

## Welcome to our Year in Review!

We are delighted to share a snapshot of some of the great work that has been happening at BHT Sussex over the last year. Read on for updates about new funding for projects tackling homelessness and supporting mental health, campaign highlights, and inspiration from our clients and supporters.



Message from our Chief Executive, David Chaffey

**There is no doubt that the environment BHT Sussex is operating in is extremely challenging, with needs increasing and resources stretched.**

Many of our services are funded through local authorities which are facing significant financial challenges, and this is a real concern for us.

However, we are working in partnership with others to lobby the Government to properly finance local government, and to tackle the housing crisis.

Despite this difficult backdrop we were very pleased to secure funds this year to expand our residential mental health services and to continue our successful Accommodation for Work programme.

The new government has also made clear its intention to invest more money in social housing, a key component of our work.

Last year, our Advice Services across Sussex supported 2,337 people and prevented 820 households from becoming homeless.

The need to protect free, independent advice services like ours has never been greater, and we have joined AdviceUK's 'Advice Saves' campaign to advocate for this on a national level.

We continue to be very proud of all that we do to empower people to overcome homelessness, poverty, addiction and mental ill health, all of which you can read more about inside.

Thank you as always for your support, which makes our work possible.



# OUR IMPACT LAST YEAR IN NUMBERS

171

PEOPLE ACCOMMODATED IN OUR SPECIALIST MENTAL HEALTH SUPPORTED HOUSING



10,374

CLIENTS AND TENANTS SUPPORTED

1,177

HOURS OF FREE MEETING SPACE PROVIDED TO PARTNER AGENCIES



79

PEOPLE SUPPORTED TO ACHIEVE ABSTINENCE AND RECOVERY FROM ADDICTION



2,337

PEOPLE HELPED BY OUR ADVICE CENTRES IN BRIGHTON, EASTBOURNE AND HASTINGS



15

PEOPLE JOINED US WHO HAVE FIRST-HAND EXPERIENCE OF THE ISSUES OUR SUPPORT SERVICES ADDRESS

1,751

PEOPLE SUPPORTED BY OUR COMMUNITY MENTAL HEALTH SERVICES IN WEST SUSSEX



481

INDIVIDUALS AND HOUSEHOLDS ACCOMMODATED IN OUR COMMUNITY HOUSING



2,323

CASES OF HOMELESSNESS PREVENTED.

7,408

VISITS MADE TO FIRST BASE, OUR RESOURCE CENTRE FOR ROUGH SLEEPERS PROVIDING SHOWERS, HOT MEALS, LAUNDRY, IT FACILITIES, AND SUPPORT TO GET PEOPLE OFF THE STREETS.



£3,140,554

RAISED BY OUR WELFARE BENEFITS ADVISERS FOR 443 CLIENTS





# New Developments

## NEW FUNDING SECURED TO TACKLE HOMELESSNESS

This year, we were delighted to secure £486,697 from the National Lottery Community Fund to extend our successful Accommodation for Work project for another five years.

The project provides temporary shared accommodation and support for people in Brighton who are experiencing

homelessness and also working or looking for work. In the year to March 2024, it supported 52 residents, 98% of whom took part in work and learning activities and two thirds of whom secured paid employment.

The Accommodation for Work project is well-regarded by its previous clients, many of whom helped us with our funding bid by sharing their stories of how the project helped them. One client told us:

“ I was lost with debt and housing... I felt like I was in quicksand, you gave me a lifeline to help me out.”



Accommodation for Work staff at our 'Getting Ready for Work' event

“ You're helping me to achieve more and have a better life for myself. Before you guys took me in I was sleeping in a kitchen, nothing improved in my life. Within 3 months of being at the project, I'm learning, I got my first certificate, I'm on the right track. I couldn't have done this without you. ”

Accommodation for Work client

We were also thrilled to secure funding from Sussex Community Foundation this year.

As part of a dedicated funding programme to develop new solutions to homelessness, we have been provisionally awarded three-year funding to deliver a work placement programme for people who have experienced homelessness and who require support to maintain their progression from street homelessness.

