

**Manchester Office**  
Unit 93, Cariocca Enterprises,  
2 Sawley Road,  
Miles Platting,  
M40 8BB  
0161 672 0165

**Bedford Office**  
43 Bromham Road  
Bedford  
MK40 2AA  
01234 880625

**Dunstable Office**  
The Incuba  
1 Brewers Hill Rd  
Dunstable  
LU6 1AA  
01582 343810

**Website:**  
[communityled.org.uk](http://communityled.org.uk)

**Email:**  
[hello@communityled.org.uk](mailto:hello@communityled.org.uk)

## Inside This Copy:

- CLI News
- CLI Profiles
- IOM News
- SAMAS News
- NPS News
- ICM News
- A day in the life of a Probation Officer
- Coffee with Simone Langley
- Interview with SPIN
- Why Volunteer?

# Newsletter

## Community Led Initiatives



March 2019

## Volunteer's Week: A chance for CLI to say thank you



The CLI Team celebrated with a day breaking out and eating in.

Volunteers week is a chance to celebrate and say thank you to the fantastic contribution you make across all our projects

During the week, hundreds of events and celebrations take place across the country, saying thank you to volunteers and recognising their invaluable and diverse contribution to the UK.

CLI Manchester volunteers were thanked for their contribution to CLI at a special event organised by our team- Simone Langley, Elizabeth Knott, Rebecca

Hayes, and James Rowland - on Wednesday 5<sup>th</sup> June 2019.

In previous years we have 'Treasure Hunted' across the city which was well received by everyone, so this year we hoped to partake in something as popular.

We decided on Breakout Manchester and it was great fun. We first split off into small groups and then entered different themed rooms and attempted to solve puzzles and clues in order to be released. Some

more successfully than others should we say. HUMPH!

The CLI Team look forward to this event every year. Becky Hayes IOM Project Manager says "What a day, it was so great to be able to laugh all day with the people we value the most! It was a competitive but fun environment and a great release from our general day to day tasks!"

After some fun pictures we headed over to TOPS restaurant and ate our own body weight in food.

Continued on page 2

# Happy Birthday For April May & June to:

James  
Simone  
Jamie  
Shannon  
Petty  
Nassia  
Salim



Jamie Stevens Outstanding Contribution to ICM



Paul Walsh Outstanding Contribution to IOM



Madi Slater Outstanding Contribution to NPS



Lyndsey and Lily having fun at Breakout.

The buffet style selection of different countries national food was delicious and the creperie was hit hard by all the volunteers. Next, we chauffeured (squashed in our cars) up to our new office at Cariocca Enterprises in Miles Platting where we enjoyed the inaugural CLI awards ceremony.

Certificates were given out, speeches made and one awardee who couldn't be with us, as she had started her new job, accepting her trophy by photo link on the big screen.

We were so pleased to be able to say thanks in this way and it was great so many of you attended.

Unfortunately, the Volunteer of the Year winner Vinny was unable to make it as he was poorly.

He accepted his award via phone link on loudspeaker with us all.

*"The strength he has shown throughout the challenges he has overcome has been something that others aspire to."*  
**Simone Langley.**

*"They were a godsend working with one of my members, taking the time and initiative to contact him and go to see him for practical things like shopping and just for a chat sometimes. He was encouraging and supportive alongside being firm and decisive."*

**Nolan Bentley  
Inspiring Change Manchester  
Engagement Worker.**



Vinny Debotte has outdone himself this year and was rewarded with many kind words from various people he had worked alongside over the past 12 months:



Danny, Simone and Paul enjoying breaking out! Winners!





Laura Holmes celebrating her win at MMU for her contribution to volunteering. Becky and James went along to watch the ceremony and surprise her on the night!



Congratulations to Kyle (IOM Support worker) on passing his driving Test.



The New Office in Dunstable—Bev Copesake (samas project manager and Leanne Gearing (volunteer coordinator) “working”.



Above is our first completion of training in our new office. From left to right: Kim Blackburn, Jayne Sinclair, Jennie Lenane, Joanne Boughen, Tim Scott, Debbie Massey, Trishna Reid, Teri Ortenzi, and Bev.



