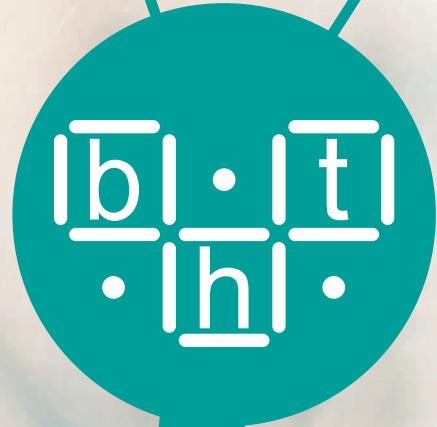




Work, Learning & Employment

Housing Services



Recovery from Addiction

Annual Review 2016

CELEBRATIONS AND CHALLENGES

Mental Health & Wellbeing

Legal & Advice

Housing Support

Combating Homelessness

Combating Homelessness • Creating Opportunities • Promoting Change

www.bht.org.uk

BHT in Numbers

LAST YEAR, BHT:

Worked with
6,843
clients

4,442 clients had a physical or mental disability

BHT's First Base Day Centre was open for **288 days** and helped **306 people** to move off the streets

Our services prevented **2,055** households from becoming homeless

1,038 were rough sleepers



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“ My alcoholism and my depression forced me to a place of loneliness. There was no pleasure in making plans with friends and family because all I could think about was how long it was going to be before I could go home and start drinking again.

Special Report: Isolation and Loneliness, pages 6 -11

Celebrations and Challenges

BY ANDY WINTER, BHT CHIEF EXECUTIVE

It is more than sad that BHT's services are needed today as much as ever before.

As for the future, we start from a good base. We have great services doing brilliant work. We employ 250 extraordinary members of staff and through volunteering and the BHT Intern Programme we are training up the next generation of workers.

We change lives, we save lives. We ensure that people, in spite of austerity, still get services, opportunities, access to justice and their rights protected.

But there are challenges. We have four competing pressures on our finances:

- delivering our Mission to combat homelessness, create opportunities and to promote change.
- investing in our homes
- being the best employer we can possibly be
- strengthening our finances, including building up reserves for a rainy day or to invest in new services

There is a tension here, and something has to give because we can't do everything we need to, or we want to, or in the way we want to.

Regarding the prospects for the next few years, we will see an increase in the demand for housing and our services.

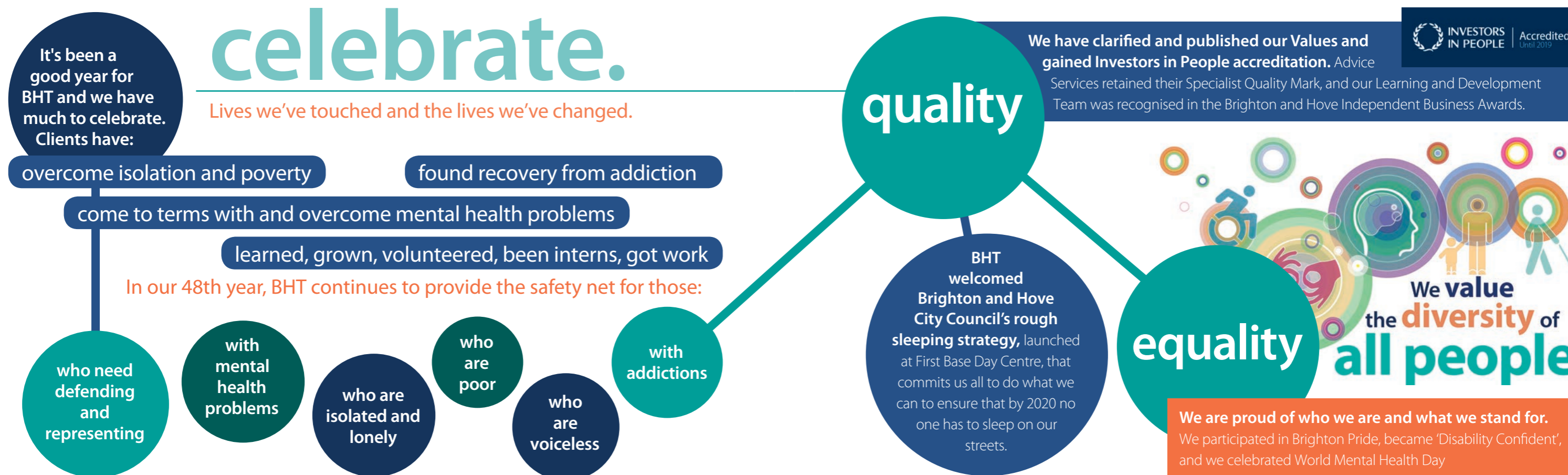
- the situation facing our tenants and clients will become more extreme and complex.
- the value of contracts will continue to be eroded, and we will be expected to do even more for less.
- rental income will at best be frozen, probably decreased.
- access to justice will become harder.

