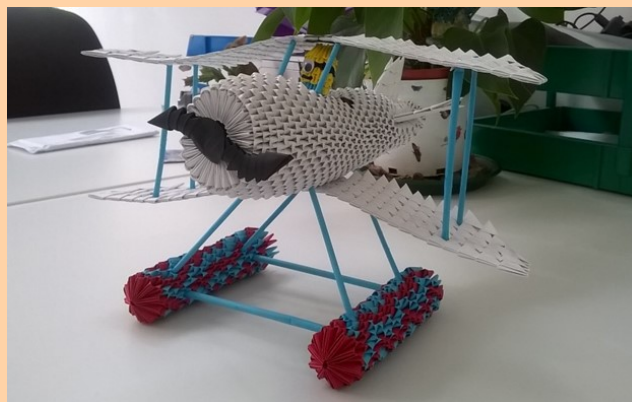


*As the Autumn is now upon us, here is the latest news from SWCC*

## Chaplains Chat...

Over recent months Rowland has been supporting a client who, like a number of our service users, battles with mental health issues. As a result of this he has a history of self-harm. Whilst in prison he was introduced to the art of paper folding as a form of diversional therapy. Not only did this help with his stress and anxiety but he and others soon realised that he had a real talent. This was something he then used to help others in a similar situation.



In the early weeks of dealing with the massive change of being back in the community, he was invited by Rowland to make a model that he had never made before, and this was the result!!

The client writes, 'I make these models to help with my mental health and to keep myself busy and to pass the time. It has helped me to manage my self-harm and it is rarely I self-harm now and that is because I make something different all the time. You should give it a go!'

Interestingly, Rowland has another client who makes paper models to help him with his mental health challenges and, in conversation, it came to light that he was taught by the chap who made this plane. Peer mentoring at its best!

Our mentors are an integral part of the SWCC team. If you would like to explore the role of mentoring with us, please get in touch. We will be running our next training days for mentors in January 2020 (dates to be confirmed). If you are interested in coming along please give us a call on 01392 284285.

We have a Facebook page – just search for 'south west community chaplaincy' on Facebook and give us a 'like' to keep up with our news on your phone!



STAY  
IN  
TOUCH!

Our website has some great new features – a news page, client stories, a volunteers only section, and more. Check it out at: [www.southwestcc.org.uk](http://www.southwestcc.org.uk)

CONTACT US AT:

Tel: 01392 284285

South West Community Chaplaincy  
CoLab Exeter, Wat Tyler House, King William Street, Exeter EX4 6PD  
Web: [www.southwestcc.org.uk](http://www.southwestcc.org.uk) Email: [enquiries@southwestcc.org.uk](mailto:enquiries@southwestcc.org.uk)

## Identity Parade - The Away Day

We were delighted to welcome keynote speakers Alison Hernandez and David Moffitt to our Away Day on 12<sup>th</sup> October at The Kenn Centre, Kennford.

Rowland had set the scene for the day in his reflection about what our names mean, and our identities. Alison then ran with this theme, telling us how her surname tends to lead people to expect her to speak in a Spanish accent! Alison talked of some of her priorities to; address the shortage of housing for people who have been through the criminal justice system, break the cycle of intergenerational offending and to mainstream the successful Mental Health Treatment Requirement Order that has been trialled in Plymouth. David talked about the reality for many of our clients of having had 'ACEs', or Adverse Childhood Experiences, and how mentoring relationships can make a real difference in changing how our clients perceive themselves, changing their self-identity, helping them to see themselves in a more positive light and hence become more resilient and better equipped to break away from offending.



### In brief...

- We are immensely thankful for the funding that has come in over past months. Although this means we have been able to increase our chaplaincy team, there remains a clear need to appoint a Volunteer Co-ordinator and we continue to seek resources to finance this.
- Mental health issues, including anxiety and depression, affect the majority of the people we work with. May we have wisdom and insight in supporting people to overcome such difficulties.
- As part of the development of our website, there will soon be a dedicated section for volunteers with news and information especially for you. Details of how to access this will be sent directly to you.

*If you are a person of faith please hold these concerns and other items included in this newsletter in prayer.*

## Figures & Finance!

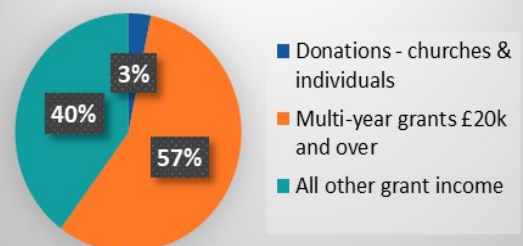
### How are we funded?

Like most charities South West Community Chaplaincy relies on the goodwill of individuals and grant making trusts to equip us with the financial resources we need to operate. The pie-chart below shows where we anticipate our funding coming from in the current financial year, with three big, multi-year funding packages making up over half (57%) of our income. Our rolling programme of approaching grant funders takes place throughout the year, and we expect another 40% of our income to come from these funders who may give anything from £250 to £10,000 each. Finally, the donations that we receive from churches and individuals will account for 3% of our income this year, although we want to increase this future years so that we are less reliant on grant income.

### Could you consider supporting us by making a one-off or regular donation towards our work?

It costs £746.07 for every person we will work with in 2019/20, and with your support we can help someone to help themselves to a much brighter future. Head to our website ([www.southwestcc.org.uk](http://www.southwestcc.org.uk)) and click on the 'donate' button to make your gift.

SWCC anticipated income 2019/20



**Note: as of 1 November 2019 we have secured 72.7% (£86,089) of our expected £119,371**



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