

**2022
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2023**

A SNAPSHOT



Offering hope, support and a future
to homeless and vulnerable people



Welcome to our latest Snapshot, full of wonderful and encouraging things that have happened during the year to March 2023. As you read through the following articles, I welcome you to join me in giving thanks for every step of progress our clients have made. We had an encouraging time together at our Thanksgiving Service at Bath Abbey in October 2022, which was an opportunity to thank God, celebrate Genesis throughout the years and look forward to what's to come. (You can still watch the service on our YouTube channel).

This has been a year of clarifying our priorities as we tried to understand what the post pandemic environment looked like for our clients and therefore for Genesis. Overall we have seen a 30% increase in clients accessing all our services across the year, a statistic which shows the level of need, the post-pandemic desire to access support and the positive impact that Genesis is able to have on our community. The number of client interactions at Genesis Life Projects virtually doubled.

The increasing demand for our services has led us to assess the quality of our programmes and focus even more on relationship building as a tool for change and recovery. Building on the 'Good Help' approach, Genesis Life Projects has introduced the concept of a Psychologically Informed Environment (PIE) to better support our clients and staff (p4). And following on from our historic Soup Run, we have started Life Connect, which offers three opportunities each week for community and relationship connection over a healthy meal (p5).

Genesis Trust is a network of relationships and within that we want to recognise your own important connection. None of this work would be possible without you, our supporters, volunteers, fundraisers and partners. On behalf of the whole team and our trustees, I thank you for your support, loyalty and encouragement.

THANK YOU!

Nick Mayo CEO



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



22/23



Year at a glance



80+
families and
individuals
supported
with furniture
through
**Furniture
Shop**

4,900+ people
provided with
food parcels via
Bath Foodbank
(up a third on
previous year)



150+
volunteers
across all
projects

Bath Foodbank opened a third centre
in Odd Down

500+
individuals
supported
through
**Genesis Life
Projects**



Genesis Life Projects



80% of Life Skills
participants
noticed a positive
change

100% of
participants rated
the **Life Course**
as 'Excellent'



6,600+ visits to
Lifeline's crisis support



Introduced **Life Connect**
providing **2,500+** meals



PIE: Psychologically Informed Environment

How 'PIE' is supporting clients and staff at Genesis Trust

Over the past year we have introduced a new way of working with our clients and within our team at Genesis Life Projects.

The cornerstone of what we do within Genesis Life Projects is relationship building with the aim of igniting hope in our clients to motivate them into taking action, leading to change and recovery.

Every client who walks through our door comes with their own story and requires a unique journey to reach their change or recovery. PIE acts as a framework to help us ensure Genesis Life Projects, and all the interactions we have within that structure, are effectively building relationships and meeting the needs of our clients and staff.

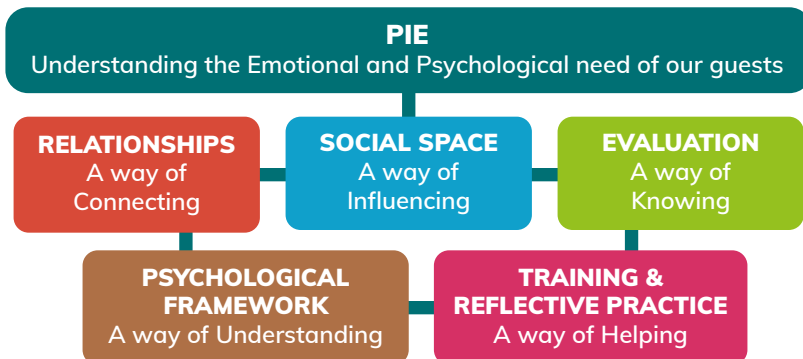
Because of PIE, clients who are accessing Genesis Life Projects are forming meaningful relationships with staff, volunteers and each other. They receive emotional and practical support while they progress towards change and recovery, ultimately leading to independence.

“ Creating a Psychologically Informed Environment (PIE) is about recognising people's emotional and psychological needs. When we do this, we recognise a responsibility to try and create an environment catered to the individual; moving away from a 'one size fits all' approach. Each of our guests (clients) are unique, as is the journey they are on.”

SUE FOURIE, GENESIS LIFE PROJECTS MANAGER



The framework falls into five key areas



Trauma Informed • Strength Based • Consistent and Compassionate

To find out more about the PIE framework at Genesis Trust, please visit our website: www.genesistrust.org.uk/what-we-do

Life Connect

At Genesis Trust we believe that the dinner table is a place for community and inclusivity, which is why we are offering meals within our week as part of Genesis Life Projects.

