

Trust House Newsletter

Edition #2 - December 2019



CEO UPDATE

Hello Everyone and welcome to the 2nd edition of our newsletter.

What a fantastic year we've had at Trust House. Having secured 3 years of grant funding from the Ministry of Justice and a further 3 years of BBC Children in Need Funding. In addition we've also been successful in securing an award from Pilotlight which provides business mentor support for myself, our board and some of the staff team. We're in a great place to grow and develop the organisation and the services we provide going forward.

We've seen new team members join us and welcomed Jess, Teresa, Salma and Steve as well as some fantastic new volunteers who have settled in really well and are proving a pleasure to work with.

I'm looking forward to keeping you updated as we move through 2020 and in the meantime, thank you for all your support, have an amazing Christmas, enjoy the break and I look forward to working alongside you all in the New Year.

Best Wishes

Cath

EVENTS

Penwortham Christmas Market

Zoe and the team once again showed their metal and dedication, braving the cold and rain at the Penwortham Christmas Market. Between the stall and Co-op funeral care, who kindly offered electricity and advertising, £228 was raised. This will go towards and support the work we do with our clients.

Zoe and team work so hard on our behalf and hopefully we can get more volunteers involved in whatever events that have planned for 2020.



We rely on the support of kind people like you and if you can't make it perhaps you would like to become a 'Friend of Trust House' by donating just £5 a month or If you're running your own event and would like to support Trust House, please contact:

volunteer@trustouselancs.org

VOLUNTEERS

We've just completed the recruitment process for the next volunteer induction training which is due to take place Jan - Feb 2020. We'd like to thank Jill Clarke - Facilities Manager at Preston's College for providing a training space for us to use.

The candidates interviewed have been of a really high standard and we're confident that they will prove to be a real asset to Trust House and our clients.

In March 2020 we will be interviewing again for the next intake of volunteer and student counsellors, plus other volunteer opportunities. For more information or to request an application form, please email - volunteer@trustouselancs.org

FAMILY SUPPORT PROJECT

Trust House Lancashire are delighted to have secured 3 years funding from Children in Need to deliver a project for families where a child has experienced rape and / or sexual abuse and the impact is being felt across the whole family.



Support is available for families who live across the whole of Lancashire for periods of up to 6 months. The project will deliver support via individual sessions with family members and through family work, mediation and advocacy. We will work in partnership with other organisations to promote the wellbeing and recovery of the whole family. We are able to work with families where the criminal justice process is either over or will soon reach its conclusion and it does not matter how recently the abuse occurred.



The project is in its early days and its two part time workers Salma Laiqat and Ann Dnistrianskyj are busy laying the foundations and letting other organisations know about us. Referrals can be made by professionals and by the families themselves by contacting Trust House.

If you wish to discuss possible referrals please ring and speak to Salma or Ann who would be happy to explain more about the service.

FUSION THERAPY

Just about 12 months ago I came to Trust House to discuss the possibility of offering Fusion Therapeutic coaching to appropriate clients. Cath and Liz we're both interested in testing the model with post trial clients and clients you had become 'stuck' in counselling and who needed some future focussed work.

As a general rule Fusion is seen as a brief therapy model which has suited some clients,

with one client, psyche education helped her move forward in just three weeks. For others the model works well however the trust building period takes longer and the time needed has been closer to the standard 10 or 12 sessions.

Safety and stability work has been imperative for some prior to moving into the Fusion model. In this way I have tweaked the model (which is an integrated model) to best support Trust house clients.

I find my time at Trust House extremely rewarding and feel extremely humbled to work with survivors. Lynn Scholes - Fusion Therapist

WHAT'S NEW?



New Website - we've now launched our new site. Please go and have a look, at www.trustouselancs.org. There's a lot more content on the new site, including the option to download referral forms. If anyone has any feedback or suggestions, please let us know at office@trustouselancs.org



Planning continues for our 2020 Gala Ball which promises to be a FANATASTIC event!

