



LifeshareMatters
Newsletter
September 2016

Working to break the cycle of homelessness, offending behaviour, reduce harm and promote health

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**COMMUNITY CLASS
 TO RAISE MONEY FOR
 LIFESHARE**

“Lifeshare is a voluntary organisation established to help meet the needs of homeless and vulnerable people in Manchester and Salford.”



**EVERY SATURDAY
 5:15-6:15PM @ ONE YOGA
 IN CHORLTON, M21 0AZ**

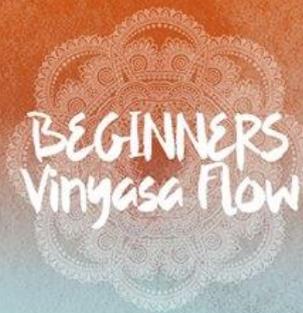
This class will be a contribution paid class with all proceeds going to Lifeshare. The best part is that it only costs what you can afford or want to contribute.



**WHAT TO EXPECT FROM A
 VINYASA CLASS?**

You will be connecting breath to movement. It's literally a moving meditation. During the class we will find strength in our bodies as we find the ease in our breath.

The class is aimed at beginners to a little more experienced.



The OFFICIAL Street Gallery Tour by one of the Cities of Hope founders full of special treats!

The tour will take in all sites and provide an opportunity to see all of the works produced during our MCR16 edition and learn more about the inspirations behind each piece and the charity related.

Starting point is the Bird Mural on the corner of Blossom Street and Great Ancoats Street.

SPECIAL EDITION TICKET includes:
 Illustrated MAP (£1.50) and OFFICIAL Brochure (£15.00)
 Also Tea and Cake at the end of the tour while you can meet in person the Charities involved.

There is also a very surprising special feature we will reveal only on the day of the Official Tour for the first time ever! For now, we can only tell you that it will be mesmerizing!

Lifeshare's **Christmas Draw** is on 25 December and raffle tickets cost **£1** each, proceeds will make a difference to people facing disadvantage including homelessness. To be in with a chance of winning a 40" TV, a wine hamper, a photo shoot session, a Bakerie board and glass of wine, hair cut or other prizes... or to help us sell tickets or donate a prize, please get in touch **0161 235 0744**

The Lifeshare Choir- Get behind this great project!

John Blaylock and Jote Osahn are setting up a choir in Manchester for those affected by homelessness. The Lifeshare Choir is open to anyone, rehearsing once a week at Lifeshare, (Charter Street Ragged School 142 Dantzic Street Manchester, M4 4DN) to perform at various venues and events this Christmas.

John and Jote are Manchester musicians, involved in loads of good stuff, including the community music projects of Brighter Sound, based at Band On The Wall.

John says:

“....One of the root causes of homelessness in Manchester is addiction. The body produces endorphins when we sing and these natural highs can encourage participants to feel more positive about themselves, re-connect them to other people and help them gain confidence and self-esteem. Our performances will also demonstrate to participants and audiences how some hard work and commitment can lead to a great sense of achievement and self worth.”

Music and a bit of social compassion? What could be better.

I'm getting behind this project with some money from Realstrings and we already have the support of a high profile media composer, which gets the pot to £1000. But we need to raise another £1000 to cover the costs of materials, facilities and the core hours of John and Jote. Can you get behind it with a donation? Message me and I'll fill you in!

Michael is one care leaver who lives on the street and described his situation as "lonely".
He said: "I have been homeless basically since I left care, you have to fend for yourself basically, and it's really hard. "I just felt like that was me, brush him out of the way - 'It's OK, it's only Michael.' They left me in a lonely situation. I'm always on my own, I don't really have friends. I'm always on my own but that is basically the life I have lived."
<http://www.bbc.co.uk/news/uk-37363544>



Our Team Leader Judy with Dan Silver Co-Director of The Social Action & Research Foundation // PhD candidate, University of Manchester share

learning from the Tackling Food Poverty Together partnership for the Witness to Hunger Project.

Did you know that whenever you buy anything online - from your weekly shop to your annual holiday - you could be raising a free donation for Lifeshare? Please share <https://www.easyfundraising.org.uk/causes/lifeshare/>.

easyfundraising
.org.uk



Many thanks to Morrisons, Openshaw, in particular to Debbie, for their continued food donations. Any we cannot use we donate to other causes.

TESCO express Thanks to Tesco Picadilly Portland St for donating baked goods.

Whether for business or for pleasure, enjoy making reservations at 4,881 restaurants, Lifeshare receives £1 for EVERY dinner at no cost to you. Please share. <https://charitablebookings.org/charity/lifeshare>



ASDA FOUNDATION
'Transforming Communities, Improving Lives'

Chosen by you... given by Asda

Please complete the nomination form in your local Asda store which can be found on the Community Life Board.

