



# Newslink

*Restoring dignity and reviving hope in Salisbury, the UK and Bulgaria*

Spring 2010



A better future: 20 year-old House of Opportunity resident, Iva (second left) celebrates at her first ever birthday party!

## Time to act:

### Why we must not sweep Kinche's story under the carpet

On Easter Monday, Kinche, a Bulgarian teenage girl died following a series of brain operations. Abandoned to an orphanage at a young age, Kinche disappeared last year and was forced into prostitution by a notorious criminal. When she tried to escape her captor, he beat her to within an inch of her life and eventually left her on the side of a road unable to move. Taken to hospital in the capital, Sofia, surgeons tried to save her young life but tragically it was too late. When our devastated friends at Sofia Baptist Church told us Kinche's story we were deeply distressed. Stories like this are hard to stomach but this is the future faced by too many Bulgaria care leavers, which is why we need to act now.

Our House of Opportunity Programme helps stop young people from falling into the traps of prostitution, crime and trafficking. Not only does it prevent young people from being abused, they gain essential life skills, employment placements and live in a safe, loving environment. Iva (above) could have faced similar dangers to Kinche but instead joined a House of Opportunity and now has high hopes for her future. She tells us: 'You came in the most difficult moment of our lives. From today on, we are going to live in a way that will make you be proud of us. Thank you from my heart'.

We have been offered use of premises rent free in Gabrovo and Russe to start our next two Houses of Opportunity. If we can raise just £20,000 before the summer, we can open the houses in time to take this year's orphanage leavers, helping more young people like Iva and preventing future tragedies. **Please give what you can, thank you!**



Kinche in happier times



The empty property in Russe that could become a House of Opportunity



## Digging begins on Trust's community garden in Salisbury...

Derelict land next to our head offices at Bemerton Heath, Salisbury, is being transformed into a new therapeutic and teaching garden. Adding a new dimension to our successful 'Eat Well, Spend Less' course, the garden will teach people of all backgrounds how to produce their own fruit, vegetables and herbs.

I.N Newman Ltd have kick started the project by clearing the ground with a JCB but we need more people to lend us a hand. If you would like to get involved with any aspect of the garden project please email [angela.mould@trusselltrust.org](mailto:angela.mould@trusselltrust.org). There are so many ways you can help us to get growing!

## New shops already changing Dorset lives!

Three new Trussell Trust ReStore charity shops are now up and running in Ferndown, Verwood and Winton and are already making a difference!

As well as being Aladdin's caves full of affordable treasures, these community-focussed shops are places where people from all walks of life can find comfort, a listening ear and volunteer. And what's more, thanks to a new partnership between ReStore and the foodbank, our shops now give out emergency food too.

ReStore Verwood recently helped a young mum struggling to feed her three children by giving her a foodbox. Verwood manager Sue says: 'Seeing this young family fed and given Easter eggs makes my job worthwhile! We are excited about helping more local people facing tough times.'

We hope to run ReCreate beading classes in our new shops too, enabling people from all backgrounds to learn a new skill whilst having fun together and growing in confidence.

Watch this space for the opening of our fourth new ReStore shop in Canford Heath at the start of June. We're also working with foodbank teams across the UK who are interested in starting their own ReStore shops.

Would you like to make a difference in your community? We are looking for more volunteers for all our ReStore shops, please contact Lizzie Abnett on 01722 427111 or [lizzie.abnett@trusselltrust.org](mailto:lizzie.abnett@trusselltrust.org) Thank you!

## Recycling centre 'opens eyes' of those on community service

Salisbury's probation team are delighted with the positive impact of the Trust on those serving community service orders at our recycling centre.

'Many serve extra hours and have their eyes opened to local poverty,' says Probation Officer Amanda Uphill, 'people feel like they really have paid back for what they've done. The Trust's non-judgemental support boosts self-esteem and shows people that they can do something worthwhile. They love it!'

'When I go home I feel enriched' said one probationer, another liked 'to make a difference in peoples lives'. We believe everyone can help change lives and enjoy working with people of all backgrounds.

## National treasure!

Salisbury foodbank volunteer Peter Moss recently featured in The Independent on Sunday's 'Happy List 2010' - a list of 100 Britons who make other people's lives better!

Having been bullied in his previous work and made redundant, Pete, who suffers from Cerebral Palsy, refused to let life grind him down and instead chose to dedicate his time to helping others. He sorts and packs hundreds of food items for local people in crisis every week and has a smile for everyone. Well done Peter!



Join Trussell Trust's River Stour  
**90K Nordic Walk**

24<sup>th</sup> - 26<sup>th</sup>  
September 2010



# Yes! I'd like to help

Thank you for helping The Trussell Trust to transform lives. Please complete the form below and send it back to us at the address underneath. If you are a UK taxpayer please fill out the gift aid form at the bottom. You can also give online at [www.trusselltrust.org](http://www.trusselltrust.org). Thank you!

I enclose a gift of £ \_\_\_\_\_  
Please make cheques payable to The Trussell Trust

## Events Calendar

There's something for everyone... From sporting events to concerts, we've even got an intrepid trek lined up for the more adventurous amongst you!