This will held on the 12th June 2020 at the Barton Grange Hotel, Preston and for only £65 per person or table of ten for £650 you can enjoy a welcome drink at 7pm followed by a three course meal, entertainment, raffle and auction. And after dancing the night away much needed carriages at 1am.

Please contact **Teresa** for more details:

Teresa.moksa@trustouselancs.org
07734 767899 or 01772 825288



GALA BALL

It's time to grab your glittery gown, take out the tux and dust off your dancing shoes. It's the Trust House Gala Ball!!!



All proceeds from this event will go towards supporting our much needed services across Lancashire. Perhaps you would like to sponsor the event or donate a raffle / auction prize? Please contact me, Teresa on 07734 767899 or 01772 825288 and we can have a chat or you can email me at:

Teresa.moksa@trusthouselancs.org

Whether you can provide a bottle of bubbly to a spa day or weekend away, we as always, really appreciate your support

This will be a fantastic event and we hope you will join us, to help put the fun into fundraising!!

GOLF DAY



As reported in the the last newsletter, the vagaries of the British weather meant that Mother Nature poured a lot of cold water on the planned sporting extravaganza at Leyland golf course. Faced with a waterlogged course, we were given no choice but to cancel the day and postpone until a later date.

This was no doubt a major disappointment to our teams of supporters, but after her many months of preparation, a bitter pill to swallow for Teresa.

But don't worry! It's back and all the teams have been given more time to get that handicap down!! Come and join them and work off that Christmas food and drink.

The delay has given us the chance to open up the field to new teams who may want to enter a team and help raise funds to support the fantastic work we do.

We would welcome any donations of raffle prizes, so please reach out to your network to see if anyone is able to provide prizes, such as bottles of fizz or vouchers or perhaps you would like to sponsor the event.

For more details on the rearrangements or to offer support, please contact Teresa.

Teresa Moksa - Development Manager - teresa.moksa@trusthouselancs.org or call 07734 767899 / 01772 825288



KEY DATES

Date 1: Golf Day

Friday 28th Feb 2020 at Leyland Golf Club

Contact Teresa for more details or to buy tickets

Date 2: Gala Ball

Friday 12th June 2020 at Barton Grange Hotel..



16 DAYS OF ACTION



As part of the 16 Days of Action against domestic violence, Teresa and Steve joined Onward Homes' - 'Walk a mile in their shoes' event, where a group, made up of representatives from related or associated organisations, strolled through the rainy streets of Avenham, to raise awareness of the impact of domestic abuse and highlight the work Onward does, to educate their tenants and staff on the support that's available.

The event finished with a most welcome, hot drink and cup cake and a short presentation on the approach Onward takes to raise awareness.

For help and support around domestic abuse, there are number of national support networks:

Women's Aid - 01179444411

National Centre for Domestic Violence - 02071868270

National Domestic Violence Helpline - 08082000247

Men's Advice Line - 08088010327

Bright Sky App



CHRISTMAS PARTY

After a busy year, which has seen a lot of really positive changes, including the addition of a number of new faces to our volunteer team, it was great to be able meet up and celebrate the festive period.



This year's Christmas party saw the permanent staff members, joined by more volunteers than ever before, which is testament to the welcoming, team ethos at Trust House.

Hopefully, next year we can see even more people joining in the fun.

Season's greetings and best wishes to all of our staff, volunteers and supporters.



OUR CENTRES

Below are the details of the new outreach centres. We now have coverage across all areas of Lancashire, helping our clients access support locally

Blackpool

Highfield Surgery
Marton Medical Practice
TaB (Talbot and Brunswick) Family Hub

Fleetwood

Mountview - Fleetwood health & well-being centre
Flakefleet Satellite Centre

Ormskirk

Liberty Centre

Skelmersdale

The Youth Zone

Burnley

The Princes Trust
The Calico Group
Burnley wood Children's Centre