

Community Newsletter

August 2020



emmaus
Cambridge
working together to end homelessness



Donations Galore!

Thank you to everyone that has donated since we reopened. We really appreciate it! As you can see, we have mountains of donations to sort through. Luckily we have some brilliant volunteers to help (can you spot them?)

working together to end homelessness

Emmaus returns to Ely Market

Emmaus Cambridge have had a stall on Ely Market for some time and it has always been an enjoyable, and profitable, experience.

Last year we started doing alternate Saturdays as well as our regular Sunday attendances and this has proved a popular addition.

Our stall on Sundays is right in the middle of the market square and we make a real effort to ensure it looks attractive and inviting. The other traders and the public love us!

A great thing about the market enterprise is that it is almost entirely companion run. We choose the stock - 'quirky' things as well as clothing, bric-a-brac', unusual furniture and the odd antique - and stand on the stall. We have a companion driver too so there is a real sense of ownership.

Obviously we were affected by the virus and had to stop going between April and June but we were back in July and took over £3,500 in four visits!

It's not just the selling though, we are ambassadors for Emmaus Cambridge and

love telling our stories to the people we meet.



Our stories

Emmaus Cambridge is a community run social enterprise and the people are what make it such a special place. So many people have a great story to tell about how Emmaus has touched their lives. Whether they're companions, staff, trustees or volunteers, these stories show the impact Emmaus can have.

We recently sat down with Ian (pictured above). Ian is possibly the longest standing and oldest Emmaus companion in the UK. He is 73 and has lived in Emmaus communities for 23 years.

"I found out about Emmaus when I was in Brighton taking part in a mental health project in 1997. When I finished the project and had nowhere to go, I referred myself to Emmaus and was accepted straight away at the Cambridge community. I went to Cambridge when the community was still very small - there were only 10 companions. I spent six months there to begin with, left for two and half years to work, and returned to Emmaus Mossley before transferring back to Cambridge - where I've been ever since.

I have been with Emmaus Cambridge throughout a lot of changes and I've watched the community grow into a place that can now support 44 people. I think some of the new people look up to me, as one of the oldest companions. There's a big age gap between myself and some of them though - there's 50 years between myself and the youngest now. Bridging the gap between two generations isn't always easy but I try my best to help if they need it."

You can read more of Ian's story, as well as others, by visiting emmaus.org.uk/cambridge/our-stories



10 Years Sober

During the COVID-19 Lock-down I got to work on my latest book '10 Years Sober'. I already had quite a bit written before March 2020 but having the extra time during Lock-down gave me more time to work on it.

Now as we approach the end of July I am very nearly finished. All the writing is done, only editing remains and in the next 4 or 5 weeks it will be off to the publisher for release early in 2021. My editor Marie has done an absolutely amazing job, her work has really enhanced my words and made what I have written all the more valid.

10 Years Sober is a no holds barred account of alcoholism from the point of view of sobriety. I speak honestly and unashamedly about my journey this last decade about my experiences, my thoughts, feelings and observations. One of the main reasons why more people do not get sober is because of the damaging collective attitudes that exist society wide. As I point out in the book addiction is not just about isolated addicts, it is about society, it is about acceptability and availability and is about the kinds of attitudes and judgements we all harbour and how we treat one another.

People generally have either too extreme or too relaxed attitudes towards drinking. Many people fail to see how dangerous it really is and because of this they downplay the harm it does. This can make it difficult for people to get help when there is a problem. Because alcoholism is progressive many alcoholics don't see it coming and they are blind-sided by it, often beginning to understand when it is too late.

Having successfully achieved sobriety on the fourth attempt I feel that I need to document it because I can see that so many people are struggling. The destructive nature of alcohol use collectively is largely overlooked by most people. We live in a society where a lot of people start drinking at a very young age and in many cases their lives continue to be blighted by this well into adulthood.

This book is an attempt by me to try and show people that they are not alone, that they can get better and even the worst types of alcoholic, like I was, can get help and stop. Even though it is difficult to stop drinking I know it is possible and I live in constant hope that my words may help someone. I also hope that attitudes can begin to change society wide, which will make it easier for those who are struggling. I cannot change the world and I cannot change other people but occasionally someone may be able to see that I and others have been able to achieve sobriety and for that person at least, an improvement will be possible.



How Tom was at risk of returning to life on Cambridge's streets until homelessness charities stepped in

Tom, a companion at Emmaus Cambridge, recently sat down with Cambridge Independent to talk about how he is putting his life back together after both Emmaus Cambridge and Wintercomfort stepped in to help him. He was living on the city centre's streets until Wintercomfort, a Cambridge homelessness charity, helped him to find a place on a rehabilitation programme at a centre in Ipswich. You can read the full article on the Cambridge Independent website here <https://www.cambridgeindependent.co.uk/lifestyle/im-40-and-i-knew-it-was-time-to-change-my-life-9118137/>

Support Emmaus Cambridge

Donate to us

We rely heavily on your donated items.

Donations can be dropped off, Wednesday-Friday from 10am until 4pm.

If you would like to make a cash donation, please visit our website. Thank you!

Shop with us

Our social enterprise is located in Landbeach, Green End CB25 9FD.

Our eBay store can be found here www.ebay.co.uk/str/emmauscambriage

Follow us

Please follow us on social media and check our website for regular updates. You can sign up to receive our monthly newsletter on our website.

Get in touch

Call 01223 863657 or visit us at
Green End, Landbeach, Cambridge CB25 9FD

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