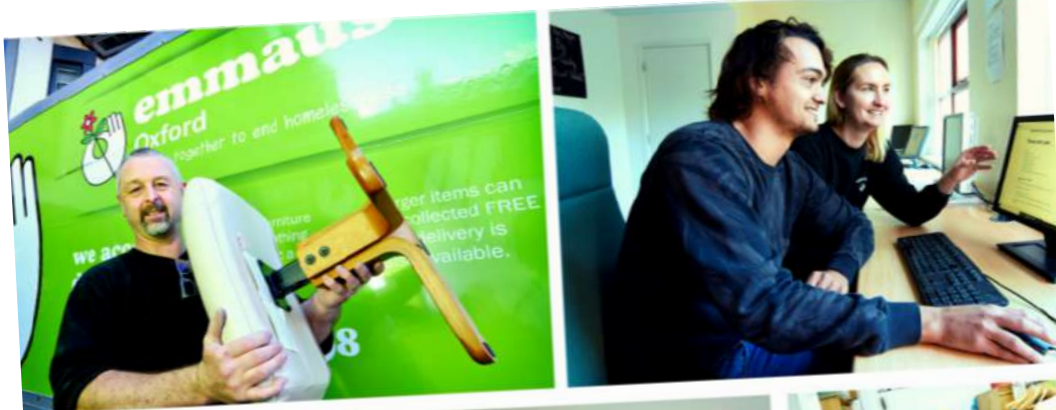


Community Newsletter



emmaus
Oxford
working together to end homelessness

Winter 2019/2020



THANK YOU!

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Fundraising boost for training and education

We want to say a huge thank you to everyone who supported our 2019 Christmas Challenge appeal. You raised an amazing £7,731 to help our companions into training and education in 2020. We'll use that money to help people like Darren to move on for good:

"I recently completed an NVQ Level 2 in Storage and Warehousing. It was a great achievement for me and now I'd like to do more training. I want to build up my CV so I've got something to take away with me. Emmaus has helped me progress and achieve things I didn't think were possible. I've finally got a place to call home, for as long as I need it."

We're tremendously grateful to the 44 people who donated and to everyone who shared our campaign. Thank you all so much for getting involved and making a real difference to homeless people in Oxford.

working together to end homelessness

Sahara Challenge

Emmaus Oxford are excited to offer our supporters the chance to take part in our first Sahara Challenge!

In November 2020 we're arranging for a group of intrepid supporters to raise money for Emmaus Oxford by trekking across the Sahara. After travelling to Morocco, you'll be learning survival skills with your Berber guides as you hike across the Sahara Desert before helping at a homelessness project in Marrakesh. We're asking our supporters to raise £1,995 to take part, so you'll be challenging yourself and helping homeless people here in Oxford.

Places are limited. To find out more about the Sahara Challenge or register your interest now, please contact Hannah at fundraising@emmausoxford.org or 07557 282649.



Goodbye 2019... Hello 2020

2019 was an extremely busy year for Emmaus Oxford.

Our social enterprise saw record-breaking figures and we are moving closer to becoming self-sufficient. We have moved sales to the online market place and our house clearance business is booming!

We are also getting even better at providing our companions with quality support and we have seen increased progression opportunities, with more companions engaging in training and development opportunities than ever before.

2019 was also a great year for partnerships with a number of key partnerships developing with local businesses.

We have a number of exciting things in the pipeline for 2020 as we strive towards helping more people and becoming financially self-sufficient, so watch this space. Thank you to everyone that has supported Emmaus over the last 12 months and to all our hard-working companions, volunteers and staff: without you it wouldn't be possible!



"I feel really supported"

Roman* is being supported by Emmaus Oxford after mental health issues led to a series of events and ultimately the loss of his accommodation. He shares his story:

"When I was younger I realised I had mental health issues. My life took a turn and I ended up being sectioned under the Mental Health Act. For quite a while my home was in supported living for people experiencing problems with mental health. Unfortunately I found the support there to be really lacking. They didn't take the time to get to know me and my problems worsened. I turned to alcohol and my depression went downhill fast. It all ended in me having a psychotic episode and I did something I wouldn't normally have done, and found myself in prison.

When I came out, I had lost my place at the supported housing and was at risk of homelessness. That's when I turned to Emmaus.

I called up the team at Emmaus Oxford, had an interview and they gave me a room really quickly. Over two years later, and I really feel supported here. The staff have taken time to get to know me and so can offer more personalised help. They work well with my doctors and make sure I always remember my appointments.

If I need someone to talk to, someone is always there to listen. The work routine here helps a lot with my mental health; I like to keep busy. My work involves me helping to run the Emmaus Oxford charity store; I've also had the opportunity to take driving lessons, French lessons and I'm re-taking some GCSEs.

I think the link between homelessness and mental health can work both ways. In my case, my mental health issues contributed to me ending up with nowhere to live. I think that sometimes does happen, when people aren't given the right support. Equally I've spoken to people who have experienced sleeping rough, whose mental health problems were caused by this situation; when you have no home it is a very stressful thing and you can easily fall into depression.

I'm really pleased to have found Emmaus. My mental health has improved a lot and I'm not sure what my life would be like today if I didn't have their support."

* Please note that Roman's real name has been changed.

Help us change lives

Friends of Emmaus Oxford are supporters who donate a small amount each month towards the cost of helping ex-homeless people like Roman turn their lives around.

Donate online:

www.emmaus.org.uk/oxford/support-us/donate
or call 01865 402073.





eBay shop

Over the last 3 months we have been trialing an expansion of our online sales with a strong presence on eBay. Deputy Manager Tom & companions have been working hard sorting, listing and posting items. It has been a great success so far, making a contribution of around £1,500 a month towards helping homeless people in Oxford.

Check out our eBay store at www.ebay.co.uk/usr/emmausoxfordstore for great deals on everything from bric-a-brac to designer furniture.

Support Emmaus Oxford

Donate to us

We depend on donations of good quality second-hand items that we can sell on to support our community. We can collect items from your home or business or you can drop them at our store. Tell us what you have to offer and we'll take care of the rest - call 01865 763698

Shop with us

By shopping with us you're not only likely to pick up a bargain, you'll also be helping to provide a home for people who have experienced homelessness.

Visit our store:
242 Barns Road, Cowley OX4 3RQ
Opening hours: Monday - Saturday
9.30am - 5pm & Sunday 10am - 4pm
Call our store: 01865 763698

Volunteer with us

Volunteering with Emmaus can be a great way to gain work experience or just get involved in a vibrant and bustling community. Contact us to sign up and see what volunteering roles we have available.

Get in touch

Call 01865 402073 or visit us at

www.emmaus.org.uk/oxford

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Emmaus Oxford is a charity registered in England and Wales (1066618).