And there is no doubt much more to come.

However, we have staff who are passionate about their work and the interests of their clients. Their work compares with the best I have seen anywhere.

We have volunteers and Interns who add value every day to the work we do with clients.

At the end of the day, it is about our tenants and our clients. They are the ones that count. We will work tirelessly to protect their interests and improve their lives and independence.



Isolation and Loneliness: Special Report



“ Being an alcoholic is a lonely place anyway. I picked up my first drink when I was 13. Jump forward a year and I downed a bottle of Bacardi and I consider myself an alcoholic since then. I'm quite simply always going to be an alcoholic and it's lonely.

Addiction Services resident

Isolation and Loneliness

Rough sleeping is the most obvious form of homelessness, and the one that evokes an emotional and practical response from many of us.

But BHT works with people on many different levels, with isolation and loneliness being invisible but equally devastating for some, leading to physical and mental illness, even suicide.

The impact of loneliness and isolation on our clients is the focus of this report.

“ When I'm here I don't feel lonely. There are gaps and that in the day but outside I was very lonely.

Addiction Services resident

BHT is running a research programme in partnership with Propellernet, a local search engine, marketing and web site optimisation company.

propellernet
make life better™

One topic for this research, undertaken by Stephanie Sheehan and Sophie Coley from Propellernet, was to understand the impact that isolation and loneliness has on BHT's clients.

Their research focused on clients in three BHT services:

- 1. Shore House** accommodates 20 residents experiencing mental health issues with multiple and complex needs.
- 2. Addiction Services**, where residents are supported to sustain abstinence and rebuild their lives following years of alcohol and drug addiction.
- 3. Phase One**, a 52 bed, high support hostel for rough sleepers with multiple and complex needs.

“ I feel more lonely outside because people aren't on my level out there. Even if I'm with my son, I don't feel right. I just feel lonely out there and want to get back here and see people that I'm used to.

Addiction Services resident

Routine and structure

At Shore House, residents are given more freedom and free time than in some of the other services.

For some, this was a negative as without distractions and structure, they spoke about withdrawing to their rooms, whilst in contrast some residents organised peer-led activities, such as ad-hoc film nights and trip to the launch of the i360.

Staff said that these peer led activities generate more engagement from the residents, compared to staff, or volunteer-led events and activities.



