

SAFE HAVEN SUSSEX WINTER EDITION BULLETIN 2022



NEWS, ACHIEVEMENTS AND UPDATES

Through popular demand SHS will be putting on a regular Chess Club! These will be held at the office after the New Year, let your Support Coordinator know if you would like to join in.



I went with MF to Specsavers to get his first pair of glasses which he has needed for a long time. Specsavers were brilliant and so helpful!

Sophie, Support Coordinator



SHS staff worked with the charity, "Crisis" to prepare for the launch of 'Renting Ready', a course for residents wanting to gain the knowledge and confidence to find and sustain a tenancy. Renting Ready will start in February and be open to all Safe Haven Sussex residents

Lewis, Service Manager



Some of you have been busy making your houses look lovely and festive! In particular RDR, here's a photo of their lovely tree!

If you would like to have a festive workshop in your house, then ask your Support Coordinator.

If you have a Christmas Tree that needs disposing of please let us know, we can arrange for it to be recycled.

WE WOULD LOVE TO HEAR YOUR STORIES AND SUCCESSSES! IF YOU WOULD LIKE SOMETHING FEATURED IN OUR NEXT BULLETIN, PLEASE SPEAK WITH YOUR SUPPORT COORDINATOR

RESIDENT INVOLVEMENT

Resident's involvement and feedback is really important to Safe Haven Sussex, to help us develop whilst ensuring that we are providing the best standards in every aspect of our support, accommodation and service. Therefore, we have sent out annual quality surveys where you will have the opportunity to provide anonymous feedback. These have gone out to every house; I will be visiting each house to collect the completed surveys. If you complete a survey, you will be entered into a prize draw for a £25 gift card!

TEAM UPDATES

- We would like to welcome Tabitha to the team as our new Referral's & Assessments Coordinator!
- Congratulations to Nicola who has been promoted to Senior Support Coordinator!

WORKSHOPS

We have had some great activities, events and workshops going on over the last few months. If you would like to be involved in planning or facilitating workshops why not come to our Resident Forum Meeting to discuss your ideas. Recent workshops have been Pizza and Football, Nature Walks, Festive Decorating, and lots of Cooking!

Here's some great photos:



Look out for posters on your notice boards for future workshops and events!



Cooking workshops seem to be very popular! Here's a tasty recipe to try to make your very own "no bake cake":

CHOCOLATE TRUFFLE & HONEYCOMB TART

Ingredients:

- 3 x bar of honeycomb chocolate like a Crunchie
- 100g cornflakes
- 500g dark chocolate
- 3 tbsp golden syrup
- 400ml double cream

Method:

- Line the base of a 20cm round tin with baking paper or grease with butter/margarine.
- Put 2 of the chocolate honeycomb bars into a food bag or bowl and crush as finely as you can using the end of a rolling pin. Tip into a bowl and mix with the cornflakes.
- Put the dark chocolate in a heatproof bowl and set it over a smaller heatproof bowl that's filled with boiling water from the kettle. Leave to stand for a minute, then stir until completely smooth. Or melt in the microwave, in 20 second bursts and stirring well every time until smooth and melted. Spoon a fifth of the melted chocolate into the cornflake mix and stir to combine. Spoon this into the prepared tin, pressing it down.
- With the remaining chocolate still melted, stir in the golden syrup and double cream until smooth. Pour this over the cornflake base and tap the tin against the work surface to smooth the top.
- Chill in the fridge for a couple of hours before serving.

