

Every young person deserves a safe place to call home at Christmas



Times may be difficult... but we have so much positive news to share with you!

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Clockwise from left

Harvest Festival Donations

Here is Alex helping to collect the Harvest donations from Holy Trinity School

Friendship Soup prepared by the staff and students at Claypole Primary School

Harvest, a time for sharing

Wonderful gifts from local schools...

We have been very fortunate to receive harvest gifts from **Claypole Church of England Primary School; Wellow House School; Flintham Primary School and Holy Trinity School**. We send a heartfelt 'thank you' to all the students, parents and staff who donated so generously.

A quantity of 'Friendship Soup' which was made with a donation of a vegetable from every student at **Highfields School in Newark** and then each one of them helped to prepare the soup. It was given to our residents to try, it was a very tasty gesture and much appreciated!

... And our churches too

The members of **Balderton Methodist** and other local churches have shown us great support recently. Despite the restrictions imposed by COVID-19, the members of Balderton Methodist Church adapted their usual Harvest Thanksgiving Celebration this year. They took it outside the church where they accepted gifts of food, some of which they gave to us. Our sincere thanks go to all those involved in making this happen.

Our heartfelt thanks also go to **Holy Trinity Church, Newark** and **Holy Trinity Church at Besthorpe** – all of whom generously donated gifts of food and toiletries to the Trust and all were gratefully received by our residents.

Hot on the heels of harvest comes Christmas and Balderton Methodist Church has it all wrapped up! They are very kindly making up gift bags for each of our residents and children. These would normally be sent to Albania for their Christmas appeal but again the pandemic has stopped this venture. It is a very thoughtful thing to do and something for us to look forward to.

Maintaining a healthy mind and body in lockdown

Our residents have been supported both in their reading and in healthy eating:

Groundworks UK encourages healthy eating

The purchase of books that pointed us in the direction of healthy eating was made possible with the help of Groundworks UK.

And 'Bookwise' encourages us to read

Newark's local bookshop owner at 'Bookwise' read the article in our last newsletter about our book-club which resulted in a very kind donation of a book token to each resident to encourage them to continue to read.



Brant Broughton Quakers

Andrew James (pictured) is a member of the Brant Broughton Quaker Meeting.

He is undertaking some maintenance of the garden and burial ground there. He has generously requested that the Meeting donates to NET each year in recognition of this service.



Co-op Community Champion Scheme

We were awarded £559.95 by the Co-op Community Scheme, for which we are extremely grateful, it will be put to very good use.



We have been awarded £200 by the Mansfield Building Society. This will be put towards stationery costs which have increased through Covid. Mansfield Building Society would like to do an official cheque presentation for promotional use and this will be arranged when we are allowed to do so, although this is likely to be early 2021.

Loose change collected for us at The Tawny Owl

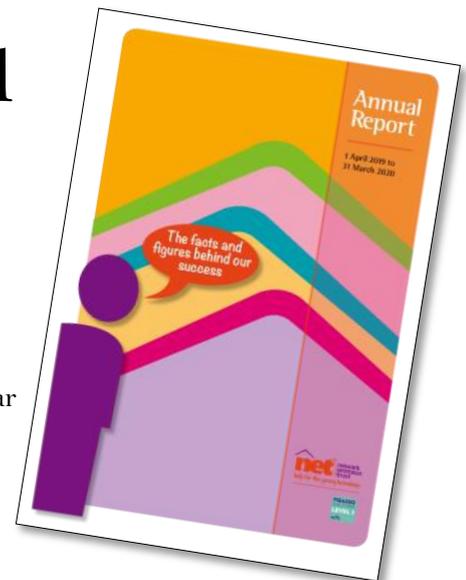


The manager of the Tawny Owl pub at Balderton, Kaylee Bentley, has very kindly agreed to look after a donation box for us which is now secured to the bar.

We hope that the patrons of the Tawny Owl will empty their pockets of change into our box, and hopefully it will encourage other pubs in the area to follow their lead and look after a donation box for us too!