Isolation and Loneliness: Special Report

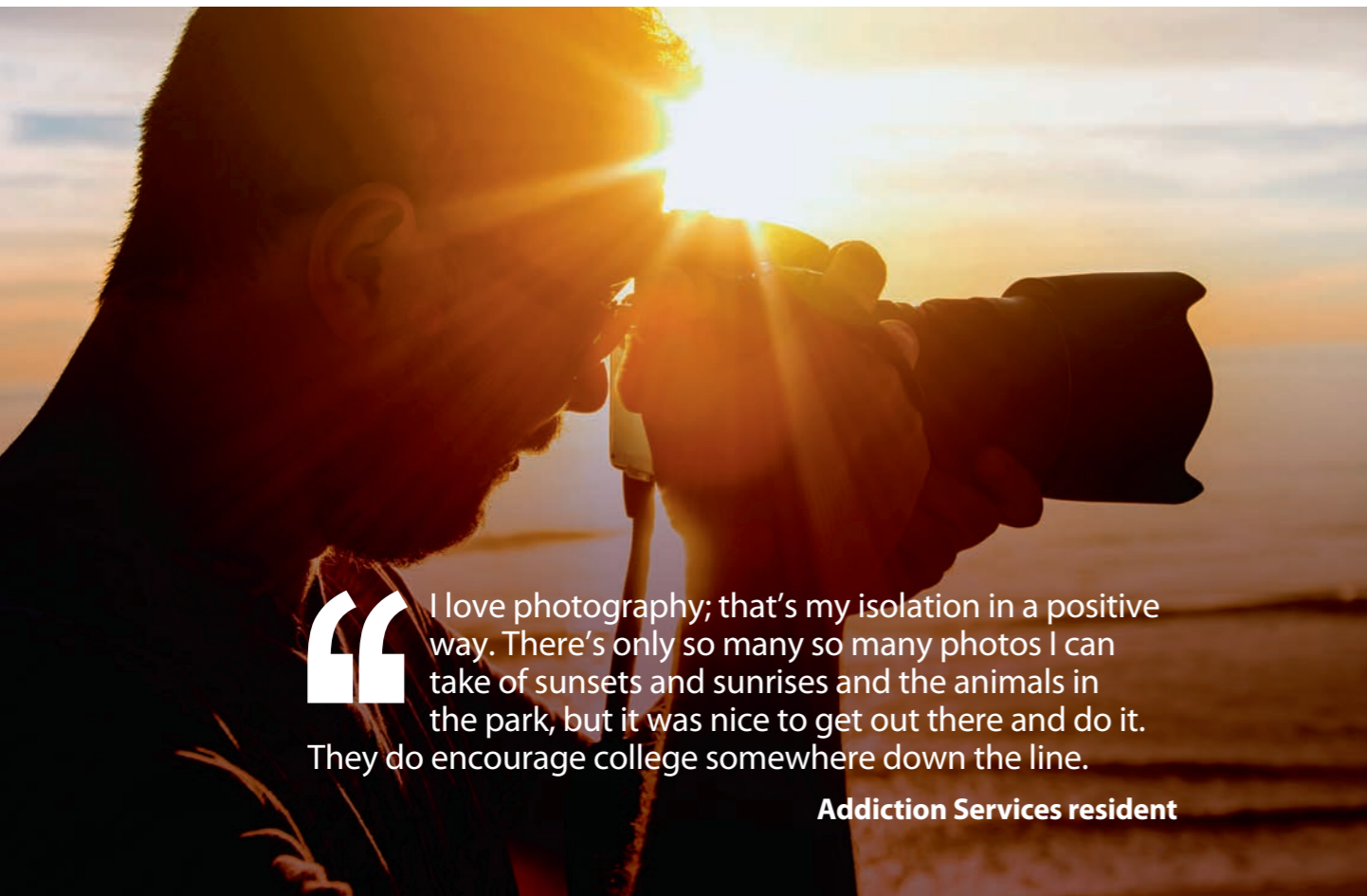
Personal development

Human relationships can't always be relied upon when a client is experiencing loneliness and so personal passion projects can give a sense of worth and achievement to lock onto in times of isolation.

We found that residents get satisfaction and pride from developing skills and passions beyond the walls of their accommodation, and that they'll be able to use later in life.

A resident at Phase One spoke of his pride at discovering a rarely-seen glow worm on a camping trip, and spoke to us more about his love of nature than the difficulties he was experiencing in day-to-day life.

Equally, a resident at the Recovery Project spoke of how photography gave him a release, physically and mentally, from being lonely.



“ I love photography; that's my isolation in a positive way. There's only so many so many photos I can take of sunsets and sunrises and the animals in the park, but it was nice to get out there and do it. They do encourage college somewhere down the line.

Addiction Services resident



“ I isolated for a long time before, on my own, when my husband was at home. I was very depressed. But here, I haven't had that. Being forced to be among people and the fact that we're here as residents has helped me.

Addiction Services resident

Inside, outside: spaces and places

A theme that emerged was how different places and different spaces had a big impact on how the residents felt.

“ Out there you feel like you're the only one suffering. You don't connect and you feel disconnected and you can't share. But in here you can.

For example, whilst speaking about loneliness at Shore House, the residents spoke about visitors. One of the residents, Sean, is very proactive about organising group activities within the house. He said that it was difficult to include outside visitors, as they were reluctant to come into Shore House. He said his friends felt uncomfortable coming in to just sit and watch TV.

This can make it difficult to maintain friendships.

Residents of the Recovery Project said they felt the loneliest outside the project. They all positively identified with being inside the project, even saying that when they were alone in their rooms they weren't lonely, but just enjoying the free head space.

Isolation and Loneliness: Special Report

“ You make that bond with somebody and before you know it, you don't even see it coming, they've relapsed. And where does that leave you individually?

Addiction Services resident



Fragile friendships

Friendship is the obvious antidote to loneliness for most people. However, the residents agreed how friendships can be transient when homeless or suffering from addiction.

For recovering addicts, others living in their previous accommodation can be bad influences, drawing them back into a negative lifestyle. **In the Recovery Project** this can be turned around, as being able to relate to shared experiences is one of the key foundations in building positive, recovery-based peer-to-peer relationships.

There is, however, a constant jeopardy that one person will relapse and the friendship will have to end immediately.

At Phase One in particular, residents without addictions spoke of a mistrust of those who are yet to address their alcohol and drug problems, leaving them with a very small circle of potential friends. In contrast, at the Recovery Project, where all clients are working to maintain sobriety and recovery, friendships held more value and there was more trust.

Residents at the Recovery Project said friendship was a bonus to their stay and should only be secondary to getting better themselves:

Also at the Recovery Project, clients were able to talk about past friendships, re-labelling many as mere acquaintances, tied to their addictions:

A report from the London School of Economics stated that networks don't remain constant, they change dramatically over the course of a homeless career. However, rebuilding old friendships and relationships is a priority, especially with family members.

