



Aylesbury Homeless Action Group

Registered Charity Number 1009983

NEWSLETTER

Issue 9

September 2017

Message from the Operations Manager

One of the highlights of my summer was being invited by the High Sheriff Peter Kara to attend an event to raise awareness of mental health within Buckinghamshire. At this event I was privileged to listen to a speech from Sergeant Paul Jennings from Hampshire police. He had experienced mental health problems and now campaigned for better services and support within the police service.

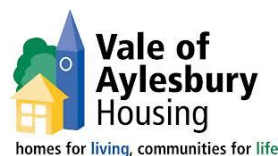
Within his speech Paul talked about the Japanese term called '**Kintsugi**', which is a Japanese method for repairing broken ceramics with a lacquer dusted or mixed with gold, silver or platinum. The technique visibly incorporates the repair into a new piece instead of concealing it; the process resulting in something different, and usually more beautiful, than the original.

He described how this method is based on the philosophy of kintsugi which regards breakage and repair as part of the history and inherent value of an object, something to be highlighted rather than disguised. Rather than repairing something to appear as good as new, or throwing it away as we most often do in Western culture, kintsugi acknowledges the breakage as an opportunity to create something new and beautiful from what might otherwise be deemed a loss or catastrophe.

At AHAG we see a large number of people who are 'broken' and in crisis. Often homelessness is a symptom of many other things that have gone wrong in an individual's life. This can include debt, relationship breakdown, unemployment, poor mental or physical health and addiction.

AHAG's staff and volunteers have the privilege to support each of our clients as they show the courage and perseverance in rebuilding their lives.

Our aim is to provide holistic support to each individual, in partnership with a large number of agencies within the Aylesbury Vale. This is essential as we support people not only to find safe, affordable housing, but to have the confidence to rebuild their lives .





Aylesbury Homeless Action Group

Registered Charity Number 1009983



“I’m in my flat settling in. I just want to say thank you. I’m humbled by the amount of work that must have gone into getting me here.”

“I am back on the map now and a ripple effect seems to be happening. I have an address and am a person again.”

If you would like to know more about the work that we do please contact us on info@ahag.org.uk or alternatively visit our website www.ahag.org.uk.

Why not like us on Facebook or follow us on Twitter ([info@ahag](https://twitter.com/infoahag)) to find out more about what we are up to?

