



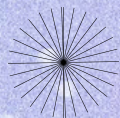
WINTER UPDATES

FEELING THE WINTER BLUES

During these dark winter months it is very common to be feeling the winter blues. This can be caused by different things. Such as Vitamin D deficiency or SAD (Seasonal Affective Disorder).

You can try the Following things to help:

1. Seek help from a GP
2. Keep active
3. Get outside
4. Balance your diet
5. Get plenty of light
6. See people in your support network
7. Talk it through
8. Consider the 5 ways to wellbeing



WEATHER UPDATES

Make sure you are looking after yourself and keeping warm this winter; wear slippers and dressing gowns around the house if you have them. Keep windows and doors closed to keep the warm in. If you are going outdoors make sure you wrap up warm, with a winter coat. Speak with your Support Coordinator if you have any concerns. We may be able to help you get a blanket, gloves, a warm coat, or socks if you don't have any.



WEBSITE

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SAFE HAVEN SUSSEX CIC WINTER BULLETIN 2023

Sophia Papanicolaou, Head of Service

- ACHIEVEMENTS
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ACHIEVEMENTS

FUNDRAISING

One of our residents has raised an amazing £235 for Mind Mental Health Charity!

MOVING ON

Since October, 6 people have successfully moved into their own accommodation! Congratulations!! 3 people received the Safe Haven Sussex Move On Grant to support them with their moving costs.

POSITIVE STEPS

- A resident has made excellent progress addressing his alcohol use. He engages really well with CGL and has been attending 2-3 AA groups each week, he has also been volunteering once a week to occupy his time.
- Another resident completed detox, he hasn't relapsed since his return and has done an amazing job. He has now been accepted into low support housing and remains focused on his recovery.
- Well done to Seagull residents for the high number of House Meeting attended. These meetings were productive and helped resolve some long-term issues!

CO-PRODUCTION

RESIDENT FORUM MEETINGS

- Thank you to everyone that has joined me for the resident forum meetings. These have been very productive and have helped the organisation make some positive changes such as, changing the wording on our website, and residents have contributed in putting together this bulletin.

QUALITY QUESTIONNAIRE

- During the last resident forum meeting we went through the quality survey that was due to be sent out. We changed some of the questions, and added some that we have never asked before. This will help ensure that we are giving you the ability to provide comprehensive feedback.

MOVE ON SUPPORT

- New leaflets have been handed out, explaining all our Move-On Support Schemes. Such as the Move On Grant, Move-On Loan, and the Renting Ready Course. If you haven't received a leaflet please ask your Support Coordinator.
- The next Renting Ready course will be running for 3 Wednesdays 10am – 3pm from the 7th February 2024 until the 21st of February 2024.

EVENTS/ACTIVITIES



In October we had the Safe Haven in Bloom celebrations. Well done to those of you that came away with a prize!



- Seagull residents had a CV writing workshop this month. Support Coordinators went through what should be included in a CV and topics such as transferrable skills and how to make your CV stand out.
- The residents then looked through examples of good and bad CV's, pointing out mistakes and tips of what to include in their own CVs.



Some residents have had other workshops and activities in their homes. Such as games workshops, baking, and movie nights.



Step-by-Step have been coming into our office to deliver their courses to some of our residents in a one-to-one setting. Such as IT Skills, Maths, and English. If you would like more information on this please ask your Support Coordinator.

We are holding our Merry Quizmas event at our office on Friday the 22nd of December 2023 2pm - 4pm. We will be serving a buffet, and there are prizes for everyone! Please look out for posters on your noticeboards for more events and activities!