Annual report

The NET 2019-2020 Annual Report is now available to view, it showcases all of the excellent work carried out at the trust this year - please get in touch if you would like us to email a digital version to you - alternatively click on the link below.



Annual report 2019-2020 - Newark Emmaus Trust

A Weekend of Fun For All

Our Activity and Training Coordinator put together some very bright and cheery activity packs to keep residents busy over the Halloween weekend.



A Teddy Bear's Picnic

Another innovative event organized by our Parent and Child Support Worker was a 'Teddy Bear's Picnic' for our residents and their children. It was originally intended to be held in the grounds of Newark Castle but the weather had other ideas! A quick re-think was required so a socially distanced picnic was held in shifts at the Hub. Each child was given a copy of 'We're Going on a Bear Hunt' by Michael Rosen to take home with them.



Foundation provides essential support during Covid

The Morrison's Foundation has provided funding of £4,855 through their 'COVID Fund'



This generous award will go towards: additional costs for a cleaner to ensure that areas are 'COVID clean'. The fund will also help us to buy additional cleaning and hygiene products such as contactless hand-sanitisers and sanitiser stocks plus additional fees for outside organisations to deliver extra support re social distancing. A pop-up gazebo was purchased to enable us to deliver outside activities as well as a smart TV to help with training.

Jackie Duers, our Finance Manager sent this message of thanks to Morrisons:

A thank you from the team at Newark Emmaus Trust:

"Your donation has enabled us to continue to be able to support homeless and vulnerable young people during these unprecedented times. You have helped us to do all we can to help mitigate the impact of Coronavirus on the health and well-being of staff and the young people we support.

We have been able to provide packs for our residents containing items to keep them occupied during this

period. This has helped with their mental health and feelings of isolation. You have helped provide the necessary cleaning and hygiene products. We have been able to purchase equipment and items needed to continue to deliver our vital service."

... And a message from Nikki Burley our CEO: "It has been a challenging year for the Trust, ensuring that we continue to provide a full service to our residents whilst keeping them and our staff safe and well.

We value the support given by The Morrisons Foundation as without it we could not have achieved this, nor helped to reduce the effect of isolation.

On behalf of the Trust I would like to thank The

Morrisons Foundation and all of those that continue to fund and support us for their help at this difficult time."



A thank you from a resident on behalf of all the residents:

"I would like to say thank you for the activities that were provided.

Me and my two kids absolutely loved doing the activities together as a family and they helped us get through a hard time."

Prince's Trust Course Develops Residents Skills

Here at NET we are very keen to help our residents gain employment, training or work experience. We were therefore extremely pleased that five young people signed up for the Prince's Trust course.

This course is run two days a week, spread over twelve weeks and Lisa from the Prince's Trust visits our training centre every Wednesday for our young people to get help and advice. The course is being run in Farndon and the Job Centre is funding our young people's transport.

The programme, which is held at the Scout Hut in Farndon started on Monday 28th September. Initially six residents had expressed an interest in taking part but one resident had to pull out but for a fantastic reason... they had been offered a place at Newark College!

Feedback from the students demonstrates just how daunting some things are for them and how sometimes we take things for granted:

I was nervous but I warmed up on the first day and made some new friends

I got on a bus on my own and I feel really proud

I was able to socialise in a small group and made two new friends in the first week

An extra qualification to go on my CV and to get out more and learn new things.

Making new friends and getting into a routine of getting up early helped my confidence.



Fund Helps our Residents get Active



The 'Active Partners Trust Young Peoples' Fund' supported by Sport England, made it possible for us to buy our own bikes for the residents to use and a wonderful new bike shed in which to store them.

We had our first six-mile bike ride around Newark on a lovely sunny day and these now take place every week. Our young people really enjoy it and want to say a huge 'thank you' to the Active Trust for making this happen.

