



Chester Aid
to the Homeless

**Preparing for a
brighter
future**

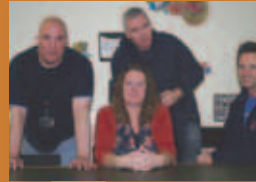
annual review 2010/11



Chester Aid
to the Homeless

Helping homeless

nurture



confidence



rebuild

independence



people to a brighter future



Bob Rudd Chair

I am delighted to introduce this year's annual review. I am proud to be the new Chairman of CATH and know that I follow in some very fine footsteps. This year we have decided to celebrate our achievements and look forward with enthusiasm and expectation.



We don't, as an organisation, tend to 'blow our own trumpet', but in this time of cutbacks and austerity there is still time for optimism. Thanks to some sound financial management we were able to maintain and improve our service delivery.

As you all know CATH started out in 1972 as a soup kitchen and yet today it provides a service that encompasses the whole of the homeless client journey.

We actively seek out rough sleepers and our ultimate objective is to see them established in their own tenancy. But CATH is much more than an accommodation provider; we take a holistic approach to our clients to ensure the most appropriate and sustainable outcomes for them.

We have established an Education Programme that delivers a range of opportunities to improve our clients prospects. We provide life skills training, IT skills, confidence and communication courses amongst a wide range of options on offer. We work closely with partner agencies and, as a result, our clients volunteer in a number of settings, e.g. disabled riding school, a retirement home and with community day services. Our good work has been recognised by an award of over £250k from the Big Lottery Fund to enable us to continue our education programme for the next 5 years.

Our staff and volunteers constantly strive to provide an excellent service for clients, to enable them to have a brighter future and I would like to thank them all for their endeavours.

Enthusiasm is infectious



and helps morale



Robert Bisset Chief Executive Officer

CATH has enjoyed a very good year working with many clients to achieve positive outcomes. Across the city and beyond, CATH has been able to advise and support many individuals back into accommodation. The opportunities for both CATH and its clients still exist; they are just becoming that little bit more difficult to find. This is not very surprising given current constraints on Local Authority funding and the average persons pay packet.

Despite the challenging economic environment, support from the local community has once again exceeded expectations. That support has been measured in financial terms and the time that people give to the organisation. CATH has recruited many new volunteers in the past year and they have added tremendous value to the existing services; volunteer enthusiasm is infectious and helps morale. Money is always important and needed but the support of our volunteers is something we never underestimate.

The Local Authority is undergoing real change. The pressure is on for the new Unitary Council to deliver more for less. CATH, as an organisation that benefits from public funding, will also be required to deliver more for less. We do understand the concept of value for money but we cannot escape the reality of managed environments - they cost money.

Rough sleeping figures are dramatically lower than just over a decade ago. Official headcount (DTR) recorded 27 rough sleepers on one night in 1997. In 2010 the equivalent exercise, now extended to cover the new geographical spread of Cheshire West, recorded only one rough sleeper. It would be less than gracious to proclaim the emergence of a magic formula as the reason for the reduction. In truth, the answer probably lies with sufficient and well managed services that are ideally situated within the city walls.





Aidee Marsh's story...

Moving forward...

Aidee has been with CATH for 4-5 years but has now moved into his own accommodation. Life was never particularly easy and he readily admits that he was no angel.

He started taking drugs and eventually ended up in prison and acknowledges that he spent far too much time 'inside' and he eventually ended up rough sleeping.

Never the most confident personality Aidee accepts that he needed someone to believe in him and give him support.

His journey with CATH began at the Harold Tomlins Day Centre and he was given a bed at Crispin House. It was at CATH that he found the support that he needed, eventually moving to Roodee House and Move On accommodation before securing his own tenancy.

Aidee worked with our Education Manager to improve his skills and future opportunities. He believes that the encouragement he received at this point really made a difference to his self-belief and self-esteem. He was working alongside people who said 'you can do this', and kept reinforcing the positive message. For Aidee this was a new experience and he started to thrive. He became involved in quite a few CATH initiatives and represented the client group on a number of occasions.

Aidee helped out at the Riding School and the YMCA Hostel and participated in the confidence course. He presented a question and answer session at the CATH AGM in 2010 for which he rightly received high praise.

He completed an NVQ in Customer Care and sorted out his own funding to undertake the City and Guilds level 3 in Portable Appliance Testing (PAT). For the past 3 years he has worked as a volunteer at the Blacon Project.

Aidee believes that the support he received at CATH has enabled him to move forward with his life, 'I grew in confidence because at CATH people actually believed in me. Their support has made me more stable and determined to do something positive with my life.'

“You can do this...”





Meyrick Crawford's story...

A valuable member of society

Meyrick has been with CATH for 18 months. When he first arrived he admits to being rough, depressed and suicidal. Meyrick had lost both parents and said that this loss affected him deeply and resulted in him self-harming.

When he arrived at the Day Centre he wasn't sure what he had let himself in for, he met people with drug and alcohol problems. A member of the CATH team sat with him, assessed his needs and he was given a bed at Crispin House.

After sorting out his accommodation needs Meyrick was introduced to John, the Education Manager, and together they worked out a programme of activities designed to meet Meyrick's requirements and help him to move forward.

As Meyrick himself says, 'I started volunteering in the Clwyd Special Riding Centre and it just snow-balled from there.'

