



**trinity**  
winchester  
support change aspire



**Making a real impact  
Changing lives**

Annual Review 2018–19



# WE ARE TRINITY WINCHESTER

We are a unique Winchester based charity which **addresses the effects of homelessness and vulnerability through our three focus areas:**

- **Support** of people's basic needs – food, clothing, laundry and bathroom facilities and company
- **Change** via healthcare, mental health counselling, addiction support, housing advice, education, art and other therapies
- **Aspire** with our Job Club, IT skills workshops, peer mentoring, work placements

All these services are based on our **core philosophy of non-judgemental support.**

Trinity was founded in 1986, initially to provide support for people who were unemployed. As the project grew so the scope of the services provided expanded to help address the effects of **homelessness, addiction, physical and mental ill health, poverty, social isolation and domestic abuse.**

In 2009, Trinity moved to Bradbury House, a purpose-built centre on land gifted on a long lease from Winchester City Council.

**Today, Trinity works with around 650 people a year**

**We offer solutions, hope, choice and control**

## Our Vision is “Working together for better lives in our community”

We encourage everyone to work together to provide a safe place where people affected by homelessness and social deprivation can maximise their life chances.

We do this by:

- Creating environments and services where people feel valued and safe
- Being a place where people enjoy coming to work
- Attracting supporters who share our values

## Our Values

We support our clients by helping them to change their situations and aspire towards fulfilling futures.

- We are non-judgemental and compassionate
- We embrace diversity and inclusivity
- We empower people by helping them to build the confidence and skills to make positive changes in their lives
- We value our staff and volunteers
- We listen to and work with others



**I am so very proud of the achievements and progress Trinity has made in the year under review.**

Thanks to high quality financial management and tireless fundraising, we were able to produce a surplus for another year and lay the foundations for our exciting future plans and ongoing sustainability.

I'm delighted to report we've now received planning consent for our **"Under One Roof" project to build 11 high quality flatlets**. This accommodation will give people a secure and safe home with full support services from our expert team. We've already raised more than half the money and fundraising is progressing well. We hope to be able to **give people a home by December 2020**.

We are also working with Mark Thistlethwayte, the former High Sheriff of Hampshire, in managing Alleyne House; seven flats with the long term purpose of supporting people into independent living and helping them find their feet in the local community. A project that will **make a real difference**.

In April I was thrilled to attend a Living Art exhibition at the **Tate Modern**, put on by a group of Trinity clients and Ali Eales, our art facilitator in collaboration with Winchester College of Art. It was an incredible event with 13 clients dressed as living art. People from all over the world were asking about Trinity Winchester. Extraordinary – it put us on a global map!

We continue to be blessed with a fantastic hard working core team of staff at Bradbury House, along with our board of Trustees, our wonderfully enthusiastic volunteers, and now an active group of Advocates, led by our new Trustee Amelia Ashton, who provide a pool of great and varied expertise and help raise awareness of Trinity's work in the community.



After 12 years as a valued Trustee, David Walton is retiring from the Board at this year's AGM. He will be greatly missed for his wisdom, wit and enthusiasm for Trinity. David will, however, stay part of our Trinity family by joining our Advocate team.

As ever, my thanks to all those partners we work with: Winchester City Council, Hampshire County Council, Winchester Churches Night Shelter, Citizens Advice Winchester, Winchester Cathedral, Inclusion and many, many others. We are so lucky to have such **strong and committed partners** in Winchester.

My sincere thanks to all those who work at Trinity and those of you who support us in our work. **You make us what we are.**

All the best  
**Peter North, Chair**

## The Difference We Make



**650**  
people

Had access to a  
safe warm place  
during the day



**389**  
people

Saw a GP, nurse,  
dentist, chiropodist  
or optician



**64**  
people

Were housed by  
working with our  
partners



**1/4** of the people we help  
are aged 18 - 25



**1/4** of the people visiting  
Trinity were empowered  
by our Women's Service



**12,000**

Hot nutritious  
meals were  
served



**85%**  
of our clients

Gained added  
confidence and  
self-esteem



**317**  
people

Improved their skills  
on one of our  
learning programmes

**1392**



Learning, therapy  
and activity  
sessions delivered

**84**



Number of amazing  
volunteers

**177**



People received  
group or 1:1 therapy

**53**



People using our Job Club  
found employment/long  
term volunteering





Homelessness continues to headline across the UK as an unresolved complex problem for many. Sadly, we have seen a widening diversity of the range of people affected by homelessness, and accessing Trinity for extra support.

