

# Team of the Year

We only went and won team of the year at the Newark Business Awards!



It was with great delight that we received the news that NET had been named 'Team of the Year' at the Newark Business Awards. And the ceremony itself was an innovation too! Three team members put on their glad-rags and sat in front of their computer screens at home to join a virtual awards ceremony.

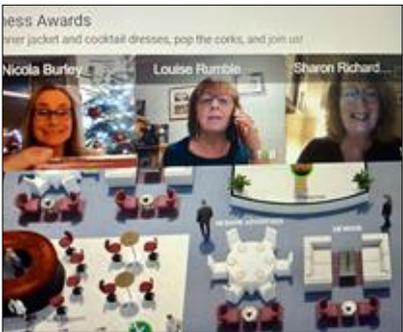
This is how the Newark Advertiser reported it: "The winner of the Team of the Year was Newark Emmaus Trust, a charity that helps young homeless people aged 16 - 25 to find their independence. Despite the pandemic, staff has continued to support and develop new ways of providing services."

CEO Nicola Burley said "I feel ecstatic! The team at the Trust is amazing. They work tirelessly for the benefit of the residents and always put them first. They have had to make major changes to their working environment and have done this willingly and positively. I have never met such a positive team as this one. They are truly team-players, helping each other out and supporting each other when difficult situations arise." Nikki went on to thank the Newark community for their on-going support more of which can be seen in this issue of our newsletter.



**Top: Louise Rumble, Senior Support Worker and Nicola Burley, CEO receiving the 'Team of the Year Award' in a socially distanced manner from Michael Hardy, Newark Business Club.**

**Other photographs show members of the team at home and at the Newark Business Awards 2020 style!**



*We have lots more positive news to share with you inside ...*

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## Generous Gifts

The season of goodwill and giving brought out the very best in our local community of generous supporters:

We received many gifts and donations from the community over the festive period. Here are just a few of them from: Waitrose, Morrisons, Soapology, Argos, The Palace Theatre, TKMaxx, Cargill as well as individuals Jodie Churton, Gemma Slater, Lyndsey Bennett and Hayley Woollford.

*Thank you to all!*



Just a few of the many donations received from our supporters over the festive period.

**Left:**  
Emma Drifill of Newark Palace Theatre with John Hudson, Deputy CEO of NET | Newark Emmaus Trust



## Cargill Initiative

Local company Cargill inspires its employees to 'walk to Singapore' in support of local charities including NET!

Rowan Crookes from Cargill Grains and Oilseeds got in touch to tell us that Cargill is a company that cares about the local area and that their 'Cargill Cares Council' aims to support the community through three main objectives; nourishing the world, protecting the planet and enriching communities.

He said that: "During these unprecedented times, we explored ways to continue supporting charities in the

local area whilst also engaging our workforce in the Witham St Hugh's office. Throughout November we ran a competition, dividing the office into teams, we asked each team to select a charitable organisation that they would like to support and to ultimately 'compete' for. The aim was to rack up as many steps or hours of exercise as possible in their teams.



Collectively, we took 16.9 million steps throughout November which would get us to Singapore on foot! It was really good to see everyone from the office get involved in the challenge and we also had a lot of charities

put forward by our colleagues that were close to them so that we could direct our funding appropriately.

It's great that we were able to support the Newark Emmaus Trust and hopefully this can act as a gateway to involvement in other future projects."

# Coming Soon!

We are very excited to announce that we have been fortunate in being chosen as one of the beneficiaries to the Newark and Sherwood Community Lottery.

