

Take to the skies for NOAH

BIG Sleepout Success

p.3

New Volunteering Stories p.13-15

"I was homeless 3 days
before Christmas."

No one deserves to be homeless this winter.

Support our Winter Appeal p.4-6

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A MESSAGE FROM OUR CEO - DAVID **MORRIS**



evastatingly, this winter, we're expecting to see an increase in the number of people falling into the severest poverty and needing our help. The consequences of the cost-of-living crisis and the aftermath of the pandemic means the risk of falling into homelessness is frightening. As ever, our welfare services remain open each day, supporting those who have no where else to turn. But to continue to support an increase in visitors, we need your help.

Please take a moment to read Ben's story in our Winter Appeal on p.4-6, to find out how your support can make a real difference to us this winter.

As the year comes to a close, I would personally like to thank all of our colleagues, volunteers, friends, and supporters for your valued support this year. I look forward to your continued support in 2023, and wish you and your family love and joy this Christmas and a peaceful New Year.

All the best, **David Morris CEO**





CHRISTMAS CARD WINNERS REVEALED

Earlier this year, we announced our first-ever charity Christmas cards competition.

Thank you to everyone who entered this year's competition. We really appreciated the time and effort participants put into their designs.

After much deliberation, we are delighted to share with you the winners of this year's competition.

Well done to Abbie (aged 8) and

Ellie (aged 22) on their winning designs.

A big thank you to Neya's Mindset and **Boxing Saves** Lives for their kind donations of prizes for our two winners.

Cards are now available to purchase in our Lewsey Farm & High Town shops, with proceeds supporting NOAH services.

LLOYD CONAWAY JOINS AS CHAIR OF BOARD



We are very pleased to introduce NOAH's new Chairman, Lloyd Conaway.

Lloyd has known of NOAH for many years and has grown more and more enthused about the work that we do, and has been deeply impressed and affected by the people he's met during his induction.

Lloyd joins us with an impressive and long career in senior leadership roles. He held two director posts for Sport England and was CEO of the Sports and Leisure professional Institute. Lloyd established Team BEDS&LUTON – a Sports, Physical Activity and Wellbeing Charity, until his retirement in 2020.

Charities are encouraged to rotate the Chairperson role, and as such, Peter Ward has handed over the Chairman role to Lloyd and taken up the role of Vice-Chair. Peter was a GP by profession, and this knowledge, in combination with his highly diplomatic style, was instrumental to NOAH during the pandemic. Thank you to Peter, and Lloyd, for all that you have done and are continuing to do, for people in poverty.



BIG SLEEP OUT SUCCESS

The BIG NOAH Sleepout raised a fantastic £11,412 to help fund our vital services, which will help local people who are homeless and rough sleeping.

The event, held on Friday 7th October, began with an evening of entertainment – and included live music from Roxy Searle; a quiz, a prize raffle, and street food from The Happy Plaice Fish & Chips and hot waffles and ice-cream from Ice Cream Joe, and an early morning warm up aerobic session with Sweet Peach Health. The High Sheriff of Bedfordshire Lady Jane Clifford and The Mayor of Luton Sameera Saleem, also attended the evening to show their continued support.

The brave participants then made their way over to the camp at around 11pm to bed down for the night under the stars, as the temperature dropped to a chilly 7°C.

While the event didn't aim to replicate homelessness, it did offer participants an insight into rough sleeping – such as cold weather and an uncomfortable and limited sleep.

Lisa Seccombe, Head of Fundraising & Community Engagement at NOAH, said, "We are thrilled to have raised over £11,000 between our participants. Because of them, many vulnerable people in Luton and Central Bedfordshire, can receive the urgent help they need from NOAH. Our services are a lifeline to over 2,500 local people every year, and over the next few months we expect there be many more people who find themselves falling into homelessness and in desperate need of our support.

"We are incredibly grateful to our event sponsors; Provention, Food Forest Abundance, Tuskar, Retro Me, Telephone Answering, JT HR, Export UK, Raybridge. Huge thanks to our First Aider Rebecca, Capital Sky, Garrards Builders, Wrest Park, and our fantastic volunteers."











