



Successful participants are awarded **The Upper Room's Certificate of Completion** and encouraged to join our mentoring programme, where they would have a chance to help others, and contribute to our mission to 'Improve Lives'.

For more information on UR4Driving, please call us on 020 8740 5688, 07967 328 564 or email us at [ur4driving@theupperroom.org.uk](mailto:ur4driving@theupperroom.org.uk)

### Did you know?

- ✓ Every year The Upper Room UR4Meals project serves an average of 26,000 hot meals and 6,000 takeaways to homeless and other disadvantaged people.
- ✓ Since 2010, 138 ex-offenders have obtained a licence through The Upper Room's award-winning UR4Driving project.
- ✓ In the last 3 years our UR4Jobs project has helped 202 disadvantaged service users to secure employment, and significantly improved the employability of hundreds more.
- ✓ The Upper Room provides one-to-one/telephone advice to disadvantaged people on more than 1,500 occasions annually.

The Upper Room relies on grants and donations from trusts, individuals, churches, schools and local communities. We also benefit from many individual volunteers' time – people who contribute nearly 11,000 hours to our organisation every year.

To support our work, please visit our website, [www.theupperroom.org.uk](http://www.theupperroom.org.uk). Or you can:

Visit us at:

St Savour Wendell Park Church  
Cobbold Road | Shepherd's Bush  
London W12 9LN

Contact us on:

Tel: 020 8740 5688  
Email: [uradmtn@theupperroom.org.uk](mailto:uradmtn@theupperroom.org.uk)



We have been helping disadvantaged people turn their **lives** around since 1990.

# How can *The Upper Room* help you?

*Registered charity in England and Wales: charity No. 1004354*

The Upper Room is a registered charity dedicated to the relief of poverty and suffering among people who are socially disadvantaged, vulnerable, homeless, and who exist within marginalised sections of our societies. The organisation began as a simple soup kitchen in 1990, but over the years we have developed other services in response to the various needs of disadvantaged people in the communities we serve.

Our current projects are:

### **UR4Meals Project**

Through this project we provide free meals to homeless and other economically disadvantaged people, Monday to Friday, between 5.30 and 6.45pm.

### **Additional Support Available**

The following additional services are provided to service-users on fixed days of the week:

- ✓ Provision of clothing, toiletries, blankets etc. (subject to availability).
- ✓ Onward referrals for additional intervention across various pathways such as benefits, accommodation support etc.
- ✓ Free hair cut every fortnight, on Mondays.
- ✓ Greenlight Medical Van visits fortnightly and offers basic medical care, advice and referrals.
- ✓ Foodbank referrals are made for those who are eligible.

For more information on UR4Meals, please call us on 020 8740 5688, 07772 565 815 or email us at [ur4meals@theupperroom.org.uk](mailto:ur4meals@theupperroom.org.uk)

### **UR4Jobs Project**

UR4Jobs aims to break the vicious circle of homelessness and unemployment among Central & Eastern Europeans by providing them with multilingual, holistic and personalised support.

We help participants overcome their particular disadvantage in the job market, through the following:

- ✓ Individual needs assessment and tailored support (including confidence-building, CV-writing workshops, registration for self-employment, National Insurance (NI) registration or opening a bank account etc.)
- ✓ Facilitating voluntary work experience placements, work trials, apprenticeships, etc.
- ✓ ESOL classes for non-English speakers.
- ✓ Multilingual CSCS training and Tests (obligatory Health & Safety requirements for work on construction sites in the UK).
- ✓ Free bi-lingual individual counselling sessions for service users who are on low incomes or unemployed.

### **Additional Information**

UR4Jobs is open for drop-ins two days a week (Monday & Tuesday, between 12.00 – 5.00pm), and at other days/times by appointment only.

For more information on UR4Jobs, please call us on 020 8740 5688, 07967 312 207 or email us at [ur4jobs@theupperroom.org.uk](mailto:ur4jobs@theupperroom.org.uk)

### **UR4Driving Project**

Winner of Big Society Award 2013, this project helps improve the employability of ex-offenders and reduces their risk of reoffending.

Participants are required to pursue opportunities for personal development and for improving their employability, including through motivational training, voluntary work experience and access to peer mentoring. These activities make up a mandatory 80 hours of continued engagement during which participants are assessed on commitment, consistency, reliability, a positive attitude, ability to work in a team, etc. They are subsequently supported to learn to drive and achieve a full driving licence.