Life Connect started in September '22 and is formed of three separate meals across the week, with the aim to forming connections through conversation over a meal. Wednesday breakfasts and Friday lunch are held at our Gateway Centre and Thursday lunch is hosted by St John's Church. The meals provide a safe, warm space for all who need some company whilst they eat.

Sue Fourie, Genesis Life Projects Manager says, *"There is something therapeutic in setting aside time and sitting next to someone for a meal; an excuse to chat and reflect on the day. For some people, that 30-45 minute mealtime may be their only conversation that the day brings or the only distraction from their chaos. It might simply provide some calm in an otherwise hectic day."*



Friday lunch at Genesis Life Projects

**From September '22
through to March '23
Life Connect has
served 2,554 meals**

We're seeing clients making meaningful relationships with one another, developing stronger support networks and having opportunities to access further support.

Following the shut down in community provision during COVID, Life Connect has been a much-needed addition to the provision Genesis Trust can offer to local homeless and vulnerable people. Thank you to everyone who makes this wonderful provision possible.





Genesis Life Projects

For our clients, the lines between our projects have become increasingly blurred as they move between different areas depending on their need. We are committed to seeing each journey include relationship building and meaningful social interactions, all whilst developing trust and hope for their future.

Lifeline

385 guests visited

1:1's increased by 45% on last year

Lifeline has seen a general increase in activity with an rise in guests attending 1:1 sessions. This 1:1 work and the mission to assist people to deal with issues and take hold of new opportunities has become the primary thrust of Lifeline, along with the provision of practical support. The team have worked hard to offer a calm environment, open all day, where people feel supported and part of a community.

Life Skills

47 courses and activities

80% of participants noticed a change/ significant change

Life Skills activities take place in a safe, joyful space where people are accepted and respected, giving a platform to freely express, explore and be themselves. Whether our guests attend a therapeutically based music or nature therapy, a cookery or walking group, the emphasis is the same: building positive relationships & community, developing skills, reducing stress & anxiety and improved mental wellbeing. By supporting our guests' wellbeing, we can help reduce subsequent problems and equip our guests to better improve their lives.

The Life Course

15 guests completed the 10 week course

100% rated Life Course 'Excellent'

The Life Course has a therapeutic and recovery focus, enabling people to focus on themselves and identify steps to live more independently. Some of the comments we received from participants included feeling more confident in group situations, understanding personality differences in people they interact with and the importance of boundaries. The Life Course is now well established and respected in the local area with clinical providers regularly making referrals.



Lorraine's journey

Lorraine first came to Genesis with a neighbour she had confided in after the first COVID lockdown.

At the time she was sleeping on the floor of her brother's apartment. After suffering years of emotional abuse from her ex-partner and father before that, her brother's floor was the best option. But once her brother became physically violent towards her, she was scared, isolated and depressed.

Lorraine had been trying to get an apartment of her own, but progress was slow. Genesis immediately put her in touch with an agency who could support her with this.

Genesis staff helped Lorraine begin to deal with the trauma and abuse she'd suffered for so many years, including being alienated from her children by her partner and having to leave them years before. She joined a women's group where she slowly began to open up, make friends and feel accepted. She then started the Life Course and learnt for the first time about the kinds of abuse she had suffered, about boundaries and coping mechanisms to begin moving forward.

Whilst attending the 10-week course Lorraine finally got an apartment of her own. The joy of sharing this with her new group of friends was like nothing she'd experienced before.

Lorraine continued her recovery with Genesis by attending Life Skills courses such as Art and Nature Therapy, where she reignited interests in gardening and

painting, long since forgotten. She also joined the Genesis boules team through which she created a social life she hadn't realised was missing.

Lorraine has now become a volunteer for the Life Course, which she thought would consist of making tea, but has become much more influential. Course participants have pulled her aside to share deeply personal stories because she herself is a 'survivor'. The depth she brings as a peer mentor for new participants is irreplaceable.

“ Because of Genesis I am in a much better place and feel equipped for that day when my children get in touch. Helping with the Life Course is a way I can give back, feel part of something and keep myself on track. Genesis is like my family, a completely different one to what I'm used to. I am so very grateful.”



Lorraine enjoying Grow for Life course, offered through Life Skills

Bath Foodbank



This year we have seen a huge level of support for Bath Foodbank.

Together the community donated 68,000kgs of food for vulnerable people in Bath.

Bath Foodbank was able to give emergency food parcels to 4,951 people, 1,392 of whom were children. This number is up by a third on last year.

Highlights ♥

Opened a third distribution centre in Odd Down at St Philip and St James' Church.

90 volunteers gave their time regularly across all Foodbank areas.

Introduced a delivery service for vulnerable clients unable to get to the centres, using volunteer drivers.