Vinny, Jean-Marc, Jamie and Carl all bonding with each other on an ICM Go-Karting activity. This was the first time some of these lovely people have tried it. There was a competitive vibe too with Jamie winning and will be rebooking himself again very soon.



We had planned to celebrate volunteer's week by spending a day on Dunstable Downs, which is a special place in the countryside with outstanding views. The weather meant we had to postpone and we haven't awarded our volunteer of the year his award. We plan to get everyone together for a fun day out on 10th July.

Congratulations to Jason for being voted by his peers as volunteer of the year. It's well deserved and he is an inspiration to us all. Thank you Jason!!



Michelle Sheriff was successful in the recent GROW recruitment. She started in June at Back on Track for the first 6 months and then will come down to The ICM Hub and work alongside the Engagement Team.



Above is Trish, Jayne and Mags at an event to celebrate Volunteer's Week. They met the local Mayor and linked with lots of local services in Dunstable. It was a great evening and was part of our efforts to build support in Central Bedfordshire. Thanks for turning out in your own time ladies!!



As SAMAS grows - please meet Trishna who joined us on 23 April as a GROW trainee working in Central Bedfordshire. She already has half a dozen people on her caseload and found a fantastic venue to deliver a new group in her home town of Leighton Buzzard which started a few weeks ago. Thank you Trish and welcome to CLI.



Meet Zoe Walker - our latest member of the staff team. She is a Volunteer Coordinator working in Central Bedfordshire and we wish her well.

By Bev Copesake

A big thank you to Adam (picture on right) at Sedulo for hosting me at their offices in June and teaching me all things newsletter-y!



I had a lovely day at your very plush office on Deansgate and learnt lots. Thank you so much.

(sedulo.co.uk)

By Liz Knott



Follow us on Instagram, Twitter and Facebook to see Jennies Story.





# A fond farewell to one of our own: CLI says goodbye to Sean. *“Sleep well”*

## Here is Sean's journey to recovery with Community Led Initiatives

By Bev Copesake

We first met Sean in April 18 and he was supported by the Community Mental Health Team and had difficulties with alcohol. He was staying in the Night Shelter so had to find ways to occupy his time during the day-time and we met him when he dropped into the CVS building on a cold and wet day and he was killing time in the warm.

Sean later attended groups and there were several occasions when he struggled. With support from Karen Cockings, Sean continued to attend groups and made good connections with the other service users and volunteers.

He attended a structured group delivered by Diane and he completed training to become a community reporter.

As a 'reporter' he was instrumental in making a 'Recovery' video which can be viewed on You Tube on the Bedfordshire Community Reporters channel and he took the lead at

the SAMAS Open Day on 31<sup>st</sup> October to show the video to visitors.

Sean applied to become a volunteer mentor and completed training in February 2019, and he was accepted into this role.

He also applied for the GROW trainee role in Bedford Borough and he attended a recruitment session. He showed himself to be confident with good communication skills, a great understanding of the expectations of the role of a GROW and his belief in the values of CLI. As a result, he was offered the role which he accepted and started on 15<sup>th</sup> April.

His journey from standing in the reception in the Bedford office to his new job role was inspiring and he was loved and admired by everyone at CLI.

Sean was a lovely, caring, thoughtful and clever man and he will be missed by many – including myself.

Sleep Well Sean. Bev

### A few words from Peter Atherton:

"I remember meeting Sean in passing around the office in Bedford, and it wasn't long after that when I saw him leading our Open Day at Harpur Street.

I was massively impressed with how he facilitated the day which over 50 people attended. When I later found out that Sean had also taken a leading role in organising the day, I was even more bowled over.

I got to know Sean quite well from that point on. He was a special guy that had such a nice manner about him, he naturally made all around him feel safe and at ease.

His insight and intelligence were clear to see and with that came a confidence in his work as a mentor for others. In teaming up with Jason, they both supported

someone who really needed help and Sean was able to use his life experiences really skilfully in a difficult situation.

It was brilliant to see Sean succeed in becoming a GROW trainee with our team in Bedfordshire. He brought characteristics that made us all richer.

