



# KORBAN

Breaking the cycle of homelessness for young people in Colchester



# Who we are

Imagine not knowing where you are going to sleep tonight. Saving a few pence worth of credit on your phone to contact a diminishing list of friends who might let you stay on a sofa for a few nights. Quite soon your attendance at college is dwindling, your chances of obtaining the career you always wanted are slipping away, while just getting by is becoming more of a daily struggle...

Over the last 14 years, since Korban began in 2008, we have helped nearly 140 young people aged 16-25 who are homeless, or at risk of homelessness. Our early intervention helps to break the cycle of homelessness and knock-on effects eg lost jobs, unfinished education, mental health problems, potential substance abuse and crime.

We provide supported housing through a 5 bed hub house and 3 bed move-on house, providing medium term support for 2 - 3 years. Over the last 5 years 80% of our residents have moved on positively; into shared houses in the private rented sector, council accommodation, moving in with partners and 4 even going to university!

Korban started out as Colchester Nightstop in 2006 providing emergency accommodation in the homes of trained and vetted volunteers. We recognised the need again and after successfully securing funding from Nationwide in 2021 we are a key partner with DePaul UK in establishing Nightstop Essex in Colchester.

*Disclaimer: in order to protect the identity of some of our residents in this booklet we have changed their names, ages, and used different effects on certain pictures. All photos where a resident is identifiable are used with prior consent.*



“Korban has had a profoundly positive impact on my life for the last 2 years that I have been here, having given me the stability and worry free environment that I needed to find employment.

Korban were very supportive overall with any issue I had.”  
Jess, aged 23

# Residents & outcomes

“Young people with experiences of homelessness are one of the most vulnerable groups in society.” *British Association of Social Workers*

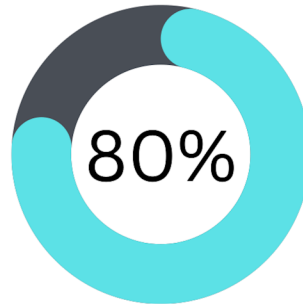
“Young people in England have been facing a homelessness crisis for some time. They are over-represented in services; over  $\frac{1}{3}$  of people accessing supported accommodation in England in 2018 were 16-25.”

*Young and homeless report, 2020, Homeless Link*

Research consistently shows that “relationship breakdown between young people and their family or primary caregivers is the leading cause of youth homelessness”.

Approximately 80% of Korban residents move on positively. Over the course of the last 5 years:

- 69% reported that their mental/emotional health improved
- 75% reported an improvement in their key relationships
- 75% reported improvements in managing their money
- 83% of residents were in paid employment, full time education or regular voluntary work and of these over  $\frac{3}{4}$ s started or increased this during their time at Korban.



37 residents over the last 5 years:

- 15 White british males
- 9 White british Females
- 3 females and 5 males identified as different ethnicities which included black mixed race, Jamaican, Nigerian, Lithuanian, Irish and Vietnamese
- 5 Transgender young people
- 19 residents with mental health issues including anxiety, depression, self-harm and suicidal thoughts and behaviour, emotionally unstable personality disorder/borderline personality disorder, psychotic episodes, panic attacks and post-traumatic stress disorder
- 4 Care experienced/care leavers
- 3 Neurodiverse young people diagnosed with autism (1 combined with ADHD)
- 3 with a learning difficulty
- 2 people with learning disability
- 1 Victim of human trafficking
- 1 young person with Irlen syndrome
- 1 young person with a suspected brain injury
- 2 who were pregnant
- Spirituality/religion included Christian, Buddhist, New Age/druid

## Our Vision

"Breaking the cycle of homelessness for young people in Colchester"

## Our Mission

"Providing young people with a home and support to overcome homelessness"

## Our Aims

"Provide quality, safe, stable, supportive accommodation which feels like a home"

"Give young people a healing experience of family; sharing meals and eating together being an important part of this"

"Work in partnership with the local church, other professionals and service providers"

"Empower young people to grow and mature, through investing and believing in them as individuals"

"Provide and facilitate holistic support recognising people's physical, psychological and spiritual needs"

"Give professional and genuinely caring support"

## Our Values

"Christ-centred spirituality"

"All young people have worth and potential"

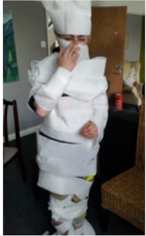
"Building community"

"Authentic relationship"

"Having fun"



*"Korban saved my life...  
you took me under your  
wings and guided me to  
the man I am today"  
Ali, aged 20*



Over the last 5 years we have done a variety of projects and events with our residents, some of which have improved their living environment and others have simply been fun!

- Gardening projects
- Building an outdoor cabin
- Laying a new patio
- A lounge makeover
- Beach trips
- Bike rides
- Snowball fight
- Bowling
- Football tournament
- A residential trip
- Archery
- Bonfire nights
- A community day
- Essex Youth Voices research

# Korban Family

## Core family

### Residents

Staff team: Mark Wood (Chief Executive), Lizzie Wallace (Supported Housing Manager), Frank Saunders (Move-on project worker), Michelle Percival (Administrator), Penny Pancaldi (Therapeutic gardener), Karen Loring (Nightstop Volunteer Coordinator for Colchester).