### Homelessness can and does affect anyone.

We work in very close partnership with local agencies in a MEAM pathway – Making Every Adult Matter. This ensures our clients get the best advice, coupled with wrap around support. **We share a common goal to end the need to rough sleep by 2023.** We value the opportunity to work together to make this a reality – we have a lot to do!

Everything we do can only be achieved through working together as an **exceptional team**: our core staff at Bradbury House, talented and willing volunteers and a skilled and committed Board of Trustees and Advocates.

Trinity was extremely proud to be awarded the **Social Enterprise Charity Awards 2019** at the Winchester BID awards. We were also awarded a **High Sheriff award** recognising our contribution to society. We worked extremely hard to achieve the prestigious **Trusted Charity** accreditation, underlining our excellent management and governance process.

Once again, thank you to our many amazing supporters and to all the wonderful people in the local community who help Trinity to provide our vital services. **We could not do this without you.**

**Sue McKenna**  
**C.E.O.**

# Support – Basic Human Needs



Food

Shelter

Safety

Clothing

Showers

Laundry

Crisis Intervention

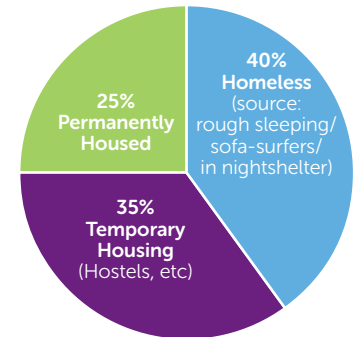
Postal address

Company and conversation

This year for the first time we also offered **Severe Weather Emergency Provision** (SWEP): a safe and secure environment with a hot meal and a comfy bed on those nights where the temperature was below zero. The community rallied round in support and we must particularly thank all the overnight volunteers from various businesses, churches and partner agencies. Through our SWEP partnership with Winchester City Council many clients were successfully helped back into some form of housing.



## Housing Status of Trinity Day Centre Clients





John started adult life as a care leaver trying to cope with the trauma he experienced as a child, which led him into looking to drugs as a way of managing his deteriorating mental health.

After opening up to one of our support workers at Trinity, he decided to have some counselling to explore ways of understanding the effects his trauma had on him and to find ways to cope with the challenges that can still have an impact today.

Last winter John was able to access one of our cold weather emergency beds and began to look at what housing he might be able to access. Supported by Trinity and the housing team at Winchester City Council, John became eligible for a flat of his own. John shared his news with some of the local community, who rallied round and raised funds to help him with his utilities as well as furniture. This meant he moved in with everything that he needed to be comfortable and feel at home.

John regularly attends our Learning for Life programme to improve his employability skills and has access to support through the team at Trinity as and when he needs it. He is enjoying his own home and supports himself through self-employment. John's story proves that **we are all better together**.



Support for drug and alcohol addiction

Therapeutic groups

One to one counselling

Trauma informed care

Healthcare

Tenancy advice

Mindfulness

Co-Production Board with clients helping shape Trinity services



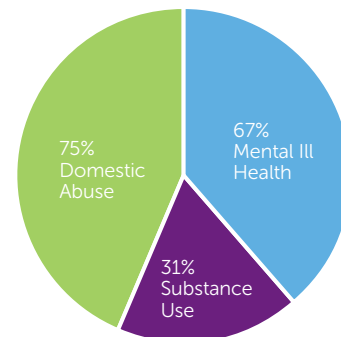
We recognise that the majority of our clients have had negative experiences, often as children, and through our trauma informed care approach we seek to understand signs, symptoms and behaviours relating to early trauma.

We use the phrase “Nothing About You Without You” as a guide to being certain that the client remains at the heart of all their care and choices – they will know themselves far better than we do.