I feel a huge sense of loss in the passing of one of our CLI family and that the potential I believe lay within Sean was not fully realised. But equally blessed that I had the opportunity to know him".

Thank you Sean.

(P.S. Liverpool won the Champions League mate)"



# Getting to know you.....

*“no two days are the same”*

I came to CLI through volunteering with another organisation in Bedford helping people through recovery. In 2016 CLI became involved with the service and the SAMAS project was set up – Support, Advice, Mentoring and Advocacy Service which helps people through addiction.

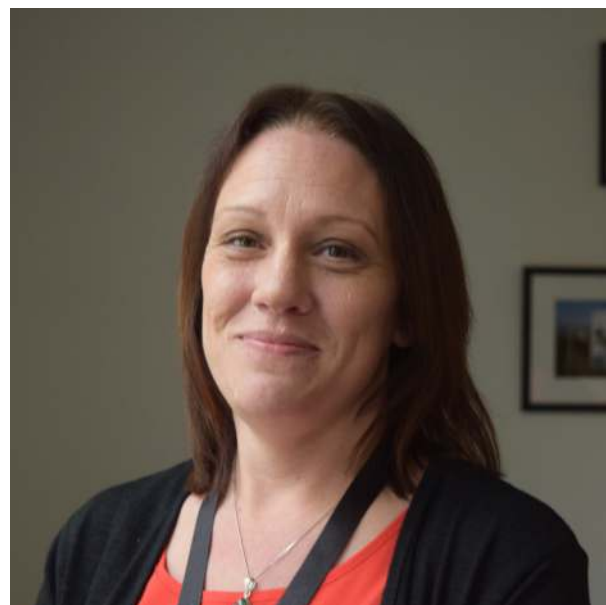
I first met Pete and Matt when they did our volunteer training and I thoroughly enjoyed it even though I was nervous at first. Matt and Pete were great and really put me at ease. I couldn't wait to get started and give back to those who needed support as I know what it's like to be in that position. To be able to help someone and possibly change someone's life is amazing and probably one of the most rewarding things you can do. I've now supported on 6 training sessions over the last few years and I learn

something new every time.

When I first started mentoring, I only had a small amount of time as I had two very small little girls to look after. I had been a stay at home mum before volunteering so it was a big step getting back into work, but I knew its what I needed to do so I could provide a better life for my girls.

I started supporting a lady and we worked really well together. She is now in work, has moved away and is in her own property. She is still doing great today. She progressed so much in our time together, it was so rewarding to see her journey.

As the girls got older I started to volunteer more and more and then I applied for the GROW trainee role and was successful. I stayed in this role for nearly a year learning as much as I could



**CLI PROFILE - Leanne Gearing  
Volunteer Coordinator SAMAS**

and then when the Volunteer Coordinator role came up I applied. I am now working in the and job share with Karen which allows me precious time with my girls taking them to endless gymnastics and ballet lessons.

I started as Volunteer Coordinator in February 2019 so its all very new still and I'm currently handing over my case load to the new volunteers and our new Grow trainee Trish. I cover the Central Bedfordshire area which is huge and I'm often out and about in my role, I love the fact no two days are the same.

I've loved my new role so far and I never get that Monday morning feeling. I always look forward to coming into work. We have had some sad times recently too and lost people we have worked with and worked alongside, which was a blow, but these people will always be remembered as part of our CLI family.

My advice would be to anyone thinking of volunteering with us or taking up a career in this sector would be to go for it and give it your all, the rewards are amazing to both yourself and the people you are supporting.

# Getting to know you.....

“what’s meant for you,  
won’t pass by you”

I first met Pete Atherton in 2014, when he came to MMU to give a talk about the CLI and how volunteering can benefit us and allow us to support others which is something I feel strongly about. I spoke to him afterwards to see how I could apply. I attended the training with Pete, Matt and Zahra and then started in role straight away.

I volunteered for around 12 months during my 2nd year at Uni and loved it working with such a wide range of people and supporting them with practical goals as well as doing fun activities.

I truly believe that my time volunteering shaped me into the person I am today. It gave me so many skills and a different mindset to life which allowed me to find paid employment, working in a care home with

children with multiple complex needs.