Tickets will shortly be on sale and we encourage you to support it and us by buying tickets and by sharing this news with your family, friends and business contacts. Be sure to select the Newark Emmaus Trust as your chosen local charity when you purchase your tickets. *Thank you!*



## New Year, New Us

Well-being and healthy-lifestyle programme

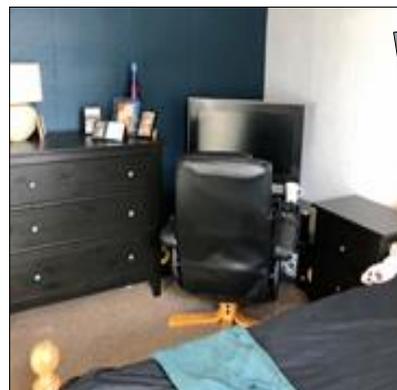
Our Activities Coordinators have pulled out all the stops to generate inclusion and enthusiasm in our residents with specially designed, self-care pamper packs, smoothie packs and activity packs to give a great start to the New Year. All to inspire healthy-living, promote well-being but above all the art of being kind to ourselves and to encourage all to join in our positive lifestyle programmes.



## Caring for our properties

The wellbeing and safety of our residents is paramount for us. Here is a sneaky peek of just a few of the things from our ongoing maintenance programme.

We take good care of the homes of our residents. Renovation and maintenance is a serious business to us. This financial year, ending March 2021, we will have spent over £60,000 on planned maintenance. This includes five new boilers; new windows; garden maintenance; a new kitchen and new carpets in a mum and baby property.



The new furniture was funded by



## Christmas ...a time for reflection

A socially distanced Christmas dinner was prepared by the residents who were with us over the festive period with the help of Sue Huddleston, Senior Project Worker and Becky Neale, Support Worker (Resettlement). Sue told us that: "Christmas dinner went really well. The Hub was fully cleaned and all residents adhered to the social distancing and hand-washing rules. They all had a great time and really enjoyed Christmas lunch. They had a relaxing time watching films on the TV, socialising and playing games."

*Here are a few of the things the residents had to say:*

*The help I am receiving here at Emmaus Trust is beyond more than I could have asked for. I was really touched by it, makes the bad days better!*

*Really had great fun, thank you.*

*Had a lot of fun! Loved celebrating Christmas with everyone. Credit to Sue for the delicious food.*

*Enjoyed the food and company.*

*Enjoyed the food and being with people.*

*Good food and great atmosphere.*



## Life at the Trust *a case study*



**This anonymised case study, supplied by one of our residents, eloquently puts into perspective what is needed by our residents and what is provided by our Support Workers:**

"I came to the Newark Emmaus Trust because I was couch-hopping with my one-year old daughter. I am a full-time mum. When I first moved to the Trust I was terrible at budgeting and didn't really have any knowledge about money or budgeting. I also had mental health problems that I wasn't addressing.

Since moving into the Trust I have been on a residential trip where I learnt some of the history of York, it was really interesting. I have also frequently attended parenting groups and volunteered to help with

the Canal Project. Something else that I have taken part in and enjoyed are some City and Guilds workshops. The Parent Group took us to Wheelgate where my daughter learned about different farm animals and butterflies, she really enjoyed herself.

Whilst I am getting ready to move out, I have done some 'Resettlement' workshops with Becky and Rob (Support Workers). I have also attended Fire Safety Training, First Aid courses and I have attended the workshops with the Ambulance, Police and Fire Services.

I have done many activities whilst being at the Trust such as cooking, parenting group, arts and crafts and I have also volunteered to do gardening at Beaumont House. Being at the Trust has helped me to work on my mental health and my budgeting."

## A Prince's Trust Success Story to warm your heart

One of our residents, JB seen here proudly showing off his recently received Prince's Trust certificate said: "I am so glad that I completed The Prince's Trust course in 2020. Before I started the course, I actually lost my job that week and was feeling really upset. I enjoyed my job and it got me out of the house, kept me busy and gave me a reason to get up.

The Prince's Trust was introduced to me and even though I was very anxious, I decided to take part. I thought it would get me back out there and build up my confidence. Also, again would give me something to do and the best route to take to get into some other work.

