

HULL LIGHTHOUSE

www.hulllighthouse.co.uk

January 2020

Happy New Year.

We are very excited to see what 2020 has in store for us. For a long time it been on our hearts to have our own 'home' and we hope that this is the year it happens. Having our own premises will enable us to be flexible with the days we hold our activities and we will no longer be tied to just set days, enabling those women who have done the peer mentoring training to come along and help during the day. This will allow the women to drop in for as long or little as they feel comfortable. It will be an easily accessible safe place and there will be a community feel which will aid anxiety and confidence issues. Having a larger space will enable us to look to future expansions such as recovery courses, teaching new skills, drawing on the experiences of peer mentors and creating more volunteering opportunities, therefore enabling us to make more progress towards our outcomes

Annual Christmas Lunch

One of the highlights of the year! There were 16 of us around the table; a mixture of supported women, staff & peer mentors. A fantastic time was had by all; great food, great company and great atmosphere. What made it even more special was two of the women brought guitars and we all had a sing along after secret Santa.

Living Room groups & activities 2019

The Living Room weekly sessions continue to be somewhere where the women can come along and be themselves; somewhere safe where there is no one controlling them and they are not judged. We also want to continue to encourage this group to support local events/exhibitions. One of the events during 2019 was a look at the Knife Angel. As expected, it stirred up some deep discussions on knife crime and what issues surround it.

There have also been visits to a Community Farm and an Easter Meal. The women spent a few weeks leading up to Easter making table decorations for the meal and afterwards took them home.

A number of the women visited an exhibition by local artists at the Humber Street Gallery which inspired them to sign up for a short Art Workshop at the Adult Education Centre at Endeavour Learning & Skills Centre. This has not only helped and encouraged them to integrate in to other groups but one has already signed up for another learning course. The plan is to do more activities in different locations and put an emphasis on outings and encouraging the group to support local events/exhibitions. This will help with integrating in to the community as well as building up their own social network. There has been a visit to the beach (some have never been to the coast) and the annual strawberry picking. There was also a ten week cookery course held at Jubilee Church. Both the art course and cookery course are going ahead in 2020 along with a number of new ideas.



Changing perceptions.

Last year a third year student spent some time with two of the authors from An Untold Story with the idea of creating a drama as part of her dissertation. We have just heard from her and it was a great success. The piece was called 'Changing the Light' and the feedback she received was that they absolutely *loved it and thought it was a breath taking and important piece of theatre and **100% of the audience believed that it changed their mind set for the better.*** She also received a 1st class degree!

The Trustees:

Claire Thomas - Chair
Jane Buckley
Janice Farley
Shirley Ross

The Team:

Yvonne Watson, Project Manager
Kath Singleton, Evening Outreach
Melanie Watson, Outreach Work
Jen Davies, Outreach Worker
Claire Maxey, Administration

A reminder that you can support the work of Hull Lighthouse Project when you shop online. There are over 3,000 shops and sites where you can shop and in return they give a donation to our charity. Just go onto www.easyfundraising.org.uk/causes/hulllighthouse and join up for free and then every time you shop, go to the online store via easyfundraising.

We are also one of the registered Charities with PayPal Giving, so people can safely donate via PayPal transactions.

We are always looking for fresh ways to fundraise, so if you have any ideas or feel inspired to organise an event, please come and speak to us.

Don't forget to check us out on Social Media

Facebook — **Lighthouse Project Hull**

Twitter — **@LighthouseHull**

PRAYER POINTS

Thank you to all of you who have prayed continuously regarding our funding situation. These prayers have been so generously answered. Thank you. This year we will be looking to fund raise to enable us to relocate. Please pray that the right funding is found.

There is an increase in the number of women we are seeing out during the evening shifts and we are struggling to engage with a number of them. Please pray that we will be able to connect with them through the outreach and help them overcome whatever barriers they are facing that stops them accessing our support.

For those who have accepted our help, please pray that they will continue to engage with us so we can support them as they begin to make positive changes in their lives.

We appreciate all the support from all our funders:-

Joseph and Annie Cattle Trust / Sir James Reckitt Charity / Lloyds Bank Foundation / Hull & East Riding Charitable Trust / Henry Smith / Allen Lane / Nunburnholme / Tampon Tax / Two Ridings