Since I was 16 I have also played professional Rugby League for various teams across England and also in Australia. In 2018 I moved to Australia after signing for a team near Sydney to continue my career over there and enjoy the lifestyle of having a beach and ocean as a back garden. However, I was unlucky and dislocated my shoulder again and needed a second shoulder operation and decided to come back to the UK. It was a tough decision to make - to retire from playing, but I’m a big believer in “what’s meant for ya, won’t pass by ya”.

I returned to working in a care home and was promoted to a deputy manager. After a short while I became aware that a job had become avail-

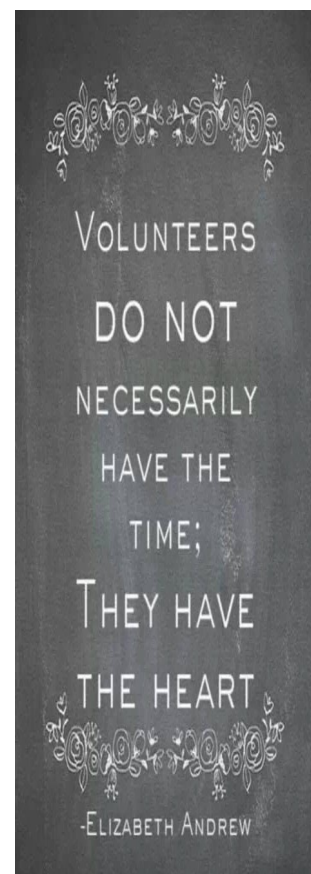


## CLI Profile - James Rowland NPS Project Manager

able with CLI. I had always begged him to keep me in mind for a future role, so I applied straight away and was luckily successful.

I started in March 2019 and haven't looked back. I'm the project manager on the National Probation Service project and work from the Moss Side probation office, managing a team of volunteers and liaising with probation officers to support individuals on license or community orders. It's a really rewarding role and everything I dreamed it to be. The reason why I want to work in this sector is because I want others to be-

lieve in the potential they have, even when sometimes they can't see it for themselves.





# IOM NEWS

By Rebecca Hayes

work. He too will be supporting on the NPS project over the coming months.

## Jack G

Jack has been 100% involved since day 1. Joe is matched to a person with multiple and complex needs and there has been many challenges to overcome but he has managed to work through them and just 'gets it'. He is a wonderful volunteer as he is reliable, punctual, communicative and he goes over and above his role each week! We really value your support, long may it continue!

## Ed

Ed has spent time shadowing with Becky this month and has also been matched with someone who unfortunately was recalled back to custody for a short period. Ed has made a great impression in this short time as the mentee wants to work with him upon release. He has also made a fantastic impression with our partner agencies too!

## Shannon

Shannon is new to the role but has spent most of June out and about with Becky meeting various people and partners. She has visited different probation offices and community venues. Shannon is due to be matched very soon and feels ready. We are excited to see her grow and develop and it's been a pleasure to get to know her.

## Jack R

Jack has had some shadowing experiences this month and he is due to be spending more time out and about with Kyle, which will be insightful for him! He will be hopefully being matched soon. We have some really positive news from him recently - his new album has just been released so he's working hard promoting it well done Jack! @blackjack\_uk

## Rachel and James

have headed home for summer (lucky guys!!) but will return in September – enjoy your break.

## Paul

Paul is helping someone complete some practical needs, so far it's going great. Paul won CLI's Outstanding Contribution to IOM award on our Volunteers Day in June and it was well deserved. He is hardworking and committed. He has a huge heart and puts a lot into the service so we were really happy to honour him with the award.

## Maisha

Maisha has been matched with her mentee for a few months now. They hit it off instantly and have been building a positive relationship ever since. He really turns to her for emotional support as well as getting practical areas addressed. Over the past few months I have watched Maisha really grow and devel-

op in her own way. She is completely dedicated to her mentee and works hard to make sure he gets the support he needs. I can't wait to see what challenges and developments a new mentee will bring her, as she will also be volunteering within our NPS Project after summer!