The project will also provide motivation and inspiration to clients of those services which provide the work placements. The funding will employ a part-time Placement Co-ordinator to deliver the project.

## EXPANSION OF OUR RESIDENTIAL MENTAL HEALTH SERVICES

In April, we expanded our well-established supported housing service in Mid Sussex (pictured).

This provides additional accommodation and personalised mental health support in Burgess Hill, Haywards Heath, and East Grinstead. The expansion saw our existing service double in size.

The Mid Sussex Supported Housing service we deliver provides accommodation alongside practical and mental health support to vulnerable adults who are homeless or at risk of becoming homeless. Over a period of six months to two years, clients are supported to gain confidence, manage their finances and wellbeing, access other services, and move on to longer term secure accommodation.

We were also pleased to expand our mental health care homes service in Hove this year. This service, called Archway, provides 24-hour support, 7 days per week, helping people to develop practical life skills, manage their mental health and wellbeing, and lead on their own recovery. It is regulated by the Care Quality Commission (CQC) and in the most recent CQC inspection was rated as 'Outstanding'.

Archway currently consists of two properties, and will expand into a third next door, meaning that new residents will also benefit from the therapeutic sensory garden developed at the service this year, with funding from the National Lottery Community Fund Awards for All programme. The expansion enables us to make the most of our highly skilled staff to support more people with mental health needs in the city.



Archway staff on a Team Day

The CQC Inspection report for Archway noted:  
“Staff used innovative and individual ways of involving people so that they felt consulted, empowered, listened to and valued. Staff worked in partnership with people to empower them to achieve their goals and support people to move on to a more independent lifestyle.”



A FRESH  
LOOK FOR  
FIRST BASE

In September, we were pleased to complete refurbishments and repairs at First Base, our day centre for people experiencing homelessness in Brighton and Hove.

First Base is often the first point of contact for those who find themselves on the streets.

People can shower, get a hot meal and wash their clothes, as well as get the support and

advice they need to move away from homelessness for good. They can also access physical and mental health support.

We were able to keep disruption to a minimum and run a reduced service throughout the work, thanks to the generosity of Holland Road Baptist Church who hosted us for 3 months. Clients and staff were made to feel very welcome and the facilities there were great, meaning we could still offer essentials such as hot showers.

We also made use of community spaces such as libraries during this time to meet clients for support work sessions. We are glad to say First Base is now welcoming back clients again, with structural work to the roof complete, new flooring and shower facilities, and a freshly painted interior.



First Base staff and clients at Holland Road Baptist Church

CAMPAIGNING  
FOR REAL  
CHANGE

Our commitment to challenging the causes of homelessness has led to our involvement this year in a number of campaigns to tackle the housing crisis and protect vital services.

One of these is the National Housing Federation's 'Plan For Housing' campaign. It calls for a national long-term plan to transform the housing system, and brings together Housing Associations across the country who want to collaborate with the government to deliver it.

We are passionate about the need for more social housing and as a social landlord, we provided 481 households and individuals across Sussex with community housing last year.

We have fed into AdviceUK's national 'Advice Saves' campaign, which launched in October and calls for policy change to support the advice sector. Free, independent advice services like those we provide in Brighton, Eastbourne and Hastings are under threat, and we are working together with other advice centre leaders, policymakers and MPs to find sustainable solutions for funding and staffing.



We have also made progress with our own 'Make Work Pay for Everyone' campaign, which seeks to end discrimination against working homeless hostel residents within the benefits system.

We have built up a solid evidence base for policy change and are meeting regularly with the Department for Work and Pensions to drive that change forwards.



BHT Sussex's Sue Hennell at the 'Advice Saves' campaign launch in Parliament

Pathfinder peer mentor  
Kelvin wins 'Volunteer of the  
Year' Award

We are so grateful to all our amazing volunteers, many of whom have used our services themselves, who offer up their time to help other people in their recovery journeys.

We were delighted when Kelvin Meek, previously a client and currently a peer mentor in our mental health service Pathfinder, was recognised at the Mid Sussex Applauds Awards as 'Volunteer of the Year'.

