



## My BHT Story



***My name is Andrea. I'm 52 and live in Hastings. Back in October 2015 and through no fault of my own, I had to give up my home.***

*I was devastated. I had to get finance to buy what I thought would be my 'forever home' - a caravan.*

*Then, Rother council said they wouldn't pay housing benefit for a caravan as they didn't see it as a home. I started to cook scotch eggs, cakes and sausage rolls and sell them at work, anything to pay the bills, with never much left for food.*

*I was so upset, I had bought the caravan for £13,000 but had to sell it for only £2,000. For a few days I sofa-hopped, but in the end, rather than burdening my friends I slept in my car in a car park near a holiday park, so was able to use the toilet and freshen up. It was very cold, and I hid with my dog under a few throws as I didn't want anybody to see me.*

*I put my name on the housing list and was offered emergency accommodation but they couldn't take in my dog, so I had to carry on sleeping in my car. Before long though I was able to bid on flats, and could finally dare to see an end to the devastating and humiliating time that my dog and I had been through.*

*Then, out of the blue I received a phone call from BHT with the words I had waited months to hear: 'We have a flat that we think would suit you'. I met up with Shirley, BHT's Housing Officer the next day. When I saw the flat I loved it and knew that this was the right place for me. I cried with relief, but it didn't just stop there: BHT was able to get me help to buy furniture and a cooker, which was so generous I don't know what I would have done without all the help.*

*I have been in my beautiful flat with my dog for eight months now. It felt like a privilege to be able to nurture the front garden as I love gardening. With the savings from meat-free weeks I bought seeds and other bits for the garden, which now looks beautiful. Having my 'forever home' has made me feel safe, and I'm able to cope better with my anxieties.*

***I thank BHT for helping me achieve a new start and for their continued help and support. I couldn't have got through it all without you.***

**Do you have a story you would like to share?**

If so, please get in touch with **Juliet O'Brien** at [juliet.obrien@bht.org.uk](mailto:juliet.obrien@bht.org.uk)

# Gardening Competition Winners Announced

**Congratulations to the three winners of the Housing Services gardening competition!**

All winners received a £25 voucher to buy more garden supplies.

**If you didn't manage to enter this year, look out for the Gardening competition in Spring next year.**

## Garden category

Gardening group clients from Ditchling Rise, Brighton



## New name for our newsletter selected

**Thank you for all your suggestions for the new name of our newsletter.**

Congratulations to the winner, **Janette** from **St Leonards** who suggested '**Lighthouse**' and received a **£20 shopping voucher**.

**“** I chose the name 'Lighthouse' because BHT offers a beam of light for people in a dark place for various social situations they find themselves in and also the offices are all based in coastal towns.

# Janny's Budgeting On Benefits Tips: 11 Years of Practice

**With a four year freeze on working age benefits, the need for good budgeting is key to making our money last.**

In the first of a series on tips for budgeting on benefits, in this article I am focusing on **food shopping**.

- 1. Before you go shopping, make a list of all the food you have in the kitchen.** Then you know exactly what you have so you can use it up. It's amazing how much you forget and buy again, and when its fresh food, it can easily go off if you are not in the habit of freezing it.
- 2. Next, make the shopping list of what you need in columns such as 'main meal', 'veg', 'carbs' (potatoes, pasta, rice), 'fruit' and 'miscellaneous'.** Then comes the discipline of shopping and it ain't easy.
- 3. When making a shopping list, estimate how much you expect each item to cost, and add it up.** If the total doesn't come to what you want, then see what items you can do without.





### Doorstep garden

Harry, from College road, Brighton



### Container category

Ian from Terminus road, Brighton



## Direct Debit lucky monthly prize draw winners

Congratulations to **Katy** from **The Causeway, Brighton**, **Adebayo** from **Walton Bank, Brighton** and **Ayesha** from **Springfield Road, Brighton** have all won a **£10 shopping voucher** in the monthly direct debit prize draw.

Setting up a Direct Debit to pay your rent is easy and enables you to make a payment as soon as you have been paid.

If you would like to set one up **please call the office** on **01323 340018**.



