

SAFE HAVEN SUSSEX AUTUMN BULLETIN

AUTUMN 2025

SOPHIA PAPANICOLAOU, HEAD OF SERVICE

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

Welcome to this Bulletin

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.

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!

Upcoming Events

- 28th of October: Resident Forum Meeting and preparing for Festive Dinner
- 21st of November: Photography Competition Entries Deadline
- 17th of December: Festive Lunch

Contact Info

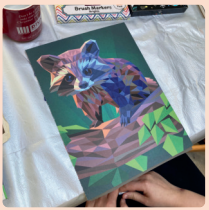
- Email: info@safehavensussex.org.uk
- Office: 01273 757070
- Emergency Out of Hours: 07887518337

Prefer to read this online?

SCAN ME



Events & Activities



Photography Competition

We're excited to invite you to join in with our Autumn 2025 Photography Competition! Selected entries will feature in Safe Haven Sussex's 2026 Wall Calendar and Website.



- The Theme- The Natural World: Sea, Sunsets, Rainbows, Landscapes, Weather, Autumn Leaves, Animals
- Send your photos by: Friday 21st of November. Stating your Name and Address
- Text/Whatsapp: 07947332631
- Email: info@safehavensussex.org.uk
- Winners Announced: Wednesday 17th of December
- Guidance: No photos of people, or images of personal information

Resident Forum Meetings



All residents are invited to our regular 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!

Interested in chairing a meeting? Come along to our next one on 28th of October to find out more!

Safe Haven in Bloom

Well done for all your hard work!

- Winners will be announced during the Festive Lunch event on the 17th of December.
- Please ensure we have photos of your plants, flowers, fruit or vegetables. They don't need to be new photos they can be photos from throughout the year, just so that we know who took part.
- Winners will get trophies and prizes!



Upcoming Dates to Note

- 20th of October: Diwali
- 26th of October: Clocks go back
- 31st of October: Halloween
- 5th of November: Bonfire Night
- 11th of November: Remembrance Day
- 14th of December: Start of Hanukkah



Festive Lunch



- Save The Date! Wednesday 17th of December 1.30pm
- You are all invited to Safe Haven Sussex's annual Festive Dinner at Bishop Hannington Community Centre in Hove.
- Further details will be sent out in a poster.
- Come along for Food, Gifts, Activities, and Prizes!
- If you would like to help plan the event come along to our meeting on the 28th of October at the office (See below).

Can you Help at our Festive Lunch Event?

- We are looking for volunteers to help out with our Festive Meal in December!
- If you can cook, or if you would like to help in another way, please let your Support Coordinator know, or contact the office.
- We can provide Food Hygiene Training and would love to have your input on creating the menu. Join our meeting on the 28th of October to help us plan the event!



Success and Achievements

In this bulletin different Support Coordinators share successes and achievements of some of our residents over the last few months.

If you would like to celebrate a success or share your story in the next bulletin please let your Support Coordinator know, or contact the office.

Leah (Support Coordinator):

Worthing are accepting responsibility for one of my residents and will be arranging a self-contained refuge placement for her and her daughter to move in to! This is great news as her 2-year-old daughter has been in foster care for 5 months after a malicious accusation, but the investigation has been dropped, and the resident will be reunited with her daughter and moved into the refuge in the next few weeks hopefully!

She is excited to have her daughter back and looking forward to being able to make plans for the future

Jasmine (Support Coordinator):

A successful move out that I had this month was a resident who moved out of the service to go to university.

Michael (Support Coordinator):

I facilitated 2 positive move on's last month with a resident moving into a council property in the Adur district and another finding full time work and moving in to private rented accommodation.

Paula (Support Coordinator)

The months of August and September 2025 marked a season of new beginnings for several of the individuals I support, chapters closing, and brighter horizons unfolding.

One resident transitioned successfully into the Private Rented Sector (PRS) alongside their partner, expressing heartfelt satisfaction with the move, sharing they were "really happy" in their new home. In a touching moment of farewell, they told their support coordinator, "I'm sad to lose your support, you've been so lovely and helpful through all the goings on." Words that echo the genuine supportive relationships formed throughout the support journey.

Similarly, another resident has made a successful move into the PRS, now reunited with his wife and thriving in a full time managerial role, an impressive step forward both personally and professionally. Before he took his final steps beyond Safe Haven Sussex, he offered heartfelt thanks to his support coordinator, grateful for the steady patience and support that held him through every twist and turning tide of his journey.

These stories are a testament to what is possible. Where once the future seemed uncertain, determination and support have helped turn distant dreams into reality. Their journeys remind us all: hope is never out of reach, and if they achieved it, so can you.

Thank you, Paula

Since July 2025 18 people have moved on successfully into either Private Rental, Sheltered Accommodation, other services, or with family or partners.



Congratulations



Useful Information

Food and Meals

If you are struggling with affording food and essential items please discuss this with your Support Coordinator so they can help you access the most suitable help or service for your circumstances.

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

Need Photo ID?

Citizen Cards are available to all residents, free of charge. Ask your Support Coordinator and they can make an application. You'll need a birth certificate, resident permit or passport.



5 Residents received their Citizen Cards this month!

Naloxone

Safe Haven Sussex now hold a contract with CGL where we can provide Naloxone Pens to residents who would like their own supply. This can be for residents who use substances or are living with or know people who use substances and are at risk of an overdose. If you would like to learn more or would like to request your own Naloxone Pens, please speak to a member of staff.

Education, Employment & Training



We are working closely with other services to help residents access Education, Employment and Training. Over 20 residents are currently having sessions with St Mungo's, Evolve and Step by Step.

Compost Bins

2 of our houses have recently received compost bins to support with sustainable gardening. If you'd like a compost bin speak with your Support Coordinator.



Find out more details about where you can get food throughout the city on Street Support Network

