

The Foxtan Centre we are here



TEFC

2015 - 2016

Mission statement

The Foxton Centre is a Christian based organisation, working with and for people of all faiths and none.

The Foxton Centre aims to work with the most marginalised communities in Preston to provide them with opportunities to flourish as human beings by:

- Being a resource of people, place and community, especially for those on the margins of society.
- Actively working with individuals, groups and communities to promote social justice.
- Helping people move beyond their limitations; to grow, learn and flourish.

We value:

- Working with and welcoming marginalised people
- Creating better lives through challenging injustice and promoting social justice
- Not judging people
- Learning and stretching people's experiences so they can flourish
- Challenging inequalities and unfairness
- Creating a safe place
- Being person-centred
- Health and wellbeing
- Flexibility, focus, responsiveness and specialisms
- Compassionate professionalism
- Being the best we can be
- Doing what we can to help.

Chief Executive's report

Rev'd Tim Keightley

Inspired and Inspiring

In this reporting period The Foxton Centre has won two awards: the Biba's *Most Inspiring Business of the Year* and the Red Rose *Not-for-Profit Business of the Year*. These tremendous accolades recognise the outstanding and inspiring achievements of our staff and volunteers. They also recognise that the organisation is run in a highly professional manner whilst drawing upon a distinct set of values and approaches to achieve change with people seen as most hard to reach. In founding the Centre, Bryan Foxton was inspired by stories of Jesus Christ drawn from the Christian Gospels. These show Jesus spending time with and offering hope and inclusion to those deemed by the society of the time to be outcast. The Foxton Centre of the 21st Century is a kind of dynamic equivalent of that approach. The word 'outcast' is rarely heard in modern parlance. But similar sentiments seem to underlie much rhetoric and practice associated with "poverty," "benefits scroungers," "welfare reform" and even "youth." The Centre contradicts this Zeitgeist. In even the most entrenched adult or disaffected young person, we see beauty and the potential for human flourishing. For all such people 'We are here.' I trust the following pages will inspire you, and being inspired you will support us.

Chair's report

Ray Thomas

As I write this report we are in the midst of the 2015 Election campaign where politicians try to woo voters with promises of how they will make life better for us all in the next five years. In a "me centred world" I don't hear much about how they are going to help those at the edges of our society. In fact, it's quite the reverse as many politicians look to blame the very people who need our help the most and try to prove that they are tougher than the other lot. It is against this background that The Foxton works with the most marginalised communities in Preston to provide them with opportunities to flourish and grow. As you will see in this report, our work isn't about handouts but about the development and growth of individuals that helps them to see that their horizons need not be limited by their circumstances. The benefits of this work extends beyond the individuals concerned and has a major impact on the communities in which they live. I'd like to thank all those that have contributed funds to support our work. This extends from major funders who provide grants to run specific projects, to local companies who provide services at favourable rates or have adopted us as their nominated charity and to the many individuals who make personal donations. Every penny counts and I make no apology for asking you to provide a donation that is meaningful to you to help us continue being there for the people that need us most. Finally, I'd like to thank the volunteers, staff and fellow board members for all their hard work to meet the challenges faced by The Foxton in difficult times.

"They were the first people that had genuinely wanted to help me." Service user on Assertive Outreach

Volunteers

Volunteers play a vital role in the life of the Foxton Centre, whether it is in the day-to-day project operations or organising a fundraising event. The Foxton Centre would not be able to meet the needs of the many vulnerable people that walk through its doors without the dedication and commitment of its volunteers.

Nearly all volunteers at the Foxton Centre have undertaken a five week training course that covers topics such as: introduction to volunteering, understanding homelessness, street sex work and youth work, good communication, confidentiality, boundaries and working safely.

In the last year, 10 applicants have completed the volunteer training course, with six volunteers joining different projects throughout the organisation. Unfortunately, one training course was cancelled due to the fire in March.

“The training sessions were very friendly, open and made me feel comfortable to ask questions.”

Volunteer



Community Café

The Community Café operates several times a week and aims to be a welcoming and accessible place for anyone who has been affected by homelessness, including those who have experienced or are on the verge of homelessness. The Community Café supports people on their way of moving away from homelessness and help them grow and flourish.