This is his story:



Kelvin  
Meek  
Volunteer

"I first started considering volunteering when I was receiving support from Pathfinder. I needed a lot of support to help start my recovery from a mental health crisis after many years of stress, anxiety and depression, which led to suicidal thoughts.

"As I came to the end of the support from a recovery worker and was still in a relaxation group, Emily mentioned that she was trying to start a course to train Peer Mentors. I said yes, and when the course became available, I joined.

"The course was excellent, and on meeting the other trainees on the course, I realised that I had made the right decision.

"The reason I first thought about becoming a peer mentor, was that I wished to help others through mental health issues and if I could help even one person get through the terrible feelings of being lost and unable to cope, that I had, then I would be doing something good.

"I enjoy every part of volunteering. Speaking and supporting clients and giving them someone to talk to that understands some of what they are going through is very important and rewarding. Working alongside the wonderful Pathfinder team is a pleasure and privilege."



# Community Fundraising Update

## THE CHALLENGE WE FACE

BHT Sussex is currently facing a perfect storm: the ever-rising cost of living has led to a decline in donations whilst our running costs have significantly increased. This, combined with the squeezing of statutory contracts and greater competition for funding, has put immense pressure on our resources, risking the future of some of the essential services we deliver.

## How You Can Help



**REGULAR GIVING:** Your commitment, no matter how small, can have a lasting impact. By becoming a regular donor, you provide us with the stability needed to plan ahead, ensuring that our support services continue to be there for those who are most in need.

Scan QR Code for more information



**TAKE PART IN A SPONSORED EVENT:** You can organise your own event, which we can support you with in a number of ways, including by providing branded running vests. You can also sign up to one of the many Ultra Challenges we currently offer. These are brilliant mass-participation endurance events which can be walked or ran, and many are in the Southeast.

Scan QR Code for more information



**BUY YOUR CHRISTMAS CARDS FROM BHT SUSSEX:** Once again, we are selling Christmas cards to raise more money for First Base. We have 5 different cards, designed by brilliant supportive local artists as well as our own talented staff! Cards can be ordered directly from our website or bought from our office in Brighton.

Scan QR Code for more information



**ONE-OFF DONATIONS:** Every single penny counts. Your one-time donation can provide a warm meal or hot shower for someone facing homelessness, or pay towards a support group or caseworker session. Together, small gestures create big change.

Scan QR Code for more information



**LEAVE A GIFT IN YOUR WILL:** Consider leaving a legacy of kindness. By remembering BHT Sussex in your will, you ensure that your compassion lives on and has a lasting impact. We have partnered up with Make A Will Online, a member of the Society of Will Writers, and are offering a free will to the first 10 people who sign up. After this there will be a cost of just £60 per will.

Scan QR Code for more information



**DONATIONS OF CLOTHES AND TOILETRIES:** Clean out your wardrobes with purpose! Your clothing (especially coats and trainers), towels and sleeping bags can bring comfort to those who have very little. A warm coat, a fresh set of clothes, or a basic toiletry kit can help restore self-worth and confidence to someone facing homelessness.

Scan QR Code for more information

# Inspiration from our supporters

## THANK YOU!

This year we have again received support from our brilliant community fundraisers who have undertaken challenges and set up fundraising initiatives on behalf of BHT Sussex. We extend our heartfelt thanks to every one of you.



**Ellie pulled on her running shoes to run the Brighton Half** Marathon and surpassed her target of raising £500, while Tara raised £820 by taking on the foot-aching 100km London to Brighton Ultra Challenge.



**Clea took to the skies and jumped out of a plane at 10,000 feet to skydive her way to raising an amazing £1500!**

**Josh undertook the Three Peaks Challenge which** involves climbing the tallest mountain in Scotland, England and Wales (Ben Nevis, Scafell Pike

and Snowdon) in under 24 hours. He smashed his target to raise over £2000! Josh was motivated to take on the challenge to raise money for First Base as he lives on the same street as the day centre and says he witnesses their support daily.

**Sea Lanes once again dipped its toe in fundraising for us,** by hosting a 5km Autumn Swim Challenge in aid of BHT Sussex and Sea Sure.



