



What have we been doing?

The last couple of months have been very busy! We have seen a marked increase in the number of clients coming through the door seeking advice. This has been coupled with a significant number of Food Parcels being given out by the Foodbank. The main source of this increase is the introduction of Universal Credit and changes to existing benefits—ESA, DLA and PIP, where some clients suddenly have their benefits stopped and find themselves unable to cope.

We were delighted to welcome three councillors to the Centre when we discussed and showed them the wide range of services we provide. We hope this experience will inform their discussions in Council and raise the profile of the work we do.

Wellingborough Homes visited the Centre in September and provided some amusing games in which our clients were able to participate. Great fun was had by all so many thanks to the organisers.

We also hosted two cooking courses which were run by Neighbourhood Learning when making Pizzas, Cakes and Desserts, as taught and put into practice. All those who attended thoroughly enjoyed the experience and it is hoped that they will do some more cooking for themselves.

The Centre continues to offer a game of Bingo each week which is enjoyed by those who play. Many hours are contributed by our volunteers who help us in all areas of our work and our thanks are extended to them. One of these, Roger, has written a short poem which is particularly relevant in today's climate it will be found on page 3.

We would also like to give thanks for the Harvest Festival and Christmas donations of food from churches, schools, companies and individuals.

We hope you enjoy this edition of the newsletter and the trustees, staff and volunteers wish everyone a very happy and peaceful Christmas. Don't forget to sign up at reception if you would like to come to lunch on Christmas Day.

Peter Riches
Chair of Trustees



Welcome to our Newsletter

This is the second edition of our new quarterly Newsletter. The third and fourth edition will be published in March and June.

We would welcome contributions for inclusion so feel free to submit—be it a personal story, poetry, a crossword puzzle, or word search. Let them roll in!



Centre Opening Times

Monday to Thursday
10:30 am to 1:30 pm



Services and Activities

- Client Support
 - Hot Food
 - Friendship
 - Activities
- Internet access for job searching



Foodbank Opening Times

Monday to Friday
2:00 pm to 4:00 pm

See back page for Christmas and New Year details



Christmas—a time for joy and celebration?



For most people Christmas is a time for celebration, a time for relaxing with your family and friends, looking forward to watching a TV program of your choice or even opening an unexpected present. Yes, it is a time for enjoyment.

However, Christmas can be very different for those who are homeless, lonely and struggling to survive

Because of the emphasis on family togetherness it is particularly difficult for those who are alone at this time of year. Organisations like the Samaritans are extremely busy dealing with people who have contacted them in distress or just need someone to talk to so they feel less alone.

“Loneliness is another common cause for mental health problems at this time of year. We think of Christmas as being a time for family, but not everyone has strong family units. Past bereavements can also be felt more acutely at this time of year. Many become isolated over Christmas as their support network disappears for a few days. Elderly people are particularly vulnerable to loneliness at this time of the year.” <http://patient.info/wellbeing/health/mental-health-at-christmas-why-it-s-not-a-joyful-season-for-all>

No Room at the Inn

Just over 2000 years ago, Jesus’ parents – Joseph and Mary, experienced a difficult situation. They had to travel some distance to register themselves in their place of birth, Mary was heavily pregnant and when they arrived there was ‘no room in the Inn’. Jesus was born in a stable and laid to rest in a manger. After this the family could not return to their home because of fears for their safety and were forced to flee to Egypt, where they had to live in unfamiliar surroundings for several years. When Jesus grew up, he made a point of spending time with those on the fringes of society



Difficult situations still exist today

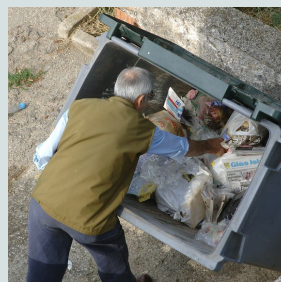
To help to overcome loneliness this Christmas, we will be organising a special lunch on Christmas Day for our clients at an affordable price - with gifts and treats. This has been made possible thanks to generous donations from Companies, Charities, Churches and individuals.

