

A SNAPSHOT



Offering hope, support and a future to vulnerable
and disadvantaged people in the Bath area



Welcome to our Snapshot in which we offer an overview of what we've been up to and, perhaps even more importantly this year, with all the challenges that are mounting in our communities, what we are planning for the future.

It's been quite a year! In this Snapshot you will see some wonderful examples of how our dedicated team of staff and volunteers are helping people towards new beginnings and better futures. This is very easy to say but, of course, harder to do, especially using what we call 'Good Help' (p5). This essentially means helping people to help themselves, not least because this is the best way for people to transform their situations for the long term.

We aim to offer people a welcoming entry point into a series of interlinked services that enable a staged response from crisis to independence. Importantly, we recognise that poverty is more than just about material resources, and invariably involves poverty of identity and relationships. Consequently, we are concentrating on these areas throughout Genesis Life Projects by encouraging the building

of support networks and community relationships (p6). I'm sure we all recognise that someone who can call on the support of family, friends, work or community networks will be more resilient when crises appear.

The current economic climate (autumn 2022) is likely to result in more crises for more people, so we are doing what we can to help people learn how to be more resilient and connect in with a positive community. We want to help people to not only deal with their immediate crisis but have the means to deal with the next; to not only become resilient but hold hope for the future, to gain confidence and a sense of purpose, reaching their potential as a unique and valued individual.

So, please be hopeful and encouraged whilst reading this Snapshot. Thank you for your support which is so very vital to the on-going progress we are seeing in people's lives.

Nick Mayo CEO



To continue hearing our stories of hope, please sign up to our e-newsletter via our website.

This year at a glance

Our highlights and impact

Genesis Life Projects

3 Life Courses delivered with 18-sessions each. 19 guests participated.

Over 80% of attendees reported a significant positive change after completing the course.

Re-introduction of Wednesday breakfasts. 18-22 people per week.

An important social connection where we can introduce further support, courses and activities.

94 clients involved in 25 different Life Skills courses/activities, totalling 154 sessions.

Over 80% of clients rated the courses or activities as excellent.

299 clients visited Lifeline.

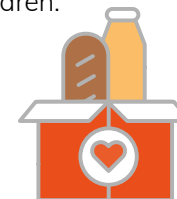
Lifeline provided 3,469 interactions at the drop-in centre and 1,307 one-to-ones.



Bath Foodbank

Over 2,279 vouchers were redeemed.

3-day emergency food parcels were provided for 3,864 people, 1,035 of whom were children.



Furniture Shop

The launch of our online shop.

A great first year with over 2,000 items of furniture donated.

Provided essential furniture for over 200 vulnerable families and individuals.



From our Trustees

An often unseen yet key part of Genesis Trust are our Trustees. We would like to thank all those who have served as trustees over the years and are pleased to announce that Triss Horwood has been appointed Chair of Trustees.



Peter Heywood, Founder and long-term Chair

“ I have been very pleased to work alongside Ian McKay during his time as Trustee, Vice Chair, and then as interim Chair for the last 12 months, and his knowledge and experience has always been invaluable. I am now delighted that Triss has become our new Chair. She has a deep commitment to the mission of Genesis and brings essential skills to the role based on her years working in the NHS, in private consultancy, and in church mission and training. I know that you will join me in welcoming her to this key position in the charity.”

“ I feel honoured to have been asked to help Genesis on the next part of its journey and am very thankful to Peter and Ian for all they have done. I see Genesis, in addition to delivering its own services, ideally placed to offer support to others such as churches, ministries and individuals in delivering the right help and support to their communities, especially the vulnerable and marginalised.”



Triss Horwood, Chair of Trustees

‘Good Help’ at Genesis Trust

What is ‘Good Help’ and how is it worked out at Genesis Trust?

Genesis Trust’s model of support for clients who come to us is heavily influenced by the charity Nesta’s 2018 report on ‘Good and Bad Help’. It demonstrates what ‘Good Help’ looks like in creating long term improvements in people’s lives.

“ Good Help increases people’s confidence, sense of purpose and hope. It involves listening carefully to what matters to people, what’s going on in their lives, their skills and motivations, and it strengthens their sense of what is possible.”

‘GOOD AND BAD HELP’,
NESTA REPORT 2018

We have continued with a dedicated one-to-one approach with our clients as the time and space has created meaningful conversations, which in turn have borne wonderful fruit. We have been able to tailor support for each individual and direct them to the right kind of courses, sessions



Building relationships at
Genesis Life Projects

or further support. We’ve offered 28 courses this year, ranging from Therapeutic Art and Cooking courses to the Life Course, all of which increase life skills and enable clients to develop social skills and confidence, and respect for themselves, each other and the world around them.

