

Iron man of Mustard Tree



This year I have been setting new challenges and goals to fundraise for the Mustard Tree -the biggest so far has been the Chorlton X Triathlon on 12th June.

Aside from the fact that I'd never been in a triathlon before, I'd never swum in open water either... and really didn't fancy it! Every time I passed the 100m buoy I panicked - 750 metres suddenly seemed a long way to go!

I was delighted to have a team of supporters to cheer me on, including my 6 week-old son Aedan! Amazingly all the practice, positive thinking and prayer really paid off, and although I was nearly the last out of the lake, I survived the swim in good shape. Relief, delight and adrenaline got me through the 13.5km bike course, and the 6.6km run was, thankfully, the easiest part for me. I was pleased to finish in 1h 29m 22secs, coming 77th out of around 150 competitors. Added to this, I managed to raise around £600 of my £1000 target for the Mustard Tree. Jez's 'Just Giving' page will be open for donations until September at www.justgiving.com/JezGreen.



Our newest member

The Mustard Tree family has been celebrating the arrival of its newest member, Aedan Green, born 3rd May 2010. Congratulations to Jez and his wife Janet on the new addition to their family. He's gorgeous!

Prayer Points

Please join us in prayer:

- For the continued success of our redevelopment
- For new daytime volunteers and volunteer van drivers
- For positive outcomes to those seeking asylum

When you have read this newsletter, please help support the work of Mustard Tree by passing it on to a friend, colleague or neighbour.

Mustard Tree

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Charity Number 113519

Mustard Tree

Faith at work, rebuilding lives

Newsletter Summer 2010

Don't dump your old furniture - donate it!

Instead of sending your unwanted furniture to the tip, why not let us help you, help people in need, and help the environment.

The Dignity Project was set up to help those with limited or no income obtain second hand furniture, household items, electrical goods and clothing. The Mustard Tree aims to help restore dignity to the people who make use of this project, by only providing items that are in very good condition. We try to make furniture and household goods as affordable as possible, including the gifting of essential items.

Mustard Tree is committed to reducing the amount of re-usable goods that are sent to landfill across Greater Manchester and will make good use of items that would otherwise be wasted.

Smaller items like clothing, bedding, household items, small electrical items or small items of furniture can be dropped off at our premises any time 9am-5pm, Monday to Friday and 9am – 12:30pm on Saturdays.

We will make the items you donate available at affordable prices to those in need.

If you would like to donate unwanted furniture in good condition, please call us on **0161 228 7331** and we will be happy to arrange a collection.





Mustard Tree makes a difference

One of the best things about working at Mustard Tree is seeing the real difference our project can make to the lives of people in need.

Clients come to us for a host of different reasons; people who are or have been homeless, asylum seekers and refugees, individuals and families who are struggling to cope on benefits or low incomes. Some have literally nothing, and would be unable to move into their new tenancies without the help of services like our furniture project scheme.

Mustard Tree currently has almost 7000 registered clients from all over Greater Manchester, and we are registering between 100 and 150 new people each month. Around 1600 clients visit Mustard Tree for furniture, clothing or food each month, and our vans deliver and collect more than 6000 items of furniture every year.

Every item we collect will help someone, so every donation makes a difference.

Life's looking up for Derek!



When Derek was referred to Mustard Tree, it turned out to be a blessing for us as well as a benefit to him.

Made homeless by personal difficulties, he was glad that we were able to help him with furniture when he was given a new flat - and was also keen to enrol as a volunteer on our Freedom Project.

Here at Mustard Tree, we were more than happy to find out that Derek was

a fully qualified electrician who proved to be worth his weight in gold by doing the wiring for the new offices on our first floor!

Having settled into his new home, he was able to continue adding more items of furniture from our warehouse, helped by his Freedom allowance.

Derek was so chuffed with his new furniture that he even posted pictures on Facebook to show how good his flat was looking.

He is now working again as an electrician and is hoping to start up his own business in the near future.

Easy as A,B,C...

Homeless women need all the support they can get - and thanks to a new campaign, Mustard Tree is helping make sure they get it!

We have teamed up with city centre lingerie boutique Lucille to launch Bosom Buddies 2010, a campaign to provide good quality, properly fitting bras for women who would otherwise go without.

A recent survey revealed that on average, British women own 13 bras but only wear 8 of them. That's a lot of bras going begging, and the Bosom Buddies campaign aims to collect 'em!

We are asking women to have a rummage through their drawers and please donate any good quality bras they no longer wear.

Paul Wenham, Mustard Tree's Chief Executive, said: "Women who are homeless and sleeping rough are incredibly vulnerable. Decent underwear is a very small part of the help needed, but can still make a huge difference between feeling like a worthless object or a lady with some dignity"

Donations have been flooding in since the launch of the campaign and the current total has topped 600—but we still need more.

To donate a bra please post it either to Mustard Tree, or to Lucille Lingerie Boutique, Police Street, Manchester M2 7LQ.

Find out more about the Bosom Buddies campaign at www.bosombuddies2010.co.uk or find us on Facebook and Twitter.

Thanks for your support!



Furniture workshops

At the Mustard Tree's new Furniture Workshop people can learn how to strip down and totally transform wooden items, creating a unique new piece with just a bit of elbow grease and a lick of paint!

Participants will be able to choose a piece of furniture to revamp from a selection of items in the warehouse and then take it home, free. So gain a new piece of furniture as well as a new skill!

Furniture Workshops are held every **Thursday at Mustard Tree, from 10 - 12**. To find out more or to enrol, call us on **0161 228 7331**.