NOAH VISITS **EMBASSY OF IRELAND**

We were honoured to be invited to the Embassy of Ireland in October to attend the Emigrant Support Programme Reception.

NOAH has been a long-standing and dedicated support to Irish emigrants in Luton for over 35 years and are privileged to receive support and funding from the Irish government to continue to do so.





More people will need our help this winter. The consequences of the cost-ofliving crisis and the aftermath of the pandemic mean we expect to see increasing numbers of people homeless and rough sleeping, seeking our help.

This winter, with your help, we hope to raise £15,000 for people who have nowhere else to turn, across Luton and Central Bedfordshire.

Help us to help people like Ben...



"After an accident at work, I lost my job. I had worked for over 40 years and had never been unemployed. I was completely lost. Things got worse when I couldn't afford to pay my rent. My landlord threw me out and I became homeless.

I began sleeping on the streets of Luton as I didn't have anyone else to turn to. I had always struggled with relationships and had lost touch with my family since I moved out as a teenager.

Eventually, I made friends in similar situations and began staying with them in an abandoned underground car park. My friends had their struggles though. Eventually, the space became covered in faeces, rats, needles, and standing water.

Months later, one of my friends died after drinking heavily in the car park. He had turned to drink to deal with his traumas and situation. I was distraught.

To make things worse, we became a target for violence and abuse. One day, a group of youths verbally abused us and threw bricks at us. They told us we were 'scum' and we would 'be better off dead'. I began to believe them. To make things worse, our sleeping bags and belongings were set alight. I had nothing left.

Shortly after this, an outreach worker from NOAH found me. I didn't know who 'NOAH' were but I thought I had to protect myself and my friends. I said: "I'm fine, I don't need anything."

Trust was difficult for me. I had struggled with this since I was young after growing up in an abusive household. My parents were cold towards me and never once showed me affection. I felt like I was a

burden to them. Our home was a hostile environment, and they argued and fought terribly. But they always took it out on me. As a child, I was so confused.

One day I plucked up the courage to tell a friend's parent, what was going on at home, but they didn't believe me. They said I was making it up and that I shouldn't ever speak about it again. From that day on, I felt like the only person I could rely on was myself.

NOAH began visiting me regularly offering help, but I always refused. I could figure this out alone, I didn't need anyone. I also thought they might force me into situations I didn't want to do. In the winter, I became really sick and unwell. A NOAH outreach worker found me, called me an ambulance, and I was taken to the L&D hospital.

After a few weeks I was discharged with a bag of medication. **But** it was 3 days before Christmas and I was homeless once again.

I was scared to go back to the car park. I was worried I would get ill again from the terrible conditions. I didn't know what to do. I walked around the Luton Town Centre for 36 hours without any sleep. I was exhausted.

Then, for the first time, I went to the NOAH welfare centre. A project worker welcomed me in and offered me a hot shower, a hot meal, sleeping bag, and warm clothing. They told me they could find me accommodation in a shared space. The thought of this panicked me. I didn't know who I would be living with and this did not sit well with me. I made a rash decision, took my sleeping bag, left, and went back to the underground car park.

The outreach workers kept visiting me and offering support, but I didn't care. I did not see any hope anymore. It wasn't long before I fell ill again and was admitted back to hospital with severe breathing problems. Everyone feared it was COVID-19, but it was something worse. I had heart failure. For the first time, I was scared I would die.

Whilst in hospital, a NOAH outreach worker contacted me. They explained that because of my extreme ill health, I would be entitled to single accommodation. I knew if I didn't accept, things would end badly. My health was in a really bad place. I had tears in my eyes as I held the phone up to my ear and whispered 'yes.'

Before I was discharged from hospital, a NOAH project worker helped me access benefits for the first time. Because I didn't yet have a fixed address, they let me use the NOAH address. They even helped me fill out the forms, I would of struggled without their help.

After a few weeks, I was offered a small flat. I couldn't believe it. All I wanted was somewhere I could improve my health, until I could get back into work and now it was finally here. At last, I had a place to call home again.

