



### **Christ Church, Stamford, Lincolnshire**

StartaFresh is a social outreach project delivered by Christ Church Stamford, to provide targeted and co-ordinated support and training that improves the wellbeing, skills and employability to adults of all ages.

## **Community support and social outreach projects.**



Twenty-five year-old Charlotte Bristow from Stamford, Lincolnshire embarked on the StartaFresh programme in 2005 (formerly FreshStart) after being introduced by friends who'd had positive experiences and outcomes from the programme.

“StartaFresh has been brilliant. It’s given me a lot of confidence and I’ve achieved things I never thought would be possible. I’ve got literacy and numeracy qualifications and have made some life long friends, says Charlotte.

**“I experienced a difficult adolescence and early adult life before joining the StartaFresh Project. When I first came I was really nervous about being judged but everyone was very friendly and welcoming. The project has given me a sense of self worth and I now feel like an accepted and valued member of the community.”**

Rev Bob Mackrill, Priest in Charge Christ Church Stamford, said: "Charlotte has encountered much disadvantage in her life. Her mother was estranged from the family when Charlotte was just ten and her father died shortly afterwards. She and her brother were taken into foster care moving them from London to the Midlands.

**“She has made significant progress both socially and academically. Charlotte is now a volunteer in our Befrienders Group supporting others who have encountered similar experiences of social disadvantage and isolation. She is looking to obtain employment in the voluntary sector. She is very grateful for the support received and is keen to give something back.”**



ChristChurch  
A PLACE TO BELONG

Christ Church  
Green Lane, Stamford  
Lincolnshire PE9 1HE  
T: 01780 756212  
W: : [www.christchurchstamford.com](http://www.christchurchstamford.com)

Katie Blay, Startafresh Co-ordinator, Christ Church Stamford, comments:

**“We operate in close partnership with other organisations in the community and provide a route back into the community for folk who have been supported through mental illness by our local Mental Health Resource Centre, part of the Lincolnshire Partnership NHS Foundation Trust.”**

The StartaFresh project is aimed at meeting the needs of the most disadvantaged adults in the wider community of Lincolnshire. Since initiating the project in its current form in 2006, Christ Church Stamford has developed three strands of support to those in crisis or who find themselves socially isolated and disadvantaged. These include mentoring and befriending support groups and a drop in information and internet access service called 'Community Corner plus.

## Results

- 44 % of existing members are engaged in skills for life courses
- 36% of existing members have secured and are currently engaged in voluntary placements or part time employment
- 46% of its members are associated with the local Mental Health Resource Centre
- StartaFresh has obtained approved provider status with the Mentoring Befriending Foundation
- We currently have 13 volunteers committed to supporting the work of StartaFresh and its members
- Over one hundred and ten individuals have benefitted from the range of services provided by StartaFresh since it formed in September 2006.