**We know that people leave Trinity feeling valued and empowered to have fulfilling futures.**

### Presenting Issue

Many of our clients present with multiple issues





## Sarah's Story



Sarah came to Trinity to access support from our Women's Service after suffering over 30 years of domestic abuse. She attended the Freedom Programme, a 12-week course, to find help in understanding the impact the abuse has had on her and to find ways to seek out healthy relationships in the future. Sarah undertook a number of one-to-one counselling sessions with Trinity staff in order to be able to move on with a newfound hope for the future.

With support from our Crisis Intervention worker, Sarah started to work with Inclusion (the local drug and alcohol advisory service) to address her issues around addiction and is on the road to recovery.

Trinity also connected Sarah with Tower House Horses and their equine-assisted learning course which helps people overcome trauma and addiction. This has given Sarah a new enthusiasm for life and she in turn has become a well-respected and valued peer mentor within Trinity's Women's Support Café.



Gaining some new skills

Returning to work and being independent

Employability skills via our Job Club

IT skills

Art groups

Work placements

Peer Mentoring

Outings to workplaces, galleries etc

Our team of qualified and compassionate tutors are experts in supporting clients to recognise the skills that they have and to help them put them to practical use. We were very excited for some of our Women's Service clients who had taken part in our art class and had the opportunity to partner with Winchester School of Art, resulting in a trip to put on their own exhibition on at Tate Modern.

In short, we support our clients by helping them change their situations and aspire towards fulfilling futures.







Ed is a young hardworking individual with a background in food production and previous experience working in warehouses. An unexpected family breakdown led to him becoming homeless, which resulted in periods of rough sleeping and begging friends for a few nights respite on their sofa.

He came to Trinity 12 months ago and joined our Preparing for Work course. This enabled him to build his confidence back up and regain his self-esteem, which had really suffered a knock from high anxiety. We helped him put together a new CV, and he practised mock interviews to enable him to apply for jobs. He also completed his Level 2 Food Health and Safety award at Trinity.

Ed has a keen interest in cooking and food preparation and wants to pursue his career as a chef in the future.

By chance, one of our key corporate supporters from a well-known famous restaurant, heard about Ed and offered him some training in their kitchens.

He is now in full-time employment with them, and with the right encouragement and support, he will go far!

## Healthcare – Everyone Deserves to Feel Good about Themselves



Trinity provides services to enable people to improve both their physical and mental health wellbeing. Over the last year **389 people accessed our in-house healthcare** appointments and over **170 people engaged in some form of therapy** provided at Trinity.

### Counselling

#### ONE DAY AT A TIME

One to One & group support delivered by Trinity's trained expert counsellors, including Positive Minds, a bespoke course, developed by Trinity based on cognitive behavioural therapy.

### GPs

#### HEALING & HELPING

Our partnership with St Clements Surgery offers GP and Nurse sessions 4 mornings a week exclusively to homeless patients who are often not able to register with a practice and have conditions exacerbated by their lifestyle.

### Dentaid

#### GIVING PEOPLE BACK THEIR SMILE

Having a healthy smile can really improve someone's self-esteem. The Dentaid bus visits Trinity every month to provide check-ups and emergency treatment to our clients.

### Optician

#### HELPING PEOPLE SEE CLEARLY

An NHS optician visits Trinity fortnightly offering free eye tests and prescription glasses to clients.



### Chiropody

#### PUTTING YOUR BEST FOOT FORWARD

Rough sleepers can be vulnerable to trench foot. We provide clean, dry footwear and a monthly chiropodist service to treat and advise clients.

### Mindfulness & Yoga

#### INSPIRING INNER PEACE

Helping clients become more aware of their thoughts & feelings so they are better able to manage them. We create a relaxing therapeutic setting and clients tap into their creative skills with mindful art & drawings.

### Eating Disorders

#### GETTING HELP NOW

Eating disorders often involve complex, co-existing issues. We hold evening support groups and signpost people to information about other support organisations.

### Health Awareness

#### HEAD TO TOE

Monthly sessions provide help and advice on smoking cessation, healthy eating and sexual health, and include a man-to-man talking group.