To this day, I can't believe NOAH did not give up on me. I honestly think I would be dead if it wasn't for them. They saved me, even when I was too scared to save myself.

I now have hopes for the future and to get back into work. I know NOAH can help me achieve this through their Academy. But for now, I have to focus on getting my health into a better place.

With NOAH's help and referral, I have started getting support and counselling for my childhood traumas. It's been a long time coming. I've learnt that I have to deal with the past to be able to create a better future.

I thank NOAH for helping me to trust again. Good people do exist. I owe them everything.

Thank you for reading my story. I am only halfway through my journey to recovery. If you donate, you can help me and many others to make positive changes in our life for good.

DONATE NOW:

www.justgiving.com/campaign/NOAHwinterappeal2022





Donation Form



Title	First name			Surname		
Home address						
Post Code			Telephone			
Email Address						
NOAH would like to Please tick below if					fundraising activities.	
Email			Telephone			
I wish to donate a gift of £			_ to NOAH's Winter Appeal			
Please select your payment method (please do not enclose cash)						
I enclose a cheque made payable to: NOAH Enterprise						
Please debit r	my debit/credit co	ard with	the abov	e amou	nt	
Name on Card:						
Card Number://						
Expiry Date:	_/	CSV:			(last 3 digits on signature strip)	
Boost your donation by 25p of Gift Aid for every £1 you donate at no extra cost to you!						
Gift Aid is reclaimed by NOAH Enterprise from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer In order to Gift Aid your donation you must tick the box:						
I want to Gift Aid m or have made in the					nations I make in the future No 1059672.	
	nt of Gift Aid claim				ax and/or Capital Gains n that tax year it is my	
Signature	Signature			Date		

Please notify us if you: Want to cancel this declaration, change your name or home address or 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 return form to: NOAH Enterprise, 141 Park Street, Luton, Bedfordshire, LU1 3HG



NEW **HANDYMAN SERVICE** AT NOAH

Following huge demand, we are pleased to announce that NOAH Home Improvements now offer a local handyman service!

Our professional, reliable, and competitively priced team can help with:

- Kitchen Fitting Door hanging Tiling Carpentry & Joinery
- Refurbishments
 Flooring
 General DIY

For a free quote, email homeimprovements@noahenterprise.org or call 01582 726152.

Don't forget that by choosing the NOAH Home Improvements service to improve your home, you'll also be supporting our charity and people who are homeless and rough sleeping in Luton and Central Bedfordshire.



ASDA GREEN TOKENSVOTE FOR NOAH ONLINE

Great news! We are in the running to receive a donation from the ASDA Foundation through their Green Giving Tokens....and we need your help!

Visit www.asda.com/green-tokens and select the 'Luton' store to find NOAH. You can vote once every 7 days until midnight on 31st December 2022.

The donation will help to support with running the general services of our welfare centre, food and kitchen essentials and our job club and ESOL training classes.

Thank you for your support!





NOAH SKYDIVE

Take on the ultimate challenge in 2023 and Jump for NOAH!

Whether you're in it for the ultimate adrenalin rush, or simply up for a new challenge in support of a good cause, sign up today and become part of our NOAH 2023 Skydiving team!

A tandem skydive is the best way to experience an exhilarating parachuting experience, whilst creating unforgettable memories. You'll freefall down to 5,000ft at 120mph –and your instructor will deploy the parachute and you'll land gently some four minutes later.

Our next Skydiving Day is Saturday 11th March 2023.

Find out more at noahenterprise.org/how-you-can-help/skydive-2022



FENCE TRANSFORMATION

After the Welfare Centre fence was vandalised and fell into disrepair, Gibbs & Dandy kindly came to the rescue!

The branch in Luton supported us with a significant discount for materials, saving NOAH significant money. This saving ensures we can keep funds where they are most needed - i.e., supporting our clients.

A big thanks to Stuart and Gibbs & Dandy Luton for their community spirit and our handyman Dan and his volunteers for building our new fences! A great team effort!

CARAVAN CLUB KINDNESS

We were delighted to be presented with a donation of over £500 from the Ampthill Caravan Club in October.

Our Fundraiser Shannon had the pleasure of visiting the club to collect the cheque on behalf of NOAH.