Love

When speaking about isolation and loneliness, family love and romantic relationships were brought up by a number of residents.

For one client in Phase One, his immediate response when asked about friendships and relationships was to talk about his partner and how that relationship was developing.

For clients at the Recovery Project, where romantic relationships are discouraged during their six month stay, it was disconnection and changes to the relationships with their children that created loneliness:

“ My family don't understand it. I brought my son up for 12 years and I just can't be around him; it just feels weird. It just feels like a strange relationship.

From the findings of this research project several recommendations were put forward for ways that BHT could help to combat loneliness and isolation in our services. We are now implementing many of the report's recommendations to improve the mental health and wellbeing of our clients, and as part of our commitment to continuous within our services.

“ There are a few people; two, three, four, five at most, people that I'd really like to keep in contact over the years. I think everybody feels like that.

Addiction Services resident



BHT Services Guide

recovery from addiction

mental health & wellbeing

legal & advice

work, learning & employment

housing services & housing support

combating homelessness

Accommodation for Work

Provides temporary, shared accommodation and support with work and learning.

01273 645440
afw@bht.org.uk

Addiction Services

Working across Brighton and Hove to help people achieve abstinence and prevent homelessness by supporting them towards healthy, independent living.

Detox Support Project Drop in weekly session, open invitation, every **Tuesday, 2pm – 3pm** at **5 Egremont Place, BN2 0GA**.

Recovery Project Drop-in weekly session, open invitation, every **Monday, 3pm – 4pm** at **10 Ditchling Rise, BN1 4QL**

All referrals are via the Brighton and Hove gateway service, **Pavilions Partnership**, based at **26 Ditchling Road, BN1 4SF**

Archway

Enabling people with mental ill health who have a history of being devalued, disempowered or denied opportunities, to live as normal a life as possible.

Contact Brighton & Hove City Council's **Housing Options Team**: **01273 293127**

Brighton Advice Centre

Provides legal advice on housing issues and a court duty scheme.

Appointments: **01273 234737**
Drop in: **9.30am – 12.30pm** and **1.30pm – 4.30pm, Monday to Friday**.

Legal housing advice drop in sessions: **9.15am – 12.30pm every day except Thursday**.

Eastbourne Advice Centre

Working throughout Eastbourne, Wealden and Lewes providing housing advice, a court duty scheme, the Macmillan Welfare Benefits Advice Service and the Eastbourne Housing Access Project.

01323 642615
Monday to Thursday, 9am – 5pm. Friday 9am – 4.30pm

Drop in: **Monday and Thursday, 1pm – 4pm**.

Please contact us before attending.

First Base Day Centre

Supports people who are sleeping rough or insecurely housed in Brighton & Hove.

Rough Sleepers session: **8am weekdays**.

Activity sessions: **11am weekdays**.

01273 326844

first.base@bht.org.uk

Fulfilling Lives

Working with people who have complex needs who are experiencing at least two of the following: homelessness, re-offending, problematic substance abuse, mental ill health.

Client beneficiaries for the project are identified through multi-agency case forums, rather than a direct referral process.

For details contact: **07584 206153**

Hastings Advice Centre

Working in Hastings and Rother to provide housing advice, a court duty scheme, and the Hastings Housing Access Project.

01424 721458, Tuesday's and Thursday's from **1.30pm – 4.30pm**

Hastings Young People's Service

A supported housing project for homeless and vulnerable young people aged between 16 and 25 years old.

Referrals are made through **Hastings Borough Council**.

Housing Services

BHT's Housing Services tenants live in our community housing in Brighton and Hastings or in our leased accommodation in Brighton, Eastbourne and Hastings.

Access to our **community housing in Brighton and Hastings** is through referrals from the local councils' housing departments.

Access to our **private sector accommodation** is through the **Housing Access Projects** in Eastbourne and Hastings, and through our **Private Rented Sector Solutions** team in Brighton.

Intern Programme

Boosts the employment chances for people wishing to get back into work after long term unemployment.

Intern Placements are available predominately to anyone who has used BHT or similar services, has a history of homelessness or has been long term unemployed.

Referrals can be made directly to the **Intern Coordinator**: **01273 645444**

Mental Health & Wellbeing services, including Threshold Women's services

BHT's Mental Health & Wellbeing and Threshold Women's services support adults to improve and maintain their mental health and wellbeing.

Please download the referral form at **www.bht.org.uk/services/mental-health-and-wellbeing** and send it to **27 – 29 North Street, Brighton, BN1 1EB**
wellbeing@bht.org.uk
01273 929471

Phase One

Phase One is a 52 bed, high support hostel for single homeless men and women.

