to go further just tick the box below and make sure you have completed your name, address and postcode details above.

### PLEASE TICK HERE

- ☐ I want all donations I've made since 6 April 2000 and all donations in the future to be Gift Aid until I notify you otherwise.  
To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year.

### Please send this completed form, with your cheque if appropriate, to:

James Marlow, Marylebone Project, Fundraising Office, Portman House Trust  
1 - 5 Cosway Street, London NW1 5NR.

### If donating by standing order

To the manager of (name your bank or building society):

Bank or building society address

Postcode

Name of account holder(s)

Sort code

Account number

Please pay Barclays Bank, Black Heath SE3 Branch, Tranquil Vale, London, SE3 0AY. (A/C 70169579 S/C 20-49-81) for the credit of Portman House Trust the sum of:

Monthly amount ☐ £25 ☐ £50 ☐ £100 ☐ Other

Commencing on  then monthly until further notice

Signature(s)  Date

### Support with confidence

Marylebone Project works to the Codes of Conduct and Donors Charter as defined by the Fundraising Standards Board and The Institute of Fundraising.  
Registered Charity No. 226226 and SC040457

### Further Information

- If you would like to discuss making a donation, or other ways to support the Marylebone Project
- If you are a funder and would like to visit the project
- If you would like any more information about the Marylebone Project

Please contact James Marlow on 07890 611 838 or email at [j.marlow@churcharmy.org.uk](mailto:j.marlow@churcharmy.org.uk)



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