The Café has numerous pathways that people can access in order to achieve these aims and improve their health and well-being: Job Club, Volunteering opportunities, Cook and Eat project and The Foxton Community Forum. The Service User Committee became the Foxton Community Forum, where everyone who accesses The Foxton Centre can attend to learn more about what we do and help shape and develop new or existing projects within The Foxton Centre to work in a more personalised way.

- As a result of accessing Job Club, **2** people have found full time employment.
- **5751** attendees to the Community Café, of which **1341** were rough sleeping.
- **30** people accommodated **4** of which were deemed entrenched rough sleepers.
- **247** new service users, **127** of them identifying as homeless.
- **49** vulnerable people supported to maintain their accommodation.
- **4329** meals were provided.

“I can meet other people, socialise and just relax. Something I don't really get to do elsewhere.”

Service user on Community Café



Market Stall

The Foxton Market Stall is aimed at improving the wellbeing of service users. It gives people the opportunity to get involved in their community, build confidence, demonstrate existing skills and develop new ones and be a part of a team. The Stall is versatile - selling hand-made crafts (produced in the Community Café), and second-hand goods at the Preston outdoor car boot market. The Foxton Centre's allotment produce is also sold during summer months. Last year saw 18 service users involved within the Market Stall project; Two of those who enrolled have moved forward and started short college courses.

“It's [Market Stall project] given me the confidence to see the things I'm capable of.” *Service user*

Greenfingers allotment

The Foxton Centre allotment is located within Frenchwood Allotments and managed by a team of volunteers and service users. The aim of this project is to provide meaningful activity in a holistic manner whilst building skills and providing opportunities for people to grow and flourish. Our Greenfingers team have spent a considerable amount of time clearing the

Frenchwood Allotments and managed by a team of

“It’s so quiet and peaceful and all the worrying stops.” *Service user on Greenfingers allotment*

- **6** people volunteered their time developing the Greenfingers allotment project.
- **12** people accessed the Wet Garden project to start addressing their alcohol dependency.
- **4** people who were alcohol dependent were supported to access rehab and **2** people are still in rehab and working towards independent living.
- **193** hours were dedicated to Assertive Outreach by **6** volunteers.
- **379** contacts were made during daytime outreach.
- **176** different people were identified as vulnerable and in need of support.
- **154** were or had recently engaged with the Foxton services.

allotment of debris and rubbish to create a clean and enjoyable area to work and relax. They have increased safety and accessibility by installing handrails and stabilising the beddings. Each year a wide range of fruit, vegetables and herbs are grown on the allotment and used within the Community Café sessions, providing opportunities for people to learn to cook healthy meals using the produce they helped grow.



Wet Garden

The Wet Garden was established to provide a safe working environment where people who are alcohol dependent can access The Foxton Centre. Through intensive one-to-one support with qualified social workers, service users can work towards reducing their alcohol consumption as well as accessing other relevant services and becoming more independent. The majority of the individuals who access the Wet Garden want to reduce their alcohol consumption and this way take control of their life.

Through the Wet Garden, our social workers have been able to build professional relationships with individuals considered ‘hard to reach’ by many other services. As a result of the mutual trust, honesty and encouragement, two service users who have both been living on the streets for more than 10 years, have been able to address their alcohol misuse and work toward independent living.

Assertive Outreach

The Outreach team, comprising of volunteers, staff and students hit the streets daily to identify and encourage rough sleepers, street drinkers and street beggars to access the services offered by The Foxton Centre.

Outreach also operates early hours of Monday mornings fortnightly. The team walk the streets to identify new rough sleepers and reconnect with known individuals. The team return after the initial outreach to offer a hot bacon roll and a cup of coffee to anyone found rough sleeping.

Even when the Centre was closed by fire damage, daily outreach continued taking provisions out to people who were homeless during the day.

Through the continued dedication and commitment shown by volunteers, the outreach team have managed to continue on with the daily outreaches even when there were staff shortages.

“The Outreach team were the first to find me when I was rough sleeping.” *Service user on Assertive Outreach*

No Second Night Out

This project aims to provide assessment and support to those who are new to rough sleeping. Staff try to reconnect individuals, who were originally based in a different area, locally. And those who have a local connection to Preston are provided emergency accommodation and suitable options to help them move on.

Our furthest reconnection of the year was to Lithuania. We supported a young man who had lost his job and accommodation, to return home. The individual had no passport so the staff assisted him to gain an emergency travel document and provided accommodation until this had arrived. This protected the client from developing physical or mental health problems that could have been caused should he have had to sleep rough.

