

Information

Firstfruits is fully supported by donations and volunteers!

www.first-fruits.co.uk

Email: info@first-fruits.co.uk

Prayer meetings are on alternate Wednesdays at 7.30 at the house. All are welcome!

Join us on Facebook!

Donate online -

www.justgiving.com/first-fruits

Recent & upcoming events

Former residents Mel, Jess & Nicola moved into new homes.

25th - 27th February - Firstfruits weekend away

7th May - Taff trail challenge

3rd June - Former live-in support worker Deah's wedding

5th June - Nkini's marathon

To come

September 2011 - Nkini moving out of the house.

T's move into her new flat

22nd - 24th July - Prayer weekend at the house

30th September - Opening of pregnancy crisis counseling centre 'The Junction'

F.I.R.S.T

News from Firstfruits – July 2011



Firstfruits team at the start of the Taff Trail challenge.

Stories – staff and support team

Becky -

My highlights of the year have been:

- Seeing Nicola settle happily into her new home - I'm so proud of her!
- The safe arrival of KM - she is a very beautiful and well behaved baby!
- Jamie (former live-in support worker) came to visit and we took former residents Mel and Leona to Bath for the day. We ate cream teas in a little cafe and walked around Bath. The best bit was reading the paper with Leona on the train! She is now 2 years old and so clever and cute! It's great to hear her chatting away and she never fails to make us laugh!

Kerrie -

- What a busy year! Firstfruits should develop our own furniture moving company, with 3 of our ladies and babies moving out and into their own accommodation! It has been an amazing time seeing them all move forward and settle into their own homes!
- Celebrating the babies' 1st and 2nd birthdays! Watching the babies grow and love being new members of the Firstfruits team - it's so inspiring! They interact with the team so beautifully. Leona has started to say "silly Kerrie" when she sees me!
- Our vision day encouraged me to look deeper at myself and how I develop my relationship with Firstfruits, at how we support each other, continuing to achieve the best for the women who trust us as a team to help form the foundation of their family lives.

'My people will live in peaceful dwelling places, in secure homes, in undisturbed places of rest'
Isaiah 32.18

Nkini moving out . . .

I have so much to thank Firstfruits for. It has been the biggest builder for me personally. I feel it has shaped me for the better in the two and half years I have been involved.

Living in the Firstfruits house as a live-in support worker has been a strong confirmation of what I have always wanted to do, to live outside the norm, to step out and take the opportunities this brings to really get alongside those that need help and support.

In September I shall be leaving my job as an occupational therapist to work with the young in our communities who are not fulfilling their potential and who for various reasons are not taking the opportunities available to them. Alongside this I will be working with Ali Jensen in her inspirational children's work in Llanedeyrn.

I hope to share a home in Llanedeyrn with a young mother and son that Firstfruits has supported. They have had a difficult year and to have the opportunity to see them settle in a home that allows both to develop and to see their relationship as mother and son grow is another amazing privilege.

Sadly from September I will no longer be actively involved with Firstfruits. Despite this having been difficult to accept, I know I am very much a part of the Firstfruits family and somewhere I shall always be welcome. I will certainly continue to support Firstfruits strongly in prayer.

. . . Anna moving in

Hi everyone! Since this is the first newsletter I feature in, I should probably explain why I'm here. I first heard about Firstfruits back in November at a conference in Cardiff and emailed the team to see how I could get involved. I was living in Swansea at the time and so I was thinking of perhaps doing a minor supporting role but God completely surprised me and two months later I was living in the house as a live-in support worker. It's been an exciting time here getting to know the wonderful Firstfruits team, seeing Nicola move out and thrive in her own home, plus the arrival of two new mums, one baby and one imminent arrival! It's also been a refreshing time of growth for me, experiencing how faithful God is and seeing his plans unfold so naturally. I honestly don't know what the next step is but I'm enjoying being part of something bigger for now.

Faces

Rachel -
Co-ordinator



Anna (Live-in
Support worker)



Nkini (Live-in
Support worker)



Becky
(Development
Officer)



Sharon
(Admin support)



Welcome to our
new residents –
K and T!

Baby of the moment!

Resident K gave birth to KM in May. Mum and baby are both doing well and K is adjusting to motherhood well. KM is sleeping well and is a gentle, calm baby. She is very fond of her milk and is a very greedy baby! She is progressing well and is now able to hold her own head up.

She has a pair of little UGG boots, making her a very trendy girl and has a little "blankie" that she is very fond of.



Men of the moment!

Firstfruits would like to thank the team from a4e for painting our hallway bright orange!

a4e are a council run scheme encouraging unemployed young people to get involved in voluntary projects.

Thank you!

Nkini's Marathon Fundraiser!

On Sunday 6th June, live-in support worker Nkini ran the Tenby Marathon in order to raise funds to support herself during her future plans to work with and support young people in the local community.

