

Spring 2025

SPRING BULLETIN

Safe Haven Sussex CIC

2025 Photography Competition Winning Photo



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Updates and a few words from me

Sophia Papanicolaou • Head of Service

Spring has finally Sprung!

Welcome to our Spring Bulletin, our bulletins are sent out 4 times per year, Spring, Summer, Autumn, and Winter. If you've missed one, check out the "News" section on our website, or scan the QR code below for easy access.

This edition is going to highlight some of the great things we have had going on over the last few months, including some lovely photos which were entered into our Photography Competition. We will be celebrating your successes and achievements, and giving you helpful information on upcoming events and activities not just within Safe Haven Sussex, but throughout the city.

If you have any ideas about how to improve our Bulletin or any suggestions for content come along to one of our Resident Forum Meetings to help us put together the next one!

Scan this QR to read
our bulletins online



Upcoming Bank Holidays:

The office will be closed on the following dates throughout Spring. There will still be the visits by the Welfare & Safety Team, but they might come at different hours throughout the day, as Support Coordinators will not be working.

The office phone will not receive calls, so please contact the Emergency Out of Hours number in an emergency on these days:
07887518337

Office Closed!

- Friday 18th of April
- Monday 21st of April
- Monday 5th of May
- Monday 26th of May

EVENTS AND ACTIVITIES



We have held some great activities over the last few months such as Open Mic, Visit to the Booth Museum, Lantern Making, Arts & Crafts, Games Day, Thai Chi, eVisa Drop In, Pancake Making, Gardening, and a Photography Competition!

Hopefully there was something for everyone to come along to. Look out for Posters on noticeboards for future events.

RESIDENT FORUM MEETING

23/04/2025 1pm-2.30pm

All residents are invited to our monthly Resident Forum Meetings. This is a great space to have your say, provide us with helpful ideas and feedback, and help plan future events. Receive a £10 voucher for coming to the whole meeting in-person. Lunch is provided.

SPRING GAMES, EASTER EGG HUNT & PICNIC

24/04/2025 10.30am-12.30pm

Hove Park (meet by the Café)

Food, Chocolates and Prizes for everyone!



SAFE HAVEN IN BLOOM

22/04/2025 Onwards

Join in with growing plants, fruit, vegetables, herbs, or flowers. We provide the tools and items you need to get you started. Don't worry if you don't have a garden, we can provide hanging baskets and plant pots. Or you can grow things at our **allotment!**

If you'd like to join in, let your Support Coordinator know or contact the office.

ELSEWHERE IN BRIGHTON & HOVE



Find free activities and events provided by the Healthy Lifestyles Team through BHCC that can help you enjoy being active. Click here or scan the QR Code.



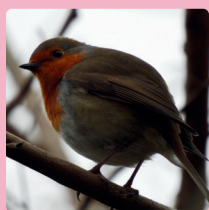
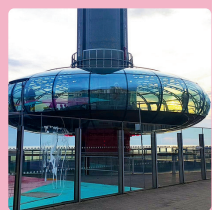
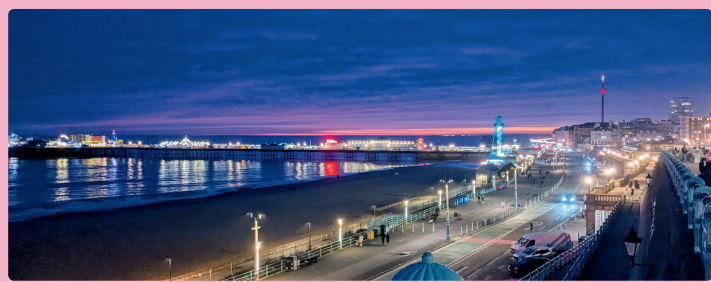
02/05/2025-01/06/2025 Celebrate 20 Years of Brighton Fringe Festival. Scan this QR or click here to find events.

ALLOTMENT

We are currently working on getting our allotment ready for regular meet-ups. If you would like to help us out let your Support Coordinator know or contact the office.

If you have any ideas or suggestions for future events and activities, let your Support Coordinator know, or come along to one of our Resident Forum Meetings!

PHOTOGRAPHY COMPETITION



Thank you and well done to everyone who entered the Photography Competition. We thoroughly enjoyed looking through all your wonderful photos. I would have loved to include all of the photos on this bulletin but there were too many! So here are a handful, but check out our website by clicking the link or scanning the QR code to view all the entries online!

Click this link or scan the QR Code to see all the photos!



SUCCESSES AND ACHIEVEMENTS

Wilmott Dixon

Wilmott Dixon kindly offered a programme for those interested in the Construction Industry. 4 people participated in this programme which consisted of Mock interviews, Work Experience days, CV workshop, Health and Safety training and Funding for CSCS tests. This was based at their Royal Sussex Hospital project.

Grants and Funds

So far this year we have raised almost £2000 in Grants and Funds for individuals to help with buying laptops, moving costs, furniture, accessing courses, and driving lessons! Thanks to Brighton Fund, Dream Big, and Digital Brighton and Hove.

Feedback from an ex Resident:

Thank you for all the help I received. Your support has been amazing. I also want to give special feedback about my key workers, Lora and Harry. They were so supportive, patient, and hardworking. Their help made a huge difference for me. Thank you again for everything!

Positive Move Ons

In the last 3 months 10 people have had positive moves out of the service! We have also offered Move On Grants to 3 people to help them with their moving costs.

Renting Ready

Emily the Referrals, Assessment & Move On Coordinator held her first round of the Renting Ready Course, which 4 people successfully completed last month. Well Done to you all!

FOOD AND FREE ITEMS

Residents in Forum Meetings suggested putting some information in this bulletin about how to access affordable food and free items, to help free up the food banks for those in crisis and emergency situations. If you are struggling with affording food and essential items please always discuss this with your Support Coordinator so they can help you access the most suitable services for your circumstances.



Beat waste with Olio: the app for finding what you need and sharing what you don't with local people.

This table shows food options that are available to all our residents.



A grassroots & non-profit movement of people who are giving and getting stuff for free.



Day and Times	Provision	Service/ Location
Monday 12pm-1pm	Free Lunch	Holland Road Baptist Church
Tuesday and Thursday 12.30pm-2pm	Meal- Pay as you feel	Real Junk Food Fitzherbert Community Hub
Wednesday- Friday 1pm-2pm	Meal- Suggested Donation £1	Brighton Unemployed Centre
Thursday 10am-12pm	Community Fridge- Bag of Free Food	Weald Community Food Centre Weald Avenue Hove
Friday 2pm-3pm	Meal- Pay as you feel	Real Junk Food Gardner Café
Saturday 1pm-3pm	Street Kitchen	Old Steine Gardens, Brighton
Sunday 10am-12pm	Community Fridge- Bag of Free Food	Weald Community Food Centre Weald Avenue Hove