

# SAFE HAVEN SUSSEX

## AUTUMN EDITION BULLETIN 2022



### SUCCESSSES AND ACHIEVEMENTS

AM has been volunteering at Blackberry farm recently. They have been responsible for feeding, cleaning, and exercising the animals. AM said that they are particularly fond of working with Charlie the horse as he has a cheeky personality, especially when you don't feed him fast enough! AM finds working with the animals therapeutic and it's had a really positive effect on their Mental Health.

*Kailla, Support Coordinator*

ESAR completed his English Reading, Writing, Listening and Speaking Level 2. He was successful in gaining funding for a laptop to continue studying and complete an IT course.

*Nicola, Support Coordinator*

I have a client who after two years of trying to get onto courses during Covid, has finally started his fully funded Level 2 AAT accredited accountancy course!

Another client who has just started university to become a qualified counsellor is moving into independent accommodation this week! Six months ago, he was homeless, living out of his car before moving into Safe Haven.

We managed to get another client funding for a camera which allows him to sign up for a course at college in January, kickstarting his passion in photography.

Another client received funding, so he was able to fly home and see his family after 3 years of not being able to see them!

*Eliza, Support Coordinator*

A resident in the Seagull Project has started two educational courses and due to start employment at a local supermarket. This person has come on leaps and bounds within the last six months and has worked very hard to achieve these goals.

*Anna, Support Coordinator*

The residents in one of the Seagull houses cooked a roast beef lunch together, with ingredients provided by Safe Haven Sussex. K took the lead with the cooking and serving up and I encouraged everyone to help clean up together. It was lovely for everyone to pull together to make a well-cooked lunch!

*Stacey, Support Coordinator*



HR had a food and gardening workshop. They worked so well together completing the front and back garden. I am really proud of this house, how they are demonstrating engagement, working well together, and having a nice time as a house

*Sophie, Support Coordinator*

A client was offered funding of £129 to get an office chair so he can get back into web design, which is what he worked in for 15 years before needing our service.

*Laith, Team Leader*

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'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, I am 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.

The first Resident Forum will be held on Friday the 4<sup>th</sup> of November 2022. If you would like to attend or would like more information, please let your Support Coordinator know. I will then send out the agenda and details to those interested.

*Sophia, Head of Service*

## WORKSHOPS

We have had some great activities, events and workshops going on over the last few months. Such as Zumba, Football with Albion in the Community, Move on drop-in sessions, Women's Yoga and Meditation, Cooking Workshops, Crocheting, and St. Mungo's Employment Support Service Drop-In sessions. These have been held at the office, in your houses and out in the community.

If you would like to be involved in planning or facilitating workshops why not come to our Resident Forum Meeting to discuss your ideas.



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

## TEAM UPDATES:

- You may have noticed some changes with staff over the last few months. I'd like to welcome Ailsa and Hannah to the Seagull team, Alex and Ruby have joined as new Support Coordinators, Nick A is our new Service Administrator and Ellen has joined the Property & Maintenance team.
- I'd like to congratulate Anna on her recent promotion to Seagull Team Leader!
- Due to the team growing, we have made some changes to our office by adding an extra room so that the Property & Maintenance team and support team can be together in the same office. So, it might look a bit different next time you come to a workshop or meeting. But don't worry, we still have a great space for workshops and events!
- All our team have been undertaking training over the last few months such as First Aid training and Fire Safety training to ensure everyone's safety.

*If you have anything that you would like to feature in a future news bulletin or if you have any ideas about how it could be improved, please let your Support Coordinator know, or contact the office.*