



Mental Health Projects

Brighton Housing Trust's Care in the Community houses in Hove aim to provide support to clients who have a range of mental health problems. Clients are encouraged to develop social and life skills and to maximise their full potential.

The Archway Project has two registered care homes in Hove supporting 14 clients.

They require a volunteer role at **Portland Road** to provide the necessary practical support to residents including IT skills, attending appointments in the wider community and activities such as music and art groups.

If interested please contact via email: lorna.sharp@bht.org.uk

At **Sackville Gardens** they are looking for a volunteer to set up and spend time with residents to undertake various activities such as sports, games and arts.

If interested please contact via email: lorna.sharp@bht.org.uk

Threshold

Threshold offers services to women experiencing mental ill health and emotional distress, such as depression, anxiety, thoughts of suicide, self-harm.

Threshold services are targeted at women living on low incomes who are vulnerable and experiencing social isolation, for example, single mothers, women with experience of violence or abuse and carers.

All Threshold services are provided free to low-cost and offered in a safe 'women only' environment, to help increase access for women.

These include:

- counselling
- counselling for refugees and asylum seekers
- a crèche for mothers attending our counselling service
- the volunteer role currently available is for a fundraiser

If interested please contact via email: melanie.barnard@bht.org.uk

BHT Advice

BHT Advice is part of BHT Legal Services. BHT Legal Services comprises:

- BHT Advice – housing advice and housing options
- Immigration Legal Service – Immigration Advice

BHT provides one of the largest independent legal services in the country employing 30 staff made up of a mixture solicitors, advisers and support staff.

Brighton and Hove has one of the highest levels of homelessness and housing need in the country. Single homelessness is especially high. Brighton and Hove has double the national average of private rented accommodation at 20%. BHT Advice deal with around 2,400 housing matters (including court duty scheme) in a year, 60% are homeless or threatened with being homeless (approximately 386 may have slept rough)

BHT Advice is funded by the Legal Services Commission. We have a LSC Specialist Quality mark in housing, benefit and debt advice and LSC funding to provide a court duty scheme. We have LSC Preferred Partner Status. We have a Not for Profit contract in debt and welfare benefits and a outreach service for Lewes prison.

The Volunteer role is to help with reception and administration duties.

If interested please contact via email: yalda.iveson@bht.org.uk

First Base Day Centre

First Base provides non-residential support for homeless men and women in Brighton and Hove.

First Base operates a specialist session from 8am daily for those sleeping rough. This session provides a comprehensive range of services such as specialist information and advice from caseworkers, nutritious food, showers, and access to IT facilities and laundry facilities. We also have a number of visiting partner services which give rough sleepers access to health care, housing referrals and other specialist services.

In addition to this, First Base run a number of other services for homeless and vulnerably housed clients. These include a catering training project, a specialist sexual health advice service, a health promotion and awareness project and workshops to assist people back into work

We would welcome applications from people who would like to gain experience working with rough sleepers and are able to empathize with the client group. Applicants must be over 21. Due to the nature of the work we do, we ask that anyone who has had a history of alcohol, substance misuse or accessed homeless services has not been in need of support for at least two years. Applicants must be willing to commit to one weekday morning between 7.30 am and 12 noon. Volunteers will be providing general support and advice to clients, assisting with specific computer skills and form filing, advocacy work, reception and meet and greet duties as well as more practical tasks such as laundry and sorting through donations.

If interested please contact via email: deirdre.ohalloran@bht.org.uk for a job role and application form.

Brighton Housing Trust

Combating Homelessness, Creating Opportunities, Promoting Change

Registered Charity No: 284839, Regulator of Social Housing No. H1696. Company Limited by Guarantee
Registered in England, No. 1618610, Registered Office: 144 London Road, Brighton, BN1 4PH

www.bht.org.uk