

# WSSSEN

## Social Enterprise of the Month

### Adur Furniture Network

Adur Furniture Network Ltd was set up in 1993 as a joint independent initiative between Shoreham & District Mental Health Association and Adur District Council. Since then we have grown and now have 2 retail shops and a warehouse all based in Shoreham-by-Sea, West Sussex.

Adur Furniture Network's mission is to relieve poverty by providing good quality inexpensive furniture to people in need, to provide supported voluntary work for vulnerable people and the long term unemployed, to work within equal opportunity guidelines to provide a sustainable community service for local residents and to help prevent waste and reduce landfill.

Since 2008 we have saved over 248 metric tons of goods from going to landfill, assisted over 1800 families and people on low and fixed incomes and been supported by over 10,400 local people who have purchased goods from the organisation. We currently have 18 volunteers, who mainly come from one of the following groups,

Shoreham & District Mental Health Association, Worthing Jobcentre plus "New Deal" team, the Community Mental Health team, Impact Workability, Work Aid, the Probation Service and of course our local community.

Our experience has shown that volunteering helps

- combat peoples feeling of isolation,
- gives them a feeling of being included and not alone,
- improves their feeling of self worth / self respect,
- Enhances their sense of making a useful contribution to the community and environment
- Volunteering with us can improve both their mental and physical wellbeing

The following are some quotes from our current volunteers, which illustrates the benefits to them:-

- " a sense of knowing I belong, as its not easy as a physically disabled person, makes me feel happier in myself knowing I'm doing something worthwhile and helps combat my depression"*
- "It gives me social contact with people"*
- "more confidence in meeting people, helping to do useful things"*
- "I am building up my confidence to deal with the public and hopefully eventually to be able to get back to work"*
- "Being an older volunteer, I find it very gratifying to be able to be there for people with a listening ear, makes me feel useful"*

Our aim over the coming year is to increase our volunteer base, provide more opportunities for vulnerable and isolated people to become part of a friendly team, enabling them to combat isolation, gain a sense of achievement and involvement in a local community initiative.

#### Adur Furniture Network Ltd

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Registered under the Industrial & Provident Society Act 1965 **28163R**

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