

Issue no. 5
October 2017



BURY

DROP IN

**NEWS
LETTER**

**A Place Where the Homeless and
Vulnerable Find Help and Hope**

**Trinity Methodist Church
Opening Times: 11am – 2pm
Tuesday & Friday**

Bury Drop In

Trinity Methodist Church,
Brentgoval Street, Bury St Edmunds, IP33 1EB

Registered Charity 1165258

Tel: **07813 368396**
Email: **thecolemans@uwclub.net**
www.burydropin.org

DROP IN MOVES TO TRINITY METHODIST CHURCH



After nearly two years operating in the Elven Centre at Garland Street Baptist Church, the Bury Drop In has switched its Tuesday and Friday sessions to nearby Trinity Methodist Church.

Garland Street is in the process of obtaining planning permission to renovate the Elven Centre, primarily an extension that was added to the building in the 1960s. The improved facilities will feature a new kitchen and a more welcoming entrance, with some improvements to the 1880s hall also on the agenda.

As planning for the construction got into full swing, Drop In officials visited several locations in Bury St. Edmunds that could be used while the Elven Centre work was under way. 'We're so pleased the folks at Trinity Methodist offered to host us,' explained Mike Coleman, chairman of the charity's trustees. 'The church has everything we need, and the folks we've worked with have been extremely helpful and encouraging through our transition.'

Trinity provides a good-sized hall and a full kitchen as well as storage space for cooking supplies and the clothes and toiletries we supply to our guests. In addition, a courtyard behind the church has proven a very popular place for guests to relax and chat after they've finished their meals in the hall.

'Our first session in the new location took place 1 September,' said David Bonnett, the charity's director and chief executive officer. 'We're grateful for the excellent orientation provided by the folks at Trinity to prepare us for the move, and we also appreciate volunteers from the church joining us during the early sessions there to make sure everything ran smoothly.'

One of the early visitors at a Friday Drop In session was Frances Ward, Dean of St. Edmundsbury Cathedral, who joined us 8 September. She had the opportunity to meet with guests, agency representatives, and volunteers and to see firsthand how the centre operates.

'I was most impressed with the care offered by the Drop In centre,' said the dean. 'I recognise the need to recruit more volunteers to engage in this valuable and rewarding work. At the Cathedral, we will do all we can to promote and support all they are doing in offering help to some of our most needy people.'

Because the schedule for the work at the Elven Centre is not precise at this

point, our ministry at Trinity will be open-ended for the foreseeable future. When work on the hall at Garland Street is complete, Drop In trustees will consider whether or not to continue at Trinity or return to the Elven Centre.



Frances Ward, centre, Dean of St. Edmundsbury Cathedral, was hosted by Mike Coleman, left, and David Bonnett.

REFLECTIONS ON THE DROP IN CENTRE



For the first session of the drop in at Trinity Methodist Church, I came in to offer any assistance needed regarding the kitchen appliances and equipment. It proved to be a very informative visit for me, as I had little idea about how the service would operate.

I was so impressed by the organisation of the various sections, with all the volunteers fully occupied and enthusiastic about the new opening.

We feel privileged at Trinity to be able to offer this facility as we've always had a strong mission for outreach, and to see such a proficient range of volunteers provide for a vulnerable and neglected group in society was quite humbling.

This is a marvellous and undervalued commitment that you are offering, and the warmth, comfort, and support your clients experience must make their meagre existence tolerable. Thank you for all the selfless work you do in this field.

*by Sue Robinson
Co-leader of Messy Church
at Trinity Methodist Church*

CARING FOR THE HOMELESS IS A TEAM EFFORT



The issue of homelessness and consequent rough sleeping is again in the national news with even the government having to admit that the numbers are increasing.

As benefits are increasingly squeezed and budgets cut, it is inevitable that the most vulnerable in our society are those who suffer most.

I say it is inevitable, but it is not acceptable nor necessary if we were truly a caring and equal society. So many of our guests find themselves 'on the streets' not out of choice, but in their situation because of factors in their lives often outside their control. Bury Drop In continues to provide the very basic needs of the guests who come to us week by week.

We are very grateful to the fellowship at Trinity Methodist Church for allowing us to use their basement room for the Drop In on Tuesdays and Fridays. This commences a new chapter in our history, and we trust and pray the Lord will continue to go before us as we serve Him at Trinity.

We are very blessed by the provisions of our charity partners. They donate so much food each week in abundance that we're able to share it with others in the town who have needs and are experiencing real food poverty.

