

News letter

Our newsletter will now be full of not only news around what is happening at Carecent, but a space to showcase some talents from those who access the service.

Christmas 2024

As always, Christmas is a time that the generosity of our supporters shines through.

We had around 50 customers come to our Service; we provide a 3 course meal, presents and a sprinkle of Christmas Spirit to everyone that came!

A huge thank you to everyone who contributed to our service, from our volunteer team, the amazing elves who helped source and then wrap presents, our Chefs; and everyone who just sent well wishes.



In These Shoes - Documentary

As mentioned in the previous newsletter, we were making a documentary around experiences of homelessness, and those who access Carecent.

The amount of individuals who were open to the project and wanted to share their story with us, to challenge the stigma they face on a daily basis was overwhelming. Some of the stories around how they are treated within the community showed that the need for awareness was greater than we realised.

In These Shoes About the Project

In these Shoes is a digital resource blending real and imagined stories to accurately reflect the experiences of individuals who use Carecent service, including those experiencing homelessness and social exclusion. By incorporating actors and weaving stories together, the project maintains a safe distance that allows Carecent customers to remain anonymous. Participants had the opportunity to take on roles and select actors, co-create the narratives they wish to share, and direct the film.

In These Shoes is a collaborative project created by Carecent in partnership with Night-Light Theatre, featuring music supported by Danny, Darren, Mal, and Phil, and in partnership with Tang Hall Smart CIC (special thanks to Neil, Sue, Danny, Damian, Alex and Matt)



The project aimed to:

- Open conversations about homelessness and the experiences of socially excluded individuals.
- Challenge the stigma, shame, and misconceptions surrounding the Carecent community.
- Empower participants as genuine consultants, co-creators, and directors, giving them complete autonomy to select the characters and narratives they wish to present.



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What do we hope to do with the film?

We are so pleased to say that we launched the documentary in October 2024 and received amazing feedback.

We will be doing more showings and talks across the city in 2025.

By making this film we are hoping to encourage a less judgemental and more compassionate approach. As well as highlighting the need to look at each person as an individual and identify what works for them instead of a one-size fits all approach.

A lot of individuals facing homelessness are ignored; berated; insulted; sexualised; judged; assaulted whilst sleeping and so much more.

We hope that part of the awareness we can create within showing the documentary can humanise those who are living on our streets. Instead of people judging, they can see there is a person sat there. A person who is someone's child; sibling; mum; dad; someone who has experiences, emotions, as well as hope and dreams.



Food Hygiene

We recently had a visit from Food Standard Agency and received a **5* FOOD HYGIENE**

A huge thank you to all of our volunteers who work their *hands* off, not only supporting those who access the service, but also for all the prepping and cleaning they do behind the scenes which has made this possible.



Chef Tony's Recipes:

Meet Tony. Tony has been accessing Carecent for around 3 years since becoming homeless in York.

He is an AMAZING chef. Our volunteers are constantly asking him for hints, tips and his delicious recipes.

He tends to make some soup for our drama sessions, as well as helps out at the other kitchens with making some of their meals!

Every newsletter we will be featuring a delicious recipe from Tony - and I strongly encourage you to try it!

Refurb!



Since 2017/2018 we have been offering shower facilities and toilets to those who use Carecent.

On average (using quick guesstimate calculations) we have offered around 15,288 showers within the last 6/7 years. As you can imagine, the shower and facilities had seen better days, as they were just standard domestic use. Hence the recent refurb!

Carecent is a home for many, so we like to ensure that the facilities are warm and welcoming as much as the volunteers are!

Future Planning:

As mentioned in the previous newsletter the Executive Committee have been focusing a lot of time into looking at the development of Carecent, and what else we could be doing to support those who access our service.

One of our main needs within Carecent is more space - we currently only have the main room where everyone sits to eat breakfast; and the clothing store, which is, as you guessed; full of clothes! We also use the clothing store for 'drop in sessions' from hairdressers, podiatrists, and to have confidential meetings or chats with those who need them.