This year NSNO was able to support the severe weather emergency protocol, Winter Watch, through providing beds to low risk people accessing the scheme.



Lune Street Drop In

The Lune Street Drop In is a partnership project with Central Methodist Church. It provides a safe and warm place for homeless and vulnerable people to have a hot meal, as well as an opportunity to speak with volunteers and staff about anything that is concerning them.

The Lune Street Drop In also acts as an outreach to homeless people and links new and known rough sleepers into The Foxton Centre Community Café. In this way we aim to assist the No Second Night Out aspirations that will 'ensure that people receive the help they need as soon as they come onto the streets and that improved, integrated services are able to support them to remain off the streets.' (Vision to end rough sleeping, HM Government, July 2011). Approximately 50-75 people access each session.



- 42 people accommodated through No Second Night Out.
- 20 reconnections through No Second Night Out.
- Lune Street Drop In served 4350 free hot meals.
- Supported 130 individuals.
- Volunteers spent 2088 hours helping out those in need.

“My favourite thing is getting to know the people and sometimes seeing them getting on better in life.”

Volunteer on Lune Street Drop In

Women's Community Services (WCS)

The Foxton Centre worked in partnership with Lancashire Women's Centres and the Probation Service to provide support and training to women at risk of re-offending. The Support entailed staff working one to one with women to address issues relating to court and offending services and includes advocacy, befriending, action planning and signposting to other services. The training consisted of an eight session cognitive behavioural group work scheme (Specified Activity Requirement) aimed at equipping women with the outlook and skills that enabled them to move away from offending behaviour.

“I felt equal and not alone.” *Service user on Women's Community Solutions*

Streetlink

Streetlink is a specialist service that provides support to street sex workers within the Preston area. Base 18, Streetlink's premises, are located in the centre of Preston's street sex work scene, where tailored support is easily accessible to service users. Our services include:

- Assertive Outreach
- Base 18 surgeries (daytime and evening)
- Intensive support and action planning
- Prison In-reach
- Condom provision
- Support with court and offending
- AQA accredited courses
- Advocacy
- Ugly Mugs scheme
- Community cohesion support
- Early Evidence Kit service
- Safety advice/training
- Peer support
- Pregnancy testing
- Signposting/referrals to outside services



Streetlink has proven to be an invaluable resource to other local and national service providers; Base 18 often acts as a venue for multi-agency meetings and training. Streetlink also delivers training to social work students from UCLan and University of Cumbria.

Last year seven women exited street sex work completely, and the project supported 37 women to make steps to move away from street sex work. We have helped 83 women not to re-offend, and find other means to earn their living.

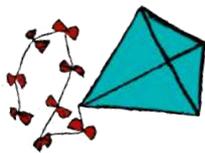
At the moment, we are developing a Recovery College, which includes peer support groups. These groups allow women to expand their knowledge, get into training and build community networks.

Job Club is one of the long-running projects that is strongly supporting women facing the challenge of unemployment.

Our prison resettlement project helps those being released from prison with no fixed abode. Women are then referred to The Foxton Centre from the Preston Prison Resettlement Panel, and offered intensive resettlement support to deter re-offending.

“When I left prison, I felt scared, and then found people cared at Base 18. I am now more positive of success.”
Service user on Streetlink

Safelink



Safelink offers support to young people aged 12-18 who are victims, or at risk, of sexual exploitation. Our team provides one-to-one support, with the aim of building confidence and self-esteem. Safelink engages with schools in and around the Preston area in order to raise awareness of sexual exploitation. The team achieves this by organising assemblies, six week programmes, and group workshops, gender specific through conducting outreach work.

Last year, Safelink hosted two on “Strong Women” and the other on “Accepting Me” where vulnerable young people were provided with the opportunity to escape their usual chaotic environment and participate in a sailing and survival skills training. These activities allow young people to gain confidence, self-awareness, become a successful team member, learn problem solving skills and self-expression. The feedback received from the young people who have participated in these residential was very positive.

- A total of **315** young people, aged 12-18, were supported by Safelink: **98** were male, **217** were female.
- Since August 2014 volunteers have spent **61.5** hours on the Safelink project.

The feedback received from the participated in these residential was very positive.