Volunteers: Andy Courtier (Handyman) and Diana Impey (Communal meal facilitator and pastoral support).

Food collection volunteers and a driving Instructor who offers free lessons to one resident at a time.

Trustees: Revd Tony Bushell (Chair), Cllr Tim Young, David Cotterill and Nicky Sirett.



Frank, Lizzie, Michelle, Karen, Mark

## Extended family

Ordinary membership of Korban as a charitable company is open to anyone committed to helping us achieve our objects and in sympathy with our Christian ethos. Staff, volunteers and trustees are automatically included. Ordinary members are automatically invited to attend and have the right to vote on matters at the AGM each year.

We call this being part of the 'Korban Extended Family' - supporters and ex-residents can choose to join too.

### Supporters

Prayer, finance and supplies - individuals who pray and/or donate

Patrons – Bishop of Colchester Roger Morris, Archdeacon of Colchester Ruth Patten



Bishop Roger and former Archdeacon Annette blessing Bethel House.

# Partners & Supporters

Over the last 5 years we have developed increased partnership working, which benefits the whole charity especially our residents. We have continued to receive produce from Tesco's leftover food donations as part of the Fareshare scheme, and at different times we've worked in partnership with Heads Up, CARA, Abberton Rural Training, Essex Council for Voluntary Youth Services, the Specialist Mental Health Team, Restore retreat centre, St Helena Hospice, The Prince's Trust, the Buttle Trust, Acts 435, Youth Enquiry Service (YES), Kingsland Church and St. Anne's.

Various groups have raised money for Korban and given us goods and supplies over the years including Colchester Rugby Club, Rotary clubs, the Women's Institute, the Langham Community Shop and LandAid.

We are also blessed to have ongoing support from from churches across Colchester including; St Mary's Dedham, St John's, St Leonard's, St Albright's, St Anne's, St Margaret's Berechurch, All Saints' Great Horkesley, Kingsland, the Canonesses of the Holy Sepulchre

(otherwise known as the Nuns of Greenstead) and Church of His Presence based in Grays.

This year we are proud to have been chosen as one of the Mayor, Cllr Tim Young's charities; "Celebrating diversity - Challenging prejudice".



*"I genuinely believe that this charity saves lives. If you become homeless when you are a young person, then statistics show that, on average, you are unlikely to live beyond 50. By giving young people a home, personal support and a sense of hope, Korban helps them to turn their lives around."*  
Roger Morris, Bishop of Colchester

Grant funders over the last 5 years:

- Colchester Big Choice
- Joseph Rank Trust
- Colchester Catalyst
- Fowler, Smith and Jones trust
- Grassroots
- East of England Coop token scheme
- Nationwide Community Grant (Charities Trust)
- Tesco's Community Grant administered by Groundworks
- Active Essex (Colchester)
- Micro grant EALC
- Gannett Foundation
- Colchester Borough Homes Community Initiative Fund, voted on by CBH Tenants and Leaseholders.
- Jerome Booth Charitable trust administered by Essex Community Foundation
- LandAid Charitable Trust

Please make a donation or set up a regular standing order of £2 per month or more to help young people break the cycle of homelessness in Colchester.  
[www.korban.org.uk/support-us](http://www.korban.org.uk/support-us)  
or use our bank details below



Bank account: 65304628

Sort Code: 08 – 92 – 99

Colchester Korban Project is a Company limited by Guarantee  
Charity no: 1125617 Company no: 6630415



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## Testimonial

"Prior to moving in with Korban it was a bad depressing time in my life. I was homeless, living on a friend's sofa having faced rejection from my family. When I first moved into Korban I stayed in my room for one month and hardly spoke to anyone else. I refused to have communal dinner with others, eating in my room or later. I had regular support meetings with Korban staff. I found these easy as they were tolerant and not forced. The staff helped with my anxiety issues, doing extra things to help, like taking me on the bus or meeting me in town. The move on opportunity came up which was definitely my only viable option.

I learnt various mechanisms to help overcome my anxiety issues. Korban kept in contact with my college and helped to maintain my relationship with my therapist and other support agencies. Slowly I developed friendships in the Korban house and started enjoying the communal dinners. My support worker helped work through options for living independently. I couldn't sustain a flat on my own. I didn't have any family to live with and couldn't live by myself, either financially or mentally.

I found the move stressful, but I soon felt settled. I enjoyed the extra responsibility, freedom and peace. It is also easier and nicer to have visitors here. During the summer I spent a month in Europe au pairing. The flight changed to a different town, it was then delayed and then the trains got delayed and altered. I coped well with all of this and it shows how far I've come. I have learnt that it is OK to ask for help. I'm now off to university, studying psychology.

I want to thank all the staff at Korban for their unwavering support throughout the past 3 years, I truly appreciate it and I wouldn't be where I am now if I hadn't had this opportunity. **Thank you.**"