Referrals are taken from **Brighton and Hove City Council (HOT EAST Team)**, the **Probation Service**, BHT's **Mental Health & Wellbeing service** and the **Rough Sleepers Street Services Team**.

01273 328285

phase.one@bht.org.uk

PRS Solutions

A range of services across Brighton, Eastbourne and Hastings to help people access accommodation in the private rented sector.

Visit **www.bht.org.uk/services/prs-solutions** to find the service that is right for you.

Route One

Support and accommodation for 53 adults with mental health support needs within Brighton and Hove.

Contact Brighton and Hove City Council's **Housing Options Team**: **01273 294400**

01273 929470 for any general enquiries and advice on referral routes

Shore House

20 units of accommodation offering intensive and high levels of support with staff on site 24 hours a day.

All new referrals need to be referred via the **Mental Health Placement Officer** who can be contacted on: **01273 293198**

Whitehawk Inn

Provides information and advice about work & learning, and a range of support for people looking to go back to work.

whitehawkinn@whinn.org.uk

01273 682222

Women's Involvement Network

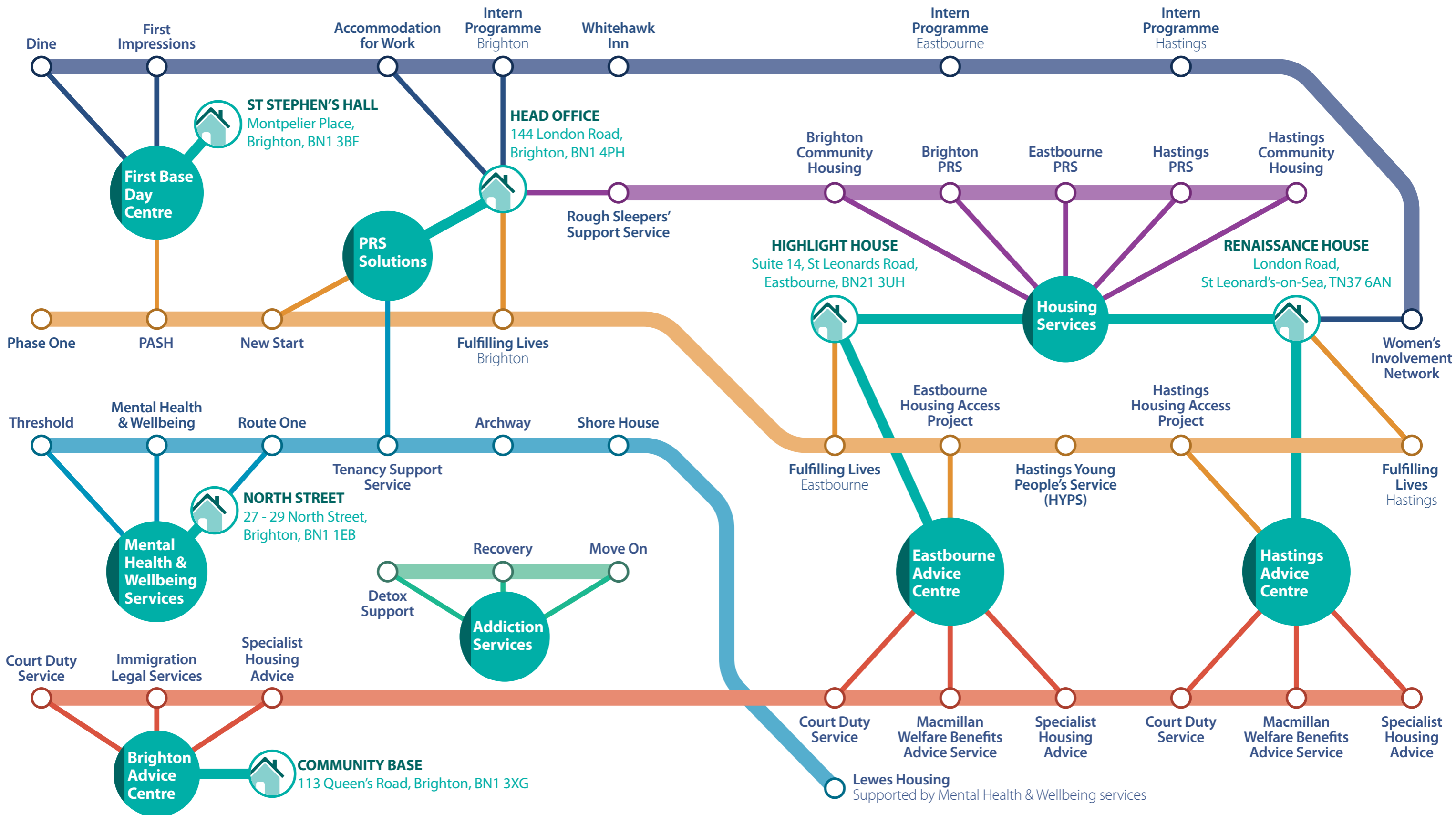
A women only education and training programme based in Hastings

andree.ralph@bht.org.uk

01424 718984

BHT Services Roadmap 2017

work, learning & employment housing services & housing support combating homelessness mental health & wellbeing recovery from addiction legal & advice



Fundraising Roundup



Photo: Jamie Macmillan

Photo: Jamie Macmillan

From Alternative Auctions to scaling Ben Nevis – we’ve had an exciting year of fundraising with our many dedicated supporters taking on extreme challenges and organising fabulous fundraising events.