He then signed up for other courses including the confidence course, the communications course and he discovered that things were actually beginning to change. He started to go out and involve himself in activities he would never have considered, like bread making, working as an art therapist volunteer, art and crafts, appearing in a performance at an AGM, litter picking for CWAC and working with retired people at Kingfisher House Retirement Home.

How all of this has helped is best summed up in Meyrick's own words:

'I think if there wasn't any of these activities I think I would have just continued to self harm, maybe drank more and more, I wouldn't be where I am now for sure. Now I am one hundred per cent better, so much happier in me. I now feel I am a valuable member of society.'





Stephen Hood's story...

A move in the right direction

It's been 12 months since walking the streets and getting a bed in Crispin House. I was homeless because of a marriage breakdown. My wife left me to be with somebody else. For a while I was ok, my job kept me stable...then things started to slip, work suffered and I started to drink and isolate myself. I thought I had failed. A friend suggested I needed to go to hospital; they kept me in under observation because I had suicidal thoughts.

I was then referred to Harold Tomlins Centre (HTC). I was given a bed in Crispin House and was told about the Education upstairs at the HTC; it was there I met John Buchanan. John helped me link up with courses at TNG and NACRO and more importantly I started working as a volunteer.

As I have a building background I really enjoyed the work at Clwyd Special Riding Centre. It gave me a chance to use my skills. John also got me involved in art classes and other volunteer initiatives such as working for CWAC, Community Day Service and Kingfisher Court.

When I first arrived I was very low in esteem with no self worth or value, not knowing which way to turn. In a period of twelve months I built up my confidence, self belief and my purpose in life. I now have moved into my own flat after a life-changing year. I still work as a volunteer for CATH and will continue to do so because the work is so important. Maybe I can inspire other people.

“Maybe I can inspire other people...”





Denise Baxter-Smallwood...

Establishing trust

Denise started with CATH in June 2010 as a volunteer counsellor. Her role initially was to talk to the clients and establish a trusting, listening relationship. It would then hopefully lead onto counselling individuals when they needed someone to talk to and establish a weekly counselling session; this has proved challenging.

Some of the clients have been responsive and willing to work towards changing their circumstances and although others have been reluctant and unsure I feel very optimistic about the progress we have made. There have been many positive changes in the clients who have been willing to work and share. For some clients this has been the first opportunity they have had to see a counsellor.

My experience here at CATH has been challenging and rewarding. I have received wonderful support and there is enthusiasm for new ideas; this is beneficial for CATH clients.

*“A challenging
and rewarding
experience”*

Balance Sheet 31 March 2011

	2011		2010	
	£	£	£	£
Fixed assets				
Tangible assets		144		192
Current assets				
Debtors	57,132		18,117	
Cash at bank and in hand	484,017		460,408	
	<u>541,149</u>		<u>478,525</u>	
Creditors:				
Amounts falling due within one year	<u>(54,564)</u>		<u>(55,884)</u>	
Net current assets		486,585		422,641
Total assets less current liabilities		<u>486,729</u>		<u>422,833</u>
Funds				
Restricted Income		9,075		12,457
Unrestricted Income		477,654		410,367
Total Funds		<u>486,729</u>		<u>422,833</u>

2011

Total Income £1,092,079

Bank Interest £4,335

Grants & Donations £66,894

Charitable Activity Income £1,020,850

2011

Total Expenditure £1,028,183

Fundraising £4,537

Governance Costs £22,680

Charitable Expenditure £1,000,966

2010

Total Income £1,101,495

Grants & Donations £99,518

Charitable Activity Income £1,001,977

2010

Total Expenditure £1,156,785

Fundraising £4,808

Governance Costs £20,854

Charitable Expenditure £1,131,123

These accounts are a summary of the information extracted from our Trustee Reports and Accounts - a full copy can be obtained from our website.

www.cath.org.uk

Mitchell Charlesworth,
Registered Auditors &
Chartered Accountants,
24 Nicholas Street,
Chester,
CH1 2AU.

Help CATH support the client journey

CATH continues to be successful in reducing rough sleeping and improving the lives of homeless people but we really could not do this work without your help. In order to continue to support local people who need us, we raise funds from the general public. Every penny raised provides help for the homeless.

Here are just 7 ways you can help CATH:

- **Hold an event to benefit CATH** - concert, tea and cupcakes, business breakfast, fashion show, carol concert - the list goes on and on
- **Get your school to invite CATH** to come to an assembly to tell you all about how we make a difference, then hold an event for us (non-uniform day, wear pyjamas day etc).
- Do something for the first time and **get sponsored** (CATH will share the proper paperwork with you so that you make the most of the money you raise).
- Decide to **donate to CATH** every month.
- **Sleep out** at our annual event in Brrrrr December, or if that's not for you, sleep in and collect money from sponsors. Just give us a ring and we'll tell you all about it.
- **Do something** you love, have an adventure, get your football team or business involved in making a difference.
- CATH can earn an additional 25p in the pound if you are a UK tax payer and you choose to **Gift Aid your donation**. For more information about Gift Aid, please give us a ring on **01244 314834** or see our website.

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Please give a donation - you will help us rebuild lives. Whatever you are able to give, we thank you.

For further information about fundraising for CATH, please ring **01244 314834** and speak to Robert Bisset.

Chester Aid to the Homeless, Watergate House,
85 Watergate Street, Chester CH1 2LF
Email: info@cath.org.uk
www.cath.org.uk



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Watergate House, 85 Watergate Street, Chester CH1 2LF Tel: 01244 314834 • Fax: 01244 400799 • email: info@cath.org.uk

www.cath.org.uk

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