

Open Door

Exmouth

www.opendoorexmouth.org.uk

What a busy end to 2018!

On 1st December the Reverse Advent calendar was launched on Facebook. For 24 days people all over Exmouth started collecting practical items to gift to local individuals and families in need. On 24 December the filled and in some cases beautifully decorated boxes started arriving and they kept on coming until well into the New Year! We were overwhelmed by the generosity of our local community. They were a true Christmas blessing and so gratefully received. Boxes that arrived after Christmas enabled us to replenish our support cupboards. Thank you so very much to everyone who gave generously, we couldn't have done

it without you. On 6th December 'An ICE Christmas'. celebrated the new meaning of **ICE** 'to Inspire, **C**hampion and **E**quip' children and young people to reach their full potential. 15 students performed a variety of songs and over 130 local people came to support them. The event was a great success and lots of Christmas joy was spread.

A fun time was had at the Volunteer Social on 7th December. Congratulations to Hayley our Skittles Champion! On Christmas Day a delicious traditional Christmas lunch was enjoyed by local people in need. 55 meals were served with the help of the Mayor and a

wonderful team of volunteers. Much to the delight of one little girl, Mr and Mrs Santa popped in! Thank you to everyone who made this such a special day.



Finally, on New Year's Eve our Nightshift teams helped 9 people. They handed out sleeping bags, hot drinks, returned glasses to pubs and picked up bottles from our streets. They even managed to surprise families waiting for the fireworks to start, by providing a chocolate or two!

Café Update

Nearly 10,000 customers visited the café during the year. We served 8,000 meals, the holiday café served local children and families over 500 free meals and a further 300 were given to people in need. We provided 1,100 hours of 1:1 advice, support and counselling to 289 people. Our support teams continue to help clients complete on-line benefit forms, provide budgeting advice, complete job applications and access other support services. Our teams work closely with East

Devon District Council housing, Citizens Advice Bureau, Community Food Larder and Streetlink. Our weekly 'free' fresh produce table, providing fresh fruit and vegetables, continued to support those struggling to make ends meet.

A number of support groups were accessible through the café including : **Young Devon** who offered drop-in sessions to young people seeking confidential advice and support. **Creative Minds Art Group** encouraged people,

who do not usually have access to art, to join in and experiment. Some beautiful pieces were created and displayed. They aim to increase self-esteem, provide new skills and improve mental health. Everyone was warmly welcomed and enjoyed the interesting activities. We look forward to continuing to offer this activity during 2019.

Great News - M & S have chosen us as their 'Charity of the Year' for the second year running. Thank you M & S!





Children and Families Work

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Please pray for:

-Give thanks for all that was achieved last year.

-Give thanks for the continued support of M&S.

-Pray for the work of Haven, ICE and CCC as they continue to support local children and their families.

-Give thanks for the thoughtfulness, kindness and generosity of our community.

-Give thanks for the successful planning applications to extend capacity and opening times of Men's Shed and the successful Lottery Grant funding.

-Give thanks for our caring and dedicated volunteers.

-Give thanks for our well-stocked support cupboards.

-May the Lord continue to guide us in His work.

Last year in **Haven** we supported 58 children aged 7-17 years. We ran 44 mental health support group sessions across primary and secondary age groups. In addition, we launched a third support group specifically for Young Carers. We have seen improvement in children's confidence levels, and their attitudes towards eating improve. Over the past year we have covered topics to help educate, inform and empower. These have included: stress, worry, fear, anxiety, hopes and dreams, relaxation, joy, anger, keeping mentally healthy, kindness, helping others and

sharing. Positive relationships have formed within the group, and between children and their parents, as understanding of mental health and coping strategies grow in both. One of the parents said recently "Haven is an amazing place", while a child was heard to say "I wish I could come to Haven every day".

The **ICE** hub continues to provide a safe, informal space for students to relax, whilst being able to discuss worries and concerns, including friendship issues, home-life, bullying etc. Over the course of the academic year the Hub received over 13,600 visits from children.

ICE have been chosen as one of the charities to vote for in the Tesco Tokens scheme, so if you are shopping in Tesco Superstore, Rolle Street or Brixington - please pop a token in for ICE!!

Several families have successfully moved through the **Child Contact Centre** during the year and are now able to meet outside in the community. We are particularly celebrating one family who joined us six years ago and who, at the beginning of this year, moved on into the community. A father said, "Thank you for everything you have done. Your service is a wonderful asset to our community".

Men's Shed - update

Wonderful News: Men's Shed have been awarded a £10,000 Lottery grant towards their running costs. In addition we have been granted planning permission to extend the Shed and its opening hours. We hope to start the build when the weather improves.

We had 2,800 attendances at the Shed over the year and worked on an amazing 135 jobs for individuals, organisations and local charities. The most unusual project was to

renovate a carousel that had been a Christmas present to a



lady during the second world war. It was a real challenge; it needed a lot of time, patience and skill. The team rose to the challenge and were very proud to present the final working model.

Nightshift

Our Nightshift teams did an amazing job last year. They assisted 83 people, emotionally supported individuals, administered first aid and liaised with the emergency services. In addition, they gave out: 75 hot drinks, 8 space blankets, 3 sleeping bags, 11 pairs of flip-flops, returned 76 glasses to pubs and picked up 305 bottles!

As we look back and reflect on our service to the community during 2018, we give thanks for all that we have achieved.

Volunteer News - Dates for your Diary!
First Aid Q & A and Health & Safety : Fri 8th Mar
Conflict Management & Listening Skills : Fri 7th Jun
Volunteer Summer Social: Fri 5th Jul
PLEASE BOOK NOW—RSVP to Sandy