Here are a few of the highlights:

FEBRUARY: Eight keen runners joined Team BHT to take part in the Brighton Half Marathon and the English Disco Lovers hosted a glamorous glitter-fest of a Valentine Ball

MAY: local artist Tom Stroud held an art exhibition with fellow artists at the Lounge Bar, Ship Street, which, as well as raising money, collected donations of toiletries for First Base clients to use.

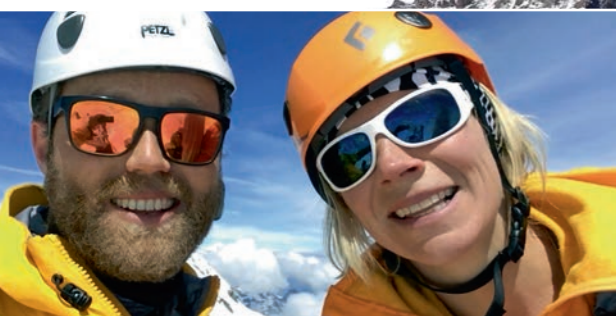
JUNE: Linda Hubbard and Tom Druitt were all set to scale the heady heights of Mont Blanc, the highest mountain in Western Europe at 4,809 metres. Unfortunately, after arriving on the mountain, the weather turned and it was deemed unsafe to climb. But rather than let that put them off, they simply headed over to Gran Paradiso and climbed that instead!

BHT Cycle Club members rode 130 miles from Brighton to Paris in one day, which was followed in **JULY** by a more relaxed ‘yogathon’ courtesy of Yoga Base Brighton.

AUGUST: Julie-Anne Darsley climbed the three peaks of Ben Nevis, Scafell Pike and Snowdon in 24 hours (with no sleep!) and in **SEPTEMBER** six members of staff from Propellernet, a search marketing agency in Brighton, rode 330 miles from Brighton to Amsterdam, crossing four countries in four days.

OCTOBER: First Base hosted a black tie event with an alternative auction, compared by Simon Fanshawe to ‘auction’ off the cost of providing various items and services at First Base, such as food, heat and light and training costs. Music was provided by the Brighton Early Music Festival Community Choir and Dine, BHT’s catering social enterprise, prepared the meal.

On World Homelessness Day (10 OCTOBER) Duke of Yorks Cinema hosted a charity screening on Cathy Come Home, the historically important film by Ken Loach about homelessness in the 1960’s Britain.



Do you ever feel like you have a mountain to climb?

We all have needs and desires. From food, shelter and love through to career goals and personal achievement. How do these differ when you find yourself without anywhere to live?



Our friend Linda Hubbard is climbing Mont Blanc to raise money for BHT. Click the link below to donate:



Urgent Christmas Appeal

We need your support now more than ever.

As a charity we rely on donations to provide vital services to our **First Base Day Centre**, and every contribution makes a difference.

Please **donate today** and help someone who is homeless and vulnerable to get the support they need to move from life on the streets into a more positive future.



What your money can buy at BHT's First Base Day Centre:

- £10** pays for breakfast and lunch for 10 homeless people
- £20** pays for a hot shower, laundry and a pack of essential toiletries
- £50** pays for our health and safety costs for a month and the specialist equipment we need
- £100** pays for routine repairs and maintenance each month (over two thousand visits are made to the centre each month)
- £120** pays for the running costs of the centre for a day
- £1,000** pays for water and cleaning products for two months
- £3,000** provides heat and light at the centre for six months



HELP BHT TO HELP OTHERS THIS CHRISTMAS:

Text **BHTF50 £5 to 70070** or visit www.justgiving.com/fundraising/Brighton-Housing-Trust5

To download a fundraising pack with more information: www.bht.org.uk/support-us/

FUNDRAISING PACK

Everything you need to hold a fabulous fundraising event



www.bht.org.uk

Combating Homelessness, Creating Opportunities, Promoting Change



This Christmas we have made our annual street collection bigger and better than ever, with over 10 collection sites across the city and local choirs singing at each site.