As you read through this Snapshot, you will discover how we are facilitating ‘Good Help’ across all our programmes.

GIFT IN WILLS



The power of leaving a legacy

By leaving a gift in your Will to Genesis Trust you will become a long-term partner and investor in fulfilling our vision: to see a thriving and supportive community in the Bath area where everyone has hope and can prosper.

Find out more at www.genesistrust.org.uk/about/gift-in-wills/ or email Emma emma.drew@genesistrust.org.uk

Your gift can enable immediate practical help for our clients, offer long-term support and opportunities for them to make healthy choices, rebuild their lives, improve their wellbeing and overcome poverty in all its forms.

Together we can
share kindness
and hope.



Genesis Life Projects

This year we have seen clients forming meaningful relationships whilst receiving targeted support for different aspects of their lives. Through each client's interactions with staff, volunteers and each other, they have developed a sense of self-worth and belonging. This has increased their self-awareness and sense of who they are, resulting in healthier interactions and stronger relationships.

Lifeline

Lifeline provides practical support to anyone who walks through our doors. This year we provided:

3,469 counts of practical help at the drop-in centre, providing food parcels, shower facilities and other essential services.

1,307 one-to-one connections, helping with budgeting, benefits and many other issues.



Our courses and activities are structured around the recognised 'Five Ways to Wellbeing', which focuses on connecting, being active, continuous learning, giving back and being mindful.

89% of course/activity participants reported having experienced a positive change.

The Life Course

With a recovery and therapeutic focus, this course concentrated on the long-term transformation of people's lives.

Over **80%** of participants reported a significant positive change after completing the course.

Many who come to the drop-in centre then book a one-to-one meeting, resulting in stronger outcomes for clients. Each client comes with their own story to share. Within all these interactions, we encouraged clients who approached us for practical support to consider its impact on their wellbeing, gently highlighting the connections between them.

The 25 courses we have provided encouraged healthier lifestyle choices, reduced social isolation, increased confidence and self-esteem, and encouraged further participation in community and meaningful activity. In addition, we delivered 423 one-to-ones or walk & talk sessions, which normalised conversations and improved wellbeing.

For some, a positive outcome has been contributing to society through volunteering and employment. Others have made personal progress on addictions and self-care as well as starting courses elsewhere. One guest won a poetry award.

Life Skills



Genesis Life Projects Case Study

Darren's journey

Darren came to Genesis Trust as an addict of drugs and alcohol. From thirteen, he gradually moved through various

drugs, leading to three jail sentences. He'd participated in various rehab programmes and, now in his forties, was desperate for change.

Darren tried to beat his addictions by avoiding unhelpful influences and, to prevent loneliness, he was encouraged to come to the Gateway Centre. After some advisory sessions at Lifeline, receiving practical support with unpaid bills and reducing substance misuse, we suggested he attend a six-week cooking course to fit with his catering background. Darren enjoyed the social aspect, especially eating meals together.

The commitment he then made to the Life Course motivated Darren and boosted his self-esteem. He kept saying he wanted to 'give something back,' so began volunteering in the kitchen and was extremely reliable. Darren took to monitoring our phoenix mosaic project, encouraging other guests to participate. Darren was asked to take up Genesis Trust's part-time paid position of maintaining the grounds of our Gateway Centre.

Daily life for Darren remained a struggle as he continued beating his addiction, but things were coming together, and he woke feeling hopeful. The real highlight has been seeing Darren form new networks of support in the community. After expressing an

interest in studying, we talked through the idea of a counselling course to connect his desire to support others. We helped him apply for a funded place at Bath College, which will create a new network for Darren.

Two other networks are growing for Darren. Whilst involved at Genesis Trust, Darren reignited a faith journey, has joined a local church and is soon to be baptised. After years of infrequent and turbulent contact with his father and daughter, both will be attending his baptism. These networks will form part of Darren's new, independent life.

“I look at doing the phoenix as my learning point...it's very calming and I don't often feel calm. I also enjoyed talking and having a laugh with the staff and other people... I guess the laughing made it feel therapeutic, you always felt good after a session.”



Darren working on the phoenix mosaic

Bath Foodbank

Bath Foodbank really is a team effort, provided by the community, for the community. Together we distributed 56,000kg of food for individuals and families in need over the year. This provided food parcels for 3,864 people, 1,035 of whom were children.

A huge **thank you** goes to all those who made Bath Foodbank possible this past year:

Our committed team of volunteers who kept the whole operation running

Those who donated food at supermarkets and to our warehouse

Churches, companies and schools who organised food collections

Supermarkets who facilitated donation points and contributed food

Supporters who gave money to provide essential food and resources



Our volunteers at Foodbank warehouse

With additional funding from local businesses and churches we were also able to help families by giving out reading books, cinema tickets and ice cream vouchers for the summer as well as toy shop vouchers for children's Christmas presents.

