

NEWS FROM THE ARK

A quote from one of our service users:

“Without the help and friendship I have had from the Ark I would probably have gone back to Jail by now—Thank You” Chris

FRIENDS OF THE ARK 100 CLUBS

We continue to be amazed at the generosity of the local community and thank everybody for their interest in our work and for their support. We need to secure long term sustainable funding to make sure our work goes on and would ask you to join our new ‘100 Clubs’ starting in September. A 100 club is a lottery. You pay a regular sum for membership and you are given a number which is entered into a monthly draw. The numbers in each draw are limited to 100. 25% of your membership fee goes to form the prizes and the rest goes to pay for our work. For a membership fee of just £2 a month you can make a substantial contribution to feeding and supporting the most disadvantaged and socially excluded members of our community. Application forms for membership available from our Manager, Phil Griffiths.

NOT INTERESTED IN LOTTERIES— PLEASE BECOME A MEMBER OF ‘THE SHREWSBURY ARK’!

Our drive for 1000 members continues—we currently have over 100 paid up members A BIG THANK YOU to all who have applied and donated in our first six months of operation—If you would like to help the poor and needy then call Phil G and ask for a MEMBERSHIP AND DONATIONS FORM and return it with your donation to the Shrewsbury Ark. A little from many goes a long way to help. There will be members meetings and special events are being planned to take place over the next 6 months. Be part of our exciting project.

LATEST NEWS—DAILY SUCCESSES AT THE ARK

Over summer we have given breakfast to up to 20 people per day; we have given a daily hot meal to over 30 people per day; we have over 100 registered service users and the numbers are growing week on week; our daily footfall is often over 50 people per day and will no doubt increase with the onset of winter. We have assisted our service users with housing, benefits, legal and financial problems, and have given support and comfort. Our showers and washing machines are in virtually constant operation throughout the day.

We believe our service has made a difference to our Town—improving our quality of life and our environment, not only for our service users but for everybody; putting the brakes on poverty and social exclusion and giving our service users an alternative to their current lifestyles and the support to help them through the difficult times that making changes can bring.

The Shrewsbury Ark is operated by the Shrewsbury Christian Centre Association. We are founded on Christian principles but do not discriminate in any way against those of other faiths or of no faith.



AUTUMN/WINTER PROGRAMME



SEPTEMBER TO DECEMBER 2008

Shrewsbury Ark - A project from the
Shrewsbury Christian Centre Association
10 Castle Foregate Shrewsbury SY1 2DJ
Tel/Fax 01743 363305
email shrewsburyark@yahoo.co.uk

Registered Charity Number 501881

SEPTEMBER TO DECEMBER Sessions and Events at The Ark

3.00-4.00 EVERY WEEKDAY — TEA AT THE ARK



Our meals continue to be as popular as ever with over 30 diners each day. Our 'Chefs' are now undertaking NVQ training in all aspects of food preparation and cookery. All food is freshly bought and cooked by our staff and volunteers. Donations welcome, give as much as you can afford.

Weekly NEW FORMAT — ALTERNATE TUESDAYS AND WEDNESDAYS— HOUSING CLINIC

We have now secured the Housing Clinic we always thought we would need—just much earlier than we expected! Margaret (Homes for All), Paula (Housing Young People in Shrewsbury) and Linda (Housing Options SABC Homelessness Section) attend on a rota basis to give housing advice to all comers. Check notice board for days and times. No need to book—just be here!



Wednesdays 1pm-5pm—TEETH at the Ark —TRIED EVERYTHING ELSE—TRY HOMEOPATHY!

Part of our Healing Day—This clinic, led by our resident Homeopath Rebecca Dove has proved extremely popular with service users, staff and volunteers and goes from strength to strength. If standard medicine has left you cold let a session with Rebecca try to set you back on the right path. Due to current demand pre-booking is essential—See Phil or Paul—booking diary in office.



Wednesdays 2pm-5pm—MASSAGE THERAPY WITH TESSA KIRK

The second part of Healing Day—and the most relaxing time you can have—with your clothes on! Tessa's sessions in the 'Cafe' will leave you cool and chilled and ready to face life renewed. No robes or special equipment required. Drop in session—first come first served!

NEW FOR AUTUMN—Thursdays and Fridays—COMPUTER SESSIONS



Led by our new volunteers David and Sally—a basic course on computing which will allow you to use the Ark's computer suite for letters, cv's, email and much much more! Whether you have used a computer or not this is the session for you. Only 3 per session so it is essential to see Phil G to book a place NOW!!!

NEW—THURSDAYS 1pm -3pm Ark Room— THE AFTERNOON FILM



As the cold, dark, damp days of winter set in come and be entertained for a couple of hours watching the latest DVD releases in a warm comfortable room. Watch notice board for details of the next showing. Be here early so as not to miss out. Bring your own popcorn!



1.00—2.30 EVERY THURSDAY—Angel Room —AA MEETING

Get help and support for your alcohol dependence from those who have been there. See Phil T for details.

**PLUS—RESTARTING IN SEPTEMBER—SUBSTANCE
MISUSE - Drop In Sessions—Get help with methadone
scrips, addictions, rehab, detox, support, and advice
HERE! No need to go to St Michaels. If you need help
our dedicated drug and alcohol workers will be here to
provide it. See Phil for more details.**

FRIDAYS—ART CLUB SESSION —led by renowned local artist Tony Sharpe, (also a trustee of the Ark's parent Charity). All abilities welcome.

STILL IN THE PIPELINE —

**GAMES SESSIONS—PLAY HERE AT THE ARK—ORGANISED AND LED BY
OUR VOLUNTEERS** while away a few winter hours playing games with your mates—PRIZES ON OFFER!!!

SEXUAL HEALTH CLINIC—everything you need to know about your sexual health but were too afraid to ask—organised and led by qualified nurses/ sexual health practitioners—for the best advice come and see the experts HERE!

Our service is open to all who need our help, regardless of age, sex, race, religion or orientation . Our staff and volunteers are here to listen and to care.

We ask all our service users for donations for the food, drink and activities we provide. Please give as much as you can afford.

Phil Griffiths, Manager