

**Amber**  
transforming lives



**One  
Day**

Support Amber for  
24 hours and help  
transform young lives

## Give young homeless and unemployed people a safe home for a day, along with all the emotional and practical support they need.

**One Day is a unique opportunity to fund all of Amber's services for 24 hours on the day of your choice.**

By supporting us with our running costs for one day, you will be helping up to 90 young people transform their lives. You might be supporting a young person's first day at Amber, where for the first time in a long time, they will feel safe. It might be the day that they experience something new and feel inspired. It might be the day that they are leaving Amber, moving-on to their own accommodation and a job.

Whatever the day, you know your support will be helping young people transform their lives for the better.

There are different ways you can pay for your one day:

- **Make a one-off or regular donation**
- **Give through your company**
- **Raise money through fundraising**

The day you choose to fund might be a special day to you. It could be an anniversary, a birthday or in memory of someone special. There are no limits on the number of days you can fund and all days can be chosen on a first come first served basis. On your chosen day you will have the opportunity to visit your nearest Centre to meet the young people and staff and see first-hand how your support is helping transform lives.



*"I really wouldn't be where I am today without Amber. It builds your confidence and belief in what you can achieve and teaches you how to deal with other people. And it gets you into a structure, which is something that really helped me – I was pretty much nocturnal before that."*

**Jodie, Amber success**

## A day in the life....

**We do things a bit differently at Amber. Each day has a structure designed to help instil good habits and support the wellbeing of the young people staying with us. Codie is 18 and stayed at Bythesea Lodge. This is an average day for her:**

**7.30 – 8.15 Breakfast** (although I don't normally have it if I'm honest!)

**8.15 – 8.30 Morning check in** – we all catch up briefly to make sure everyone is ok and ready for the day.

**8.30 – 9.00 Tidy** and organise our bedrooms

**9.30 – 10.00 House meeting** – everyone comes together to share news, issues and key events.

**10.00 – 12.30 Programme time** – spent in my Team Room today as I am currently focussed on job searching with the support of my Team Leader. I hope to work in hospitality and catering in the short term as I have recently gained qualifications in this area.



**12.30 – 13.30 Lunch.** Teams take it turns to cook lunch and we all get together.

**13.30 – 15.00 Dreams and desires** – we do work focussed on personal goal setting and our long term aspirations. I really want to go back to college and study for A Levels in History and RE.

**15.15 – 17.00 Activity time** – I'm working on a personal project around the history of religion at the moment and I'm also involved in the team working on our garden

**18.00 – 18.30 Tea** – I'm pretty useful and keen in the kitchen so I really enjoy it when it's our turn to create something healthy and tasty for the whole house

## Dan, Amber success

*"I'm 23 and have just qualified in the RAF as a Logistics Mover. However it has been one hell of a journey and without Amber I'm sure I would not be where I am today.*

*I was 18, homeless, had a terrible relationship with my family and everything was a general mess when I went to Amber. The decisions I'd made up until then were the wrong ones, only pushing people further away, until I finally reached rock bottom. A lot of people tell me now that without hitting rock bottom, I wouldn't have been able to get everything back on track, and whether or not that is true, it was with Amber's help that I finally managed to start turning things around.*

*While at Amber they provided me with counselling and helped me learn skills that have helped me to finally grow up and live a life I can be proud of. Amber also had us participate in the Princes Trust sailing expedition which was brilliant, and they also helped us to take part in various volunteering work, including at the local village hall in Chawleigh.*

*Amber helped me to rebuild my confidence and team work skills and also helped me with understanding others personal space as we lived with one another on site. It also supported me to rebuild my relationship with my family.*

*I'm now raising money for Amber, the reason I'm doing this is because I'm now living my dream in my dream job and it would mean the world to me to help other residents to pursue their dreams and make a future of their lives, no matter what's happened in their past.*



## Two good reasons why you should choose to support One Day

1

**You will be helping young people transform their lives.**

More than **83,000** young people experience homelessness each year and unfortunately things are getting more difficult. A recent report showed that rough sleeping in England has more than doubled between 2010 and 2016. We don't think this is acceptable and will do all that we can to help young people across our three centres in Surrey, Wiltshire and Devon.

2

**We will celebrate your day with you.**

On your chosen day you will have the opportunity to visit one of the Centres to see first-hand the difference your support is making. We will also recognise your support on our homepage for that day and if you are giving through a company, we will work with you to promote your support.



## Support our campaign

**Amber is here to provide a safe place to live for vulnerable young people with no home. We are ready to provide them with all the support and opportunity they need to get their lives back on track. We just need you to say yes.**

It costs **£5,890** to run our services for up to 90 young people across our three Centres.

If you would like to support our One Day campaign, please make contact with us on the details below and we would be delighted to discuss it with you.

**Stephen Ballantyne,**  
Head of Fundraising and Communications

**Email:** [stephen.ballantyne@amberweb.org](mailto:stephen.ballantyne@amberweb.org)

**Direct line:** 01761 221557

**Mobile:** 07825 240670



*"It is only now that I am moving-on from Amber that I can see what I've achieved. I'm a different person and without Amber I doubt I would have been able to do all that I have done so far. I have goals I never had before. I have opportunities that I never thought I would. Most of all I can see a future for myself that I like the look of."*

**Kyie, Amber success**

Being homeless and unemployed is a place that nobody wants to be. Amber plays a unique role in addressing the very complex needs of these young people. More than **83,000** young people experience homelessness each year. There are many causes - family breakdown, leaving care, childhood trauma, mental ill-health, addiction, prison release, losing a job. All too often they simply make bad decisions and things go drastically wrong.

Amber provides a temporary, safe place to live with 90 other young people at one of our three residential centres in Surrey, Wiltshire and Devon. There – in a calm and nurturing environment – we provide a mix of support, structure, new experiences and training that builds their motivation, self-discipline and skill set. We help them address any specific issues that may be holding them back and we help them to move on from their troubled pasts and find the self-belief and determination to move forward.

Over the last five years we have worked with around

**700**

homeless young people;

of these

**80%**

left us successfully

**40%**

went into work

**8%**

went to college

**3%**

went to long-term  
voluntary work

**29%**

went into their own  
accommodation from where  
they could look for work

[amberweb.org](http://amberweb.org)

Follow us:    @amberfoundation

Charity number in England and Wales: 1051388.

Company number: 03004111

Registered address: The Amber Foundation, Ashley Court, Chawleigh, Devon, EX18 7EX

**Amber**  
transforming lives