



Friary Drop-In News

Welcome to the Newsletter of the Friary Drop-In, West Bridgford

Spring 2009

Blue Skies and Dark Clouds

Blue Skies



At the time of writing, spring has arrived, the day is warm and the sun is shining. Daffodils sway in swarms along the roadside, their bright yellow heads catching the light and heralding the summer ahead. The long cold winter is over.

My thoughts drift to the people who use our services. Is it any easier for them when the days are warmer? My thoughts dwell on what it is like to be homeless, what it takes to survive without a steady income, without a home, and without what most people think they need in order to live.

Most people are fortunate never to experience homelessness. But for those who do, it can be a very traumatic experience that is hard to escape from, damaging physical and emotional well-being along the way.

Dark Clouds

Many people only associate homelessness with sleeping on the streets, but homelessness exists in many different forms - the reality is that rough sleeping is only the most extreme. The vast majority of homeless people are families or single people without a permanent home. Some may be 'sofa surfing' whilst



others live in temporary accommodation. High levels of stress exist due to lack of control over their housing situation, along with high levels of poverty, isolation and vulnerability as well as detrimental effects on physical health. The impact on homeless children can also be long-lasting, with insecurity affecting their mental health, development, and educational attainment.

The reasons for becoming homeless are many - relationship breakdowns, drug or alcohol misuse, poor mental health, worklessness, mortgage and rent arrears, to name a few. In this time of economic crisis, many more people will become homeless. How far away are any of us from it?

Ray of Sunshine
Friary Drop-In offers a supportive respite for homeless people, and gives practical help with food parcels, bedding, clothing, and access to health and rehabilitation services, help and advice with claiming benefits and finding accommodation. The Drop-In is open each Monday, Wednesday and Friday morning, welcoming about 300 visitors each week into the warm café environment. There is a crèche for children up to 8, and also an allotment project.

Unknown Horizons

You are reading this because you have an interest in this



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organisation, and I thank you for that. Friary Drop-In relies heavily on the goodwill of the many people who give donations of money or goods, and volunteers who give their time and skills. The numbers of people using Friary Drop-In services rise year on year. This year could be our busiest ever and we need your help. There is much speculation that charities such as ours will be hit hard with the economic crisis which we are all experiencing now. May I thank you for your most welcome contribution in whatever form that may have taken, and ask you to continue to support our work into the future.

*Christine Keighley,
Chief Executive*

Alan Bremner—Reflections on a Life Well Lived



Everyone associated with Friary Drop-In will remember with affection this quiet, smiling man who supported Ann in her vocational calling. Few perhaps knew of his highly qualified standing in the veterinary world. Alan led a very full and active life up to the onset of his illness, making distinguished contributions in many areas of professional, church and community life.

After primary education at Batley Grammar school, Alan attended Mill Hill School in London as a boarder. He went to Glasgow University Veterinary College where, in addition to his studies, he played cricket for the University. Afterwards, he joined a mixed practice in Horncastle, Lincolnshire. Ann was a Veterinary Nurse at that time and that, of course, is how they met.

In 1960 he joined the Ministry of Agriculture, specialising in fowl pest and foot and mouth disease. As his career developed, he became a highly respected specialist in his own field, and through his work travelled abroad extensively. In 1997 he was appointed Fellow of the Royal Society of Health for distinguished service in the field of animal welfare.

Around 1985 Ann and Alan, moved by a strong sense of social injustice, joined Daphne Beale, the URC's Church Related Community Worker in the inner city work in Radford, and Alan continued to support that work through the management committee of the Bridge Centre in Hyson Green.

When, 20 years ago, Ann challenged Friary to do something about the large number of disadvantaged people in the old Musters Hotel, Alan gave her every support, serving on the Management committee in the earlier years. When Friary Drop-In took charitable status, he became one of the Company's Members, frequently contributing to the AGM discussions.

He was Treasurer of the Supporters of Friary Drop-In, drove the furniture project van and, from his professional skills in the field of poultry, helped cook the Drop-In Christmas Turkeys, carefully taking their temperature from time to time. Very Health and Safety conscious!

From my many memories of Alan, one in particular stands out. Talking together outside the Church one Sunday Morning after service, we saw a homeless and heavily inebriated man weaving his way towards the Musters Hotel, grasping the garden walls of the houses as he struggled to stay upright. "Oh! Look at that poor chap", Alan said, rushing across the road to help him find his way.

That perfectly sums up his gentle Christian nature and compassion. His has been a remarkable journey. Man of faith; highly qualified professionally; a deep social conscience; lover of music; loved husband, father and grandfather. What a remarkable contribution to social welfare in all its forms! Our thoughts and prayers go out to Ann and the family.