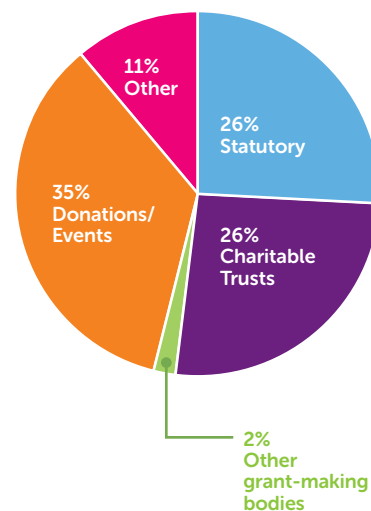




## Statement of Financial Activities ending 31 March 2019

	Unrestricted Funds £	Restricted Funds £	Total Funds 2019 £	Total Funds 2018 £
<b>Income and expenditure</b>				
Income from:				
<b>Donations and legacies</b>				
Capital appeal	–	7,487	<b>7,487</b>	–
Other grants and donations	293,342	121,683	<b>415,025</b>	430,758
<b>Charitable activities</b>				
Grants and contracts	15,080	12,815	<b>27,895</b>	16,067
Miscellaneous incomes	48,053	–	<b>48,053</b>	43,655
Investments	5,109	–	<b>5,109</b>	4,735
<b>Total income</b>	<b>361,584</b>	<b>141,985</b>	<b>503,569</b>	495,215
Expenditure on:				
Raising funds	64,332	5,262	<b>69,594</b>	67,470
Charitable activities	259,144	141,253	<b>400,397</b>	397,751
<b>Total expenditure</b>	<b>323,476</b>	<b>146,515</b>	<b>469,991</b>	465,221
Net movement in funds for the year	38,108	(4,530)	<b>33,578</b>	29,994
Balances brought forward at 1 April 2018	98,673	1,671,782	<b>1,770,455</b>	1,740,461
Balances carried forward at 31 March 2019	136,781	1,667,252	<b>1,804,033</b>	1,770,455

## Total Income





### The Need

We recognise that for some people experiencing homelessness, shared accommodation isn't designed to meet their needs effectively. **We want to provide homes** and life-changing chances to help these individuals get back on their feet offering support tailored to an individual's need.

### Housing First

'Housing First' is an evidence-based approach to successfully supporting homeless people with high needs and histories of entrenched or repeated homelessness to live in **stable and secure accommodation**. If non-judgmental housing is made available, people's physical health improves almost immediately. Removing the stress of not having a roof over their heads helps their mental health, giving them a platform to address other vital issues.

### Under One Roof – Trinity's solution

Based on the Housing First core principles **Trinity will provide 11 flatlets** in an eco-friendly development in a new building behind our existing daycentre. Each flatlet will be self-contained,

and the building will have a communal kitchen and common area, along with a therapy room.

Sited on the edge of the beautiful Winnall Moors Nature Reserve, the accommodation will provide a peaceful, stress-free environment that nurtures change. **Person-centred, wrap-around** support including activities, therapies, education and treatment will be delivered by our trained project workers and in-house health care specialists.

Trinity's accommodation projects are under the direction of a wholly owned subsidiary called Trinity Winchester Supported Housing and supported by a fundraising committee chaired by Paul Murray.

**We already have half the funds we need to start building and aim to give people a home by December 2020.**

If you would like to help with this project or learn more please visit [www.trinitywinchester.org.uk/underoneroof/](http://www.trinitywinchester.org.uk/underoneroof/)

**UnderOneRoof@Trinity – Everything a person needs to turn their life around**



# the big sleep out



## Big Sleep Out 2019

Over 250 people took part in Trinity's annual flagship event, the Big Sleep Out, on Friday 17th May. Guests enjoyed a celebration evening in the Inner Close of Winchester Cathedral with food, live music, appearances from Richard Hawley from Coronation Street and Mark Collinson, Canon Principle at Winchester Cathedral, before the challenge of sleeping outside for the night in a handmade cardboard shelter.

Thanks to corporate sponsorship from Paris Smith, the money raised by participants and donations made throughout the evening, the amount raised was £35,000 to put back into services to support homeless and other vulnerable people. We'd like to express our thanks to all who took part, and volunteers who made the event possible.







### Black Tie Dinner

In October, Trinity welcomed 150 supporters and volunteers to the Holiday Inn to raise awareness of World Homeless Day, and celebrate the great work being done by homelessness charities in Winchester.

The room was alive with entertainment from Mike Brown the magician with numerous tricks up his sleeve and The West End Rats, who brought the Rat Pack to Winchester encouraging everyone onto the dance floor.

