

SAFE HAVEN SUSSEX

SUMMER EDITION BULLETIN 2022



SUCCESSES AND ACHIEVEMENTS

An anonymous resident worked with St Mungo's employment support service and secured a job in London! She moved into private shared accommodation and is now working successfully as an interior designer! She arrived at Safe Haven Sussex with little confidence and knowledge about what opportunities were available to her. Since being with SHS, her Support Coordinators supported her to get a passport, supported her to gain funding and helped her book her tickets to go to Pakistan and visit her family after not seeing them for 3 years. She grew a lot and left SHS as a confident person and was very grateful for the support she received.

Tanya, Support Coordinator

SM has just finished college and awaiting results, this is **HUGE** for her as a year ago she wouldn't have been able to commit to college due to concerns with her health. She has worked hard with us and other services to get the help she needs so she could achieve this.

In addition to this she has joined forces with the local market and is working with them to improve the grass verges outside her house (she was awarded £200 for flowers for this, as her proposed bid/plan won!) *Kailla Support Coordinator*

Another anonymous resident has started a Teacher Training Course in Yoga and hopes to start teaching by next year!
Nicola, Support Coordinator

CN deserves a moment of acknowledgement for his dedication and hard work to improve himself. He has made a great effort to maintain the cleanliness of his room and to engage with his Support Coordinator and probation. CN has enrolled on a functional skills course, CSCS course and is looking to attend a course which addresses mental health and how to help others. CN has made huge efforts to reduce drinking and appears all round in much better, positive spirits. This is a big step and achievement for CN and demonstrates his willingness, commitment, and engagement.
Sophie, Support Coordinator



NA has been working closely with St Mungo's employment support service and is due to start a health and social care course in the next few months. She is looking to become a carer for the elderly. She has come on a long way since I first met her!
Tanya, Support Coordinator

JW has started running his Mindfulness Teacher Training Course. It's a free course starting on the 29th of July and will last 10 months. All participants are in recovery.
Nicola, Support Coordinator

We would love to hear more of your stories and successes! If you would like something featured in our next bulletin, please speak with your Support Coordinator.

RESIDENT FORUM

Resident 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 are introducing a quarterly Resident Forum meeting where you can come along and meet with me, other team members and residents. In these meetings we will discuss service quality, plan events such as workshops, and discuss together ideas that would be of benefit to residents and the service as a whole.

Full details will be sent out soon, but if you would be interested in becoming a forum member, please let your Support Coordinator know.

Sophia, Head of Service

PHOTOGRAPHY COMPETITION

Well done to everyone who entered the photography competition, there were some truly amazing photos!

We will be displaying all entries at our office. Here are the three winners of the competition.



WORKSHOPS

We have had some great activities, events and workshops going on over the last few months. Such as Clay Model Making Workshop, Healthy Eating on a Budget, and St. Mungo's Employment Support Service Drop-In session. Those that attended the St Mungo's Employment Support drop-in have had great outcomes and are now finding opportunities to starting work and building their confidence with living independently. As this was so successful, we will continue to offer these 1-1 sessions regularly.



Look out for posters on your notice boards for future workshops and events:
20/07/22- Zumba and Health Worker
19/08/22- SHS 5 Year Anniversary Party

SAFE HAVEN IN BLOOM



Well done to everyone taking part in Safe Haven in Bloom. It would be great to see some more photos of your hard work! We will be holding an award event for participants in early autumn, so keep an eye out for a poster in the coming months.

SERVICES IN THE COMMUNITY:

- **Making It Out:** Providing creative alternatives to reoffending, “a productive design and manufacture business and a support service for those in need of a more constructive use of their time”
Admin@makingitout.co.uk
- **EVOLVE:** Supports adults in the homeless pathway into work, volunteering, and education.
Evolve@brightonymca.co.uk Tel: 01273 093000
- **St Mungo's Employment Support:** If you are thinking of employment please inform your Support Coordinator, they can refer you to St Mungo's Employment Support service, “We help people through their whole journey from learning basic skills, through to full employment.”
- **Change Grow Live (CGL):** Offer recovery-focused drug and alcohol support, “We believe everyone has the ability to change”. Phone number: 07810 522 923
Email: BTN.referrals@cgl.org.uk
- **Justlife's Social Connection project:** Pairs someone moving away from homelessness with a volunteer who supports them in overcoming social barriers, isolation, and loneliness. scp@justlife.org.uk