Thanks must go to all the loyal volunteers who attend each week and help with the running of the Drop In. The cooks deserve special mention. They are the engine room of each session, providing a constant supply of fresh, hot, and wholesome food for our guests. It's wonderful to see the time each volunteer has for the guests. They listen and ascertain what the right action should be and then, in one way or another, try to make it happen. It's also good to see the representatives of the various agencies attend Drop In as they can help the guests get the attention they need.

Please pray for each and every guest who has come to the Drop In. Pray also for the agency representatives and the council workers who serve alongside us on Tuesdays and Fridays.

It is expected that the benefit system known as Universal Credit will become active in our area in October. This will present many challenges for the guests, agencies, and the volunteers. Please pray for the transition period so no one suffers from lack of benefits.

New volunteers are always welcome. Come and share your gifts and talents!

*David Bonnett
Director/Chief Executive Officer
of Bury Drop In*

VOLUNTEERS ARE THE FOUNDATION OF OUR MINISTRY



A quick glance at this newsletter will confirm that having passed our two-year anniversary, Bury Drop In is not just alive and well;

it's thriving. Of course, that is not necessarily a good thing. It indicates the growing need for services such as ours and makes us, as a team, more conscious than ever of the black hole that is many people's lives.

Having gained hands-on experience in caring for our guests and engaging in their lives, we are in a better place than ever to identify those gaps in society that lead to a downward spiral of despair. Few of us will ever experience the fight against addiction or alcohol dependency or the pressure of not knowing where we will sleep any given night. Thus, we never judge and rarely turn any hurting person away.

However, that level of compassion and provision is only possible with our inspired team of volunteers. They take joy in caring for our guests and seeing lives turned around, especially when liaising with outside agencies to produce a rewarding outcome. This truly is God's work, and we at BDI see His hand on it almost daily.

As ever, I am praying more volunteers will come forward to help in the work. Everyone has God-given gifts that can be used in caring for the homeless and vulnerable. Please come and talk to us, and we can explore together how you can become part of a team that truly represents God's hands and feet for those who need that touch so desperately.

*Mike Coleman
Chairman of Trustees/Strategic Planning
for Bury Drop In*

ANNIVERSARY CELEBRATION SERVICE PLANNED



The Drop In will celebrate its two years of ministry during a service at Garland Street Baptist Church at 6.30pm on 26 November. All Drop In guests, volunteers, sponsors, and donors are warmly invited to join us for this special evening of thanking God for His wonderful blessings to the charity over the past two years.

VOLUNTEERS HELP GUEST TURN HIS LIFE AROUND

When Paul (not his real name) came to the Drop In, he'd already been on a bad journey. He'd moved to Bury St. Edmunds from Newmarket, where he was for a time a jockey. Sadly, Paul lost his job through a range of life circumstances, and he resorted to alcohol as comfort. Eventually, his drinking became excessive.

Paul found himself jobless and living in accommodation that wasn't ideal. His thinking was clouded, and he felt very lost. Happily, Paul's key worker alerted him to the Drop In centre, and he decided to take a look. 'Immediately, I felt very welcome,' Paul told us. 'The more I went, the closer I became to the volunteers. I found I could talk to them on a level that felt really comfortable.

'I started to turn up regularly, and through all my time there, two

volunteers in particular have helped me with confidence and motivation. One helped me find a job, while the other helped me with invaluable life advice, which I have taken away and will keep.

'These two volunteers, together with the entire team at the centre, have completely changed my outlook on life. They've taught me to never give up and to always make the best version of you that you can be.'

Paul has proved himself on the job front, and from a part-time trial he now has a permanent position with a Bury company. 'I shall continue to call in at the Drop In,' said Paul, 'because each time I do, I always seem to walk away with another great piece of advice.'



CARING FOR OUR GUESTS

Volunteer Tina McCarthy has been a part of the Drop In team since our early days. She comes in once a month to provide haircuts and beard trims for our guests. Tina operates on a first-come, first-served basis, and the slots for her services go very quickly when our guests are told she'll be with us. All who Tina cares for are very grateful, and their wide smiles show how pleased they are with their improved appearance. If you have hairdressing experience and would like to help at Drop In, please let us know.

TESTIMONIES FROM PRESENT AND FORMER GUESTS

A guest recently thanked us for providing a train ticket to Ipswich. 'Without the fee for my fare, I would never have got to the Ipswich Medical Centre and would have lost my home and benefits. You don't know how grateful I am!' Even as she was telling me this in a very sincere manner, I could smell alcohol on her breath. When I asked her to discard the concealed, half-empty tin of beer, she apologised profusely and said, 'This stuff helps me to keep off the Class A drugs I used to be addicted to.' How do you respond to that? At the Bury Drop In, we really are the last safety net protecting them from a harsh and merciless pit of destruction and despair.