BHT Financial Information

Trustees' Statement

The summary financial information contained on these pages contains data from the management accounts of Brighton Housing Trust for the year ended 31 March 2016 and provides an overview of the income and expenditure for the year.

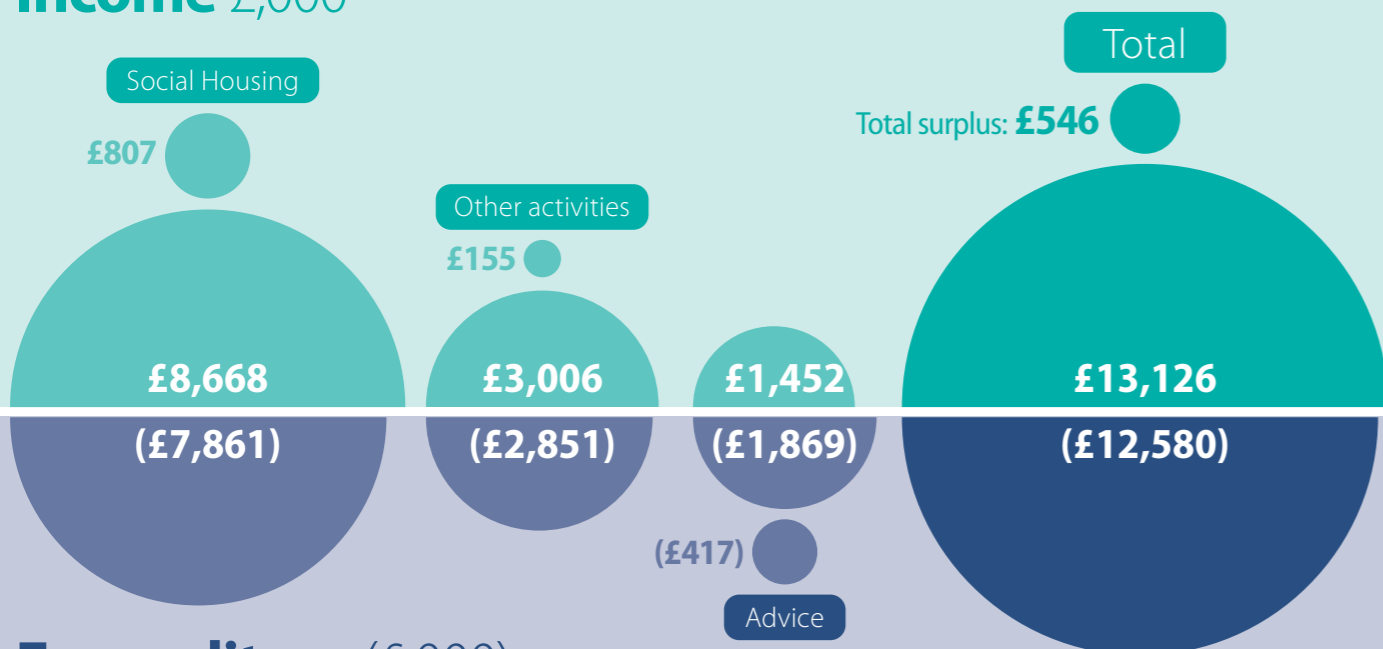
The full financial statements have been audited by **BDO LLP** and received an unqualified opinion. For further information the full audited financial statements, containing the Report of the Directors and the Auditors' reports, should be consulted.

All financial statements for the current and prior years are submitted to the **Charity Commission**, the **Homes and Communities Agency** and **Companies House** within the relevant statutory deadlines.



