

PLYMOUTH SOUP RUN

AUTUMN 2016

The **National Citizen Service (NCS)** offers a fantastic opportunity for years 11 and 12 (ages 15-17) to take part in a 4-week programme during the summer holidays which combines adventure activities, team skills and social action. **Argyle Community Trust** is one of the local NCS partners who organise the scheme and cater for over 200 young people each year in Plymouth. As part of the programme, teams decide how they can get involved with their chosen cause in the local community. In 2016, some of the NCS teams decided to support Plymouth Soup Run and Shekinah, between them raising a total of £972! **Dwain Morgan** and



NCS Team with certificates at the Guildhall

Dan Hart at Argyle Community Trust organised the event; Dan with one of the 2016 teams are also planning to continue their efforts by helping with the Soup Run on 20th December.

Congratulations to all the NCS teams and staff and ... THANK YOU!



NCS teams enjoy adventure and outdoor pursuits



**Plymouth
Soup Run**

**Sponsored
Winter Walk**

Saturday 19th November, 9 p.m.

Please join us in solidarity for the hungry, vulnerable and homeless people that the Soup Run feeds every day of the year. Following the success of a similar walk in 2014, we're planning another **Sponsored Winter Walk** in the evening to "get an idea of what it's like to be out at night... hopefully in bad weather!" The walk will also raise awareness of the Soup Run and bring in much-needed funds for both the Soup Run and Shekinah, which hosts the Soup Run on Sundays.

If you would like to participate please email info@plymouthsoupun.org.uk for a sponsorship form. Alternatively, you can sponsor walkers who are raising funds on behalf of one of the many Soup Run teams. Visit www.plymouthsoupun.org.uk and click on 'About Us' to find information and contact details for the teams.

The 5 mile route starts at **9pm on Saturday 19th November 2016** at Martin Street car park (behind Shekinah at PL1 3NE), going via Citadel Road to Plymouth Hoe ('the Wedding Cake'). Then continuing the Soup Run route to Devil's Point and King's Road before finishing at Shekinah where walkers will be served ... **soup!**

THANK YOU to KFC for becoming a food donor and signing up to help on a Monday night from 31st October.

A community and faith driven service providing free food and hot drinks to homeless, hungry and vulnerable people 365 days a year.



Hannah, Kez, Allen, Nat and Tim ready to hit the town!

The Friday night Soup Run is organised by either **Plymouth Christian Center (PCC)** or **Chaddlewood**. Originally under the ministry of **Malc Halliday** and Chaddlewood Community Baptist Church, some of the Chaddlewood team were keen to continue with the Soup Run after the church's closure. Food prep is done at PCC in the City Center before heading out on the usual route. Here's a few snapshots of some of the Chaddlewood team...



Team banter! ..Allen, Tim and Nat

Tim Smyth, 44, is a Team Leader, who works for Plymouth Marine Laboratory as Head of Science. Having served with the Soup Run for around 7 years, Tim enjoys being with the team and talking with folk on the streets.

Kez, 23 works full-time as a Street Works Inspector and

part-time (evenings and weekends) as a retained Firefighter. Kez joined the Soup Run when she was 17 whilst working towards her Duke of Edinburgh award and decided to continue because she enjoyed it so much.

Six years later, Kez continues doing the Soup Run and has recently convinced **Hannah**, 21 to join the team. Having just finished Uni, Hannah now works as a Teaching Assistant at Coombe Dean School.

Allen, 51 says joining the Soup Run was part of his faith journey when he became a Christian. That was 5 years ago and Allen, who is married with 2 teenage children, now has his own garage business repairing cars in Ivybridge.

Nat, 23 was recruited through the church in Chaddlewood when he was around 15. At the time, Nat decided not to tell his parents as he thought they may not approve because he was so young! Nat is a geography teacher in Exeter. To anyone thinking of volunteering, Nat says... "Come along, give it a go! It's not as bad as you may think; we can save the world ...one pasty at a time!"

Andy is one of our regular Soup Run users and has kindly agreed to share his story. Andy, 51, is well loved by those who know him on the Soup Run and at the Soup Kitchen. Bullied at school, Andy started work through the YTS (Youth Training Scheme) as a trainee in horticulture at 16. After 25 years of working in landscaping, tree surgery, plant propagation and using garden machinery, life took a drastic turn. Andy says he "made a terrible mistake" and found himself on the wrong side of the law. Andy served his due time in prison, but didn't find it easy to re-engage with the community and work, and now suffers from mental health problems.



However, Andy is able to find acceptance and support whilst connecting with the Soup Run and the Soup Kitchen, as well as at Gaffer's Gorge drop-in and the Recovery programme at Mutley Baptist Church. Andy knows what it's like to be homeless, and recognises the reality that a cup of hot soup on a freezing cold winter's night can literally be a life saver.

Dear Lord...

Thank you for offering us forgiveness and hope. Please help us to know more of your love. *Amen.*