We are in the early stages looking at whether development of our current space is feasible, and how we could go about it.

Winter Warming French Onion Soup

Ingredients:

- 50g butter
- 1 tbsp olive oil
- 6 large white onions, thinly sliced
- 1½ tbsp caster sugar
- Small glass of port
- 2 litres/3½ pints beef stock, (add more if you like it thinner or less if you like it thicker)
- 3 bay leaves
- Sprig of thyme
- Pinch of salt and freshly ground black pepper

For cheese mustard croutons

- ½ thin baguette
- Dijon mustard
- 25g gruyère cheese, grated

Method:

Melt the butter and oil in a deep saucepan. Add the onion and fry over high heat for few minutes. Cover, lower the heat and simmer for about 10 minutes.

Remove the lid, sprinkle in the sugar and some salt and pepper, and fry for a few minutes. Cover, and simmer for at least 15 minutes, or until the onion is tender, golden-brown and caramelised. Add the port and the stock and the herbs and cook for another 8-10 minutes.

To make the croutons, slice the baguette, toast one side under the grill. Spread the bread side with mustard and top with grated cheese. Grill until just melted. Remove the herbs, check the seasoning and serve in hot bowls with the cheese croutons on top.

Drop-in services:

As always over the last 6 months we have had multiple drop-in sessions from hairdressers, podiatrists, housing, sexual health, Hep C testing and so much more. We had the lovely Ann & Mike offering flu and pneumonia vaccinations in December and again in January.

NEW SESSIONS:

Within the last 6 months we have recently been able to offer eye tests within our morning sessions! Specsavers and Vision Care partnered up and have been to Carecent multiple times, seeing around 28 individuals. All of whom needed glasses, as well as many needing a referral for follow-ups within the hospital or GP surgeries.

It is great to be able to offer a space for services like this to reach those who tend to go under the radar. Many of our customers admitted that it had been years since they last went to an opticians, and that without Carecent hosting this service, they likely wouldn't have seen an opticians.

We have also recently linked up with some new Housing Prevention Workers based within City of York Council, offering a drop-in session within one of our afternoon sessions.

These roles are to prevent individuals from losing their tenancies - they are able to work with those who have tenancies that may be at risk, or if individuals are struggling to manage their property.

We are now able to offer drop-in services for both those who are homeless and needing support into accommodation, as well as those who are needing support within their own tenancies.



Drop in for advice on Homeless Prevention

Enjoy coffee and cake while we talk about keeping your home.

Worried about your tenancy? Afraid it might be at risk? Want some support or advice? We can help!

Come along for an informal chat with our friendly team at:

Carecent, York, YO1 8NQ

The last Wednesday of every month from 1-3pm

CITY OF YORK COUNCIL



Art work by an individual who access Carecent.

Gift Aid:

We are very grateful to our Friends of Carecent, who make donations to the work that we do.

Many authorise us to reclaim tax on their donations through the Gift Aid scheme; this adds 25% to the value of their gifts at no cost to themselves.

If you are a UK taxpayer who donates to Carecent and you would like us to Gift Aid your donation, please ask us for a Gift Aid form. If you don't know if you have already completed a form, do ask.

If you already Gift Aid your donations, HM Revenue and Customs asks us to remind you of the wording on the Gift Aid form: 'I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference.'

There are a few rules (aren't there always!):

- donations must be from the individual named on the form, and cannot be on behalf of (e.g.) a business, or a group such as a church or other organisation. If you are giving from a joint account you hold with someone else, that's OK;
- the donor must pay enough UK income or capital gains tax in the year to cover their total Gift Aid donations (that is, at least 25% of the total value of their annual donations);
- if your name or address change after sending us the form or the person named on the form dies, please let us know.

Thank you so so much for all of your support. Carecent wouldn't be able to provide the services that they do, without your support.