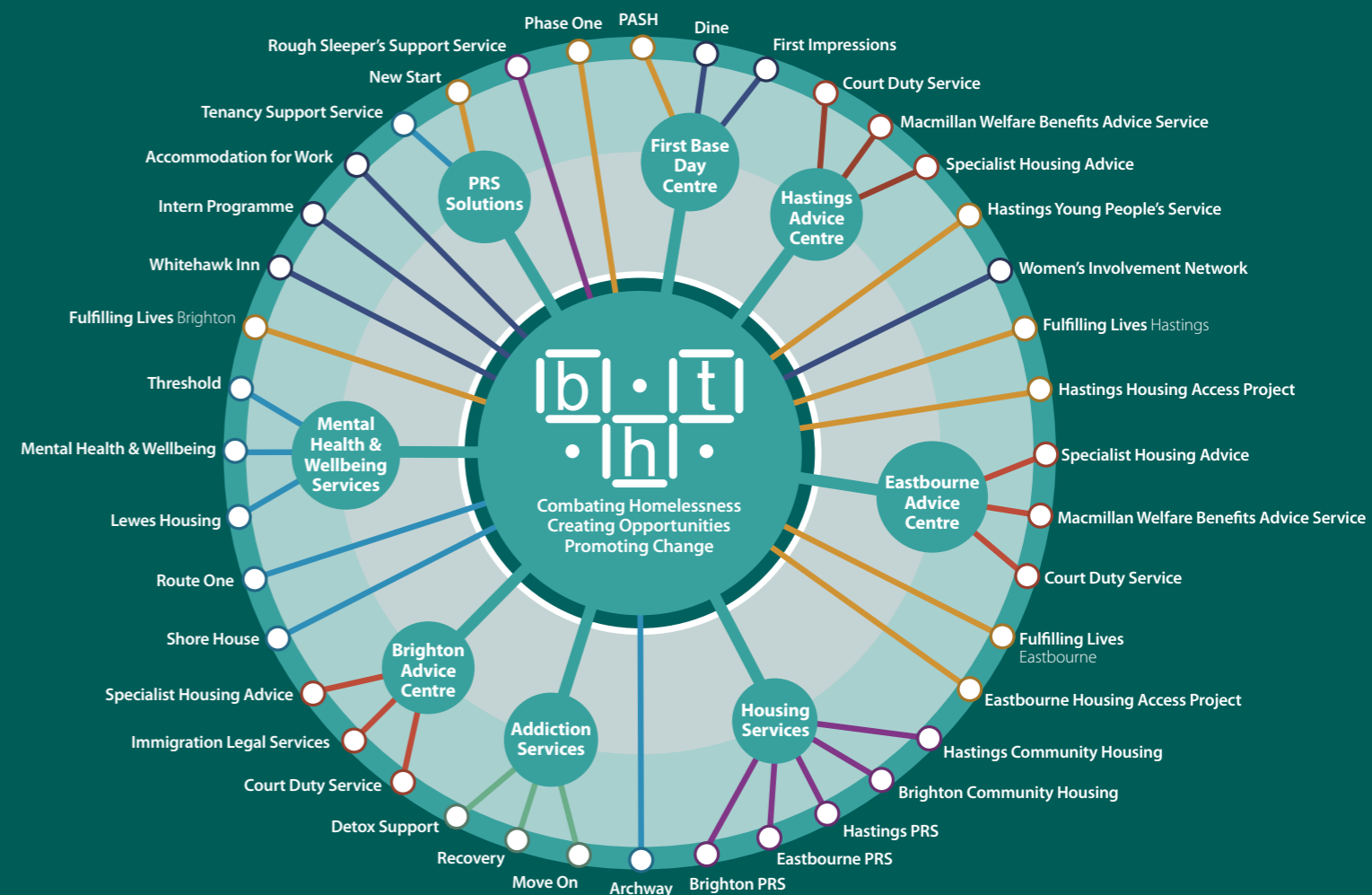
CATHERINE BRIDGER BHT COMPANY SECRETARY NOVEMBER 2016

Income £,000



Expenditure (£,000)

Until next time...



Look out for our next publication in June 2017



You can download the full report and financial statements at www.bht.org.uk/bhtnews/publications

-  BHT Sussex
-  BHTSussex
-  enquiries@bht.org.uk
-  www.justgiving.com/
brightonhousingtrust

THANK YOU

for your support

- Bardsley's
- Big Lottery Fund
- Brighton & Hove City Council
- Brighton & Hove Clinical Commissioning Group
- Brighton Masonic Charity
- Brighton Rotary Club
- Calypso Browning
- Cellular Solutions
- Chelsea Building Society
- Create
- East Sussex County Council
- Eastbourne Borough Council
- Fludes
- Ms Frances Valdes and Mr Nigel Thomas
- Fugu PR
- Go Botanical
- Hannah's Cake Pops
- Hastings Borough Council

- Heritage Lottery Fund
- Homegrown Films
- Ideal
- Inspire Funding
- Invisible Voices
- Lady Jane Lloyd
- LangeLee's
- Left Logic
- Legal Aid Agency
- London Legal Support Trust
- MacMillan Cancer Support
- Mid Sussex Scaffolding
- Mind Tools
- Mr Iain Riddell & Gartner
- Mr Michael Chowen
- Mr Mike Stimpson
- NEO
- Mr Paul Bonett
- PMOD
- Presuming Ed's café



- Professor Adam Tickell
- Propellernet
- Rank Foundation
- ROCC Computers Ltd
- Ms Sue Addis
- The Mayor of Brighton of Hove, Peter West, and the Mayor's Charity Committee.
- The University of Brighton
- The University of Sussex
- Miss Vita Dimmock
- VW Heritage
- Wealden, Lewes, Brighton and Hastings Citizens Advice Bureaux
- Yogabase
- Zurich
- Everybody who donates to or supports BHT
- Everyone who took part in one of our many fundraising events
- Everyone who kindly donated to our Christmas Appeal



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