

# sifa fireside

*'Supporting independence from alcohol and tackling homelessness'*

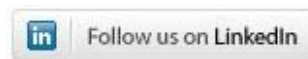
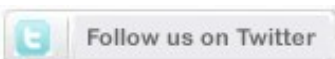
## 2010-11 ANNUAL REVIEW



SIFA Fireside works across Birmingham with people experiencing homelessness and alcohol misuse, health inequalities and other disadvantage

**This annual review gives an overview of the work of SIFA Fireside. More detailed information is provided in the full statutory annual report and accounts, which are available upon request or from our website.**

[www.sifafireside.co.uk](http://www.sifafireside.co.uk)





SIFA Fireside has had another successful year supporting and working with people who face homelessness, health and alcohol issues and social exclusion. Our aim remains clear: to provide an environment of welcome and opportunity, and empower challenged people to take significant steps forward in their lives.

We have had our own challenges as well in the last twelve months. The economic downturn has had its impact on us, and cuts in public funding have increased the need for extremely

careful financial management, and the imaginative identifying of new sources of income. We continue to put in place creative partnerships with other agencies which will benefit our service users. This leaves us positive about the progress of our work into the future.

One key step will be our move into new premises later this year. After a long search for an appropriate property, and the achieving of substantial funding to upgrade it for our purposes, we shall look forward to having all our operations under one roof. We shall be close to the city centre and, importantly, still very accessible for those who come to us for help.

As ever, we are particularly grateful to those who support our work with generous donations, with time given freely, and with valuable resources offered. We are grateful to our excellent workforce, paid and volunteer. And we remain committed to befriending, assisting and equipping those who turn to us for support. The need is absolutely clear, the urgency is as great as ever.

***Hayward Osborne***  
**Chair of Trustees**

## Chief Executive's Report



When times are tough SIFA Fireside's services are even more vital in order to provide a seven day a week safety net for some of Birmingham's most vulnerable and disadvantaged people. In 2009/10, as well as continuing to offer immediate practical support, resettlement and specialist alcohol interventions, we increased the number and range of our activity and training sessions as part of the recovery process out of alcohol misuse and homelessness.

Thanks to the Social Enterprise Investment Fund, our new building in Digbeth will provide a high quality environment for our service users, staff and volunteers and act as a hub where we can continue to develop new activities and partnerships. We very much need your ongoing support as we move into this next exciting and challenging phase of our (almost thirty year) service delivery in Birmingham.

***Cath Gilliver***  
**Chief Executive**

- A £400,000 capital grant awarded by the Social Enterprise Investment Fund (SEIF) to relocate onto one site which provides the high quality environment our service users, staff and volunteers deserve.
- Joint working with other local Alcohol Services and Birmingham's Drug and Alcohol Action Team (BDAAT) to improve referral procedures for homeless people with alcohol problems.
- A revitalised service user forum and service users involved in designing and launching Health Packs for local homeless people.
- Targeted groups for women and for Eastern European service users (supported by volunteer interpreters and translators).
- A new partnership with West Midlands Fire Service who provided Fire Safety advice and First Aid training for our service users.
- A grant from the Dept of Community and Local Government (administered by Crisis) to enable single homeless people to secure and sustain good quality accommodation in the Private Rented Sector.
- Development and launch of ChangeKitchen CIC, a vegetarian event catering enterprise offering paid employment placements to our service users.
- A sponsored walk in May 2010 raising over £45,000; in addition we increased our income generation through room hire, hosting student placements and training and lecturing.
- Use of social media with a monthly e bulletin to our supporters and a FaceBook page.

### Desmond



SIFA Fireside was a great support when I was at rock bottom and couldn't see any way out of my situation. I can now say I've been alcohol and drug free for over six months, I've got my own little flat to call home, and, best of all, I've got a part time job at a local builder's which I thoroughly enjoy and it brings me in a regular weekly income. I also do my own cooking now (six months ago I couldn't fry an egg), so look out Gordon Ramsay!

On a serious note all the staff were a real help at a time when I didn't care whether I lived or died. I listened to your advice and still go to AA where to my surprise there are doctors, lawyers and the like, proving that alcohol problems are indiscriminate. SIFA Fireside was always there to help with any problems I encountered and as a shoulder to cry on. Keep up the good work!

## Operations Manager's Report



From an operational viewpoint we're on an exciting if bumpy road! At a time when press reports indicate the biggest rise in homelessness since the 1980s and there are huge demands on funding and on SIFA Fireside's capacity to deliver its wide range of programmes, I'm pleased to say that our staff and volunteer teams have more than risen to these challenges and have worked together to ensure that we continue to provide an accessible and targeted service to some of the most vulnerable people across Birmingham.

