

# SMART!

“Helping people to help themselves”

# NEWS BULLETIN

Charity Registration No. 1069087

Issue 7: Jan/Feb 2021

**Pledge to End to Rough  
Sleeping by 2027 - Funding  
Extended from Government**



# Welcome - End to Rough Sleeping A Reality?

When we started this bulletin a year ago, we did not know what a devastating effect the pandemic would have on all our lives and society as a whole. We also did not know that SMART would be able to move from housing rough sleepers on camp beds in halls to providing separate rooms (with beds, regular meals and linen) and bathrooms in a hotel! The upside of COVID-19 (and there have been a few examples) is that those most vulnerable have had unprecedented access to shelter, food, health and welfare services. The Government's pledge (made in 2018) to end rough sleeping by 2027 - is holding true....

Councils now will have access, in some cases, to longer funding for rough sleepers and people who are homeless; we are delighted with the change and the improvement witnessed. We are also grateful for everyone's continued support from the community. This includes donated clothes, food and money along with for volunteering with decorating and carpeting to ensure a smooth transition from temporary accommodation for some who have recovered and able to live independently.

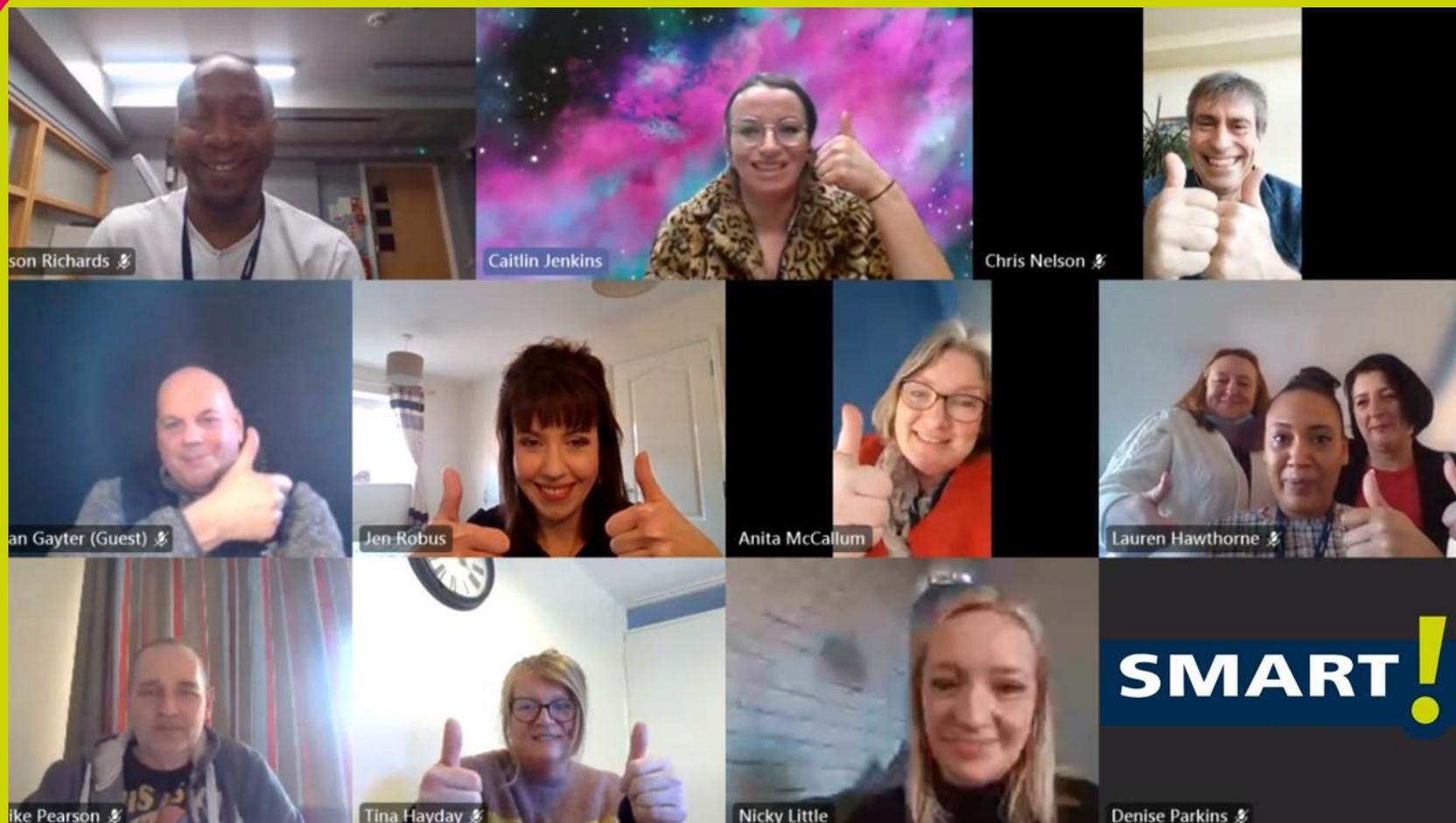
**Once again, we say a HUGE thank you to SMART teams in all locations for keeping services open throughout; always thinking of others and always showing compassion and commitment for those who need it.**