## Joe

Joe is reliable, communicative and dedicated. This has been Joe's complete attitude toward mentoring since day one. He is so independent – he rarely needs my support! He is incredibly easy to work with and his mentee appreciates the time and efforts he puts in. Joe is always trying to think outside the box and that shines through in his



# SAMAS NEWS

By Bev Copestake

## Thank you to the Bedford Borough Volunteers:

### Hannah

Hannah's support in groups has been fantastic and is much appreciated.

### Dave

Dave has a colourful personality which matches his attire – and he's doing great work with is mentee.

### Linda

Our lovely Linda is always reliable, giving and thoughtful and will never let you down.

### Karen M

Karen—our art group wouldn't happen without you. You are so creative!

### Pat

Pay—its been a difficult time for you— but great to see you with us again recently.

### JoJo

We can all learn from JoJo to find peace and wellbeing in our lives.

### Jason

Jason you are a thoughtful, giving and lovely person who is integral to the growth of this service.

## Thank you to the Central Bedfordshire Volunteers:

### John

John quietly gets on with things while working full time – thank you.

### Mags

We don't know what we'd do without you – it feels like you been with us for years but it's only since February.

## Our latest recruits:

### Kim

Kim has already launched a peer support group in Bedford – it's great!

### Tim

Tim is another thoughtful, giving and lovely man – we're looking forward to seeing more of you.

### Sophia

Sophia was awarded an A in her essay for her degree in Criminology which drew on her experience with CLI.

### Joanne

Joanne has just matched with her first mentee – she's eager to get going.

### Jayne

Jayne also just matched and equally eager and ready to go.

### Teri

Teri will give more support to the ever-growing groups in Central Bedfordshire – thank you.

**Jennie** – her video is on our Facebook page and speaks for itself – a fantastic journey to become a volunteer.



### Diane

A special thanks to Diane in Bedford who delivers a structured group that helps our new service users to connect with SAMAS/CLI. She designed the group and we get great feedback from those who attend. Thank you Diane!!

Lots of you know it's been tough in Bedfordshire recently and there are 2 ladies who deserve real thanks for keeping everyone and everything going.

They continued working to support people being referred for support and we had some great response from the drug and alcohol service manager who happened

to be around during one of the service user meetings. She said that it was fantastic to hear the laughter coming from the group which they don't often hear in the work they do and congratulated Leanne.

Thank you Leanne for building this valuable foundation for growth in central Bedfordshire.

Similarly Karen is to be thanked for putting together a wonderful scrapbook of shared memories, pictures, and other memorabilia to give to Sean's family.

It was upsetting while she did it but Karen showed an inner strength that she draws on to keep the Bedford office grounded.

# NPS NEWS- by James Rowland

**"I am so happy that I was introduced to CLI"**

## Nina

I have received non-stop praise about the work Nina is doing, she is meeting up weekly with her mentee and here is a comment from him that sums up the impact she has had working with him....

*"November of last year I was introduced to CLI I did not know what to expect and I was a little bit apprehensive but I am so happy that I was introduced to CLI and Nina my mentor. Without Nina I would not have been where I am today I am so grateful for the help motivation and guidance that Nina has given me".*

## Shannon

Shannon has supported her mentee

through the full process of his PIP assessment recently, from assisting to fill out the documents, to working on his anxieties of attending the appointment which he is grateful of!

## Billy

Billy and his mentee have identified that he wanted to use his time more meaningfully and had aspirations of becoming a volunteer himself, Billy supported him in finding the Booth Centre where they firstly attended as a service users and then began to volunteer.

## Paul

Paul attended the Town Hall and supported someone to find accommodation which the mentee was successful in doing and was very thankful of



Paul's support as it was "something he could not have done". Paul has also been matched with a new mentee and they are planning fun activities such as attending Museums and going to the Cinema and Bowling.

## Danny H & Daniel B

Have recently been matched up for the first time and are doing some brilliant work with both practical tasks and planning fun activities to take part in with the people they support.