Welcomed Citizens Advice and Clean Slate at our Manvers Street distribution centre. They offered additional support to people collecting food parcels. Funded by BANES council with continued funding from Trussel Trust.

Provided holiday activity vouchers, Christmas toy vouchers and winter warm kits to anyone who needed them.

Launched the Bookbank at all three centres, providing new books for adults and children. Funded by local organisations.



Providing a friendly, welcoming space for clients at our centres

Thank you so much to everyone who contributed food, money and time to provide much needed support to individuals and families across Bath. We are so grateful to all our volunteers who keep the service so efficient, organised and friendly.



Furniture Shop

The Furniture Shop has gone from strength to strength since we moved to selling through eBay during COVID. Both collections and sales have increased on previous years and the team are enjoying the challenge.

A big thank you to everyone who has donated furniture during the year. Around 80% of our donations are collected from the Bath area. With the profits we make from Furniture Shop feeding our work with local homeless and vulnerable people, it is encouraging to have this local support through furniture donations.

Selling on eBay has enabled us to widen our audience of customers and we're selling many more items because of it. Around 80% of our sales are now nationwide with Greater London, The Midlands and Cornwall becoming our strongest customers. Thanks to both donations and sales the Furniture Shop grew to a turnover of around £159,000 in 22/23 and we're happy to report is continuing to grow into 23/24. The profits will go toward our projects.

Across the year Furniture Shop has also been able to provide items of furniture such as bedroom furniture and sofas for 82 local families and individuals in need or newly housed.



Staff member Ross out in the van, collecting and delivering furniture

A focus over the coming year for Furniture Shop will be developing the traineeship programme for clients across our projects. We want to develop an environment in which people can expand their experience and skills to equip them for their future.



“ I wanted to say how amazing your collection guys were this morning. They took everything that was suitable to sell. They were efficient, polite and very careful. Please thank them from us for their amazing job.”

FURNITURE SHOP DONOR

**DONATE
ONLINE**

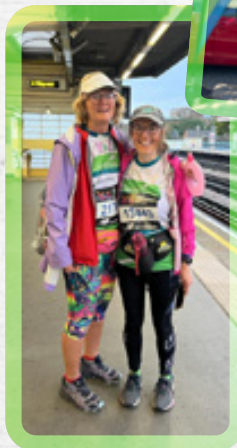


www.genesistrust.org.uk

Our best sellers are sofas, dining tables, beds, wardrobes and chairs.

Thank You!

We are so grateful for the commitment and hard work of all our volunteers, supporters and fundraisers. Thank you for enabling our work with vulnerable and homeless people in our community.



The Future

Based on our experiences over the last few years, and in particular the uptake of the PIE framework, the year ahead will see a number of revised projects and activities. These are all to be viewed through the lens of better supporting our clients on their journey to a better future.

Genesis Life Projects will be combining the Life Course and our new programme, SMART Recovery, into a new project called Life Recovery. Our staff are undertaking training to provide support groups for clients living with addiction. This fills a gap identified by our staff where many people were not yet able to access further support because of their addictions. Built into this project is a peer mentor scheme where clients support one another along their journeys.

Another offering for our clients will be provided by our Furniture Shop, who plan to expand the offer of traineeship opportunities for existing clients from our projects. The aim is to help them build their confidence, connections and skills for the future.

Bath Foodbank's successful pilot scheme with Citizens Advice and Clean Slate will develop into a permanent fixture during the autumn '23 thanks to funding from the Trussell Trust. This will offer further support to anyone collecting a food parcel from our centres, many for the first time. We are pleased to be creating stronger relationships with other support agencies across the city.



Kerry, client and volunteer at Genesis Life Projects

This relationship building extends to the network of churches. We have been listening attentively to what Bath's churches (as well as other local organisations) see Genesis' role as and whether there may be ways in which we can support efforts by churches in their communities. We hope to see this develop over the coming year.

All of these activities build upon our relationship focused approach delivered during this reflective year. Thank you for the special relationship you hold with Genesis Trust. With these new projects and activities underway we look forward to seeing how, together, we can continue to support local homeless and vulnerable people into their own new beginnings and better futures.



Gift in Wills

After supporting loved ones in your Will, how might a gift given to Genesis Trust, however small, have an impact?

From the moment a client first comes into contact with us, every interaction they have with our staff, volunteers and each other is part of the process of building relationships. These relationships lead to trust, community and positive change.

But relationships take time and that is where Gift in Wills comes in.

A gift given in the future means the relationship that starts now can continue to be nurtured for as long as it needs to. Gift in Wills enables the next interactions to develop and grow into seeds of hope and transformation.



Find out more on our website or email Emma Drew
emma.drew@genesistrust.org.uk

Ways to help...



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