Thanks

<https://www.asdafoundation.org/ap.../chosen-by-you-given-by-us>

Our Patron [Maxine Peake](#)
<http://www.northernsoul.me.uk/maxine-peake-interview/>
"I know very little about homelessness but I've become a patron of [Lifeshare](#) which is a small charity up in Manchester's Northern Quarter. It looks after youngsters aged between 16 and 25 who seem to be passed over by the other agencies because either they've got mental health issues or they find life difficult or they are slightly more challenging. Although I went into the office when some of the youngsters were in and they were extraordinary, particularly when you think what they go through. Bright, brilliant youngsters and you think, crikey, it's amazing how life can take those turns.
"One young man I spoke to said that his friend had let him stay in his flat for a bit but then, before he knew it, he was back on the street. He said it was a way of life. He knew that he needed help but there's not that support structure. "It's awful. What are we going to do about it and what are we going to do to help these people? Especially with the Tory cuts there's less money and you just feel that the homeless are getting swept further and further underneath the carpet. They are not a police priority any more."



You can generate free funds for Lifeshare whenever you shop online!

We've signed up to a great new way to raise funds for Lifeshare and we hope you'll support us by taking part.

Doing the weekly grocery shop? Booking a holiday? Buying anything at all online?

Over 3,000 retailers – including M&S, John Lewis, Argos, Sports Direct, & Expedia - will give Lifeshare a free donation every time you shop with them, at no additional cost to you!

How does it work?

Simply visit www.goraise.co.uk/lifeshare and sign up for free. Click through to all your favourite online retailers and shop as normal.

A donation is generated automatically when you make a purchase, and Go Raise will pass this on to us. No catches or extra costs. It's that simple!

Help make a big difference, without any extra effort.

If everyone took part we could raise £1000's every year, simply in retailer donations generated by ordinary, everyday shopping. Remember - don't just buy it, raise funds with it!

Many thanks,

Lifeshare

In partnership with

GoRaise

Everyday Shopping. Extraordinary Giving.

Please raise us money having friends over for a meal.

Dinner4Good

<http://dinner4good.com/lifeshare>



VOLUNTEERS SPONSORED RUN

Tony Brennan raised £905 a run from our **Manchester** office to **Middlesbrough** on **31 August** to arrive on his birthday **3 September**.

"I started volunteering for Lifeshare last Christmas as I was going through a very bad time in my own life, My ex had taken my 2 week daughter from Manchester to Middlesbrough and I had also was grieving for my disabled mother whom I was carer for 12 years, who passed away 8 month earlier. I wasn't looking forward to Christmas so I decided to volunteer for Lifeshare to keep me busy and I can honestly say it was the best thing I've done, volunteering for Lifeshare has helped me more than it helped the clients so much that I get up at 6am on a Sunday, my day off, to do the breakfast club whom a lot a clients I would class as friends now. I also do clothes collections through the week to give out at the breakfast club. I'm in a good place now (have regular contact with my 19 month old daughter) and a lot has to go down to volunteering for Lifeshare and I want to give something more back, so due to the fact my daughter is in Middlesbrough (and I drive every fortnight) I have decided to walk the 112 miles distance in honour of Lifeshare on Aug 31st arriving on my birthday September 3rd. Hopefully my daughter will be on the finish line waiting for her DADDY.

I really do not think I would be in the place I am if it wasn't for the brilliant cause that is Lifeshare and I cannot put into words the great things that do, Its just an amazing charity with amazing people." <http://www.everyclick.com/anthonybrennan>

On 24 August young people created art work at our Dantzig Street site and £281.27 was raised for CARDS thanks to NCS "It was amazing to have Lifeshare as a partner this year and I received brilliant feedback from the teams that worked with you." Real Challenge Action project sponsorship



Thanks Gareth for the Mince Pie donation



Garfield Weston
FOUNDATION

Thanks to the Garfield Weston Foundation for part time Support Worker funding for our Young People's Criminal Justice Intervention Project to help clients affected by crime.



Thanks to the Manchester Guardian Society Charitable Trust for covering the cost of a bank Support worker at the Living Wage for 60 hours. This will help us assist more young people in need.



DUCHY OF LANCASTER
BENEVOLENT FUND
1 Lancaster Place, Strand, London WC2E 7ED

We were delighted to receive a grant from the Duchy of Lancaster Benevolent fund. We

appreciate the contribution towards our Emergency B&B fund, to accommodate young people in housing crisis for 16 nights.

We are grateful to the John Grant Davies Trust for their grant towards 7 hours of Support Worker wages a week



LOTTERY FUNDED



We welcome Yvonne our new **Support Worker** for drop-ins at the Lifeshare office on Tuesday and Friday from 9.30-5pm and appointments and visits.

The project will increase young people's awareness of how to access and navigate

statutory services.

The aim is to increase aspiration and social conscience and opportunities including finding and securing jobs, education, training, volunteering or work experience to increase employability and independence.

Young people will be equipped with practical resources for sustainable futures, whether they are young parents, offenders, victims etc.

We welcome two Social Work students for placement, Madiha and Megan

Thanks to Denton Brownies for the bread, fresh fruit, juice donation.

Thanks to Stanton and Fisher for collecting customer finances to donate to us.



HARVEST

Many Thanks to Alderley Edge High School for Girls for your Harvest Festival Collection (depicted) . Thanks also to Bollin Primary School, Flixton Junior School, Oldham Hulme Kindergarten and Juniors and URC (Trinity Hale) Church.