## Laura

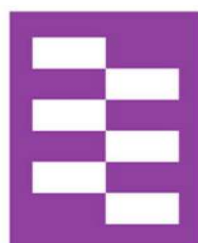
Laura recently won an award for Volunteer of the Year at a Manchester Metropolitan University event which was recognition for all the

hard work she has been doing for CLI and the countless amount of times she went above and beyond. Laura is off to Nepal in June volunteering and I would like to wish her luck from us all and we will see you when you're back in 3 months!

## Ann-Marie

Ann-Marie has recently joined CLI after completing the training in April, she has been attending our drop in to support people with practical tasks and has shown already, through her eagerness to learn, that she will be a brilliant addition to the team.

**National  
Probation  
Service**



# ICM NEWS - by Liz Knott

Thank you to everyone on the ICM Project, you are all amazing!

## Vinny

Vinny works hard for ICM, is committed and reliable. He has supported many people recently and had to deal with his mentee passing away. Thanks for always being bright and cheery.

## Jamie

Jamie is supporting a couple of people at the moment and always takes the initiative and can just jump in and help when needed.

## Georgia

Georgia continues her support with our most popular groups at ICM and is well liked and appreciated by all our team and members.

## Adele

Adele has done some amazing work with the people she has been helping. She had a break recently but we hope to see her back shortly. Thanks Adele.

## Nassia

Nassia has now finished

her degree and has been supporting the Xchange group alongside Vinny and Jean-Marc. She hopefully will be doing some work with Becky on IOM very soon. Thanks Nassia.

## Jean-Marc

JM has been supporting a lady at ICM and doing some fun activities there too. He also supports at the Xchange group. Thanks JM.

## Petty

Petty has got her self involved with lots of ICM events and activities and has worked closely with a couple of the team helping them support people with challenging issues. Thank you Petty.

## Lyndsey

Lyndsey is going great guns with the Get Creative group and will soon be coming to support at the Womens Voices groups.

## Salim

Sal is supporting a member at ICM and



they go out every week. He will start on Hub rota in a few weeks. Thank you Sal.

## Reiss

Reiss got off to a great start coming in twice a week and has had a great shadowing period and has met his first person who he will mentor. Thanks for making yourself available and going above and beyond for us all here at ICM. Very much appreciated.

## Lily

Lily has also got off to a flying start whilst holding down a full time job she comes in weekly to help with the Rota and will start to make contact ICM Members on less intensive support alongside Reiss.





Preventing victims by changing lives

# A Day in the Life of Rebecca Cooke :

**Probation Officer and Female Lead for North Manchester, Moss Side, Trafford and Wythenshawe.** By Rebecca Cooke.

Typical day I usually start about 7.30am as I like to get in earlier to get a few hours to catch up before the office open at 9am. This is usually spent completing assessments, completing reports, writing up contacts, and answering emails. During this time I will have my breakfast whilst I'm working – most important meal of the day!!!

From 9-5, or 9-7 on late night report days, there will be a number of appointments with clients who attend the office. I am the women's lead and therefore I also attend the women's hub on a Wednesday so I have a day out of the office each week. Sometimes if clients can't attend and need to be seen we will go and do a home visit too.

A typical day would also involve a meeting of some kind whether that is a prison visit to clients arranging their release plans, or child protection meetings with social services to support them in do-

ing multi agency working in safeguarding children.

There is no set lunch time as we manage our own time during the day. So lunch is when is best to fit it in around visits and clients.

More often than not there will be a crisis. An example of this might be a client losing accommodation, therefore the other plans can quite often have to be re-arranged to ensure that we can support this client. This might mean re-arranging a prison visit or having to ask a colleague to see our clients that are due in for appointments so that we can provide the best support possible. In the office we are all very supportive of each other as a team and will step in to help our colleagues to make sure that minimal appointments and visits get cancelled.

I usually finish about 5pm, but sometimes later on the late night reporting days to make sure that those with employment can be seen at an appropriate time for them. If there's time I write up the contacts from the day, but sometimes this isn't always possible... so they will wait



until tomorrow morning ready to start again!

After work I try and get to the gym, before going home to chill out!

Being a probation officer is a really rewarding role. Supporting people to make positive changes in their lives and seeing people succeed is a brilliant feeling – for them and for us! The role requires compassion, the ability to empower others, and dedication.