She completed the 26.2 mile route in just over 4 and a half hours, looking as fresh at the finishing line as she did before she started.

The first half of the route, around the seaside town, was quite scenic and made for a pleasant run however the majority of the second half was uphill making it a bit heavy going at times. Nkini found the strength however and kept pressing on, to cross the finishing line to be welcomed by family and Firstfruits friends. It was an incredible achievement!

If you would like to donate towards Nkini's future work please visit:

www.justgiving.com/Nkini-pulei

Tim's Take on the Taff Trail

On Saturday 7th May 2011, over 100 riders set out on Glenwood Church's Taff Trail Challenge. The Taff Trail is a 55 mile cycle route which runs from Brecon, over the Brecon Beacons and down the Taff Valley, finishing in Cardiff. Their aim was to complete the cycle ride and raise over £10,000 for three charities supported by the church: The Gate Arts Centre, The Speakeasy Debt Advice Centre and Glenwood Homeless Charity.

Firstfruits, also supported by Glenwood Church, entered a team of riders including Rachel, Becky, Nkini and Tim, while support was offered by other members of the Firstfruits volunteer group.

The ride began with a 6-mile climb up to the highest point near the head of the Talybont Reservoir, and then continued through the stunning scenery of the Brecon Beacons and descended to Merthyr Tydfil for a lunch stop. Despite rain, cramps, broken chains and more than our fair share of punctures, the team was met at the end of the trail in Cardiff bay by a huge number of supporters from Glenwood Church and the associated charities. It was a fantastic day and very much enjoyed by everyone who took part.



Nicola – Former House Resident

There have been many changes in my life since I moved into the Firstfruits house a year ago! I feel God brought me to Cardiff and while being here I have given up drugs and alcohol. That has had a profound effect upon my life.

The staff have all been amazing in helping my life change for the better especially Rachel!

The changes have taken place slowly at times but Deah (former live-in support worker) was a great help for me when I was giving up drinking. I believe that one of the many reasons for her joining Firstfruits was to support me during that time.



I now have my own fantastic flat with the help of Jan at Firstfruits. It is a place to call my own.

When the last newsletter came out, I was about to go to my first lesson on my computer course at college. Since then I have completed the whole course.

I go to Zumba classes every Monday with two of the Firstfruits volunteers. It is very good fun! I also volunteer at a café. It can be hard work at times, but I enjoy it.

I feel so blessed to have lived in the Firstfruits house.

Thanks!

For the healthy arrival of another Firstfruits baby in May. KM is a little girl weighing 6lb 13oz.

T is expecting a baby very soon. She moved into the house during May and has settled in well.

The transformation in Nicola's life over the past year and for her continued happiness and stability.

Continued financial provision.

Please pray for . . .

Everyone in the house - for protection, security, unity and a real sense of God's presence.

Next baby due July 5th - prayers for mum, baby and a safe delivery.

The residents, that their lives are changed through coming to know God personally.

Nkini's move in September - she has been an incredible blessing over the past 2 years and will be missed. Please pray for the provision of another live-in support worker.

How you can support Firstfruits

We continue to distribute our leaflets to all places where vulnerable pregnant women may be - churches, doctors, pregnancy crisis centres, youth and community centres and social service centres. The message of Firstfruits is always trying to reach the streets! If you are aware of any contacts or any beneficial locations for our leaflets let us know!

If you want to find out more about us see our website:

www.first-fruits.co.uk. If you have any thoughts regarding fundraising or just want to get involved, email us on: info@first-fruits.co.uk.

We also have our own group on Facebook! Supporters can sign up and be updated more easily through regular messages.

If you would like to support us financially you can donate online: www.justgiving.com/first-fruits alternatively please fill out the form below and send it to our office at:

Firstfruits, C/O Speakeasy, 166 Richmond Road, Cardiff CF24 3BX.

Thanks from Rachel

It has been an incredible year in Firstfruits and there are so many people that have made it possible by giving sacrificially.

I particularly want to thank Nkini and Anna who are living in the house at the moment. They constantly give in so many ways that it is humbling to see. Please consider supporting Nkini financially as she prepares to leave her job in September to work with young people in Llanedeyrn.

There are so many that demonstrate sacrificial giving in the Firstfruits team. Rather than name everyone I just want to say a huge thank you for all you give in time, money and resources. It is a fantastic team of people.

Of course I also want to thank all who give so faithfully to Firstfruits, whether financially or in prayer - it would not happen without you.

'Ever since I first heard of your strong faith in the Lord Jesus and your love for Christians everywhere, I have never stopped thanking God for you.'

Ephesians 1 v 15.



Donation

firstfruits

and

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Name of account.....Account Number:.....Sort Code:.....|.....|.....

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