- |                    |   |
|--------------------|---|
| May 1st - 22nd     | Trussell Trust 22 Day Charity Food Drive at Downton Co-op       |
| May 2nd            | Annual 5k Fun Run   |
| May 18th           | Salisbury Big Band Jazz Night                                   |
| May 26th           | Bishop Wordsworth Lower School Concert                          |
| Jun 6th            | Beaulieu Triathlon  |
| July 11th          | London British 10k Run  |
| Jul 17th           | Fordingbridge Summer Show                                       |
| Jul 28th - Aug 1st | London to Paris Cycle Ride                                      |
| Aug 8th            | 5-4-3-2-1- Wessex Trail Run & Walk                              |
| Sept 11th - 18th   | Trek Bulgaria<br>Sign up now - we still have a few spaces left! |
| Sept 24th - 26th   | 90k Nordic Walk Stourhead to Hengistbury Head                   |

Call Mark Elling 01722 411 244 for more information on any of our events.

Do you have an events idea you would like to make reality? We would love to work with you and raise essential funds for the Trust. Just give Mark Elling a ring...

I'd like to set up a standing order

To: (name and address of your bank) \_\_\_\_\_

Sort Code: \_\_\_\_\_ Account No: \_\_\_\_\_

Please pay a regular gift of £ \_\_\_\_\_ (please state amount in words) \_\_\_\_\_ to The Trussell Trust. Please start on \_\_\_ / \_\_\_ / \_\_\_ and from then every month / quarter / year (please select) until further notice.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

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**The Trussell Trust Bank details:**  
The Royal Bank of Scotland plc,  
14 Minster Street, Salisbury, SP1 1TP  
Sort code: 16-31-12  
Account: 10230616

### Your Details:

Title: (Mr/Mrs/Dr etc) \_\_\_\_\_ Name: \_\_\_\_\_

Address: \_\_\_\_\_

Post code: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_

*giftaid it* Tick here to add an extra 25p to every £1 you give.  
 Yes, I pay tax in the UK and would like The Trussell Trust to treat as Gift Aid donations all gifts I have made in past 6 years, and any future gifts, unless I inform you otherwise.

(You must pay income tax/ capital gains tax at least equal to the amount of tax reclaimed on your donations.)

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please send me more information about: \_\_\_\_\_

Sign up for Newswire, our bi-monthly e-newsletter:

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Please send your completed form to: The Trussell Trust,  
St. Michael's Community Centre, St. Michael's Rd, Salisbury SP2 9LE

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

*Thank you!*



## 60th UK foodbank launched in Newham!

We are so excited by the growing number of UK foodbanks. If you would like to start a foodbank or support foodbanks please call 01722 427110.

## Japanese and South Korean delegations visit foodbank

Government delegations from South Korea and Japan were sent to The Trussell Trust recently after their research showed the foodbank to be the UK's most effective provider of emergency food!

# 40,000 fed by UK foodbanks!

Over the past year a staggering 40,000 people nationwide have received emergency food from our UK foodbank network, almost double the number fed last year.

In the recession we saw a surge in client numbers nationwide, with people who never thought they'd need to use a foodbank coming to us desperate for food, but the need has continued since the recession officially ended.

For the young family above, who were made redundant just as they had a new baby, the foodbank was a lifeline. Their benefits had not come through on time and they had run out of savings. As well as giving the delighted family three days of

emergency food, we served them a free hot meal and had a chat too. Foodbanks across the UK change lives every day, but we urgently need funds to continue feeding more people in crisis. **Please fill out the form overleaf and give what you can, thank you!**

## Holly's story moves Secret Millionaire to donate £10,000

When Secret Millionaire, Roisin Isaacs, heard foodbank client Holly's story on BBC South Today, she was so moved that she gave the foodbank an amazing £10,000!

During the snow, eight-months-pregnant Holly, 26, was forced to choose between eating and heating due to a mistake in her electricity bill that was crippling her financially. She got so desperate that she burnt her shelves to keep warm.

The foodbank gave Holly and her young son emergency food to keep them going and she told us: 'My food parcel meant that I could cook a meal without feeling guilty about spending money on food not bills. The foodbank meant I could eat!'

Secret Millionaire Roisin recently visited the foodbank and hopes to raise more awareness of hidden hunger in the UK so that more people like Holly can be helped.



Photo Martin Godwin



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## Flood-hit foodbank still helping flood victims

North Lakes foodbank in Cockerthorpe had only been open three weeks when floods hit, destroying their food and offices. Determined to help, foodbanks across the UK rallied together and sent food to North Lakes foodbank enabling them to feed hundreds of flood victims.

Six months on, the TV crews have gone but much damage still remains and 50% of North Lakes foodbank clients are people affected by the flooding. Project Manager Jane Robinson says: 'Some people have got by until now but suddenly the cost of the flood damage hits them and they can't cope. We are so pleased to help and look forward to helping people in all kinds of crisis in future.'