**Airbnb provider 'Just Us and A Bus' are kindly making** a donation from every night booked in their beautifully converted New York School bus to BHT Sussex and to date have donated a fabulous £500.

**Oak House, our residential mental health service in** Burgess Hill, received support from the community for a garden project which saw them turn an unloved space



in to a calming garden for their residents to enjoy. The project received funding from the Co-op Local Community Fund, the Budding Foundation, and donations of plants and materials from B&Q, Notcutts Garden Centre, Wickes, and Gardner and Scardifield.



**Once again First Base received support from the Waitrose** Western Road branch through their Community Matters scheme. The scheme's focus was 'Social Connection at Christmas' and their funding will help to pay for the Christmas food and activities at the day centre during the festive period.



## COMBATING HOMELESSNESS

### First Base Day Centre

A resource centre for people who are homeless or vulnerably housed in Brighton & Hove.

**Call: 01273 326844**

### Hastings Young People's Service

Supported accommodation for 33 people aged 16 to 25 from Hastings and St Leonards who are homeless.

**Call: 01424 435376**

### Phase One

A 52-bed high support hostel for single people experiencing homelessness with complex support needs.

**Call: 01273 328285**

### East Sussex Floating Support Service

This service offers short-term housing-related support across the whole of East Sussex for people who require support to live independently.

**Call: 01273 645400**

### Homes for Ukraine Sustainment Service

Service for those taking part in the Homes for Ukraine scheme. Provides accommodation-related support to Ukrainian refugees and their British hosts.

**Call: 01273 645400**

### Choir with No Name Brighton

Choir for people who have experienced homelessness and marginalisation. Members rehearse and share a meal together every week.

**Call: 07825 079132**

## RECOVERY FROM ADDICTION

### Addiction Services

Residential housing projects with programmes of support for people seeking abstinence and life recovery from drug and/or alcohol addiction.

**Call: 01273 604245**

### Detox Support Project

This project supports six residents to detox safely from drug dependence to achieve abstinence, and is clinically supervised by CGL Brighton and Hove Recovery Service. Our service is rated Outstanding by the Care Quality Commission.

**Call: 01273 684741**

### Recovery Project

A comprehensive programme of individual and group support in a therapeutic community for 26 residents who have achieved abstinence from drugs and/or alcohol.

**Call: 01273 604245**

**Move On** Supports 32 residents in their on-going recovery and reintegration into work, education and meaningful activity.

**Call: 01273 645414**



## MENTAL HEALTH & WELLBEING

### Emotional Wellbeing Service

Service for those struggling with their mental health in Mid Sussex and Crawley - Mental Health Support Coordinators provide 1:1 support and groups within GP Surgeries and the local area.

**Call: 07867 160259**

### Shore House

Accommodation and intensive support for 20 people with complex mental health needs, including those with a dual diagnosis.

**Call: 01273 929392**

### Archway Project

Residential care homes in Hove for 19 adults with mental health support needs, rated Outstanding by the Care Quality Commission. Incorporates 'Step Down' service which supports people's discharge from mental health hospital back into the community.

**Call: 01273 748031**

### Oak House

A 24-hour residential service for 14 adults with mental health support needs in Burgess Hill. It supports people to move on from residential care or hospital into more independent living situations.

**Call: 07850 642986**

### Route One

Supported accommodation for 60 adults with mental health support needs in Brighton and Hove, including a high support house, a mixed shared house and self-contained flats.

**Call: 01273 929470**



### Leylands Road

A residential care home for six people in Burgess Hill providing care and support for people with enduring mental health needs.

**Call: 07850 642986**

### Pathfinder and Be OK

Pathfinder provides free and confidential support for adults experiencing mental health difficulties and living in Mid Sussex or Crawley. Support includes advice, community groups and one-to-one sessions. Be OK provides the same service for young people (16–25-year-olds) living in Crawley, Horsham or Mid Sussex.

**Call: 01444 416391**

## WORK, LEARNING & EMPLOYMENT

### Accommodation for Work

Housing and support for people who are homeless who are actively engaged in work and learning. Accommodation is provided at four shared houses, supporting a total of 22 residents.

**Call: 01273 645440**

### Work Placement Programme

Helps people who are in homeless supported accommodation to gain work experience through one to four week work placements with follow up support.

