

Volunteer Ali Rowlands discovers there is far more to recorder music than she had ever previously suspected!

The concert, generously given in aid of Emmaus Bristol by the Blockflute Band and Bristowe Consort, took place in the retail area at Barton Manor. The audience were comfortably seated in the 3 piece suites which had been on sale earlier in the day and were now arranged in concentric rows, expectantly facing a group of about 20 musicians. Having (more or less) mastered the descant recorder at school, I was amazed at the range of shapes and sizes of recorder on view, from diminutive soprano to higher-than-head-height contrabass. After a brief introduction from Dick Little, the Band's conductor, we were treated to a fascinating variety of musical periods and styles, ranging from medieval tunes from the 12th century, through works from the 16th and 17th century, to seductive tangos and a quirky composition representing life in a Public Hospital (complete with ambulance siren!) The versatility of players and the quality of the sound they produced was a revelation to those in the audience who associated recorders with "Grass so green" and discordant squeaks! The experience was complemented by bravura performances from Jacob Warn and Naomi Bullivant, both members of the National Youth Recorder Orchestra – and by the excellent refreshments provided by the Companions, including contrabass-sized slices of cake prepared by self-taught Companion chef Terry. The evening raised over £400 and we hope that many in the audience who were visiting Barton Manor for the first time will be back to enjoy the friendly atmosphere and find a bargain!

Thanks to all who helped to make the evening such a success.



Have you heard the one about the Bishop and the Alien...?

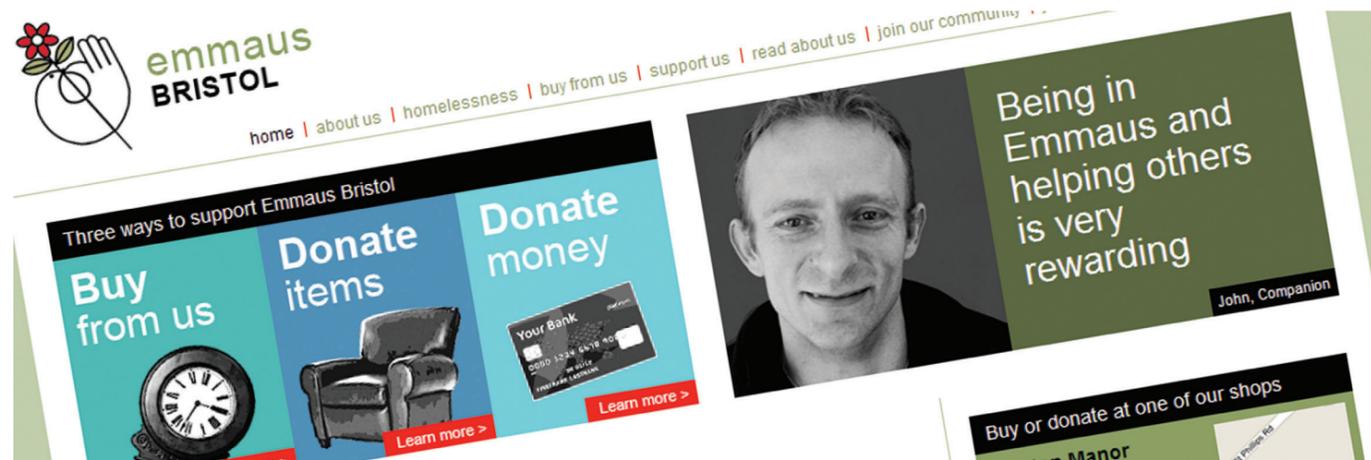
The Alien arrived from Gloucester by 3 1/2 ton spaceship and was immediately put to work raising awareness about homelessness. A Saturday afternoon in March at Bristol Cathedral saw over 50 organisations with displays and stands centred on Social Enterprise and Charity. The Alien, with his message that "Homeless people aren't aliens", drew a lot of attention – including that of the Bishop of Swindon, the Rt Rev Dr Lee Rayfield. He continues to be a centre of interest in the Barton Manor showroom until he takes off for his next adventure at one of the other Emmaus Groups.

Emmaus Bristol

an innovative community



The newsletter of Emmaus Bristol – Spring 2011



New Website Launched

We are very proud of our new website which was launched during the "Good Home Wanted" week in Cabot Circus (See Page 2) Why not check it out for yourselves? It's attractive and easy to navigate with lots of links to help you access any information you might need. We are particularly excited about our Wobble Cam and "Bargain of the Week" in the "Buy from us" page, which are updated every week. Need we say more? Do look us up on www.emmausbristol.org.uk and give us your feedback – and don't forget to have a look at our Facebook page, too, which you can access directly from the website.