There are lots of different roles within the National Probation Service, these will be found online with lots more information at: <http://www.traintobeaprobationofficer.com/>.



**HM Prison & Probation Service**

# 'Qw-offee' and Questions with Simone Langley.



**Q1 – Who is your biggest celebrity crush?**

Roman Reigns from the WWE

**Q2 – What is your favourite daily wear attire?**

Usually leggings and a black top

**Q3 – Do you sleep walk or sleep talk and if so what do you do/say?**

Apparently I do sleep talk but I have no idea exactly what I say as I don't think it can be made out! It is usually part of a work related dream though.

**Q4 – If I came to your house and opened your fridge what would I find?**

Meat, salad, fruit, veg, milk, cheese etc. The things you wouldn't find are the goodies that I have usually hidden!

**Q5 – What advice would you give to your 13yr old self?**

Don't be afraid to say no. If it doesn't feel right, don't do it. It will make you a stronger person in the future.

**Q6 – What's your best and worst quality?**

Best quality is my caring side and my worst quality is negative thinking

**Q7 – What would your autobiography be called?**

I did it other people's way first, then realised that didn't work so I did it again....My Way! – by Simone A. Langley

**Q8 – How would you describe peer mentoring to a 5yr old child?**

Being kind to people and helping them to learn some new things that they can do themselves

**Q9 – Describe your life so far using film titles?**

It's a mad mad mad mad world, The Terminal, Analyse This and Brave Heart

**Q10 – What would your pet say about you if we asked it for a reference?**

You would have to find one of them first. We had two snakes but one got out and has not been since about 9 months ago! The other one would probably refuse to give me a reference based on that scenario!

**Q11 – What's the funniest thing that has ever happened to you?**

When I was a holiday rep, I took a half a coach load of holiday makers to a 5 star hotel thinking it was their accommodation as it had almost the exact same name as a 2 star hotel around the corner..... It was a big mistake! I had to tell them the bad news that we were at the wrong place, take them back out and reload them and their cases back onto the coach with the other half of the coach glaring out of the window and laughing. I then had to drop them off at the less fancy hotel down the massive hill they also didn't know about!! Well...they did book a "price breaker" holiday where you didn't know what you got until you arrived so buy cheap buy twice I say!

**Q12 - If you could only choose one song to play every time you walked into a room for the rest of your life, what would it be?**

I can't choose one song which is why I have Heart 80's constantly playing in the office! Anything that comes on that channels lifts me up during the day!

**Q13 – If you could choose anyone, past or present who would you choose to be your mentor and why?**

I believe I have learnt many things from many people over the years and that variety has helped me to become who I am. I would class each of those as a mentor in some way and value the good and bad that I have been shown.

**Q 14—What is your guilty pleasure?**

Watching Hercule Poirot and Miss Marple programmes on a Sunday afternoon! Lol

**Q15—What advice would you give new volunteers?**

Make the most of every experience in your role. You have an opportunity at CLI to be part of something special, that can change not only yours but other peoples lives in so many ways.

# Its people like Mark that keeps our faith in humanity

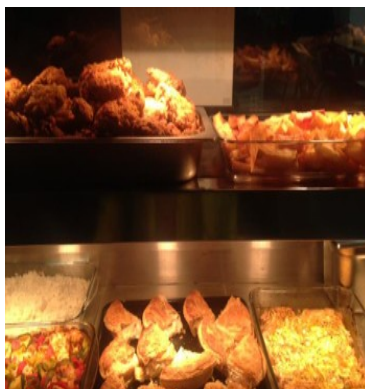
**Interview with Mark Evans from SPIN.** By Liz Knott

**Supporting People In Need (SPIN)** are a charity based in Ardwick Manchester, tackling the ongoing issue of homelessness and poverty. I had the pleasure of visiting them for a look around with their co-founder Mark Evans and Jason Broughton from ICM.



SPIN was born in 2014 when two brothers took the initiative to collect food that would otherwise be thrown away by supermarkets and restaurants and distribute it to the homeless in Manchester.

