



# Beacon Housing

a part of Beacon Church Havant

WELCOME HOME

## January & February Newsletter

What have we been up to?

### The Great Green Pastures Bake Off

Green Pastures, a Christian social enterprise aiming to eradicate homelessness in the UK, arranged a cooking competition between all the different supported houses across the south of England. Ours, as a supported house that has worked with Green Pastures and been given advice by them from the beginning, was thrilled to take part.

Two of our tenants, Dan and Aaron, entered into the cooking competition and it was our very own Dan that took home first prize!



Cauliflower and broccoli cheese



Cabbage and bacon mash

His dishes, a deliciously bubbling cauliflower and broccoli cheese and cabbage and bacon mash, earned him first place and a big stack of chocolate for his efforts.

Dan has said that he feels very passionately about cooking and loves to make food because it puts a smile on people's faces. As a kid, he remembers his mum and nan cooking, letting him lick the spoon and feeling really proud after making pizza at school. After leaving home at 16, he had to be independent and do his own cooking.

Congrats Dan!



Dan with his chocolate winnings

## **On the lookout**

We're currently looking for good quality garden furniture. A shed would ideally be 6x4 or 6x8. Garden furniture like table, chairs and an umbrella would be highly appreciated. Please get in touch if you know of any available to donate or for sale at a good price.

We have been getting quotes from plumbers for a new boiler. Currently only two of the tenants are able to

have hot showers so we are eager to replace the boiler.



## **Learning How to Budget**

Money can be a very direct source of stress for many people. For those of whom are already dealing with other issues, it can become very difficult to manage.

Being able to live within your means can be difficult at times but gives you so much freedom from worries such as debt pile up. To help the guys in the house, we have begun to address their money management skills through the grand art of budgeting!

We work together to identify all existing spending habits and where their money is going, alongside what their actual income is.

This helps form a plan for what they should expect to spend each month, to pay off existing debts and how to save money for longer term goals.

In the first session, we build a working budget and talk about intentional spending and saving – choosing how much to allocate for things like food shopping, saving up for vehicle repairs, etc. We set a schedule to meet weekly over the next month and track how they are getting on with the new budget. Then we get into advice around saving, avoiding debts and we also plan to include information on how to avoid scams and loan sharks.

The idea of having a budget has initially interested the guys; with the prospect of freeing up their money to go further than they originally thought. There may be teething problems such as self-discipline and understanding some of the ideas around spending and saving, but it already has had a positive impact and hopefully the results will start to come. Watch this space!

## What's Next...

### AQA awards

AQA awards are recognised by employers. The Acorn Centre is AQA accredited and able to award certificates for completed units to show that the tenants have become competent in that area.

With over 23,000 AQA's to choose from, the Beacon Support Team is hoping to start providing these courses to help those in the house realise their full potential.

To begin with, Marie will develop AQA's around employability skills, Scott will look at DIY and house



maintenance, Sarah will focus on cooking and nutrition, Aaron will lead budgeting and money management and Ann will look at communication skills and managing conflict.

Everyone in the house can go through various units, to enable learning and gain important skills moving forward.

### Mental Health Support

As we move on, gaining experience and learning lessons about what support the guys need, one of the biggest realisations that we have had is how important and yet lacking mental health support really is. This is an area where we need to learn and grow in order to make improvements – it is looking like one of the biggest challenges of this year.

We have been reaching out to organisations and looking for available resources for improving mental health. From this, we have realised how few services there are.

This has been especially true during Covid-19, a time when you'd think these resources would be all the

more necessary and therefore obtainable. There is, however, a clear lack of accessible services to those most in need. Even if you wanted to contact your doctor to discuss the help needed, it all needs to be over email, and you have to write down everything you're feeling – which is an especially difficult task when you're not in a good place and have trouble articulating how you feel.

Mental health is an issue which has become increasingly important. We are aware of the connection that exists between poor mental health and taking drugs or drinking alcohol. If you can make someone feel differently about themselves in life, they won't need the drugs and they