Welcome from the Director

Welcome to this latest edition of our newsletter which we hope you will find interesting. At Emmaus Bristol we are always trying to do things better and to innovate to change the world around us. We have had a partnership with a Doctors' practice and we have pioneered the use of Credit Union Accounts for our Companions – enabling them to save and indeed borrow in a safe financial environment. We also recognise that other Communities around the Emmaus Movement are doing new things and we learn from each other. Emmaus Mossley inspired us by pioneering a radio advert – you may have heard our advert on Jack FM? The purpose of our innovations is to improve life for our Companions, to bring in more business so we can become self supporting and to contribute to the life of others through solidarity. Our latest innovation is our new website – see the article on this page. Do have a look and let your friends know about it. We hope you like it - but do tell us how we might improve it (within reason!) Finally, thank you very much for your support - as always it is much appreciated.

With best wishes **Richard Pendlebury MBE DL**



Thank You

A big "Thank You" to law firm Beachcroft LLP for raising £1000 for Emmaus Bristol through their Quiz Night. Thanks also to Filton Churches Together and St Mary Redcliffe church for making us their Lent charity.



Support Emmaus Bristol

I would like:

- More information on Emmaus Bristol
- To give a donation

By cheque

I enclose a cheque/voucher for £ _____
(please make cheque/voucher payable to Emmaus Bristol)

By standing order

To the manager _____
Branch address _____
_____ Postcode _____
Account no. _____ Sort code _____

Please pay Emmaus Bristol the sum of _____ (figures)
_____ (amount in words)

At Triodos Bank, Brunel House, 11 The Promenade, Clifton BS8 3NN
(Sort code 16-58-10; Account no. 02448600)

Starting on / /

Monthly Quarterly Half yearly Annually

Title _____ First Name _____
Surname _____
Home address _____
_____ Postcode _____
Signature _____ Date _____

Online by using PayPal or JustGiving.com, naming Emmaus Bristol as your chosen charity

Gift Aid Declaration

Please complete if you are a Tax Payer (excluding CAF donations)
I want the charity to treat this donation and all future donations until further notice as Gift Aid donations.

Title _____ First Name(s) _____
Surname _____
Home Address _____
_____ Postcode _____
Signature _____ Date _____

Notes:

1. You must pay an amount of income tax and/or capital gains tax at least equal to the tax that the charity reclaims on your donations in the tax year.
2. You can cancel this declaration at any time by notifying us.
3. If in future your circumstances change and you no longer pay tax on your income or capital gains equal to the tax that the charity reclaims, you can cancel your declaration.
4. If you pay tax at the higher rate you can claim further tax relief in your Self-Assessment tax return.
5. If you are unsure whether your donations qualify for Gift Aid tax relief please contact us or ask your local tax office for leaflet IR113 Gift Aid. Please notify us if you change your name or address.

Please return this form to:
Emmaus Bristol
Freepost (SWB 1549)
Bristol BS2 0BR

Dave Perry Community Manager looks at the Emmaus ethos in the 21st century



As part of an International Movement which is over 60 years old it can be easy to get complacent and "do what we've always done". As the saying goes, "if you always do what you've always done, you will always get what you've always got", so it is important to keep our minds fresh, keep reviewing what we do and keep looking for a better way. At Emmaus Bristol we have always strived to improve, not accept the status quo but find better ways to follow the Emmaus ethos. The foundations of the Emmaus Movement started by Abbe Pierre are important and we must not forget that we are not a "Homeless Charity" but a Movement which serves those most in need, our workforce and activists being those who themselves have been in need. Companions in 1949 went out onto the streets to help the poor and homeless, even though they were poor and formerly homeless themselves. Companions today are trying to understand that ethos and fit it into today's modern and

frantic world. They serve those in the Methodist Day Centre in Midland Road, they serve people at a Soup Run regularly and they serve our local community in so many ways on a daily basis.

Today's modern world is not the same as the world that those first Companions were living in and we must remember this. The pressures from legislation, recession, society are all different, so we must continue to innovatively follow the Emmaus ethos in a way that is relevant to today; how would Abbe Pierre act today? I know we would not always be what he would like us to be, but I also know that we try to follow the heart and soul of Emmaus in the way we serve those most in need. We try new ways of living, working and expressing Emmaus, sometimes successfully, sometimes less so, but we always try to do better, we expect more and rely on Companions to "be" Emmaus in Bristol. Specifically, we want to hear how Companions wish to improve what we do, we want to see Companions taking the initiative and trying new ways of serving and we want to keep being in the forefront of the Emmaus Movement in Bristol and the UK to be a relevant and useful part of society.

