



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...

Colchester Korban Project was started by local churches as a response to youth homelessness. It began life as 'Colchester Night Stop', using host families to provide emergency accommodation for young people in crisis. In 2008 we became an independent charity providing supported housing, and today we look after 8 young people aged 16-25 for 2-3 years each through our 5 bed hub house and 3 bed move-on house.

Since 2008, **Korban has helped approximately 160 young people who are homeless or at risk.** Our early intervention helps to break the cycle of homelessness and associated effects eg lost jobs, unfinished education, mental health problems, potential substance abuse and crime.

As a Christian charity we are open to all, and **80% of our residents move on positively:** into house shared, council accommodation, moving in with partners, some reconciling with family and 5 even going to university!

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."

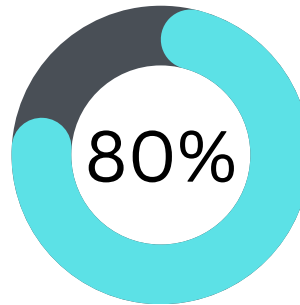
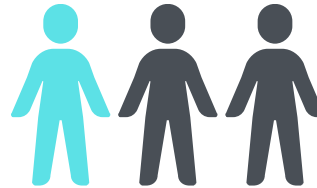
British Association of Social Workers

Research consistently shows that "relationship breakdown between young people and their family or primary caregivers is the leading cause of youth homelessness." *Homeless Link*

According to Centrepont, 54% of all rough sleepers first experienced homelessness before the age of 25.

Approximately 80% of Korban residents move on positively. During their time with us they also benefit in other ways:

- 82% report that their mental/emotional health improved or stabilised
- 82% report their key relationships improved or stabilised
- 80% report their money management improved or stabilised
- 77% of residents were in paid employment, full time education or regular voluntary work and of these over ½ started or increased this while at Korban.



A snapshot of 50 residents over a 7 year period:

- 19 White british males
- 14 White british females
- 3 females and 7 males identified as different ethnicities which included black mixed race, Jamaican, Nigerian, Sudanese, Lithuanian, Irish, Vietnamese
- 7 Transgender young people
- 23 residents with mental health issues including anxiety, depression, self-harm and suicidal thoughts and behaviour, EUPD, psychotic episodes, panic attacks and PTSD
- 7 Care experienced/care leavers
- 4 officially diagnosed neurodiverse, including 1 with Irlen syndrome and 3 with autism (1 combined with ADHD)
- 4 with a learning difficulty
- 2 people with learning disability
- 1 Victim of human trafficking and 1 refugee
- 1 young person with a suspected brain injury
- 2 who were pregnant
- Spirituality/religion included Christian, Buddhist, New Age/druid and Muslim

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"

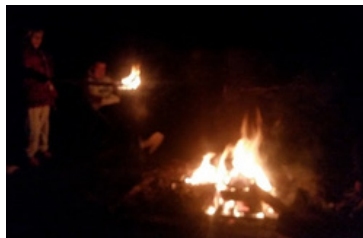
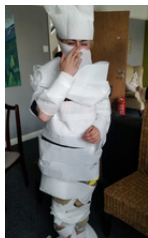
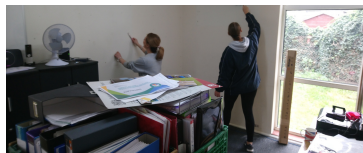
"Building community"

"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



We have done a variety of projects and events with our residents to improve their living environment, improve physical and mental health, and others have simply been fun!

- Gardening projects
- Building an office cabin
- Laying a new patio
- 2 lounge makeovers
- Beach trips and walks
- Badminton sessions
- Bowling
- A football tournament
- Residential trip
- Archery
- Regular craft sessions
- Go-cart building
- Bonfire nights
- A community day
- Personal development
- Essex Youth Voices research

Korban Family

Core family

Residents

Staff team: Mark Wood (Chief Executive), Patsi Brown (Supported Housing Manager), Rae Doney (Support worker), Myla Carey (Support worker, move-on), Jo Wright (Administration Coordinator).

Volunteers: Andy Courtier and Blad Camacho (Handymen), Helen Sims (admin assistant), Willow Bloss (Communal meal facilitator) and Mee-Foong Purser (Prayer coordinator). A local driving Instructor who offers free lessons to one resident at a time.

Trustees: Nicky Sirett (Chair), Revd Tony Bushell and Richard Spencer.



Rae, Jo, Mark, Patsi, Myla

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 ask 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

Korban is part of the Colchester Supported Housing Joint Referral Panel with other providers and agencies. Over the years we have also worked in partnership with a variety of organisations including: 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), Leadership for life, the Royal Horticultural Society, Kingsland Church and St. Anne's.

In 2024 we developed a 1 year modular training programme, funded by Colchester Catalyst, for homelessness and youth workers in Colchester. Attendees were from the YMCA, Colchester Borough Homes and Christian Youth Outreach amongst others.

Various groups have raised money for Korban and given us goods and supplies, and we are also blessed to have ongoing support from individuals, diverse churches across Colchester and some local businesses.

In 2022-23 we were 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 since 2017:

- The National Lottery, Reaching Communities fund from 2024-2029
- The Leathersellers
- The Rimshot Charitable Trust
- Colchester Big Choice
- Joseph Rank Trust
- Colchester Catalyst
- Tudwick Foundation
- Fowler, Smith and Jones trust
- Grassroots
- Nationwide Community Grant (Charities Trust) for Nightstop
- Tesco's Community Grant administered by Groundworks
- Active Essex (Colchester)
- Micro grant EALC
- Gannett Foundation
- Colchester Borough Homes Community Initiative Fund
- Jerome Booth Charitable trust
- LandAid Charitable Trust

Please make a donation or set up a regular standing order to help break the cycle of homelessness for more young people in Colchester.
www.korban.org.uk/support-us



Bank account: 65304628
Sort Code: 08 – 92 – 99

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



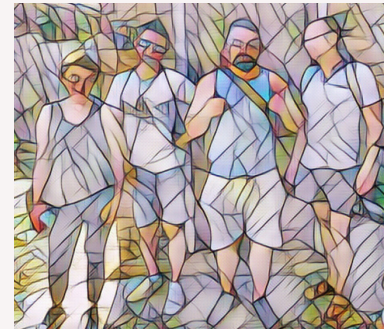
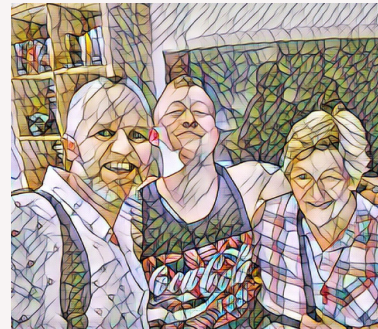
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Testimonial

"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.**"