I had a lot of barriers to overcome including actually getting on a bus as I had never been on one before and socialising with new people. I was feeling really nervous. I was so proud of my achievement of getting the bus for the whole 12 weeks and now I have the confidence to use public transport more.

My favourite part of the course was the physical work and 'building relationships with people.' This



helped me so much and increased my confidence as well as socialising.

I enjoyed the archery, painting the Scout Hut and the community garden project. I am so happy with all my achievements after twelve weeks; building my confidence, coming out of my shell and confronting my fears and mixing more with other people, I was great at the team building exercise.

I had no friends but realised I had an opportunity to make friends. I feel more comfortable around others and I actually did make some friends. I feel better for doing it and wish it was still going on! I would have been happy decorating the whole of the Scout House!

What are my plans for the future? I would like to do Level 2 and eventually gain employment working with animals, like dog walking, pet sitting or farm work, I already have Animal Care Level 2. I think I have more confidence than I thought."

*We wish JB every success for the future.*

## Poetry Competition Success

As reported in the last issue of the newsletter, the charity Centrepont ran a poetry competition which is open for homeless young people aged between sixteen and twenty five who enjoy creating poetry or using the spoken word to express their emotions. The theme was 'Vision'. We are delighted that one of our residents, Alex, won a £10 voucher for his entry seen here.



### I See

I see your 2.4 kids and fancy house  
Do you see me sat alone no family no home?  
I see you walking to the plc  
Do you see me on Benefit Street?  
I see you with your show-off car  
Do you see me walking oh so far?  
I see you and the matching wife  
Do you see me a natural life?  
I feel alone, no one sees me  
Their vision blurred by what they read  
I have shelter, I have my friends  
I see a future, on you it does not depend  
I can do it myself with a helping hand  
From those around me who understand

*By Alex Booth  
Newark Emmaus Trust*

## ■ Get Social, Get in Touch ...

As many will already know, I edit this publication and work one day a week at NET, a position which is funded by the Lloyds Foundation. My name is Sharon... the other face along with Nikki and Louise at the recent Business Awards celebration on the first page of this newsletter. As well as a few other things, I have widened the reach of the Trust by joining conversations with our audiences on social/digital media.

I recently had the privilege of attending a Digital Marketing Workshop, courtesy of the Media Trust recommended to us by the Lloyds Foundation. I learnt a lot about keeping the conversation going — but I need your help with that please! A one-sided conversation is very boring. Join in if you can, it will be me you are connecting with.

The pandemic has meant that we are sadly, unable to communicate face-to-face and many of us have suffered because of this and have become isolated. Social media: Twitter, Facebook, Instagram, YouTube, email, websites — together, have provided a life-line and made it a little more bearable by keeping us connected — working from home without the stimulation of our colleagues and social interaction as we are.

Time has been invested in working on our website too with Nick Noot-Davies from Keyhole IT who has done a great job, remastering it. Nick has made it more user-friendly, easier to read and update and easier to contact us; essential for those who are looking for help. Have a look at it. **No, I mean have a really good look at it!** I would welcome your involvement and feedback. As someone famous once said: 'Easy reading is damned hard writing!'



**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.**

## ■ A timely thank you to our core funders

We wish to express our continuing gratitude to the Nationwide Building Society as we come towards the end of the first year of a two-year funding grant from them; to Children in Need as we head towards the end of the second year of a three year grant from them; to the Big Lottery as we near the end of the second year of a four year funding and to the Lloyds Foundation as we come to the end of the first year of a two year grant from them. Life at the Trust would be very different if it was not for the incredibly generous support of our core funders.

### HOW TO SUPPORT US

If you would like to support us either by fundraising, naming us as your charity of the year, providing donations or pro-bono help, please contact Nikki, John or Louise on the number below. We would love your support in helping us to transform lives and help young people to live independently. Get involved, the benefits will surely be mutual.

### OUR CURRENT CORE FUNDERS



... 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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