Other men and women have expressed their appreciation for our help:

- 'Through BDI I was linked with Christians Against Poverty, and they were brilliant! Due to my terminal illness, I had to retire early and had got into a spot of bother. The support and understanding of CAP in helping me to develop my "debt plan" was amazing.'
- 'This place has really helped me to better myself. I get free advice and guidance in interview skills, writing my CV, and searching for jobs. Where else could I have gone?'
- 'Drop In is a Godsend! Without your guidance about my dole money and

the food and toiletries you give me, I'd be in prison – guaranteed. You guys have saved my a . . .!'

- A guest who suffers from depression told us, 'If I didn't have this place, I'd have nowhere and no-one; who would want to talk to me?'

Nathan, a previous guest, found Drop In to be a real instrument of change in his life. 'The individuals, the support network, and feeling part of a Christian family has had a great influence on me. At a time when I was feeling quite low and drifting spiritually, BDI literally became a substitute church; I felt real fellowship there. Drop In was a key factor in recommitting my life to the Lord. I now have determination and self-belief, and through networking I see clearly my way ahead.' Nathan remains a regular visitor to our sessions to encourage others, and on 30 July, I had the privilege of baptizing him. Praise God!

*Kevin Bullock
Drop In volunteer and editor
of our monthly prayer letter*

A LOOK AT THE NUMBERS

As we review the number of guests attending Bury Drop In, we're reminded of the need for such an operation in our town. From June through September, we saw an average of just more than 42 guests visiting each Tuesday and Friday. It's amazing to remember that when we started the centre two years ago, we hosted two or three guests once a week. Those numbers from the early days have grown considerably. Some days more than 50 men and women come in for food, clothing, and support.

We're also reminded of God's continual blessing on this work, not only in the safety of our volunteers, but in the way God has touched the hearts of many retailers in the town. Several now donate vast quantities of food each week, and this not only supports our centre on Tuesdays and Fridays, but it enables us to distribute food to numerous other homeless shelters and charities in the town. Because of these food provisions and the continued faithfulness of our volunteers, we have been able to

reduce the total operational costs for the Drop In from £1.67 per guest per day at the start of the year, to £1.45 per guest per day during the month of August.

Of course, our key measure of success is the impact we have on the lives of those seeking help each week, and we are continually encouraged when lives are changed as a result of guests' attendance at the centre.

As we thank you for your continued prayer support, we ask that you continue to pray that God would touch the hearts of Christians and others in the area who would be willing to help and support the Drop In going forward. As our guest numbers have increased, we have seen the volunteer numbers dropping by nearly 20% over recent months. We really need more volunteers to be able to support our Tuesday and Friday operations and ask that you make this a matter of prayer in the coming weeks.

*Martin Lancaster
Member of the Drop In
management team*

UPCOMING EVENTS

A special exhibition of photos highlighting the challenges of homelessness in Bury St. Edmunds had been scheduled for the Cathedral from 31 October to 3 November.

Unfortunately, the timing of the event did not work out, and it will be rescheduled for the spring of 2018.

St. Edmundsbury Council will sponsor a forum on housing and homelessness

at the Apex on 12 October from 10am to 2pm. Organisations with a passion for preventing homelessness and providing support to those who need assistance have been invited to send representatives to the event. The conference will encourage a collaborative approach to preventing homelessness across Suffolk. Bury Drop In will set up a display to showcase our work with those in need over the past two years.



FUND-RAISING BARBECUE AN OUTSTANDING SUCCESS

What a lovely evening we had at the Bury Drop In fundraising barbecue 12 August! It was a perfect summer evening for sitting out in the in the garden at Martin and Linda Lancaster's home in Bradfield St. George. The event raised well over £1,000, plus gift aid on many of the donations.

All who attended enjoyed wonderful food and great company. It was so good to be among so many Christian friends and family. Mike Coleman spoke about the charity and our future plans. One of our former guests who has become a Christian gave his testimony, and BDI volunteer Sheila Mitchell sang for the crowd.