Thank you for your support!





TESCO GOLDEN COIN WIN

We are absolutely over the moon to reveal that we have won the Tesco Community Grants GOLDEN TOKEN and, as a result, £10,000!

Thank you so much to this very kind customer for using her golden coin to vote for us! When asked why we were chosen, the customer said that she lived nearby to NOAH and has always supported our work.

This would not have been possible if it wasn't for **Tesco Metro Luton** and this fantastic initiative from Tesco.

ROTARY WINTER WARMERS

A big thank you to Rotary District 1260 in Beds, Bucks and Herts for delivering this generous donation of winter coats for our clients in October.

This was the perfect time with winter just around the corner.

Thank you for your support.





NOAH GETS QUIZZICAL

We were delighted to join the Luton Magistrates Quiz Night in November at Stopsley Working Men's Club.

Over £800.00 was raised in support of NOAH services

A huge thank you to everyone who helped organise the event and to those who attended. Team NOAH even came second!



CHRISTMAS, to welfare wish list

Whilst we appreciate all types of donations this festive season, there are some items we need more than others.

Mens underwear	Tomato sauce
Mens joggers	Eggs
Mens trainers	Fresh fruit & veg
Sleeping bags	Carrots
Rucksacks	Oranges
Books (for adults)	Butter/Margarine
Cream	Potatoes
Coffee	Condiments
Long life milk	
Cereal bars	
Multipacks of crisps	
Fresh chicken	 Please drop items to 141 Park Street,
Sausages	Luton, LU1 3HG.
Pork/beef steaks	Thankyou!

On average, the Welfare Centre supports 63 people every day.



When Peter found himself unemployed after many years, NOAH Academy Job Club were able to build his confidence and help him find a job that was right for him.

I was an upholsterer for many years and found myself unemployed for a while. I didn't have much confidence at the time and was struggling to find work.

I went to NOAH Academy Job Club in Luton and met Nicky. She made me feel welcome and gave me the confidence to look for work.

Initially, Nicky helped me update my CV and then we began searching and applying for jobs online. I wasn't very up-to-date with technology and would have struggled on my own. We searched for 'Upholsterer' roles, but there wasn't very many.

Nicky took the bull by the horn and helped me continue looking. There was points where I wanted to give up but Nicky said, 'No, just 10 more minutes of applying.'

JOB CLUB PLUTON

PETER BAGS A NEW JOB!

We widened our search radius and soon after, I was invited to several interviews. I was offered an Upholsterer job but it didn't work out due to the stressfulness of the role, so I came back to Job Club.

We began looking for driving jobs, as I felt it was a little less demanding.

Then I found a vacancy as a Library Delivery Driver, but it was a long and complicated application process. Nicky simplified things for me and helped me complete the process. I was invited to an interview, but it was on Zoom. Nicki said I could come to the Academy and use their IT equipment and she set up the online interview for me.

I got down to the last two people, but sadly, I didn't get the job.

Instead, I ended up working temporarily with a driving agency. Shortly after I got a call, asking if I was still interested in the library role as the other person had left.

Tomorrow is my first day!

I wouldn't have got any of these jobs on my and own and without The NOAH Academy. I was unconfident and needed reassurance. I am very happy!

JOB CLUB

Are you unemployed?

The right job for you is out there and we can help you find it! Our job clubs are open to anyone who is unemployed and living in Luton

For more information, call 01582 319777.





NEW OFFICE FOR **BEDFORD ACADEMY**

Bedford Academy has moved into a new location!

You can now find our Bedford Academy in our new office at CVS Building, 43 Bromham Rd, Bedford MK40 2AA.

2023 COURSES







SEW MINDFUL

DIY SKILLS

DIGITAL LEARNING FOR BEGINNERS DIGITAL LEARNING FOR LIFE

BEDFORD

ENGLISH IN THE COMMUNITY

COMPUTER SKILLS FOR BEGINNERS

CV WORKSHOPS

INTERVIEW WORKSHOPS

SPOKEN ENGLISH IN THE COMMUNITY - ONLINE

STAYING WELL - ONLINE

MATHS IN THE WORKPLACE

To enquire about start dates, find out more, or to book onto a course, please contact the relevant academy: Luton - 01582 726152 • Bedford - 01234 863123 academy@noahenterprise.org



NEW

BEDFORD

WORKSHOPS







Unemployed and living in Bedford? Book your free place by calling 01234 863123 or email academy@noahenterprise.org.