Thanks to a raffle, auction, and ticket sales, an amazing £19,000 was raised in the evening.



**8400  
volunteer hours**

**over £72,000  
cost savings**

cooks, job club mentors,  
eating disorder group  
facilitators, food  
collectors, kitchen helpers,  
outreach team



### Challenge Events

This year, 17 daredevils took part in challenge events – from jumping 10,000ft from a plane to abseiling 100 metres down the Spinnaker Tower – raising £5,750 to support the crucial services Trinity provides each week.





## Young People and Homelessness

Our team have been out and about visiting several Cub, Scout and Brownie groups this year, as well as attending assemblies in local schools. The aim is to raise awareness of homelessness with young people.

If you would like to arrange a visit to your youth group, please contact Sharnna on 01962 828 626 or email [sharnna@trinitywinchester.org.uk](mailto:sharnna@trinitywinchester.org.uk).



## Support from Local Businesses

Paris Smith and Adams Hendry nominated Trinity as their Charity Partner of the year and undertook fundraising challenges such as the Big Sleep Out, charity quizzes, cakes sales and volunteering support with CV building workshops. Colleagues have also spent time at the drop-in centre cooking lunch, leading activities and giving their time to help.

Many local companies and groups come together to cook delicious nutritional meals for Trinity's clients and we would like to thank them all for dedicating their time and skills.



## We Won!

We are extremely grateful to have received 2 awards this year. Firstly the High Sheriff award for hard work and achievements in keeping our communities safe and thriving in support of vulnerable people in our area. Secondly, the Winchester BID Social Enterprise Charity Award which recognises the achievements of local businesses and their commitment to excellence.



## Join the 120 Club

For just £10 a month you can help Chloe find a home and a job

Visit [www.trinitywinchester.org.uk](http://www.trinitywinchester.org.uk)

Click donate

Thank you for your support!



## Leave a Gift in Your Will to help people change their lives for good

Any amount, no matter how small, is a huge help to us to continue our valuable work. And did you know that any legacy you leave to Trinity passes completely free of Inheritance Tax?

If you would like further information please contact **Paul Williams**, at Trinity on **01962 828627**, [paul@trinitywinchester.org.uk](mailto:paul@trinitywinchester.org.uk)



## Take a Trinity Challenge!

Make it a birthday to remember with a skydive in aid of Trinity! Or abseil down the Spinnaker Tower, or run a marathon?

Find out what events Trinity is running – or bring us your own ideas!

## Volunteer with Trinity Team

Trinity's Volunteers were recognised this year with the Queen's Award for Voluntary Service! We couldn't run Trinity without committed volunteers who help with everything from Job Clubs to supermarket food collections and Saturday breakfasts.

If you have a couple of hours a month please contact **Sharnna Carter**, **01962 828636**, [sharnna@trinitywinchester.org.uk](mailto:sharnna@trinitywinchester.org.uk) to find out how volunteering at Trinity could work for you.

Visit our website for lots of information about our services:  
[www.trinitywinchester.org/donate-now](http://www.trinitywinchester.org/donate-now)

## Acknowledgements

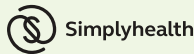


Our thanks and appreciation for the long-term support and generous donations go to the following:

Winchester City Council, Hampshire County Council, Hampshire Futures, De Laszlo Foundation, Vodaphone Foundation, Lane Clark Peacock Foundation, Albert Hunt Trust, MSE Charity, Tampon Tax Community Fund, MIND, Balcome Trust, Beatrice Laing Foundation, Broyst Foundation, Henry Smith Charity, Kinsbourne Trust, Knight Charitable Trust, Ladies of the Grail, Lambs Hill Trust, Lloyds Bank Foundation for England and Wales, Noel Buxton Trust, Paul Lunn-Rockliffe Charitable Trust, Saddlers Company, Sobell Foundation, Swire Charitable Trust, The 29th May 1961 Charitable Trust, Thomas Roberts Trust, Winchester Welfare Charity and others who wish to remain anonymous.