Active Partners Trust also fund gym sessions for our residents when it is safe to do so and have now agreed to fund days out and a residential in the new year. All of these healthy activities are vital for the welfare of our residents who have told us that their mental and physical health has greatly improved.

LNER Helps the young Homeless at NET

Our CEO, Nikki Burley says: "We are very grateful to LNER for their support at this very unusual time in the life of the Trust. The funding which has been awarded to us by LNER, will support our young people's gardening project. This will have a huge impact on improving their wellbeing at this critical point in their lives and get them outside in the fresh air."

The LNER Community Investment Fund aims to help communities along the LNER route, to undertake projects and initiatives that will help address a local issue, bring to life unused or forgotten spaces and deliver educational or environmental benefits. The themes supported are mental health, education and employability skills amongst marginalised groups, diversity and inclusion, social mobility for vulnerable groups and environment and sustainable travel.

Nikki went on to say: It is extremely rewarding



to be able to provide opportunities for our young people, which we would otherwise be unable to do, it is wonderful to see them get involved with our gardening projects with such enthusiasm. Gardens are special, peaceful spaces with restorative qualities that can work wonders when we are stressed and under pressure.

Worry and stress are worldwide, 21st century problems which in turn can cause problems such as



high blood pressure and mental health problems. There is growing evidence that gardening can benefit mental health, an important consideration at a time when the NHS is under pressure and one in four adults is experiencing a mental illness.

We use our gardening project as a way to address important issues with our young residents, such as wellbeing, climate change, food and biodiversity.

It can also help them to understand the economics and purpose of different tasks by involving them in the use and purchase of equipment such as lawnmowers, hedge



trimmers and strimmers and also involving them in the results... like eating the produce from the vegetable patch! It will make a massive difference to us and we are very grateful.'

New Laptop Liberates Residents' Learning

Three of our residents have received brand new laptops from our bursary fund. These can be used for college course work.

Very appropriately, a letter of thanks has been sent from Alex (pictured here) one of the recipient's of a new laptop! Nicely done Alex!



"Thank you very much for the laptop, this is going to really help me to do my college work and it will also help me do my research. It will also help me get on 'Teams' so that I can talk to my tutor if I need help with any of my work. I can also look for part time work. It will also help me with my spelling and grammar."

... and finally a healthy, happy New Year from all at NET

We appreciate this will be a very different Christmas and that many will be struggling financially due to the impact of the pandemic. Most charities have seen a reduction to their income as planned fundraising events have had to be cancelled. However, if you feel able and would like to support us, we would very much appreciate your help. If you can make a donation please visit our web site www.newarkemmaustrust.org.uk/donate, Thank you.



Join us on Social Media

Social media has proved to be a lifeline and fast-response form of communication. Please join us in the conversation on: Twitter @newarkemmaus (please follow and retweet); Facebook: Newark Emmaus Trust (please 'like' and 'share') and also LinkedIn where we are building relationships with local businesses and organisations who may be able to offer support. Help us to spread the positive stories and messages that have come from Newark Emmaus Trust during this difficult time.

NET | Newark Emmaus Trust provides accommodation, support and training for homeless young people aged 16 - 25 including pregnant teenagers, young parents and their babies.

All accommodation is in Newark and includes shared houses for young people of the same gender, shared houses for young people of mixed gender, self-contained flats and houses for parents and their babies or family units. All the accommodation is fully-furnished and ready to occupy. An agency can refer a young person for an interview and the project also takes self-referrals.

If you need help or know someone that does, please contact us by telephone or email.

HOW TO SUPPORT US

If you wish to support us by volunteering, fundraising, naming us as your charity of the year, or provide donations or pro-bono help, please contact Nikki, John or Louise on the number below. Your support helps us to transform lives and help young people to live independently.

OUR SPONSORS

A big thank you to all our core funders and partners.



... and also huge thanks to the individuals, schools, churches, businesses and organisations that have helped us with pro-bono support or donations over the past few months.

HOW TO CONTACT US



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