Donate your pre-loved goods to NOAH shops this autumn and make a difference to local people who are homeless or sleeping rough.

Please drop your donations at one of our Luton-based locations:

HIGH TOWN SHOP 01582 736 751 20–22 Hightown Rd, Luton LU2 ODD

LEWSEY FARM SHOP 01582 662 773 St Dominics Sq, Tomlinson Ave, Luton LU4 0UN WELFARE CENTRE 01582 728416 141 Park St, Luton LU1 3HG







TIM VOLUNTEER OUTREACH ASSISTANT

MY VOLUNTEER STORY



Tim's volunteer journey is nothing short of remarkable. Tim knows all too well what it means to be able to help people who have fallen into homelessness.

In 2018, I became homeless after my relationship broke down at home. Me and my partner constantly argued about my substance abuse which had gradually started to increase and affect our relationship.

Prior to that I'd had a pretty stable life, travelled the world, and even had a child. But in 2018, I found myself homeless with no where to go.

My boss at the time said I could stay in one of the shipping containers at work for free. It was insulated, I added carpet, and I had made it into a comfortable room. But then COVID hit and I was sadly made redundant which meant I had to leave.

I began sleeping rough in Hinsley Wreck playing fields in a tent but eventually moved on to Flitwick Woods to be away from the public eyes. I also began begging locally to fuel my drug addiction. It was really spiralling out of control. I was struggling to deal with the fact I was unemployed, I had worked all my life. I was trying to blank out all my problems and drugs was the only way I could. I'd definitely hit rock bottom.

I had been in the woods for 6 months when one early winter morning I heard a tapping on my tent door. It was horrendous weather outside, monsoon style rain. I wondered who an earth it could be. When I pulled back the zip, I found it was two Outreach Workers from NOAH.

It turned out that a member of the public had reported a sighting of me on the homeless app 'Streetlink.' From the report, the NOAH team tried to locate me and had finally found me after searching for several days. I immediately accepted the help. I knew things would end badly if I didn't.

Outreach worker Adam made an appointment for me later that day. First we sorted out my universal credit. Having worked all my life, I didn't know what I was entitled to. Just having Adam sat next to me helped so much. Instantly I didn't have to prove I was homeless because I was referred by Adam from NOAH. I was given a small crisis loan immediately.

Adam also arranged a referral to a local supported housing provider. Within days, I was offered an empty room and me and Adam went to view it.

Now I had a safe space to sleep, I knew I had to deal with my drug problem. I had been supported with substance abuse counselling on and off over the years, but it had never really helped. I knew I didn't want to take medication to help me either as I thought I'd become reliant on it.

I decided I would try to get off the drugs on my own. I didn't have a choice if I wanted things to improve and that's all I wanted. It was difficult at first as I came off the drugs, but it gradually got easier. I truly believe my mindset was ready. I also started recovery groups to help aid my progress.

It's been 2 years since I moved in to supported accommodation and I have been awaiting council housing for 1 year. I got in contact with Adam earlier this year and asked him if I could volunteer in his outreach team. I wanted to do something new in my career and thought about helping others that are in the position I was once in. I thought it would be a great way to dip my toe in the water to see if it was something I'd really like to do.

And well, helping others, who knew it would be so rewarding. I now volunteer twice a week on the early morning shifts with the Outreach Team searching Central Bedfordshire for rough sleepers and responding to Streetlink reports.

People who are rough sleeping can relate to me because I have been through it too. I often tell my story and the person relaxes and begins to trust me. When you are in the depths of despair and someone helps you, that is something you will never forget in your life.

Two years ago I would never have dreamed I would be able to do something like this.

I sometimes think about what would have happened if NOAH hadn't of found me. Back then, I couldn't see a way out. Now I can see my future. I look forward to the day that I am offered independent accommodation and can get back to a sense of normality again. And who knows I might just have a new career.