**Call: 01273 645493**

## Tenant & Client Involvement

Works with tenants, clients, staff and management across Brighton & Hove, West Sussex and East Sussex to create opportunities for tenants and clients to get involved in the design, development and delivery of BHT Sussex services.

**Call: 01273 645443**

## BHT Sussex Training

A leading provider of voluntary sector training in Brighton & Hove, supporting local services to improve outcomes for vulnerable people across the South East.

**Call: 01273 645420**

## HOUSING SERVICES

### Brighton Community Housing

236 community homes in the Brighton area managed by BHT Sussex.

**Call: 01323 340018**

### Hastings Community Housing

83 community homes in the Hastings and St Leonards area managed by BHT Sussex.

**Call: 01323 340018**

### Mid Sussex Supported Housing

Delivers accommodation and support to 55 adults in Mid and North West Sussex who are homeless or at risk of becoming homeless.

**Call: 01444 870023**

### PRS Leasing

We lease properties in Brighton, Eastbourne and Hastings, providing accommodation for people who have a history of homelessness and who are unable to access social housing.

**Call: 01323 340018**

## LEGAL & ADVICE

### Brighton Advice Centre

Provides specialist advice on housing, immigration, asylum and welfare benefits, as well as free representation at the Brighton County Court for those facing possession proceedings.

**Call: 01273 645455**

### Eastbourne Advice Centre

Provides specialist housing and welfare benefits advice by telephone and face to face by appointment as well as advising at the Court Duty Scheme at Lewes County Court.

**Call: 01323 642615**

### Hastings Advice Centre

Provides specialist housing advice through an appointment-based service, an outreach service, and a Court Duty Scheme.

**Call: 01424 452610**

### Macmillan East Sussex Welfare Benefits Service

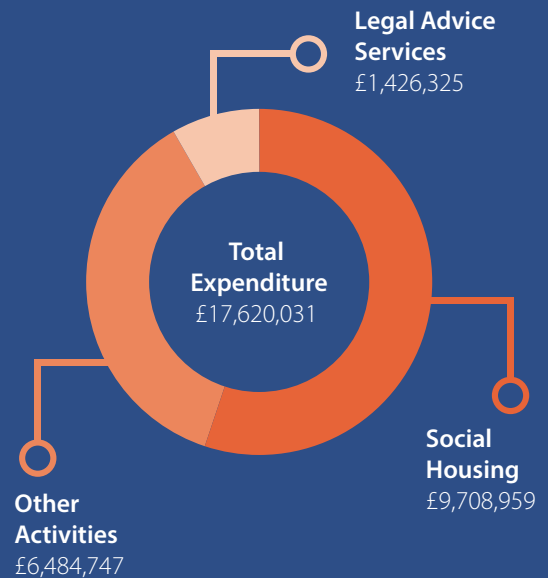
Comprehensive welfare benefits advice available across East Sussex for anyone affected by cancer and their families, delivered in partnership with Money Advice Plus and funded by Macmillan Cancer Support.

**Call: 01323 635989**



# Our Finances

The charts below show income and expenditure summary data from the management accounts of BHT Sussex for the year ended 31 March 2024. The full audited financial statements for this period can be found at [www.bht.org.uk](http://www.bht.org.uk).



## Find out more

You can phone, email or check our website using the contacts below, or search for BHT Sussex on our social media channels, and follow us for regular updates on our work.

☎ 01273 645400

✉ [enquiries@bht.org.uk](mailto:enquiries@bht.org.uk)

🌐 [www.bht.org.uk](http://www.bht.org.uk)



**INVESTORS IN PEOPLE**  
We invest in people Gold

**FR** Registered with  
**FUNDRAISING  
REGULATOR**

**LIVING  
WAGE**  
BRIGHTON & HOVE

**MENTAL  
HEALTH  
AT WORK  
COMMITMENT**

**disability  
confident**  
EMPLOYER

British  
Assessment  
Bureau  
**UKAS**  
MANAGEMENT  
SYSTEMS  
8289  
**ISO 9001**  
QUALITY MANAGEMENT