Special thanks also to our local supporters, The Holiday Inn Winchester, Winchester Cathedral, Winchester School of Art, Smokestack Restaurant, Rick Stein, Cabinet Rooms, Picaramba, Mot MacDonald, Beachcroft, Kier Highways, Gillings Planning, Adams Hendry, Elanco, IBM, Paris Smith, Capsticks, Lane Clark & Peacock, Sainsbury's, Tesco, Marks & Spencer, Pret A Manger, Abel & Cole, Aldi, Winchester Farmers Market, Fareshare, UK Harvest, Valerie Dove, Winchester Soroptomists, Simply Health, Hyphen Architects, Ridge & Partners, Shentons, Vodafone, Osborne Construction, Enterprise Car Hire, Santander, Capsticks, Nationwide Building Society, Montezuma, The Mighty Hump, University of Winchester, Worthy Down, Hants Media, Winchester Rotary, Jeremy France Jewellers, Clue Capers, New Energy Fitness, Mawson & Co, Brasserie Blanc, Josie's, Royal Winchester Golf Club, Winchester Round Table, Hotel Du Vin, The Body Shop and to all the shops who display Spare Change for Real Change collection boxes.

And finally thank you to our army of loyal volunteers who help with cooked breakfast for rough sleepers on Saturday mornings, Job Club advisors, women's services, counselling, kitchen helpers, fundraising events, hairdressing, gardening, art, advocacy; Jules Perkins, Phil Doherty, Marilyn Fletcher, Tom Watson, Sam Jones, Gill Young, Jenny Farthing, Nicola Butcher, Helena Starszkiewicz, Annabel Peters, Tony and Sarah Boas, Susanna Jarrett, Jonathan Greatrix, Annabel Dixon, Andy Browning, Jacqui Squire, Jennie Saul, Anne McIvor, Hilary Jenkins, Caroline Cochrane, Sue Hofman, Liz Trevor, Jane Mahy, Martin Ashford. And to our dedicated shoppers who collect and drop off supermarket food every morning, in all weathers. Sadly, we can't list each person who has supported us this year. We are very grateful to you all.



### Patron

Nigel Atkinson Esq, The Lord-Lieutenant of Hampshire

### Board of Trustees

Peter North (Chair), Leanne Smith (Vice Chair), David Walton (Honorary Secretary), Gerry O'Keefe (Treasurer), Frances Griffiths, Paul Murray, Sue Broadbent, Dr. Alex Fitzgerald-Barron, Amelia Ashton

### Advocates

Dr Penelope A L Gordon, The Revd. Philip Krinks, Simon Hayes, The Revd Dr Terry Biddington FRSA, Louise Harfield, Professor David Warwick, Liz Trevor, Christine Atkinson, Fiona Coulter, Jane Hands

### Trinity Winchester Supported Housing Ltd Board

Philip Raw (Chair), Andrew Thompson, Gerry O'Keefe, Peter North, Leanne Smith Sue Broadbent

### Management and Staff

Sue McKenna (CEO), Hannah Scott (Operations Director), Sharnna Carter (Events & Community Manager), Paul Williams (Funding and Development Co-ordinator), Davina Emery (Dual Diagnosis Counsellor Project Worker), Niamh Penman (Engagement Officer), Jeremy Carter (Early Crisis Interventions Project Worker), Ben Woodward (Project Worker), Maria Welsh (Women's Service Counsellor), Emily Stenlake (Co-ordinator), Tania Smith (Assistant to CEO), Sergio Mitrano (Chef), Diana Traill (Finance), Ali Eales (Freelance Tutor)

### Healthcare Team

Dr Helen Webb, Dr Alex Fitzgerald-Barron and Nurses  
Claire Davis and Sarah Symonds

Our thanks to all those who took part in the photo session.  
Quotes are not attributable to the people in the photographs.



## Accessing our Services

If you are in need of our support, or would just like to talk to us, please either drop in during opening hours or call 01962 622220

## Opening Hours

Monday to Friday	8.30am – 4.00pm
Saturday morning	9.00am – 11.00am (rough sleepers only)
Group activities	10.00am – 4.00pm
Women's Service	10.00am – 3.00pm (Monday to Wednesday)

## Contact Us

Drop In	01962 622220
Main Office	01962 842827
Email	<a href="mailto:dropin@trinitywinchester.org.uk">dropin@trinitywinchester.org.uk</a>

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

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