Trustee Chris Debenham did an amazing job organising the event, and we owe her a huge thank you for all her hard work (and husband Roy as well for supporting her). We also appreciate the efforts of others who helped make this event a success:

- Andy Rollett, who loaned and erected a gazebo
- Bradfield and Rougham Baptist Church, for loaning us tables, chairs, and crockery
- Lizzie Cross, her husband Spike, and those who took part in a convoy of vehicles that transported tables and chairs to and from the venue
- Lorraine Corrie, who washed the plates and cutlery after the event
- Harry and Libby Corrie, who sold raffle tickets
- Andy Metcalfe and Arnaud Therin, our barbecue chefs
- All who donated raffle prizes
- And the many volunteers and friends who bought tickets

*Di Ruddock
Bury Drop In trustee*

A GRAND DAY OUT

At the barbecue held at Linda and Martin Lancaster's home on 12 August, my eye was drawn to the lovely red, classic Jaguar XK 140 roadster on the lawn. I had owned a similar car in the 1960s, so the chance to bid for a ride in it was very attractive. I won the bid, and two weeks later I went out with Martin for a drive round the Suffolk countryside and a pub lunch.

Compared to my old Jag, which was 'a bit of a wreck,' Martin's car is wonderful. It was great fun riding with the hood down. The car is from the pre-seat belt era, and it felt exciting to be cruising along, listening to the engine and the exhaust, looking at the beautiful Suffolk countryside and chatting to Martin about old cars.

We had a nice lunch at the Eel's Foot Public House in Eastbridge, near Minsmere. On the way home, the A14 was closed at Stowmarket, and it was chaos. This was a bonus for me as the resulting detour meant more time in the car.

I'm very grateful to Martin for the opportunity to spend time with him and his car, and I'll remember it forever, including the discovery of the Eel's Foot Public House. Janet and I have already been back for a meal.

Thank you, Martin, for offering a trip in your car as a prize. It meant I had a 'grand day out' as well as helping to raise funds for the Bury Drop In.

Ted Simmons



PLANS FOR DROP IN CHOIR UNDER WAY

In June, after working with the Bury Drop In for almost two years, a thought came to mind: Why don't you start a choir? I decided to do some research into homeless singing groups, and I began my fact-finding efforts by visiting The Choir with No Name in Camden Town.

I chatted with some of the singers and was impressed by how important the choir was to them. One of its members explained, 'I'd be dead if it wasn't for this group.' After the choir rehearsed, they sat down for a meal together. 'I feel like I'm part of a family,' a singer told me.

The following day, I attended a workshop put on by Street Wise Opera. This was more drama based and was run as an outreach to the poor and homeless in a building owned by a Catholic church. It was great to see people with real talent using their gifts.

I then attended a full-day course run by Street Wise Opera for people working with homeless and vulnerable adults. All three events were extremely informative and uplifting. It was as a

result of these visits that I decided to go ahead with my idea of setting up a choir for the homeless in Bury St. Edmunds.

Our preparations are going well. Ros Pitcher, an extremely experienced and skilled pianist, has offered her services to play at rehearsals and concerts. We've arranged to rehearse at the Quaker Meeting House in St. John's Street on Friday evenings from 6pm to 10pm beginning 27 October.

We'll begin the evening with tea, coffee, and biscuits, and this will be followed by singing for 90 minutes. Then we'll share dinner together. The proprietor of the Golden Chip has offered to provide a few free meals and to charge a reduced rate for choir members for a period of time.

Ros and I are looking for volunteers to help with teas and coffees, to register singers, and to organise meals for the choir. If you're interested in being a part of this outreach, please contact me through the Bury Drop In.

Sheila Mitchell
Bury Drop In trustee

SPECIAL THANKS TO OUR LOYAL SPONSORS

We are very grateful for the continuing, generous support of the following businesses.



HOW YOU CAN HELP

PRAYER: Please pray for our continuing adjustment to ministry at Trinity Methodist. Give thanks for our faithful volunteers and the outstanding agency representatives who serve our guests at each session. Ask the Lord to give them wisdom and sensitivity as they care for the homeless and vulnerable. Pray God will lead more people to volunteer. And pray that our guests will be blessed physically, emotionally, and spiritually during their time at Drop In.

VOLUNTEERS: We currently need more people to help in the kitchen, at the reception desk, and as befrienders for our guests on Tuesdays and Fridays. We're also looking for hairdressers to augment the lady who serves in this role once a month, someone to coordinate our publicity efforts, and another person to head up our volunteer training. If you'd like to help, you can obtain information and an application by clicking on VOLUNTEERS at www.burydropin.org or contacting Di Ruddock at theburydropin@btconnect.com.

POINTS OF CONTACT: We're still short of designated points of contact at area churches. These people publicise Drop In news within their churches, advertise volunteer needs, and provide information on how to make donations to the centre. If you'd like to take on this duty, please e-mail theburydropin@btconnect.com.