Our Five Missions

- 1 - Deliver to every Companion a positive experience during their stay at Emmaus Bristol
- 2 - Become financially self-supportive
- 3 - Make a significant contribution to the environment through recycling
- 4 - Enable Emmaus Bristol to fulfil its commitment to "Solidarity" (i.e. provide the resources to allow more people to gain through Emmaus)
- 5 - Challenge the causes and processes of homelessness

GOOD HOME WANTED

"Good Home Wanted", a week-long campaign to showcase the work of Emmaus in Bristol and raise our profile in the city, was held at Business in the Community's "Start Living Centre" at Cabot Circus Shopping Mall. On 16 February Peaches Golding, High Sheriff, opened the event which was attended by about 50 people. Several pieces of high quality furniture were on show, as well as examples of recycling work done by the Companions: a beautifully reconditioned table, an unrecognisably cleaned up bicycle and a blanket box made from recycled wood. We also launched our new website, featured on the front page, and our radio ad campaign on Jack FM. It was a successful week with lots of visitors and large numbers of information packs handed out – and reminded us just how talented our Companions are!



Just a Thought

Are you thinking of making a will? It can be a way of donating money, furniture, jewellery etc, even shares to a Charity. Emmaus Bristol has received legacies of money that way and even a house in Wales! It is worth mentioning that a legacy to a Charity, which we are, does not incur IHT. Do contact us if you are interested.

How do you measure success?

We are often asked "What is the rate of success at Emmaus Bristol?" Here are some examples of what we call success :
A Companion who

- goes back to live with his Mum.
- bakes delicious cakes for an event, for the delight of all attendees.
- resolves issues with health, drink or debt .
- gets a job and moves to independent accommodation.
- restores his relationship with the children he had lost contact with following a difficult divorce.
- takes part in Solidarity actions by helping with the Soup Run on a Saturday night and helping to stack shelves at the Methodist Centre.
- gains an NVQ in customer care thus adding a recognised skill to his/her CV and benefitting the work of the Community.
- is involved in everyday activities relating to customers in the shop or cooking and cleaning for the Community.
- has the confidence to have an input in decision-making groups within the Community or nationally.
- learns to sail in the Bristol docks, discovering the joy of feeling the wind in his/her sails!

This is what we call "success" at Emmaus Bristol - and what your support helps to achieve.



"READY TO CHANGE YOURSELF" ONE COMPANION'S JOURNEY

Let's go back in time to 1.30pm on 8th October 2003. A man comes to the door of Emmaus Bristol. After a 10-year career in catering in the RAF, his life in the Services had come to an end. Our man worked in a hotel in North Bristol. After a while things went wrong and he found himself sofa-surfing and living on the street on and off for 2 years. One day he heard someone mention that Emmaus Bristol was about to open. This is when Nigel knocked on the door - and the rest is history!

Initially, he thought his stay would be temporary and he would soon be moving on. In the meantime, Emmaus Bristol was somewhere safe. Nigel started cooking for the Community, since it was his skill. Then he decided to stop smoking and drinking, thus saving a substantial amount of money - which enabled him to do things he hadn't been able to afford before, like a canal holiday in France, going on a cruise and on a tour in Italy. Meanwhile, Nigel's cooperative and willing attitude enabled him to rise through the ranks. He became a "Responsible Companion" first, then "Community Assistant" and "Assistant Retail Manager" and now "RETAIL MANAGER" - that is, a paid member of staff. Nigel gradually became aware that he would like his life to take another positive turn and two weeks ago, having occupied the Manager's flat at the Community for several years, he moved into independent private rented accommodation. "As good as it has been to live in Community, I thought I was at the right stage of development to do it".

How is life different? "Well, I can't go downstairs to see peo-

ple but I can still enjoy listening to music, reading, fishing and cycling – in fair weather only!"

Looking back Nigel talks about an eye-opening time.

"Emmaus is a life-changing experience for everyone – and it is amazing to see how people change. Some get married and have children. Some go back to independent life. It doesn't matter what stage you're at. There is always someone ready to help. Of course, you have to be ready to change yourself! There have been difficult times too, particularly when one of our Companions died. You have to come to terms with it both personally and as a Community."

What works about Emmaus? "Well, everybody has to put something in to make it work and help others. It's a fantastic concept, thanks to Abbe Pierre.

"I definitely don't want to leave Emmaus Bristol!"