Safelink's six week school programme also received positive feedback from staff and standards. The Foxton Centre is able to provide informational and educational services to high schools in Preston.

“The people at Safelink are like a family and without them I wouldn't be able to get through the hardest times in my life.” Service user on Safelink

Fox Kidz

Fox Kidz is a youth club for young people aged 6 - 13, providing a safe place for them to socialise and enjoy a variety of activities including games, cooking, arts and crafts.

As part of becoming more aware of the local environment and how to be more environmentally friendly in an urban area Fox Kidz attended Leyland recycling plant. Fox kidz also made bird feeders from biodegradable resources.

Fox Kidz have been getting involved in a lot of healthy eating and cooking activities; the group have been learning how to make meals and healthy treats from scratch and have also started creating a Fox Kidz cook book. The children have also been growing vegetables from seeds: courgettes, pumpkins and peas.

Last Easter the young people joined in a treasure hunt around the local area to see how much they know about where they live.

The young ones attended trampolining sessions where they learnt safe techniques and several moves such as tuck jump, seat bounce, star jump and swivel hips.

“It makes my day coming to Fox Kidz.”

Service user on Fox Kidz

“I have learnt to be nicer to people.”

Service user on Fox ChiXx

Fox ChiXx

Fox ChiXx is a youth group for young girls aged 11 - 16. The group provides a safe and confidential environment for discussing issues that affect the young people. Fox ChiXx also provides an opportunity to enjoy sports and games, learn about healthy living and participate in trips outside the Centre.

Last year, young ladies participated in a three day residential at The Field Studies Council Castle Head. Nine young women achieved a total of 54 AQAs in the following fields: orienteering, canoeing, crewing a raft unit, climbing and abseiling and taking part in a residential.



ATR

ATR (Avenham Town Riders) is a youth club for young people aged 12 - 18. It provides young people with the opportunity to meet with friends in a safe environment. The group meets twice a week and engages in a number of activities, both at The Foxton Centre and at other locations. The youth work team also provide the young people with a support service, dealing with issues such as health, wellbeing and risk-taking behaviour. Staff aim to provide a service to encourage young people to engage in local activities and to help reduce the level of anti-social behaviour.

During the last year, 10 young people completed a six week free running course.

ATR group members have engaged in sessions related to crime, drugs and employment.

Group members arrange small pool and table tennis tournaments during sessions and have taken part in 5-a-side football with the Community Cafe.

10 young people achieved AQA awards in parkour/free running, a further six completed the requirements to achieve AQA awards in Go Karting.

“I’ve got good advice from the staff.” *Service user on ATR*

Thanks to our Funders & Supporters

This is not an exhaustive list

Bare Methodist Church
BBC Children in Need
Big Lottery *Awards for All*
Big Lottery *Reaching Communities*
Broughton Parish Church
Cafe Fresch
Central Methodist Church
Christ Church Fulwood
Churches Together in Lancashire
Comic Relief
Cooperative Bank
Department for Communities and Local Government
Dominique Harrison-Bentzen – Robbie Appeal
Furness Building Society
Garfield Weston Foundation
Greater Together
Holy Trinity Church Tarleton
Homeless Transition Fund
Kingsfold Methodist Church
KPMG Preston
Lancashire County Council Public Health
Lancashire Drug and Alcohol Action Team
Lancashire Police and Crime Commissioner
Lancashire Probation Trust

Magma Digital Limited
National Westminster Bank Preston
Preston City Council
Preston Quakers
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SVP St Augustine's
St James' Place Foundation
Taylor Patterson
The Joanies Fund
The Rank Foundation
The Screwfix Foundation
The Tudor Trust
University of Central Lancashire
University of Cumbria
Waitrose Walton-le-Dale
WW Galloway Fund

In addition, many individuals have donated sums in one-off payments or through online giving or have undertaken fundraising activities for us or donated goods; including one very generous anonymous benefactor. We have also received in-kind support from local organisations; especially Preston Trampoline Club and Preston Community Transport. We are extremely grateful for this support. Thank you!



For more information please contact:

The Foxton Centre
Knowsley Street
Preston
PR1 3SA

01772 555925
info@thefoxtoncentre.co.uk
www.thefoxtoncentre.co.uk
www.facebook.com/TheFoxtonCentre
@TheFoxtonCentre