All these provisions for individuals and families have been given in-person once again. In October 2021, we gently emerged from COVID restrictions by ending the home delivery service and reopened two of our Foodbank Centres for clients. This allowed our volunteers to welcome people in, offer a cup of tea and provide a listening ear. The friendly and warm environment at our centres is an important part of how Bath Foodbank ensures nobody goes hungry in our community.



Furniture Shop

In March 2021, following the pandemic, we opened our new Furniture Shop selling pre-loved, high-quality furniture online. All profits support Genesis Trust's work with vulnerable and disadvantaged adults in and around Bath.

We've had over 2,000 items of furniture donated this year and are so grateful for all the support we've received to get our online shop up and running. The quality and volume of donations continues to rise and we believe the market potential is significant.

We are proud to have generated nearly £100,000 of income in our first year, and our aim is to grow this social enterprise in order to further support the wider work of Genesis Trust. This first year gives us confidence that the Furniture Shop business model works, that there is a market to serve and that it is scalable.

Another important aspect of the Furniture Shop is supporting people in crisis who are being newly homed or need old items replacing. Crisis funding programmes, which give financial support to people struggling financially, contact us to provide items that meet peoples' essential furniture needs such as beds, white goods and sofas. This year, we have been able to provide furniture to over 200 local families and individuals in need.



Ross and John out on deliveries

Looking forward, we want to support more people by developing our traineeship scheme within the Furniture Shop. Our aim is to provide work experience in a professional business, where people can build their confidence, gain transferable skills and increase their employment prospects.

“Genesis Furniture Shop is a gem. Had a look around whilst collecting. My chairs are good quality, recycled furniture and supporting a worthy charity. Service was excellent.”

Customer feedback

www.genesistrust.org.uk



Thank You!

A huge thank you to all of our supporters, fundraisers and volunteers, who make all our work possible.



The Future

Genesis Trust is not alone in trying to understand what the future looks like as we come to terms with the traumatic couple of years we've all experienced. The world has been through a health pandemic and is now beginning to experience what may be an economic pandemic, and we are working hard to understand what our role is to be in helping people through whatever lies ahead.

A crucial part of this will be continuing to reliably do what we are already doing: ensuring Bath Foodbank and Lifeline are easily accessible for those in crisis; offering Life Skills and the Life Course to help people become more resilient; and growing the Furniture Shop so that, in time, it can make a significant contribution to the running costs of Genesis Trust, as well as offering more traineeships.

And we want to do more. We will be rolling out 'Life Connect', a lunchtime meal run in partnership with various churches with the aim of encouraging social connection. Bath Foodbank is opening a third distribution centre and joining with Citizens Advice and others to offer support with underlying issues. We hope to relaunch our mentoring programme, 'Pathways', an additional programme of support within Genesis Life Projects. Another exciting area of work is looking at

how we can most appropriately help churches serve their communities – so do please watch out for more on this over the coming months.

A vital part of Genesis' DNA is demonstrating hope and gratitude. That is why we are holding a Thanksgiving Service at Bath Abbey, to give thanks for all the support and provision Genesis Trust has received over the years.

With that in mind, we are so very grateful for the support and partnership of so many including churches, businesses, trusts, financial supporters and volunteers. We are always looking at ways we can improve and, as an example, are aiming to make volunteering easier by introducing our new 'Assemble' system, so do please look out for more about this. We know that without you all, Genesis Trust would not be possible.



Nurturing community at Genesis Life Projects

Ways to Help

Join us in reaching out to our most marginalised neighbours with love, compassion and kindness. We'd love you to get involved with our work supporting people locally.

DONATE



Donate furniture to the Furniture Shop, food to Bath Foodbank, clothing and care package items to Genesis Life Projects

GIVE



A financial gift of any size will help us support vulnerable and disadvantaged people in and around Bath

GIFT IN WILLS



Leaving a gift in your Will enables new beginnings and better futures

VOLUNTEER



We rely on a committed team of volunteers, who give up their time to help deliver our various programmes

FUNDRAISE



Organise your own activity to help raise funds and awareness with your family, friends, and local community

CHALLENGE



If you like a challenge, why not take part in our events: London Marathon, Bath Half, skydives, walks and more

ENGAGE



Sign up to receive our e-news, follow us on social media and help us spread the word

PRAY



Prayer is vital for the success of Genesis Trust and in supporting people on their journey from crisis to independence



FIND OUT MORE AND DONATE:

www.genesisistrust.org.uk

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