I believe we offer an accountable and high quality service, with a positive approach to partnerships and networking which means our clients get the best possible options for change, and I'm confident that, whatever challenges lie ahead, SIFA Fireside's teams will use their skills and experience to meet them.

## 'Drop in' sessions

Our seven days a week 'drop in' sessions in Birmingham City Centre remain at the heart of our services, enabling people to self refer into our alcohol, resettlement and health provision and get immediate practical help in the form of showers, laundry and meals particularly targeted at rough sleepers. Our partner providers include Primary Care nurses, the Homeless Mental Health Team and a chiropodist, Phoenix Futures and Addaction. The running of the 'drop in' continues to be supported by our amazing team of volunteers who serve up to 80 breakfasts and 100 lunches a day (Monday to Friday).

## Specialist Alcohol Service

In 2010/11 the Alcohol Team developed a new three part programme; Stepping Stones, a six week Alcohol Education programme, the Bridge, eight weeks, to imbed reduction and relapse prevention, and the Pathway, a 12 week programme which supports long term change. Where people are unwilling to reduce their alcohol intake we work in partnership with the Homeless Nursing Team and Homeless Alcohol Team using a harm reduction approach. We also offer acupuncture, hypnotherapy and electro stimulation therapy (EST) as aids to manage cravings and prevent relapse.

As part of the Birmingham Outreach Alcohol Team (BOAT), working alongside the Irish Welfare and Information Service in a partnership led by Aquarius, we provide Support Workers to four District General Hospital Teams as well as community alcohol outreach within the Heart of Birmingham area.

## Resettlement

Our Resettlement Team delivered against targets set by the Housing Dept to offer accommodation advice particularly focusing on rough sleepers and people of no fixed abode to get them into emergency beds, with follow up resettlement into tenancies or supported living. Two posts are funded by the Irish government's Emigrant Support Programme to work with vulnerable and older Irish people.

The team has also been successful in obtaining additional funding for 2011/12 from Communities & Local Government to work with the Private Rented Sector to create and support 45 tenancies for single homeless people.

## Criminal Justice

As part of its contract with Staffs & West Midlands Probation Service SIFA Fireside delivered 2766 offender sessions across Birmingham & Solihull through the Drink Impaired Driving, Low Intensity Alcohol and Offender Substance Abuse programmes. In addition our team took on responsibility for quality control of the programmes through tutors training as Treatment Managers, as well as delivering Core Skills training to other agencies.



## Training

Staff training has included DANOS (Drug and Alcohol National Occupational Standards), effective communication and interpersonal skills (Neuro Linguistic Programming, assertiveness and Transactional Analysis), as well as sessions on First Aid, mental health and domestic violence. Additional sessions included management skills for Team Coordinators, team building, and one to one and small group coaching sessions.

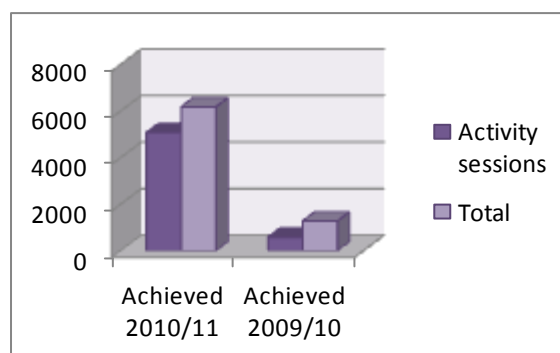
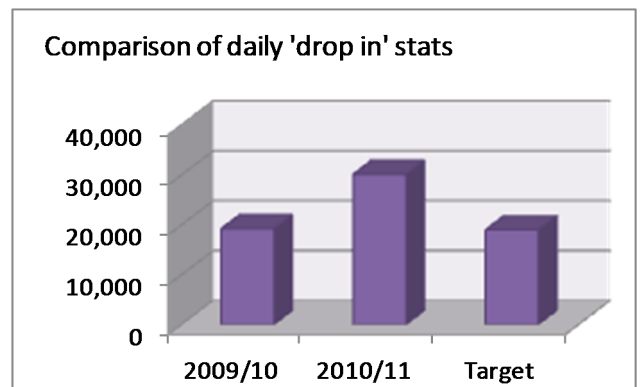
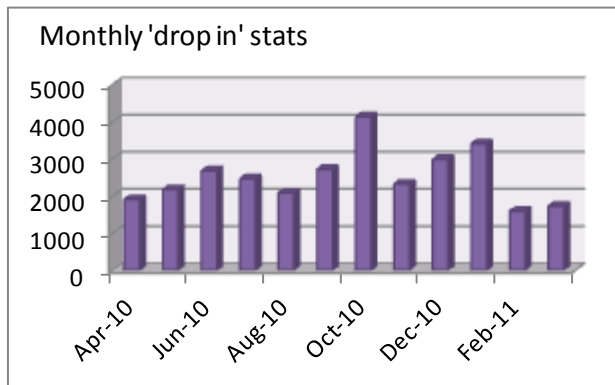
Volunteers and service users have received training on Health & Safety, communication skills, Food Hygiene and First Aid.