### My original list was:

- **Cling film £1.40**
- **Mayonnaise £0.89**
- **Onion £0.10**
- **Salmon fillets £2.40**
- **Cat litter £1.80**
- **Crispbread £0.70 - total £7.29**

I removed **cling film** and **crispbread** from the list and the new total was **£5.19**

**After making the shopping list I went to Lidl. The budget was approx. £5.50 but I came out having paid £12.85. So what went wrong?**

- 4. This may seem peanuts, but I overspent by £7.66 on one shop!** If that happened four times a month that's **£30.64** and if you consider a year's worth of ONE MISTAKE like this, you are talking the **cost of a holiday - £398.32**

**So it really is worth trying this little tip. Why not try it and let us know how it goes?**

Celery	0.45 A
Pepperoni Salami Pizza	0.89 A
French Brie 60%	0.85 A
Fat Reduced Houmous	0.63 A
Lighter Mayonnaise	0.79 A
Simply Penne	0.29 A
Mexican Tuna Salad	1.49 A
Sesame Crispbread	0.69 A
Dates	0.99 A
Prawn Crackers	0.59 A
Salted Tortilla	0.46 A
Cat Litter	1.79 B
Daily Mirror Tue	0.65 A
Salmon Fillets	2.29 A
<b>TOTAL</b>	<b>12.85</b>

# Recipe: Mary's Jollof Rice

## Ingredients

- 2 cups or 200g basmati rice
- Olive oil (you may use another type of oil if you choose)
- 1 heaped tbsp tomato puree
- 2 onion chopped
- 1 canned plum tomatoes (or Passata)
- 1 fat clove of garlic, a small piece of ginger
- 1 scotch bonnet chilli (reduce if you don't like it spicy)
- 1 stock cube (either chicken or otherwise), 1 Maggi cube (optional)
- Dried mixed herbs, 1 bay leaf, Salt to taste



## Method

1. Blend the ginger, garlic, chillies, canned tomatoes and onion, set aside for later.
2. Heat oil in a non-stick pan and fry some chopped onions until they're soft and golden brown. Then add the tomato puree and cook for a further 2-3 minutes.
3. Add the blended tomato and onion mixture from earlier and leave to cook through until the tomato mixture has lost its raw taste and the oil is visible at the top.
4. Add the stock and Maggi cubes, bay leaf and a sprinkle of the mixed herbs.
5. Leave to simmer for 3 minutes while you rinse the rice to remove excess starch.
6. Once rice is rinsed, add to the sauce, stirring it to ensure that nothing sticks to the bottom.
7. Now add 2 cups of water to the rice and sauce mix and stir. Add salt to taste and cook until the water is almost evaporated.
8. Now, cover and simmer on a low heat until the rice is fully cooked.
9. Serve with fried plantain and some salad on the side.

## New Careers Advice drop-in offered in Brighton

**BHT's Accommodation for Work project is working in partnership with Southern Housing Group to offer a new advice drop-in for tenants of both organisations.**

The next session is on **Tuesday 4 October** from **11am to 2pm** at **BHT's London Road Head Office in Brighton** and will run fortnightly on Tuesdays.

Combining adviser skills, tools and knowledge, the drop-in support service offers signposting to work and learning providers, volunteering opportunities, careers advice, confidence and motivational support, job-search, employment advice, employability skills development and benefits advice.

Further bespoke group sessions around specific job sectors, skills assessment and development; telephone skills and interview preparation are also available according to demand.

**For more details**, please contact **Anna Muten** at [anna.muten@bht.org.uk](mailto:anna.muten@bht.org.uk) or on **01273 645450 / 07824 301160**

## World Mental Health Day Brighton walk

Come join us on a **World Mental Health Day walk** on **Monday 10 October** from Brighton Pier to the Open Market.

A number of tenants, clients and staff from BHT will be walking together with other local organisations.

Please get in touch with **Lorena Barroeta** at [lorena.barroeta@bht.org.uk](mailto:lorena.barroeta@bht.org.uk), or on **01273 929471** for further details of how to get involved.