So if you are a client and have nowhere to go on Christmas day, we would love to see you and celebrate Christmas together. Just book at reception so that we know how many to expect. Payment of £3 per person should be received by Thursday 22nd December.



“Rolling drums” of the destitute in the U.K.

The poor and the needy who crieth with sound.
Their “drums rolleth” loudly and the tone is profound.



The social construction is varied and great,
who will attempt to help lighten the weight ?



The poor and the needy still crieth in vain;
disillusioned with others just deepens their pain.

The elite and the wealthy who rideth fine horses;
don't hear the “drums roll” where there's a lack of resources !

R.P.J. Williams



Check out our New Website
Daylightcf.org

We are also on Facebook

And Twitter



Now over 900 followers!


**KEEP
CALM
IT'S
NEARLY
CHRISTMAS!**

THANK YOU

For your support
during 2016

T.E.A.M. Together Everyone Achieves More

Everyday the Day Centre is open we see around 30 people, cook a hot meal for 20 people and make hot drinks for 2.5 hours. The Foodbank operates every week day afternoon for 2 hours currently providing over 100 parcels a month.

With only two full-time members of staff, how does all this work get done? It is all thanks to our wonderful team of volunteers who give approximately 400 hours of their time a month to keep everything going.

Whether it is sorting out donations of food & clothing, cooking meals, making up food parcels, befriending visitors, running activity sessions such as bingo and manning reception; the 28 regular volunteers are the lifeblood of the Daylight Centre. The staff and trustees would like to give a heart-felt THANK-YOU to our wonderful team for their commitment and grace under pressure.

Because circumstances change we sometimes need new volunteers to step into certain roles. Our latest volunteer opportunities are displayed on our new website or ask a member of staff for details.

December/January at DCF

Thursday Dec 8th Christmas Craft Session

Friday 23rd Closed

Sunday 25th Christmas Day Lunch.

Doors open 11:00 am with lunch served at 12 noon. Please ensure you have booked and paid in advance

Monday 26th Closed

to Friday to 30th

Monday Jan Closed

2nd

Tuesday 3rd Reopen at 10:30 am



The Foodbank will not be open 26th & 27th December 2016 or 2nd January 2017.

Donations required



We provide food parcels for many different family units, which contain tinned and packet goods and long life items. Greater quantities are required for large families; items like UHT Milk and UHT Fruit Juice are always required

We would also like to give out fresh items such as bread and fruit, but we have difficulty getting regular donations.

Our Facebook page and website give details of our urgent as well as general needs and also lists items we cannot accept .

If you have any queries about donations please call (01933) 446492

Donations can be dropped off: Monday to Friday 9:30 am to 4:00 pm

Help our work become sustainable.

Could you join our growing group of monthly supporters by making a standing order?

Ask for details at reception, call 01933 446490 or check out <http://www.daylightcf.org/can-you-help/>

You can make safe donations online at <https://goo.gl/SsXJTK>



10 High St. Place, Wellingborough. NN8 4HP

Main switch board: 01933 446 490

Client Support Coordinator:
01933 446 493

Day Centre & Foodbank Coordinator: 01933 446 492

Manager: 01933 446 491

For general enquiries please email:

info@daylightcf.org

Web: www.daylightcf.org

Registered Charity No.1100809

Registered Company No.4625186

DCF Shop

Needs the following Items

Men's	Sizes	Ladies	Sizes	Unisex
Trousers & Jeans	28"-34"	Trousers & Jeans	Size 18-24	Gloves
Jumpers & Fleeces	Small & Medium	Jumpers & Fleeces	Size 18-24	Warm Hats
T shirts & Sweat Shirts	Small & Medium	T shirts & Sweat Shirts	Size 18-24	Scarves
Shoes & Boots	All sizes	Shoes & Boots	All sizes	Winter Sleeping Bags