## A Learning Organisation

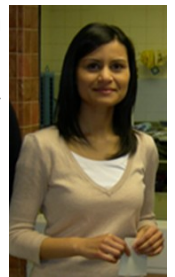
SIFA Fireside offers placements to a range of local universities and colleges and is currently developing a work experience scheme for schools. We have set up an internship scheme, provided development sessions and mentorship for leadership courses, and taken part in work shadowing and peer mentorship schemes with the statutory sector.



## Statistics



SIFA Fireside relies on volunteers to support most of our core services, particularly within our daily 'drop in', and we're very fortunate to have such a diverse group including corporate and work experience people, students, our older volunteers (often faith-based, and committed over many years), as well as service users undertaking our structured Volunteer Development Programme which gives them the skills to move on into education, training or employment. We have a dedicated Volunteer Organiser who provides ongoing support to volunteers and invests in their development.



To find out about our current volunteering opportunities please visit <http://www.sifafireside.co.uk> or contact Syeda Akhtar on 0121 766 1700 or [syedaakhtar@sifafireside.co.uk](mailto:syedaakhtar@sifafireside.co.uk)

## **Kludia**

I came to the UK from Poland about 4 years ago; (I'm trained as a psychologist but at that time I was working as a recruitment consultant), and, as a result of my passion for helping people less fortunate than me, I set up 'Empathy', an independent organisation for Polish psychologists, in Birmingham.



SIFA Fireside approached me to see if I could volunteer to help support their Eastern European clients, - I started off by occasional translating leaflets and interpreting but, due to the demand, moved to a regular weekly session so that I could build trust with clients and staff and help people tackle benefits and housing problems and access training, healthcare and employment. I've found the team very friendly and welcoming (and I'm looking forward to undertaking a placement at SIFA Fireside as a trainee counsellor).

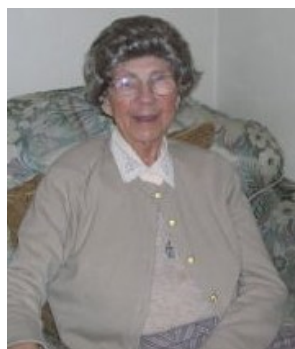
## **Darren**

Darren's currently on our six month Volunteer Development Programme (designed to provide vocational experience and skills to enable access to external training and work). He came to SIFA Fireside in late 2010 and, once his presenting problems had been resolved, his key worker recommended he joined the programme to help with boredom and give a structure to his week. Darren helps in the Clothing Store and the busy kitchen during the 'drop in' and has also completed a two week placement with Kraft Cadbury's; he has developed professionally and personally thanks to the support of our staff and his allocated buddy.



Darren says 'I enjoy coming in and helping out with the different roles. The staff and volunteers are friendly so I feel part of the team and not bored any more. At the end of the programme I'd like to continue developing my experience and doing more training so I can find paid employment.'

## **Sister Marie Howley**



We were very sorry to hear of the death of Sister Marie Howley (3.9.1916 – 31.3.2011), a Sister of St Paul's, one of the founders of the Fireside Charity and for many years its Volunteer Organiser, and there will be a plaque in Sister Marie's memory in our new building.

## Health & Wellbeing

We promoted health and well being through our weekly surgeries (delivered by the Homeless Nursing Team, and the Homeless Mental Health Team) and hosted an outreach dentistry service, while the wide range of activities offered (funded by bWell till November 2010) included football, gardening on our allotment, and art.

We also provided two Accommodation Workers to Mental Health Teams, one to the RAID Team at City Hospital and one to the pilot Access & Well Being Team in Sheldon and Shard End.

SIFA Fireside took an active part in Homeless Link's Health Needs Audit and was the lead partner in the follow on Peer Health Project, working with Birmingham City Council and Heart of Birmingham Primary Care Trust to develop Health Packs for local homeless people which were successfully launched at a Health Day in November 2010. We also worked with the local PCTs, Health Trusts, Public Health and LINK (Local Involvement Network) to highlight health inequalities and have an input into the City's Joint Strategic Needs Assessment.

## ChangeKitchen

ChangeKitchen, an event catering social enterprise, was set up in May 2010 with the help of a start up grant from Be Birmingham and registered as a Community Interest Company in June. Its driving force is Dr Birgit Kehrer who was already providing healthy eating and cookery sessions to SIFA Fireside service users and working as an event caterer under the name of BSustained.

