



# New Year Update

Bethany Christian Trust

# Thank you for being a part of our committed community of supporters!

We hope you are encouraged by this update as we outline what we have been able to achieve this past year thanks to your ongoing partnership.

This is the story of your partnership with us as we expand our work in areas across Scotland, including supported tenancies, Care Vans, and homelessness prevention services.

Your gifts have allowed our vision to advance and expand the support we offer in areas like Fife, Glasgow and Dundee.

We trust that you will enjoy reading the stories contained within this booklet. You have played a vital role in making all of this possible; we look forward to more stories like these in the future as we continue to work together in ending homelessness.

With grateful thanks,

**The Bethany Team**



## Contents

|                         |    |
|-------------------------|----|
| Access through Advocacy | 4  |
| Bethany Homes Fife      | 6  |
| Bridge to Freedom       | 7  |
| Statistics              | 8  |
| Care Vans               | 10 |
| Bethany Homes Glasgow   | 11 |
| The Women's Group       | 12 |



# Access through Advocacy

## Homelessness Prevention

In 2022, we launched our Access through Advocacy service, which empowers individuals to access all the support that is available to them through signposting and connection to wider networks. This service helps to guide people through complex systems and offers support along the way for various challenges they are experiencing.

This assistance can be especially important when it comes to:

- applying for benefits
- resolving housing issues
- dealing with bills and banking
- accessing physical and mental health services

...and other areas in which understanding your rights and accessing appropriate support is essential.

The Access through Advocacy team exists to meet this vital need.

Since launching, the Access through Advocacy service has seen **52 referrals** and **156 face to face meetings**, showing the huge need for this service in Scotland.

Pete is someone who has benefitted from our Access through Advocacy service this last year. Jax has helped him to get a bus pass, access all the benefits he qualifies for and building his confidence so that he can contact people like energy suppliers by himself.

Brown envelopes used to bring fear and phone calls would end in frustration, but now Pete is able to confidently communicate and manage this himself.







# Bridge to Freedom

## Homelessness Prevention

## Bethany Homes Fife

### Housing and Support

Your support has assisted Bethany with the purchase of three flats in Fife, allowing us to expand the life-changing work of Bethany Homes. We had already seen how tenancies in Edinburgh, Glasgow, Aberdeen and West Lothian had made a huge impact; your generosity has enabled us to launch the service in the Levenmouth area of Fife.

We recognise that a flat isn't the end of the story, so we offer tenants in a Bethany Home a package of support that includes:

**Life skills support, employment & community integration** - We tailor our support to the specific needs of each tenant, so that they can shape their journey out of homelessness.

**Recovery Support** - Bethany can help the people in our flats get connected to recovery support in the area as required, depending on the person's support needs.

**Befriending** - Community is the backbone of recovery, so we use Bethany Christian Trust's befriending models so that our tenants can develop their own networks of support.

**Statutory Supports** - Housing Support Fife has strong links with a range of statutory provision in Fife, in particular around health and housing. Relationships with local GP surgeries and Mental Health services are being developed further for tenants to access.

**Family Support** - Families that move into one of the properties in Bethany Homes Fife can connect to additional support through our teams, where appropriate. Additional support required in facilitating family connection or reintegration will be offered where appropriate.

Bridge to Freedom is Bethany's 45-week, community-based, recovery course for men and women who desire a life free of addiction. Running in partnership with various churches, the course has been changing lives in Glasgow and Edinburgh for eight and four years respectively, and three years ago we started the programme in Inverness and Aberdeen.

More recently, in July of 2022, with the help of our newest Recovery and Resettlement worker, Heather, we were delighted to launch the course in Dundee. Heather runs Bridge to Freedom Dundee in partnership with Menzieshill

Parish Church on a Thursday and already supports five women who have attended over 10 sessions. Heather received this feedback:

*"I like the opportunity to chat and share in the group with no judgement. I've been learning different things about other services that are out there and hearing different perspectives on things. I now have an awareness of opportunities that are beneficial."*

*The group is helping me to deal with life, and my substance use has reduced considerably. I can't say I've got a healthy routine yet, but I'm definitely working on it."*





# Work Across Scotland

## Some Statistics from 2022-2023

**13,672**

bed spaces provided at our Welcome Centre.



**1,026 and 6,798**

households furnished for new tenants and home starter packs delivered.



**344**

young people and families supported through Upstream therapeutic support.



**546**

recovery group attendances through our Bridge to Freedom programmes.



**604**

recovery group sessions in Bethany Christian Centre.



**74**

supported flats across Scotland.



**84**

people supported upon leaving prison.



**18**

young people supported at Kharis Court.



The Gateway team help to furnish homes for new tenants and deliver home starter packs containing essential household items.



