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Frontline news for Shelter Scotland supporters

‘I really struggled with relationships.’

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Shelter
Scotland

SleepWalk

for Shelter



Organise Your Own

This December, join us and take a stand for people without a home by organising your own Sleep Walk. Come together with friends, family or colleagues to brave the winter cold and raise money for our vital work.

shelter.org.uk/sleepwalk

Shelter
Scotland

Dear Supporter,

As we publish our ambitious plan for 2019-22, all of us at Shelter Scotland are determined to build on our success on behalf of homeless people and those in bad housing. We're so grateful to have you with us in this endeavour.

On page 4, you'll find an overview of this plan and a summary of the actions your gifts will enable us to take over the next three years to address Scotland's housing emergency.

We're confident that with your support **we will be able to maximise our impact and bring forward the day when everyone in Scotland has a safe place to call home.** Thank you for being part of it.

Time and again we are able to show that once settled, formerly homeless people have so much to contribute.

Take Lee for example (see page 8). Lee volunteers for our Foundations First project in Renfrewshire, where she is using her past experience of homelessness to build connections between members of her community in ways that are truly life-changing.

We often say that without a home, no one can achieve their full potential. What a loss it would be if the promise of many more people like Lee – their energy, commitment and insight – was to remain untapped; Scotland really would be the poorer for it.

Thank you once again for your support. **The movement you are part of is powerful and growing.** And award-winning too, as you'll see on page 5.

Together, we really can make progress towards our goal of a safe home for all.

Very best,



Graeme Brown
Director, Shelter Scotland



Contact us

If you have any feedback on your Home newsletter, or if you have a story to share please email homefeedback@shelter.org.uk

To make a gift or for any questions about your donations, please call **0300 330 1234** (Monday to Friday 9am-6pm, excluding bank holidays) or email info@shelter.org.uk

For urgent housing advice, call **0808 800 4444**, or visit shelterscotland.org

Shelter Scotland Head Office:
Scotiabank House, 6 South Charlotte Street, Edinburgh EH2 4AW

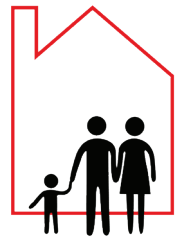
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You make our services award winning



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The local team supporting your fundraising efforts



Some photos featured are from different Shelter services. Shelter the National Campaign for Homeless People Limited. Registered Address: 88 Old Street, London, EC1V 9HU. Registered in England & Wales, Company number 1038133. Registered charity number 263710 (England & Wales); SC002327 (Scotland). Registered VAT number 626 5556 24. **NLB/OCTNL/19**

Our plan to address Scotland's housing emergency

In your community, through the courts, by campaigning and providing services, Shelter Scotland will stop at nothing to support and empower people on the way to a safe home for all.

Three clear priorities

Rights for renters

Rents in Scotland's private rented sector are rising well beyond inflation, while the average Scottish wage is currently around 95% of 2009 levels.

This means private renters are doubly squeezed.

Help for people who are struggling

Every 18 minutes, a Household loses their home. And 34% of people in Scotland are living in homes that fail to meet the Living Home Standard.

They urgently need high-quality support.

Building social housing

Right now, 131,900 households are on the waiting list for local authority housing.

It's clear we need more affordable homes as soon as possible.

In three years... by 2022:

Renters have greater rights and do not face discrimination

People who struggle to manage their housing have support

All political parties promise to build social housing

In ten years... by 2029:

People have housing rights and understand them

People get support to assert their rights and are not stigmatised or marginalised

All those in greatest need have access to social housing

We're working towards a point where there's a safe home for everyone

Thank you for being part of the national movement that will make this happen.

Your generosity is getting us closer to each of our goals – and we are very grateful.

Time For Change wins prestigious Scottish Social Services Award

Our ground-breaking approach in involving formerly homeless people to help others to secure their legal right to a home has just received some well-earned recognition.



Our Time for Change project, which unlocks the lived experience of formerly homeless people in Glasgow, was a joint winner in the 'A Different Approach' category of the 2019 Scottish Social Services Awards.

Having recognised the problems many homeless people in Glasgow were experiencing with housing applications, Shelter Scotland trained a number of peer mentors to support them through the process.

In many cases, this resulted in offers of temporary accommodation that would not otherwise have been made.

Without this help, dozens of people would have been forced to sleep on the streets, to sofa surf with friends or family, or to return to dangerous home situations.

A real boost in confidence

The Time for Change team members have also benefitted immensely from the training and qualifications they received.

The creativity, tenacity and commitment they show has been a revelation. In fact, it has encouraged Shelter Scotland to embed the Time for Change approach across all Community Hubs.