Since June ChangeKitchen has provided paid employment to three of SIFA Fireside's service users, catered for a wide range of corporate (including public sector) and private events and has begun in particular to target the wedding market. Its Unique Selling Points are its vegetarian and ethical ethos along with a strong focus on sourcing organically grown local produce and minimising environmental impact.

To find out more visit [www.changekitchen.co.uk](http://www.changekitchen.co.uk)



'Cooking up change'



## Fundraising

Our main event in 2010/11 was a sponsored walk in Cannon Hill Park in May (organised by Sister Sabina Staff MBE and Kitty Reilly) which raised over £45,000. The Fund Raising Committee has a target of £50,000 for 2011/12 and welcomes new members and/or ideas for new fund raising activities.



## Stakeholders' Comments

***"Crisis Skylight Birmingham really values the partnership that has been developed with SIFA Fireside. The effects of both organisations working together have proved to be extremely positive in the development and progression of our members."***

Matthew Green  
Crisis

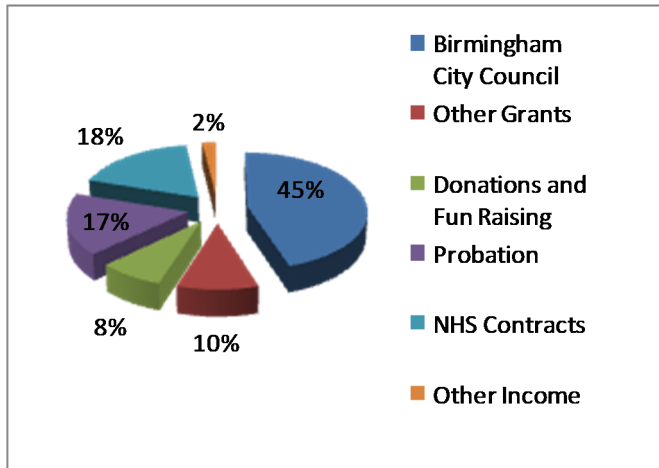
**DWP** Department for  
Work and Pensions

***"The huge amount of help and support that the service users need has inspired me to regularly commit to this service... The team environment is superb and with just my small contribution they make me feel very valued"***

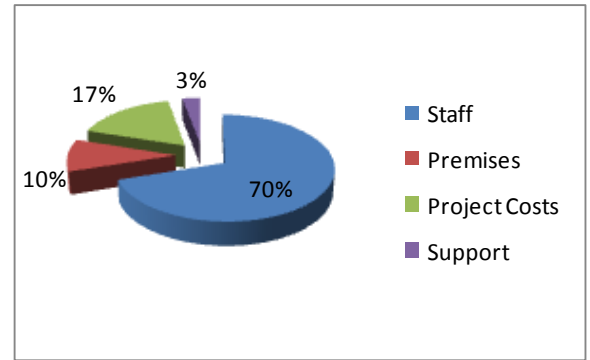
Kate Thompson  
Dept. for Work and Pensions



## Income



## Expenditure



The pie charts reflect the sources of income and areas of expenditure for the day to day operations of the charity.

In addition to the revenue income shown SIFA Fireside received a capital grant from the Social Enterprise Investment Fund that has been spent on our new building.

### Registered Office:

SIFA Fireside, 48-52 Allcock Street, Digbeth, Birmingham, B9 4DY

### Directors (as at 31/03/11)

Ven. H.J Osborne - Chair, Dr L Hagley-Dickinson - Vice Chair, Miss A Poulton – Treasurer, Mr D Ollier, Mr S Coghlan, Sister J Bogie, Mr R Browning, Mrs N Ahmed, Mr B Wilson (appointed 15.07.10), Mr D Seabridge (appointed 15.07.10)

**Company Secretary:** Mrs T Soden

**Chief Executive:** Ms C Gilliver

**Operations Manager:** Ms C Fox

**Auditors:** Clement Keys, Chartered Accountants, 39/40 Calthorpe Road, Edgbaston, B15 1TS

**Bankers:** CAF Bank Ltd, PO Box 289, Kings Hill, West Mailing, Kent, ME19 4TA

**Solicitors:** Coley & Tilley, Neville House, Waterloo Street, Birmingham, B2 5UF

**Patrons:** Bob Brolly (BBC Radio Presenter), Rev Neil Johnson (Methodist Central Mission), Archbishop Bernard Longley, Rt Hon Clare Short, Bishop of Birmingham Rt. Rev David Urquhart.



Birmingham and Solihull  
Mental Health NHS Foundation Trust



Staffordshire and  
West Midlands  
Probation Trust



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