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visit [www.smartcjs.org.uk](http://www.smartcjs.org.uk)

# Bedford: Longer Agreement Likely with Councils



**Rough Sleeper Services in 2021**  
SMART and Bedford Borough Council are likely to enter longer term agreements once Government funding has been confirmed. SMART will continue to provide 24/7 support for the those who have no home (or at risk of being so) and rough sleepers. Important lessons have been learnt from supporting rough sleepers in a single location – a hotel.

This is good news (the team, pictured left, are pleased).

Well done Team Bedford for keeping the service going in testing times!

# Milton Keynes



Milton Keynes Service Manager, Louise Ritchie  
[Louise.Ritchie@smartcjs.org.uk](mailto:Louise.Ritchie@smartcjs.org.uk)

It's important that those who have been vulnerably housed or who have been rough sleeping for a while, learn practical skills like cake making. Whilst we usually do sessions to make everyday meals to help our clients make a transition to independent living, occasionally there are colourful treats like this! Everyone needs to know (or remember) how to celebrate birthdays and special days.

We talk about “compassion” and “empathy” in our approach to helping others. These are not soft options and there is a scientific basis to this.... Often those who have grown up in deprivation or an abusive situation have not developed “soothing” or “calming” mechanisms within themselves and immediately go to a “fight or flight” response. Hence the stereotype of aggressive or threatening behaviour when people are entrenched substance misusers. Spending time on activities like this helps others develop or re-learn how to become calmer and more in tune with their feelings which may have been masked by years of alcohol or drug use.

# SMART Wokingham

**SMART!** Wokingham

**DRINKING TOO  
MUCH?**

Do you live in Wokingham? Feel like you need a little help?

FREE confidential advice & support

**PLEASE GET IN TOUCH**

**Tel: 01189 772 022**

**Email: [wokingham@smartcjs.org.uk](mailto:wokingham@smartcjs.org.uk)**

In April, this service will start to be run by a new organisation, Cranstoun. If you use the service, there should be no difference in the support received and any new contact details will be shared. Community partners will also have been sent news of the change.

## **January Zoom Sessions to Counter Pandemic Drinking**

Free online sessions (via Zoom) were held during January to support with the negative effects of alcohol usage and to reach people that have not yet contacted the service or are reluctant to do so.

The sessions were designed to help people identify whether they were drinking too much and how to make changes to avoid harm to themselves and others. Cameras were automatically disabled to protect privacy. Advice about using first names only and not using a real name was offered – particularly if people were anxious about being identified.

Thank you Team Wokingham for setting up this additional route to support and for all you are doing day to day in running this important community service.

Wokingham Service Manager, Vikki Lake [vikki.lake@smartcjs.org.uk](mailto:vikki.lake@smartcjs.org.uk)

# Oxford – Howard House

**Read the impact that this amazing programme can have on someone's recovery from addiction:**

"I came to Howard House a broken man, in a state of despair and hopelessness, and not really sure if I was cut out for recovery after trying and failing several times, and with each time the feelings of guilt and shame became even worse than before to a point where I didn't want to carry on using but I was afraid to try recovery again; I thought it would be better just to end it all. Thankfully I didn't have the courage to carry that out and I was lucky to be granted a place in Howard House and another shot at recovery."

And what has happened to this man? Well, he has made an incredible recovery. And after a number of years have passed since this lowest ebb, he is now helping others at the programme. ❤️



**Howard House Service Manager, Niki Rowlands,  
[niki.rowlands@smartcjs.org.uk](mailto:niki.rowlands@smartcjs.org.uk)**

# Bedford - Have you got any hanging racks to donate?

We have loads of good quality clothes that you have kindly donated but no way of easily displaying them at the moment!

- Have you got any hanging racks to donate?
- Have you got any hangers?
- Perhaps you are in the rag trade or dry cleaning and can help?

We want to be able to show the clothes more easily and sort them into sizes and types. This is so that they can be used more quickly by those that need them in Bedford.

If you can help, please email me, Anita McCallum:

[director@smartcjs.org.uk](mailto:director@smartcjs.org.uk)

**THANK YOU!**



**For more information about:**

- **SMART CJS** – [www.smartcjs.org.uk](http://www.smartcjs.org.uk)
- **Volunteering** – [www.smartcjs.org.uk/get-involved/volunteer](http://www.smartcjs.org.uk/get-involved/volunteer)