Christmas Cana





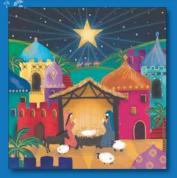


















Explore our new range of festive Christmas cards and spread your season's greetings with more of a meaning this year.

Profits raised will support NOAH services.

Pop into Our High Town or Lewsey Farm shop to buy!

NOW IN STOCK!



A MESSAGE FROM CFO - DAVID MORRIS

Without our selfless and kind volunteers, NOAH could simply not exist in it's current form.

I would like to personally thank each and every one of our volunteers for giving up their time to support our charity this year. Your willingness to give freely of your time and talent is greatly appreciated, and your efforts are making a true difference in the community.



MY VOLUNTEER STORY

This year I was lucky enough to be employed by Jamf; who have a Volunteer Paid Time Off offering. I was very excited and determined to use every hour of this benefit.

There were volunteering opportunities in and around London, but I really wanted to keep my volunteering local. I was born and raised in Luton and come from a background of poverty myself, so I wanted to help my town. I reached out to NOAH as I can emphasise with how people may sometimes become homeless; it could be anyone one of us.

Ellie at NOAH came back to me so quickly, which I was impressed by as other organisations were surprisingly slow or silent. When I met the NOAH team, they were all really lovely.

I started volunteering as a Marketing Assistant, handing out leaflets and dropping posters to local businesses, to try and promote their Big Sleep Out event.

Then I volunteered as a Stall Assistant at an awareness stall in The Mall, speaking to local people about what NOAH do, as well as bucket collecting to raise funds.

Later this month, I'll be joining them on their Christmas Card stall which I'm really looking forward to as I love Christmas so much, and of course all the effort and proceeds go towards helping our local homeless which makes me very happy.



ABOUT OUR CHARITY

NOAH is a Bedfordshire-based charity which works with people experiencing homelessness, poverty and other disadvantages. We encourage our clients to make positive changes in their life by providing care and advice services, employment and wellbeing workshops, and opportunities for employment.

We are truly driven by our values of Care, Compassion, and Commitment, which have their roots in Saint Vincent de Paul, whose life was the inspiration behind the founding of NOAH.



OUR SERVICES

WAYS TO HELP

STREET OUTREACH

NOAH Outreach Team supports individuals who are sleeping rough throughout Luton and Central Bedfordshire. The aim is to help people off the street, to engage with the wider range of NOAH's services, and to get them into safe accommodation.

WELFARE CENTRE

Our Luton-based Welfare Centre supports the most vulnerable people with space and reassurance to talk through their problems, when there is no where else to turn. Facilities include: daily meals, showers, laundry service, provision of clothing, a GP or nurse

surgery, a mobile dentistry, accommodation search, and linkage to specialist agencies e.g. addiction counselling.

TRAINING & EMPLOYMENT ACADEMY

NOAH Academy seeks to address poverty by helping people to realise their full potential. We provide free skills training courses and employment support across Luton, Bedford and Central Bedfordshire, for people who are unemployed or on a low income.



DONATE

To make a financial donation please visit: www.justgiving.com/noahenterprise.

FUNDRAISE

If you'd like to organise a fundraiser in aid of NOAH, please contact

lisa.seccombe@noahenterprise.org.

VOLUNTEER

Can you, as an individual, group or company, spare a few hours a month? Visit noahenterprise.org/ volunteer-form for a full list of opportunities.



CONTACT D NOAH

WELFARE CENTRE

01582 728 416 141 Park St Luton LU1 3HG

ACADEMY (LUTON)

01582 726 152 Community House 15 New Bedford Rd Luton LU2 0DD

ACADEMY (BEDFORD)

01234 863 123 CVS Building 43 Bromham Road Bedford, MK40 2AA HIGH TOWN SHOP

01582 736 751 20–22 Hightown Rd Luton LU2 0DD

LEWSEY FARM SHOP

01582 662 773 St Dominics Sa Tomlinson Ave Luton LU4 0UN



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in @noah-enterprise