FINANCIAL CONTRIBUTIONS: If you would like to make a one-time donation, please make your cheque out to Bury Drop In and post it to Bury Drop In, c/o Garland Street Baptist Church, Pump Lane, Bury St. Edmunds, IP33 1HN. If you would like to contribute regularly, please fill in the form on page 14 and provide it to your bank.

THANK YOU VERY MUCH.

Gift Aid Declaration – for past, present & future donations.

Please tick the box below to Gift Aid your donation.

I want to Gift Aid my donation of £..... and any donations I make in the future or have made in the past four years to Bury Drop In.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I give.

My details:

Title.....

First name or initial(s)..... Surname

Full Home Address

.....

..... Postcode

Date Signature

Please notify the Bury Drop In if you:

- Want to cancel this declaration.
- Change your name or home address.
- No longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

Please pay your gift in one of the following ways:

- 1) By cash in an envelope clearly identifying who is making the gift.
- 2) By cheque.
- 3) By 'Standing Order'. Please complete the form over the page and hand to your bank.

STANDING ORDER MANDATE

To the Manager(name of your bank)
(address of bank)
.....

Please pay:

Lloyds Bank (**30-64-22**), Risbygate Street, Bury St. Edmunds, IP33 3AH,
to the credit of **Bury Drop In**, Account No. **30933568**.

The sum of £ (in figures)
.....(in words)

Every year/month/week* commencing on.....(date)

Until further notice/until* (date if appropriate)

Name

Address

.....
.....

Your bank account details:

Sort code Account No.

Signed Date

*Delete as necessary



CONTACT NUMBERS

Need Identified	Agent	Number
Alcoholism	Anglia Care Trust	01473 622888
	The Health Outreach Team	01473 341763
	Turning Point	01284 766554
	Suffolk Alcohol Treatment Service	01284 775220
	Alcoholics Anonymous Helpline	01473 212224
Bedding	Salvation Army Charity Shop	01284 703971
Benefits	Citizen Advice Bureau	01284 767572
Clothing	Salvation Army Charity Shop	01284 703971
Dentist	ADP Dental. 53 Risbygate Street	01284 764666 / 111
Doctor	The Health Outreach Team	01473 341763
	Guildhall Surgery	01284 701601
	Swan Surgery	01284 770441
	Angel Hill Surgery	01284 753008
	Mount Farm Surgery	01284 769643
	Victoria Surgery	01284 725550
	NHS Direct	111
	West Suffolk Hospital	01284 713000
Drug Addiction	The Health Outreach Team	01473 341763
	Turning Point	01284 766554
	Focus 12	01284 701702
Employment & CVs	Christians Against Poverty Job Club	0800 3280006
	Job Centre Plus	0345 6088545 / 6043719
Family Issues	Citizen Advice Bureau	01284 767572
Food	Storehouse	01284 765874 9am-1pm
	Gatehouse	01284 754967
Furniture	Gatehouse	01284 754967
Health Issues	The Health Outreach Team	01473 341763
	Guildhall Surgery	01284 701601
	Samaritans	01284 750000 / 116 123

Need Identified	Agent	Number
Housing	Housing Options	01284 757605
	Citizen Advice Bureau	01284 767572
	Probation Accommodation Officers	01284 716600 / 716601
	Tayfen House	01284 725487
	Genesis Supported Housing	01284 723839
	Havebury Housing	01284 722063 03003300900
	Suffolk Housing	01284 767224
	Suffolk Co-ordination Service	01284 757150
	Julian Support	01284 723903
	West Suffolk House	01284 763233 / 763252 out of hours
Kitchen Items	Gatehouse	01284 754967
Mental Health	PALS – Patient Advice Liaison Service	0800 3896819
	Crisis Resolution Treatment Team	01284 719724 / 719700
	Suffolk MIND	0300 1116000
Money Management	Citizen Advice Bureau	01284 767572
	Christians Against Poverty	0800 3280006
	Christians Against Poverty	01274 760839
	Budgeting Loans (DWP)	0345 6036967
	Local Money Management Courses	07247 704324
Personal Disputes	Citizen Advice Bureau	01284 767572
Police		01473 613500 / 101
Stop Smoking	The Health Outreach Team	01473 341763
Religious Advice	Churches Together	together. ourchurchweb.org. uk/stedmundsbury/
	Garland Street Baptist Church Office	01284 755576
Transport	Dial a Ride	01284 724545
	A1 Taxi	01284 766777
	Getaway Taxi	01284 701999
	Railway Station	0345 6007245
	Mulley's & National Express	01284 702830 / 760641
Voluntary Work	Citizen Advice Bureau	01284 767572