'Time for Change is delighted at this recognition as it is a user-led, co-produced response to issues experienced by people facing homelessness in Glasgow every day. It has succeeded in delivering incredible outcomes for individuals, for trainees and across the sector.'

Gillian Reid, National Services Manager, Shelter Scotland

Your gifts help provide life-changing support for homeless people via innovative projects such as Time for Change.

To donate today, please use the donation form provided or visit shelterscotland.org/homenews Thank you.



Rebooting confidence and self-esteem in Renfrewshire

Meet Lee; a volunteer at our Foundations First service in Renfrewshire, who is drawing on her extraordinary life experience to boost wellbeing and nurture community spirit.

In our last edition, we introduced you to Foundations First, a pioneering family support service funded by the STV Children's Appeal.

The advice and support on offer helps families break the cycle of deprivation, rather than passing the legacy of poverty and insecure housing down to the next generation. Foundations First has already brightened so many lives, and among the leading lights is Lee.

Boosting health and wellbeing

Lee volunteers for three charities, while also studying for a degree in Integrated Health and Social Care – and being Mum to four children.

She is also an expert in living on her wits, having been homeless for 10 years after she moved to Paisley to put some distance between herself and a traumatic childhood.

Lee initially came to Foundations First for support after experiencing trouble with a private landlord. She then chose to return on a student placement and has been teaching relaxation techniques to community members ever since.

Lee describes the transformative effect these sessions can have on participants using one woman's experience:

She'd have her hair down, hiding her face and she wouldn't speak. After two six- week blocks she had her hair in a ponytail, she would speak in the group and then she told us she was volunteering for another organisation, taking care of children.

'The transformation in her, in her confidence, her happiness, was the best thing I've seen.'

Lee knows how valuable it is to be able to engage with other people and to feel like you're part of a supportive community:

'When I was homeless, the worst thing for me was the loneliness', she says. 'I really struggled with relationships.'

So these groups are about giving people the opportunity to make friends... it's about tackling loneliness and isolation.'

'When they share information, people feel that sense of relief – actually I'm not going crazy, you're just like me. **They find that common ground and it opens up that possibility of going for a coffee after....** That's what they take away from it and that's the biggest thing for me. It's what makes the difference.'



If you've been inspired by Lee's story, please consider donating today at **shelterscotland.org/homenews**

Putting housing at the heart of new human rights law in Scotland



In December 2018, the advisory group set up by Nicola Sturgeon to explore how Scotland could lead by example in human rights published their much-anticipated report.

Among the recommendations was something hugely significant for all of us who agree that good quality, affordable housing should be available to everyone.

In calling for a new Act on human rights, the advisory group recommended that the Scottish Parliament should include the right to adequate housing for everyone.

While this right was included in the original 1948 convention, it was never written down in Scottish law. This is a chance to change that - and to bring new hope to the just over 36,000 households in Scotland who applied as homeless in the past year alone.

How you can help

Shelter Scotland has launched a petition calling for the Government and MSPs to make sure that the right to adequate housing is included in the new human rights law.

Of course, good laws are only effective when they are properly implemented and well-resourced. So moving forward, we must also ensure there is real accountability when the law is broken.

That's another reason why Shelter Scotland is so necessary and why we'll be very grateful for any donation you can make.

To sign the petition please visit shelterscotland.org/areyouwithus



Writing your will – better sooner than later

Leaving behind something for the people or causes we care about requires an up-to-date will. But why is it so important? We spoke to Fiona Wilson, a Partner at Hempsons Solicitors for an insider's perspective.



On the importance of having a will...



If you had to give away everything you own today to your loved ones, you'd want to think carefully about how best to do this. The same is true after you die.

If you want to have a say in who will look after your affairs (your executors) and those who will inherit, you need a will. Without one, standard rules apply – and they may not reflect your wishes in any way.

On finding a solicitor and getting started...



You may put off making a will because you think you must have every detail sorted. But **doing something is better than doing nothing**. You can set out the main points now and add to it later.

Don't be put-off by the cost; many solicitors offer fixed-fee services for straightforward wills. Try the Law Society Scotland website (lawscot.org.uk/find-a-solicitor) to find one local to you.

On remembering a charity, if you wish to do so...



Including a charity in your will is simple – but it's only something around 8% of people in the UK choose to do. The main options are to leave a fixed-cash sum, a specific item, or a percentage of your estate (known as a residual gift); whatever works best for you.

On keeping your will up-to-date...



It's sensible to review your will at any major life event, such as the birth of a child or grandchild, on retirement and especially if you marry – as in the UK, marriage cancels out an existing will. **It often pays to think ahead.**



Claire – who has left a gift in her will

Could you make or amend your will for free?