# Care Vans

## Crisis Intervention

Bethany's Care Vans, operating throughout Scotland, offer food, hot drinks, and support to people in crisis. Alongside this provision, our Care Vans are a vital point of contact for many people. Through this informal, consistent support, we have been able to signpost individuals to other services and to help them on their journey out of homelessness.

Recently Jamie, our new Care Van coordinator for Glasgow, has been intentional in making these connections. Through something as simple as a conversation at the Care Van, Jamie was able to invite many people to one of our Bridge to Freedom courses in Glasgow, leading to many signing up for the first time.

It shows that the Care Van is so much more than just a hot drink and food; it can be the first step on someone's journey out of homelessness.

We've reached more people than ever using this service across Scotland, and we continue to find ways in increasing our accessibility.

**Edinburgh** - 20,562 presentations, 11,040 lunches provided.

**Glasgow** - 2,493 presentations, 1,856 lunches provided.

**Perth** - 381 presentations where people receive support, advice and signposting specific to their needs.



## Bethany Homes Glasgow

### Housing and Support

Regular financial support has contributed towards a growing community of friendship and transformation within Bethany Homes Glasgow.

**Take Dave\* for example, a long-term resident who now takes new tenants under his wing.** He's helped new tenants get medical help to stop smoking, and has helped welcome other newcomers. In the words of our team, "He is a wonderful role model and friend to the tenants."

**Then there's Alfie\*, who has recently been able to reconnect with his family.** He has been visiting his mum and helping her after an illness, which has also led to him spending more time with his siblings. Alfie was able to share the news with them that he is in recovery and has no interest in using drugs anymore. He said he feels

included in his family again, which is hugely important for him. We further strengthen this community of tenants by facilitating group activities like a fun summer break to the Cairngorms, and cooking classes.

We're seeing the group have fun new experiences and find hope and companionship together, and this has been made possible thanks to your support!

**9 of 9** flats in Glasgow are occupied with tenants.

All our tenants receive regular care from our Housing and Support team and are encouraged to join in community activities on their journey out of homelessness.

\*name changed due to privacy.





# The Women's Group

## Homelessness Prevention

Sophie, our Passing the Baton Facilitator, has been looking for ways to make a bigger impact among the women she works with in Edinburgh. Passing the Baton (PtB) is Bethany's befriending service which has been serving Edinburgh for more than 15 years, befriending people who have experienced homelessness or are at risk of becoming homeless.

In recent years, there has been an increase in women presenting as homeless, partly due to loneliness and isolation, leading to people having no social connections or support in their local area. Your funding has helped us to increase Sophie's role to full-time, and as a result we were able to launch a Women's Group in Leith, Edinburgh. This group is a safe space for women who regarded themselves as isolated and lonely to come together and relax, chat, meet new people and participate in crafts, games, food and fun.

At the pilot session last year, none of the women knew each other, but by the end of the session, everyone was chatting and enjoying themselves. The women were keen to meet and now the group of 15 gathers weekly. For some women, it's the only social connection they have all week.

For one woman who felt suicidal during the winter months, the group provided a safe space for her to reach out for help. We've found that the women naturally share about their experiences and offer emotional support to one another whilst working on activities together. The ladies continue to peer support and encourage one another, often sharing opportunities that they've benefitted from, such as cooking classes organised by other charities.

In addition to the Women's Group, Bethany runs various groups and community activities with the aim of strengthening communities where the potential for homelessness is a real concern.

**157** new people supported or attending groups in the West of Scotland including crafting groups, a board game cafe, a walking group, volunteering teams and Bridge to Freedom.

**9** regular Inspiring Leith community activities.

**Bugle creative writing group** - 495 Bugle magazines distributed and 620 magazines downloaded.

**436** activities and groups facilitated at Anne Hope House.





YOU'RE  
WORTH YOUR  
ROOM ON  
THIS  
EARTH

## Thank you for your support.

We continue in our commitment to serve people throughout Scotland, meeting them in their moment of need and looking for lasting solutions. We hope that you have enjoyed reading about just some of over thirty services that we operate across Scotland.

As a team, we've been truly inspired by your faithful and consistent giving throughout this year. We look forward to keeping you updated as our services continue to develop in 2024, providing support to individuals and communities across Scotland that are affected by homelessness.

Should you have any inquiries, please feel free to reach out. Wishing you a wonderful 2024 from everybody at Bethany.

[www.bethanychristiantrust.com](http://www.bethanychristiantrust.com)





**Bethany  
Christian  
Trust**

Bethany Christian Trust, 65 Bonnington Road, Edinburgh, EH6 5JQ  
Registered Scottish Charity No: SC003783  
A Limited Company Registered in Scotland No: 228528