During this time, they met a Pastor of a local church (who was also the manager of



FareShare) who offered Mark his building (The Well) to use as a base. They didn't say yes straight away due to it being rat infested and run down - the task ahead was huge. Mark said *"it was a bit of a struggle in the beginning and for the first three years we had no money off anybody, we would just beg, steal and borrow off people really"*.

The transformation since then is remarkable, SPIN has brought the street kitchen indoors and provided people with a warm environment where they partake in a variety of activities whilst being supported.

The Well has an industrial kitchen, dormitory style bedrooms, bathrooms, a future Dog Kennel and a fantastic garden growing produce! The produce grown is used for the Sunday Roast, cooked by experienced chefs.

As the kitchen attracted more rough sleepers, SPIN started to focus on providing accommodation. The church collaborated with SPIN and provided beds for their homeless friends. They currently house up to 12 people and over the last few years have supported hundreds of people into their own accommodation and



employment.

Their residents are also encouraged to volunteer for FareShare and in doing so establish a work life routine. The Well was recently officially opened by Andy Burnham - as Mark jokingly says we've now had *"the seal of approval"*.

The Big Change, Greater Manchester Combined Authority/A Bed Every night, Greggs, Morrisons and the NHS all partner with SPIN. Other help comes from the kind donations of people and companies such as Kellogg's, who have provided computers and internet access in order to help people write CVs, look for jobs and prepare for interviews.

The charity also delivers different projects to its residents to help people develop skills, gives purpose to their time whilst providing a





source of income. One such activity is their workshop project, upcycling pieces of furniture they sell locally. Mark says, "the lads get a few quid from it" and it boosts morale. They are also expanding into handbags and dresses with the help of The Melissa Project, who come in to help on a Saturday.

Another popular scheme is The Garden Project, which has enabled the Well's grounds to be renovated thanks to the Greater Manchester Mental Health



NHS Foundation Trust. SPIN, with the help of the homeless guys at The Well, Sow Manchester and the brilliant and creative Louella Lily FitzGerald (who designed all features of the garden) have worked together to make the grounds beneficial to all the community. This will benefit people with mental health issues. The features include wildlife ponds, chickens, Polly Tunnel and even a willow arch leading



to a peace garden. It looks amazing.

The lads have currently set up a 5-side team too (with kits donated by Manchester City) and they are raring to go - watch out for them soon.

SPIN are currently recruiting to their team, so have a look at their website if you want to get involved.

[www.supportingpeopleinned.org](http://www.supportingpeopleinned.org)



# Volunteering: Why working for free is so rewarding.

We hear from Madison Slater on how volunteering with CLI helped her gain employment. By Madison Slater.

*"Being a part of CLI has been really important to me this past year. "*

I worked in retail previously to volunteering and never enjoyed my jobs at all – I always felt undervalued and let myself get walked over a lot when working in shops. I was worried when I first started that as I was volunteering and giving my time for free, that I would still be treated poorly.

Volunteering with CLI was the complete opposite! I have never felt so valued as part of a team; CLI treat all their volunteers in the exact same way as any other staff member, and I've always felt respected as part of the team.

Before starting mentoring, I came across as confident but definitely lacked in self-confidence and was very harsh on myself. Mentoring and the support I've received from everyone at CLI has helped my self-confidence grow massively as the good work I have done has always been highlighted, helping me to see my own value and abilities.

I wouldn't have dreamed of applying for a role like the one I have just undertaken at Humankind without CLI, as I never would have believed I would get it in the first place, but the feedback I've been given has helped me grow and become more confident in myself.

At the beginning of my mentoring role, I had an unpleasant experience which brought up some personal problems that I had never



really expressed before. At the time this was quite scary and I did not know how to handle it, but the CLI team went above and beyond and I'm really grateful for the support I had during this time.

Now that it's a few months on I feel stronger in myself and facing that personal experience has been very freeing, but I couldn't have done it without the support from Becky and Simone in those first few days, and the continued support throughout the whole process of dealing with it.

To really sum it up, I never expected to gain so much from volunteering with CLI, but I've loved being part of the team and couldn't have volunteered for a better organisation!

I'll be singing CLI's praises to everyone I meet whose interested in volunteering or using the service, as CLI are brilliant!