John Culley

Allotments Open Day

We are opening our allotments during Nottingham Greenweeks. Come and see what is done, speak to the volunteers and staff and learn more about this valuable source of fresh and healthy produce. The allotments are at the end of Kingston Road, off Musters Road, West Bridgford. NCT bus no. 9 stops on Musters Road – reference Kingston Road WB07 – the allotments are a few minutes walk away. Meet at the main gates to the allotment at 11 am on Wednesday June 10th for the guided tour. Please note that sensible footwear should be worn, as some of the areas can get rather muddy. No children or dogs. Limited parking nearby.



Please contact the Friary administration team on 0115 981 0009 to book a place, if you would like to attend.

*Alison Taylor,
Administration & Development Manager*

Introducing Wenda



I first became aware of Friary Drop-In when Ann Bremner, as part of her ceaseless round of fund-raising, spoke to a group to which I belong. I was inspired to become involved and have enjoyed being an active volunteer for approximately seven years.

time spent as a volunteer and my practical business experience to support the delivery of services required by the visitors. Of course, I will continue my volunteering in the Centre as I really enjoy meeting the visitors.

*Wenda Power,
Trustee & Volunteer*

I have been married for 41 years and, before our daughter came along, I worked in the takeover and mergers department of a merchant bank in the City of London for 14 years. We moved to Nottingham in 1984 where I gained knowledge in a variety of companies culminating in my decision 10 years ago to join a colleague and start our own business using our practical experience to deliver financial training to non-financial managers.

I was delighted when asked if I would become a Trustee last year. I feel that I can bring both my

Staff Changes

Welcome to Lennie Edmond, our new Deputy Centre Manager, starting in April. joining us from the Salvation Army.

We wish Sarah Charlesworth all the best, who will not be returning from maternity leave following the birth of her daughter.

Ian O'Connor is being moved to Framework, where he continues as a Resettlement Worker.



Become a Friary Supporter

The main role of the Supporters of Friary Drop-In is just that—to make a contribution by helping to plan and organise an event or turning out and supporting the fund raising events.

Note: if you are a UK taxpayer and wish to make any donations, Friary Drop-In can benefit from the tax reclaimed (currently 28p for each £1 you donate); please indicate on the form below and we'll send you further details.

CUT OUT AND RETURN TO FRIARY—ADDRESS ON REVERSE

I WOULD LIKE TO BECOME A FRIARY DROP-IN SUPPORTER - THE ANNUAL SUBSCRIPTION IS A MINIMUM OF £5 (£2 FOR PEOPLE UNWAGED)

I ENCLOSE A DONATION OF £.....

I AM A UK TAXPAYER & I AM INTERESTED IN DONATING VIA GIFT AID (please tick box and we will send you further details)

NAME:

ADDRESS:

TELEPHONE NO.

E-MAIL:

Supporters' Events

Money Raised for Friary!

Pre-Valentine's Quiz on Sat 7th Feb at the Holy Spirit Catholic Social Club in West Bridgford raised over £470.

Bargain Sales at the Drop-In Centre raised £1,615 (Sat 7th Mar), £1,519 (Sat 31st Jan) and £1,509 (Sat 29th Nov).

The Christmas Quiz sheets raised £63.

Fashion Show on 10th Dec raised nearly £700.

Thank you to everyone who helped organise/host these events and also to those who attended and boosted our funds!

CONCERT

*featuring Farnaby & Co
performing all kinds of music*

at St Paul's Church

Boundary Road, West Bridgford

on Sat 25th April
starting at 7.30 pm

Tickets £5

Advance notice...

Silent Auction, Sat 12th Sept. at Holy Rood Church, Edwalton, starting at 7.30 pm.

What is Friary Drop-In?

The Drop-In is a Registered Charity, Number 1056825

The Drop-In was started in July 1988 to provide support, advice and friendship for vulnerable people living in the Musters Hotel (now demolished) or in temporary accommodation in the Trent Bridge area.

It is a growing ecumenical venture that relies on strong volunteer support and also effective links with statutory agencies serving the needs of homeless and vulnerable people. Around 100 people of all ages attend each session.

Facilities and Services Available

- ◇ Soup, snacks and drinks
- ◇ Table games, pool, books, newspapers
- ◇ Confidential welfare guidance and practical help
- ◇ Tenancy and Resettlement Support
- ◇ Hairdressing
- ◇ Food parcels, clothing, bedding
- ◇ Shower and laundry
- ◇ GP twice weekly and Chiropody service
- ◇ Welfare Rights and advice
- ◇ Crèche
- ◇ Food cultivation at allotment

Where To Find Us

www.friarydrop-in.org.uk

<p>DROP-IN OPENING TIMES</p> <p>MONDAY WEDNESDAY FRIDAY 9.00 am — 1.00 pm</p> <p>SUNDAY EVENING FELLOWSHIP 8.00 pm — 9.00 pm</p>	<p>46 MUSTERS ROAD WEST BRIDGFORD NOTTINGHAM NG2 7PR</p> <p>Tel. 0115 982 5448 Fax 0115 982 7228 reception@friarydrop-in.org.uk admin@friarydrop-in.org.uk</p> <p>Manager: Ann Bremner MBE</p>	
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