As a Shelter Scotland supporter, if you are aged 55+ you may be able to make or amend your will for free, thanks to our partnership with the Free Wills Network. To find out more please email our Legacy Adviser, Kate McGrath via legacies@shelter.org.uk – she'll be happy to help.

While there is no obligation to remember Shelter Scotland in your will, we would of course be very grateful for any gift you choose to make.

Speaking up for Shelter Scotland

At Shelter Scotland, we're immensely grateful to people who find the courage to speak up about their experiences of homelessness. People like Kimberley who contacted us to share her story.

'My children - at the ages of one and four - had already been made homeless and lived in temporary accommodation', says Kimberley: 'That's why I wanted to help'.

'Sharing my story was my silver lining for being made homeless. It gave me so many opportunities to help people who were still facing eviction and living in fear.'

'Campaigning has taken me to so many places', says Kimberley:

'It has allowed me to meet news teams, MPs and people like Louis Theroux and George Clarke. I've even appeared in a TV ad.'

'It's important to be seen because homelessness can feel so shameful. No one wants to admit they are being evicted or living in a hostel, even through no fault of their own.'

But this is happening to more and more families and we must speak up.



If you have received support from Shelter Scotland and would like to share your story please head to shelterscotland.org/shareyourstory



Festive Favourites

The Turkey Feast, the No Turkey Feast and the Made Without Turkey Feast are coming back! Find them in store soon, with the rest of our Shelter Festive Collection launching in November.

As always, 5% of the sales go to Shelter's helpline, helping people struggling with bad housing and homelessness.



M&S
EST. 1884

Shelter

Subject to availability. Selected stores only.

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Feeling inspired?

Meet the team who can turn your enthusiasm into more funds for Shelter Scotland

Georgia and Diana, who make up our new Community Fundraising team for Scotland, give you an insight into their work and how they can support your own fundraising efforts.

Georgia

I am based in and around Edinburgh, working with communities and individual supporters to help them turn their great ideas into fundraising success stories.



Our role is quite varied. We work with schools, universities and colleges to inform students and staff about what we do and how they can support us. We also engage with faith and community organisations, such as Rotary International, Inner Wheel and Ladies Circle. We work with businesses, some of whom have chosen Shelter Scotland as their charity of the year.

We see everything from bake sales to abseils. We help with gigs, quiz nights, sleepouts and many more wonderful ways to raise money.

Shelter Scotland has opened my eyes to the homelessness emergency and made me appreciate everything I have.

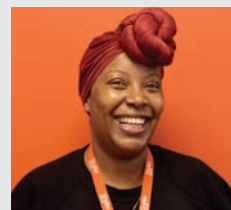
Being able to be a part of something so positive and make a concrete, tangible difference to those people who are suffering from bad housing or homelessness is incredible.

I love my job because you never know what's coming next – each day is different, and you're always in touch with kind, thoughtful people who want to help the charity and make the world a slightly better place.

Colleague Diana, who is also based in Edinburgh, agrees that the direct connection she has with our supporters is really special...

Diana

The fantastic thing about my role is hearing



from supporters right at the beginning of their fundraising journey. Some people know exactly how they want to support us, but others are a bit unsure. That's where Georgia and I can jump in and provide some suggestions and advice.

I was recently involved with a primary school in Edinburgh, whose students decided to fundraise by hosting a sleepover. Georgia gave a talk about Shelter Scotland and the services we provide and I was able to provide goodie bags for the pupils taking part. They managed to raise an incredible £4,000!

It's a lovely feeling being able to thank supporters for their help and to explain the huge difference that their donation can make.

If you're planning your own fundraising event for Shelter Scotland, Georgia and Diana would love to hear your ideas and offer support. For more information, please email them at communityscotland@shelter.org.uk

FATFACE

Looks good, does good.

We are working together on a Christmas collection with a donation to Shelter because FatFace want to lead the way in ending homelessness. Look out for the collection in store and online from the end of October.

Shelter



Ways you can make a difference

Donate today

Your gift will make a real difference to homeless families.

Use your donation form, call 0300 330 1234, or visit our website:

shelterscotland.org/homenews



Leave a legacy

Help more families find somewhere safe and secure to call home by remembering Shelter in your will.

Visit our website to find out more or request a free will-making guide:

shelterscotland.org/legacy



Donate goods to Shelter Scotland shops

We can turn your unwanted goods into help for homeless and badly housed people.

Go online to find your nearest shop:

shelterscotland.org/donatetoshops



shelterscotland.org/homenews

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